

Southern Table Tennis June 2013 Newsletter

Winter Season

We are now almost half way through the winter season and everything appears to be going reasonably well. We have had the usual problems of somebody having to drop out, some long term absences and a pretty constant demand for fill in players. Fortunately we have been able to find a replacement player for the person who had to drop out of the competition as well as replacements for the couple of players who are missing for prolonged periods.

Looking at the results so far there are a couple of teams who are really struggling which is always disappointing. It can be hard to work out why some teams do not go well when at the beginning of the season they looked like they should have been competitive. There can be a whole raft of reasons such as the influence of fill in players, a bad run of losing close games, doubles combinations not working well together or players just not performing according to their rankings. Regardless of how your team is going it is still important to enjoy your table tennis and to play to the best of your ability so as to maintain your individual ranking.

Just a reminder that this year we are playing on the 17th and 18th of July which is the 2nd week of the school holidays. Normally we do try to keep the school holidays free but this year we needed to finish the season early for some players to take part in the national veteran's championships.

Players Tournament

The entry forms for the players tournament on the 11th and 12th of July are now available. The tournament is run using round robins so that everybody will get several matches. Entry is free so we encourage everybody to enter and have a go. Please note that due to the low number of entrants in previous years we will no longer be running the Sunday tournament.

Rankings

In the last newsletter we looked at why we use ranking points and how they are worked out. This has caused a bit of discussion and several people have indicated they were interested in seeing how their ranking points have changed. The ranking points are not calculated weekly but are done at the beginning of each season for the players who entered for that season. As I still had the ranking points for the last 4 seasons I have collated them together and placed them on the notice board.

It is interesting to see how some players ranking points have changed, particularly for those that have been improving rapidly. For the majority of players though their ranking points have remained pretty steady. Putting this list together I was also surprised to see that over the last 4 seasons we have had 134 different players enter our competitions. In order for players to be able to follow how their ranking points change I will update the listing on the notice board at the beginning of each season.

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Electricity Costs

One topic that has been taking up some of the committee's attention is our ever increasing power bills. We expect that this year we could be paying more than \$10,000 on electricity. We have been looking at solar panels but this may not be the best solution. The problem is that for new systems the government rebate will cut out in 2016 meaning that any excess electricity produced will not earn any money. As solar panels produce electricity during the day and we use most of our electricity at night there will be limited value in a solar system under those conditions.

Another method of reducing our electricity costs is through LED lighting. We are currently looking into both if this is economically viable and if LED lighting will be suitable for table tennis.

Increasing Reaction Speed – fast twitch muscles

Your reaction speed is critical to be a successful table tennis player and one of the factors influencing your ability to react is your fast twitch muscles. Like all muscles your fast twitch muscles can be developed to perform better. To exercise your fast twitch muscles you need to place them under a constant prolonged stress such as which occurs when using a resistance band or holding a weight in one position. The act of placing a muscle under this constant prolonged stress causes the muscle to tremble which in turn activates your fast twitch muscles to hold the resistance band or weight in place. Doing conventional weights where you are constantly moving a muscle does not achieve this and may actually have the opposite effect as the larger and slower muscles become more dominant.

Serving

One topic which always appears to be an issue is that of players serving illegally. We don't want to get pedantic about enforcing service rules but we also don't want to see people gaining an unfair advantage from serving illegally. So we ask that all players have a critical look at their service action to ensure they are throwing the ball up a reasonable distance from their hand. If you are not doing this then you should also not be serving in a manner which gains you any advantage.

The basic service rules are:

- The ball should be thrown directly upwards at least 16cm from the palm of the hand without imparting any spin on the ball.
- The ball should be thrown up and struck from anywhere behind the end line of the table or a continuation of that line.
- The ball should remain visible at all times to the umpire (presuming there is an umpire on both sides of the table).

Marcel STORKEN

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