

# Southern Table Tennis

## March 2016 Newsletter

### Winter Season 2016



The winter season commences on Wednesday the 27<sup>th</sup> of April and will run for 18 weeks straight concluding on Thursday the 25<sup>th</sup> of August. The competition will again take place on Wednesday and Thursday nights and we expect that the top division will be on Thursday night with a lot of overlap of player abilities between the two nights.

We are really keen to attract some new players, particularly beginners, so if you know anybody who might be interested in playing contact them now and have them come out for a look. For the summer competition we were only 6 players short of being at capacity and we would love to have a full house for winter.

Entries close on Monday the 11<sup>th</sup> of April and the [forms](#) are available at the hall and on our website.

### Upcoming Tournaments

3<sup>rd</sup> of April – Junior's at Brighton TTC

9<sup>th</sup> of April - Youth/Seniors at Brighton TTC

10<sup>th</sup> of April - Veterans at Brighton TTC

We encourage all our competition players to have a go and consider entering some of the tournaments run by other clubs. The next set of tournaments are taking place at Brighton Table Tennis club in early April. A listing of all the local tournaments can be found in a post on the home page of our website along with a link to the [entry forms](#).

### Anybody willing to write a summer season summary?

It would be great, at the completion of the summer season minor round, to have some people do a write up as to how the season went for their division. We can publish the summaries on facebook and add them to our website. Brighton Table Tennis club does a weekly summary on facebook and it generates a lot of interest. If anybody is interested in doing this for their division let Marcel know.

### Coaching Course

A level 1 coaching course will be held on the 20<sup>th</sup> and 21<sup>st</sup> of May. There are a couple of Southern members that will be participating. If anybody else is interested in coaching please contact Marcel to discuss what is involved. There are opportunities to get part time work as a table tennis coach under the "[Sporting Schools](#)" program. If you are worried that you are not a good enough player to be a coach remember it is less about your personal skill level and more about what you can teach to others.

## Survey

We recently conducted a short online survey in relation to improvements that could be made around the club and in particular the stadium. This was done using a free version of “Survey Monkey”. There was a good response rate with over 40 people completing the survey.

Most of the questions were answered with pretty mixed results and for most of the proposals there was some positive interest but few people felt strongly that anything needs to change. The biggest interest was towards the provision of filtered cool drinking water. We have looked into this in the past but due to the plumbing cost abandoned the idea but we may need to have another look. There was also a lot of interest in the club holding more social events.

It was great to run a survey like this to see the opinions of our members. We are always looking for feedback so if you do have an opinion on any aspect of the club let one of the committee members know or put it in writing so the whole committee can read it. This can always be done anonymously by placing a letter in one of the pigeon holes at the canteen.

Thanks to Maurice QUINN for organising the survey and collating the results.

## Juniors



We run a junior coaching program on Tuesday nights during school terms which normally attracts about 20 to 30 participants. As part of the program children get to have a social hit with parents / friends, receive coaching and play various forms of matches. In school term 2 the coaching program will also include a team based competition for those kids who wish to take part. If you know any children that might be interested please encourage them to come out and have a look. Their first session is free. Further details can be found on our [website](#).

## Help Wanted

We have done a number of promotional activities recently including setting up a table at “Ramsay Place” Noarlunga Centre and a display stall at “Market to Market” Morphett Vale. We have further activities planned including a display stall at Seaford Shopping Centre on the 19<sup>th</sup> of March, a display table at Clarendon Primary School in early April and doing the BBQ at Bunnings Noarlunga. We would like to build up a list of people who may be willing to assist in these types of events. If you are prepared to help out please add your details to the list in the canteen.

## Emotions



One of the great things about playing sport is the range of emotions which we experience. It is a large part of the reason we play and therefore we should celebrate the good things and be allowed to show our displeasure when things don't go our way. However there are socially acceptable ways of doing this and the club has a [code of conduct](#) which places boundaries on player behaviour. Swearing, excessive celebrating and dummy spits are not acceptable and can easily become bad habits. If you find yourself doing any of these please find a more acceptable way to release your emotions. A swear word can easily be replaced by another more acceptable term while still allowing you to vent. It's all a matter of habit.

## Interview with Paul LANGLEY



There is a great [interview](#) with former Southern player Paul LANGLEY (his Olympic shirt is displayed on our southern wall) available at [clubhub](#). The interview covers Paul's time as a junior player, the international tournaments in which he played, some of his best victories and his current role as president of Table Tennis South Australia. The article is well worth reading and there are many other Australian based table tennis articles at [www.clubhub.net.au](http://www.clubhub.net.au).

## Camp Quality Fundraiser – [Paper Plane Competition](#)

Southern player Bindon BURNS and his son are raising money for Camp Quality by doing a bike ride from Geelong to Glenelg. As part of the fundraising Keith HART will be running a sausage sizzle and paper plane competition at the stadium from 6.45pm on Wednesday the 16<sup>th</sup> of March and Thursday the 24<sup>th</sup> of March. The sausage sizzle is \$2 and it is \$1 per paper plane throw. Please bring along some gold coins on these nights and support this worthwhile fundraiser.