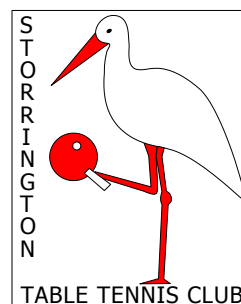


Storrington Table Tennis Club News Letter Spring Term 2016



Spring Term Session Times/Dates/Fees

For the Spring Term we will be running our normal sessions.

Playing fees will be as follows:

£3.00 Members **Junior** club sessions.

£4.50 Non-members **Junior** club sessions

£24.00 Members For **Junior** Sessions for the whole of the Spring term (approximately 10 weeks at £3.00 would be £30). To take advantage of this offer the money would have to be paid by the 21st January.

£4.50 Members **Adult** club sessions (Adult sessions do not stop for school holidays, only bank holidays when the leisure centre is closed).

£6.00 Non Members **Adult** club sessions

Details of the membership and Table Tennis England fees can be found on the separate Membership Letter which can be found on the club website

http://www.storrington-tabletennis.co.uk/Information/2016_2016%20Membership%20Letter.pdf

Session	Day	Session Time	Start Date	End Date
Junior Beginners & Improvers	Thursday	5:00-5:55	14 th Jan	10 th Feb
Junior Intermediate & Advanced	Thursday	6:00-6:55	14 th Jan	10 th Feb
HALF TERM				
Junior Beginners & Improvers	Thursday	5:00-5:55	25 th Feb	24 th March
Junior Intermediate & Advanced	Thursday	6:00-6:55	25 th Feb	24 th March
Adult	Monday	8:30 – 10:00	11 th Jan	21 st March

Club News

Happy New Year! Welcome back to an exciting new year of table tennis.

The club numbers have gradually increased over the autumn term both in the juniors and the seniors. Please keep on encouraging others to come along. If you can think of some where to put a poster or put out leaflets then please contact Ian Talmadge who will provide you with some. Also if you could join us on Facebook (<https://www.facebook.com/StorringtonTableTennisClub>) it would increase our internet presence.

On the first adult sessions of the month we will be running a round robin competition like we did on the last session of 2015, which people seemed to enjoy (congratulations to Laura who came out top of the non-coaches with 6 wins out of 9).

If you want to participate in more formal competitions you can find a list for Sussex on the Sussex County Table Tennis Association web site.

<http://www.sctta.org.uk/index.php/sussex-calendar/county-events>

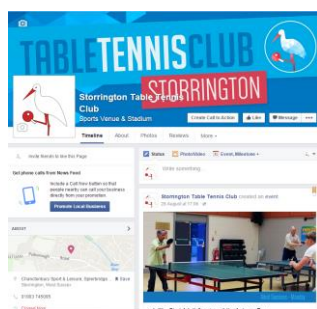


Table Tennis Information

(New information will be in italics)

Clothing

Suitable clothing should consist of a short sleeved shirt and either shorts or a skirt. A track suit is acceptable for training and for keeping warm when active. All clothing should not be too tight which, restricts movement or too loose which, gets in the way of playing strokes. The players' clothing should allow good visibility of the table tennis ball and should therefore not be orange or white. Shoes should provide good grip on the floor and be light, flexible, have good support around the heel and instep. Trainers are not recommended because they have inflexible soles and the heels are too high. This risks damage to a player's ankle. Any shoes that are used have to have non marking soles so as not to damage the hall floor.

The club sells Navy blue Fruit Of The Loom polo shirts with the club logo in the following sizes

- 7-8 (128 cm) £7.50
- 9-11 (140 cm) £7.50
- 12-13 (152cm) £7.50
- 14-15 (164cm) £8.50
- Adult (S 35/37") £12.50
- Adult (M 38/40") £12.50
- Adult (L 41") £12.50
- Adult (XL 44/46") £12.50
- Adult (XXL 47/49") £12.50



Equipment

The club provides table tennis bats etc. for its players to use during sessions. If a player would like their own bats etc. they will be able to purchase them through the club (we hope to get reasonable deals from specialist suppliers). The club would not recommend buying bats from ordinary sports shops without taking specialist advice first. Bats can be expensive and getting the wrong bat/rubbers could make it a waste of money.

Sources of Table Tennis information on the Web

The Table Tennis England official web site.

www.tabletennisengland.co.uk

The International Table Tennis Federation (this site contains the up to date laws of table tennis)

www.ittf.com

European Table Tennis Union

www.ettu.org

Horsham Table Tennis Club

www.horshamtabletennisclub.co.uk/

Club Contact Information

Any messages, queries or questions about the club can be left with Chanctonbury Sport and Leisure centre.

Chanctonbury Sport & Leisure

Spierbridge Road,

Storrington,

Pulborough,

RH20 4PG

Telephone number (01903) 746070

Or to Ian Talmadge

Telephone number: (01903) 745095

Email : ian@storrington-tabletennis.co.uk

via our web site www.storrington-tabletennis.co.uk

or facebook page www.facebook.com/StorringtonTableTennisClub