

NETS & VETS

VETERANS TABLE TENNIS VICTORIA

INSIDE THIS ISSUE:

<i>Birthday Wishes</i>	3
<i>Notice Board</i>	4
<i>Melb Vets Photos</i>	5
<i>Dorothy De Low</i>	6
<i>Geoff Nesbitt</i>	6
<i>Strength</i>	8
<i>Conditioning</i>	
<i>Rankings</i>	11
<i>Geelong Veterans</i>	12
<i>25th Anniversary</i>	14
<i>Dinner</i>	

Editors:
Arlene Wagner
Andrew Beaton

Contributions to:
aswagner11@
yahoo.com or
abeaton@
supernerd.com.au

Tel: 03 5336 3789

QUALIFYING FOR STATE TEAM SELECTION

The **Australian Veterans Table Tennis Championships** will be held in Victoria this year at the Melbourne Sports and Aquatic Centre, Albert Park from the 16th to 23rd October.

If you would like to nominate for the team, make your intentions known to our selectors: Phillip Boyle, Greg Robbins or Averil Roberts.

In order for you to qualify you need to play the OPEN SINGLES in your respective age group or lower age group in at least 4 TTV Veteran Tournaments in the selection period (ends 11th July), one of which **MUST** be the Victorian Open Veterans or Victorian Closed Veterans.

Teams normally consist of the number required to play each match plus one (eg. a three person team event would normally consist of four athletes). However, teams may consist of the bare minimum required to participate or up to two extra athletes in unusual circumstances.

The Veterans team will be selected for athletes meeting all the relevant eligibility criteria as follows:

- The top three on the State Team Points will be selected in the State Team.
-

QUALIFYING FOR STATE TEAM SELECTION CONT.

- One athlete is selected in the State Team by Selectors' choice considering TTV rankings, recent performances in the age group or higher standard.
- When a B Team is selected the next 3 on the State Team Points will be selected in the B Team.
- One athlete is selected in the B Team by Selectors' choice again considering TTV rankings etc...

The TTV State Team Points system awards points in the Age Group Open Singles Events at approved tournaments. It excludes the Country Championship, the Javor Cup and vets/junior events at Senior Tournaments.

Points are awarded as follows:

- Every participant gets 1 point for participation.
- One additional point is awarded for every match won.
- Quarter finalist onwards get additional points as follows:

Event	Winner	Finalist	Semi	Quarter
Australian Top Ten & Australian Closed Senior	72	48	24	12
Top 4 Victorian Tournaments	36	18	9	5
Other TTV sanctioned Open Tournaments	24	12	6	3

Point's totals are reset to zero at the start of the New Selection Period, which begins immediately following the respective Australian Championships (in the Veterans case, the 23rd October 2010).

QUALIFYING FOR STATE TEAM SELECTION CONT.

The first tournament for the Veterans this year was held in Geelong (21st March), if you missed this tournament you need to play in the next four Veterans Tournaments to be considered for selection: Bendigo Veterans (18 Apr), Victorian Closed Veterans (30 May), Croydon Veterans (20 June) and Victorian Open Veterans (11 July).

Good luck to everyone, and enjoy the game!

BIRTHDAY WISHES

Birthday Wishes for January

Yuka Braun, Peter Cathcart, Chris Doughty, Graham Davies, Joan Davis, Joe Gerada, Edward Grigoryan, Joan Guggenheim, Libby Haughton, Jim Kilderry, Andrew Moore, Arnold Puts, Prisca Rosario, Dot Sanders, Brett Sonnet, Nick Stepanov, Gordon Thompson, Jan Tuckwell, Kumar Variamuttu, Chris Webster

Birthday Wishes for February

Kathryn Beggs, Mervyn Crawley, Margaret Daley, Joan de Bondt, Bruce Eaton, Geoff Feben, Maureen Fischer, Jim Furness, Roy Garcia, Bruce Greenwood, Bruce Harmer, Chris Horwood, Will Kong, Nick McConnell, Hans Pappon, John Pattison, Frank Riha.

Birthday Wishes for March

Trevor Barr, Andrew Beaton, Belgin Bennett, Con Biletziclis, Max Cramp, Sal Costanzo, Jeff Dever, Bob Dobbie, Valda Edwards, Peter Fischer, Bill Fong, Horst Frohlich, Mark Harrington, Des Jones, Richard Lake, Lyle McInerney, Alan Neil, Peter Peart, Uc Phan, Joe Raymond, Averil Roberts, John Scott, Bill Sheehan, Tsebin Tchen, Alex Vaisburg, Arlene Wagner, Jane Woolcock, Ming Tim Yek.

NOTICE BOARD

- Table Tennis Australia has announced the members of the newly formed **National Veterans Committee**: Ken Cole, Glenys Joliffe & Bill Sheehan. Congratulations!
- The **KNOX Table Tennis Newsletter** edited by John Mackie reported that Gordon Hayman was unwell and in Knox Private Hospital recovering from Open Heart Surgery (10th Dec. 2009). We wish him a speedy recovery.
- Our condolences are extended to Brian Berry whose mother died early this year, and Debbie Wilson whose father also passed away recently.
- The **Daylesford Table Tennis Club** was recently broken into and the club's bats, balls and nets as well a mini fridge and stove/microwave were stolen. We hooked them up with Michael Flynn, Program Coordinator for the Central Highlands Sports Assembly, and he arranged a grant from the government which covers for stolen sports equipment.
- December and January is a dry spell for table tennis as there is usually no pennant available anywhere. Coburg however has held a "**Christmas Pennant**" for the past 10 years and this year we had several Veterans keen to play throughout the festive season. BP Huynh, Danny Trinh, Jim Kilderry, Adolf Marcen, Mick Tomlinson, John Bowers, Andrew Beaton, Arlene Wagner, Abdul Ghafoor and Chris Anders. Brian Berry, Des Jones and Michael Donlon were also seen filling-in. Thanks Bruce!
- Congratulations to our new batch of **TTV Selectors** for 2010: Phillip Boyle, Greg Robbins and Averil Roberts.

NOTICE BOARD CONT.

- The **Geelong Veterans** Tournament saw a lot of new and old veterans coming out of the woodwork; we hope see them regularly from now on. Welcome to Greg Robbins, Catherine Morrow, Aik Yeo, Rod Kempton, Jim Coombe (all the way from Adelaide), the two Lims (Lawrence & Laurence) and welcome back to: Peter and Maureen Fischer, Bruce Carter, John Chambers, Ros d'Altera, Lorraine Pearce, Louise Schelling, Robert Katsipis and Bill Hoskin
-

MELBOURNE VETERANS – SPRING PENNANT PHOTOS 2009



John Pattison and Margaret Mulcahy
Section 1 Winners



Merv Collins and Nick McConnell
Section 2 Winners



Xenia Gorny and Kevin Rutgers
Section 3 Winners



Pam Tait presenting
the Ian Tait Trophy
to Maxine Miller
Section 4

DOROTHY DE LOW from the Sydney Morning Herald - 26th January 2010
by Erik Jensen

Order of Australia Medal for service to table tennis.

Dorothy De Low has 2 titles now – a Medal of the Order of Australia and a Guinness World Record as the world's oldest table tennis player. She is unerringly modest on both counts. "I'm not that good but I enjoy it", said Mrs. De Low, who will celebrate her 100th birthday this year. "I'm the world champion because I am the oldest, not because I am the best".

Mrs. De Low, who lives alone in Hurstville, is a member of the NSW Over-70 Women's Table Tennis Team and competes at the Australian National Championships. She has been an Australian representative at the World Veterans' Table Tennis Championship since 1990.

"I enjoy the social part of it. I enjoy the game and it keeps your reflexes up." Mrs. De Low only started playing table tennis in her 70's, but in 1992 became the World Veteran Champion in the over-80 division at the championships in Dublin. Here the modesty comes out again: "I was lucky that time."

SPORTS STAR OF THE YEAR by Case de Bondt



We now have another Veteran Table Tennis celebrity in Australia alongside Dorothy De Low. Let me introduce **Geoffrey Volney Nesbitt** from Moama, near Echuca Victoria.

Geoffrey last night was the recipient of the prestigious Echuca/Moama Sports-Star of the Year Award for 2009.

A copy of the impressive plaque listing all previous winners was presented to Geoff by the evening's compere, AFL Player & TV Presenter Nathan Thompson.

SPORTS STAR OF THE YEAR CONT.

In addition the Moama Bowling Club presenting Geoff with a cheque of \$500.00 and the main prize, comprising a \$2000.00 travel voucher from Travel Scene, also was presented.

Geoff has been the winner of Monthly Awards on many an occasion in previous years, but this is the first time he prevailed over 14 other contestants vying for the Sports Star of the Year Award.

Winning Gold at the World Masters Games last October surely gave Geoffrey the edge over the other sports nominees.

Thus our beloved sport of Table Tennis once again is in the news and incentive to other folk “in the summer of their lives” to take up this sport for all ages.

Here follows a summary of Geoff’s achievements in 2009 bearing in mind he will be turning 76 next May:

World Masters Games (Hurstville)

Gold O/70 Men’s Teams, Gold O/70 Men’s Doubles, Bronze O/70 Mixed Doubles, Bronze O/70 Mixed Doubles.

New Zealand National Veterans Championships

Gold O/65 Men’s A Grade Teams, Gold O/75 Men’s A grade Teams, Gold O/75 Men’s Doubles, Silver O/70 Men’s Doubles.

Australian Master Games (Geelong)

Gold O/70 Men’s Teams, Gold O/70 Men’s Doubles, Silver O/70 Men’s Singles, Bronze O/60 Men’s Teams.

SPORTS STAR OF THE YEAR CONT.

Australian National Veterans Championships

Gold O/70 Men's Doubles, Gold O/75 Men's Doubles, Gold O/75 Men's Singles, Silver O/75 Men's teams, Silver O75 Mixed Doubles.

Victorian Closed Veterans Championships

Gold O/75 Men's Singles, Gold O/75 Men's Doubles, Silver O/70 Men's Doubles

Victorian Open Veterans Championships

Gold O/75 Men's Doubles

Other 2009 District Championships

Ballarat, Bendigo, Echuca, Geelong, Mornington, Sunbury. Won twelve Events, R/U in six Events. Won one Team competition.

STRENGTH CONDITIONING FOR TABLE TENNIS

by Eric, Alois & Prisca Rosario

In the previous segment we discussed the specificity of training and then went on to discuss some of the specific ways of developing aerobic ability. This segment we will touch on strength and power exercises.

Planning a Program – When planning a program the coach should set the goals required for a particular player, assess the present condition and then plan the path required to reach the goal. For example a short player may need greater power in the legs to increase the ability to move around the court. Again the year's program should be planned so that the player first develops hypertrophy then power then strength as depicted in the figure opposite:

STRENGTH CONDITIONING FOR TABLE TENNIS CONT.

Speed & Quickness
Dynamic Power
Power
Absolute Strength
Power
Endurance
Base Strength
Strength
Endurance

Whether we are dealing with a novice or an elite athlete in the preparatory phase, the exercises performed should be of the Strength Endurance type. This would involve lighter weights higher repetitions concentrating on correct technique, rehabilitation of injuries and correction of any imbalance in the physique.

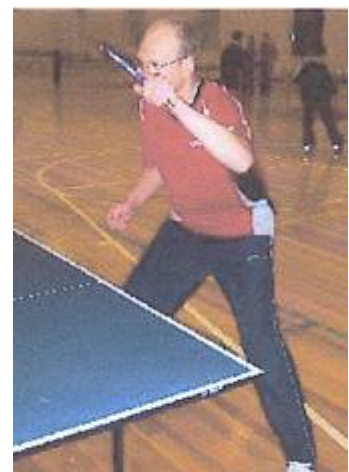
During the Base strength phase the player will develop hypertrophy as a base for strength.

The Power Endurance phase will involve exercises which will develop speed/strength. From this point on the athlete will work on power to weight ratio i.e. greater strength without size.

Phases of Conditioning – If an exercise is going to facilitate the performance of a particular stroke, the exercise must exert a force in the same direction as is performed in that stroke. The photographs below depict the topspin from the back swing to the follow through. Much of the swing is performed by the rotators of the trunk. The discus thrower and table tennis player require similar rotation of the trunk, but whereas the former is an all out effort of power, table tennis requires several repetitions.



Likewise, a sport like wrestling may also require rotation but the rotation would be more static than used in table tennis. The topspin by Brett Clarke demonstrates the trunk action use in this stroke.



STRENGTH CONDITIONING FOR TABLE TENNIS CONT.

The photographs below show Prisca performing an exercise which will strengthen the muscles that rotate the trunk.

Fig.1 shows the starting position, the athlete rests on one hip with the ankle tucked under the stops. The weight is picked up from the floor and swung to the position in Fig.2. The movement is then repeated as often as desired. Now do the other side.



Fig. 1



Fig. 2

Movement around the court is extremely important if the player is to be at the right place at the right time to play a particular shot. As mentioned earlier this could be more important for a short player who does not have as long a reach. The player may have to lunge forward to return a short ball, step back to defend or move across the court to return a wide shot. The cross court movement may be performed as a side lunge, a shuffle, a cross leg movement or a 2-legged hop depending on the distance to be travelled and a variety of other factors.

Power to Weight Ratio – The coach must consider what is the optimum power required for a particular player. It is obvious that the table tennis player does not require the strength or power of a shot putter; they need the strength to stabilize the body and the power to move around the court and to propel the ball. The bulk required for shot putting could restrict the speed required in table tennis.

In the next article we will discuss some of the exercises which would help in moving around the court and how they can be modified to suit different phases of the competitive season.

VICTORIAN VETERANS RANKINGS – DEC. 2009

Men

Over 40

1. BP Huynh
2. Brian Berry
3. Lory Bisiach
4. Jeff Dever
5. Phillip Boyle

Over 50

1. Brian Berry
2. Jeff Dever
3. Phil Websdale
4. Warren Woolcock
5. Peter Sheedy

Over 60

1. Mick Wright
2. Igor Klaf
3. Warren Woolcock
4. Peter Sheedy
5. Horst Frohlich
6. Buddy Reid

Over 70

1. Case de Bondt
2. Roy Cintolo
3. Geoff Nesbitt
4. Will Kong
5. Tim Borbely

Over 80

1. Des Jones
2. Ron Poon
3. Gary Luu
4. Bob Bergmanis

Women

Over 40

1. Roma Chambers
2. Ivana Trnka
3. Belgin Bennett
4. Vicki Carruthers
5. Debbie Wilson

Over 50

1. Roma Chambers
2. Ivana Trnka
3. Vicki Carruthers
4. Averil Roberts
5. Jeanne Strong

Over 60

1. Pam Tait
2. Averil Roberts
3. Margaret Mulcahy
4. Joan Munn
5. Maureen Fischer

Over 70

1. Pam Tait
2. Margaret Mulcahy
3. Prisca Rosario
4. Maureen Fischer
5. Lois McConnell

GEELONG VETERANS

The first Veteran Tournament of the year is always well attended as confirmed by the 123 players that went to compete in Geelong. Thanks to Mark Kilinski & Claire Montgomery (Office), Max Curtis (Money), Eden Turner & Elsie Leiper (Canteen) & Neil Montfort (Referee).

Well run with generous prize money. Thank you Geelong!

Over 40

- Men's Singles – Brian Berry def. Kourus Zarezirak
- Men's Doubles – B.Berry/Phil Websdale def. James Jeffreys/Andrew Beaton
- Women's Singles – Roma Chambers def. Jeanne Strong
- Women's Doubles – Verna Ho/Arlene Wagner def. Jan Paolini/Jean Pierce
- Mixed Doubles – B.Berry/R.Chambers def. Wayne Greaves/Vicki Carruthers.

Over 50

- Men's Singles – Brian Berry def. Phil Websdale
- Men's Doubles – Dennis Rylatt/P.Websdale def. Eddie Keung/Danny Trinh
- Women's Singles – Roma Chambers def. Vicki Carruthers
- Women's Doubles – V.Carruthers/R.Chambers def. Jean Pierce/Jeanne Strong
- Mixed Doubles – Mark Hall/Tricia Denier def. Clive Sim/Jeanne Strong

Over 60

- Men's Singles – Mick Wright def. Jim Kilderry
- Men's Doubles – Michael Ede/M.Wright def. J.Kilderry/Adolf Marcen
- Women's Singles – Averil Roberts def. Margaret Mulcahy
- Women's Doubles – M.Mulcahy/Pam Tait def. Maureen Fischer/Lois McConnell
- Mixed Doubles – M.Ede/A.Roberts def. Mick & Judith Wright

Over 65

- Singles – Igor Klaf def. Buddy Reid
- Doubles – I.Klaf/B.Reid def. Roy Cintolo/Chris Sykes

GEELONG VETERANS CONT.

Over 70

- Men's Singles – Igor Klaf def. Buddy Reid
Men's Doubles – Peter Fischer/B.Reid def. Roy Cintolo/Chris Sykes
Women's Singles – Margaret Mulcahy def. Prisca Rosario
Women's Doubles – M.Mulcahy/P. Tait def. Maureen Fischer/Lois McConnell
Mixed Doubles – B.Reid/M.Mulcahy def. Case de Bondt/M.Fischer

Over 75

- Singles – Geoff Nesbitt def. Arthur Harrison
Doubles – Arnold Puts/G.Nesbitt def. Des Jones/Ron Poon

Over 80

- Singles – Ron Poon def. Des Jones

Division 1

- Singles – Danny Trinh def. Steven Li
Doubles – Eddie Keung/D.Trinh def. Andrew Beaton/James Jeffreys

Division 2

- Singles – Jeanne Strong def. Lawrence Lim
Doubles – John Bowers/Jim Coombe def. Darryl Smith/Peter Tegelaers

Division 3

- Singles – Darryl Smith def. Aik Yeo
Doubles – Tricia Denier/Jim Coombe def. Verna Ho/John Lau

Division 4

- Singles – Ian Collins def. Laurence Lim
Doubles – I. Collins/Lyle McInerney def. Margaret Johnson/ Louise Schelling

TABLE TENNIS VICTORIA VETERANS
25TH ANNIVERSARY DINNER
by Joan Guggenheim

A memorable night of good food, good entertainment and good friends was had at the Tivoli Club in Windsor. Ninety Six players, partners & friends attended, more than half of them from the Friday Night Veterans Pennant. Players we had not seen for years Pat Weber, Jack & Lesley Mack, Peter & Jean Humphries (who came down from Hamilton), Neil Roberts & Graham Lockwood (an ex CEO of TTV) were present, as was the President, Vice President and two Board Members of TTV. Leigh Curson was the only man present from the first Victorian Team, but four out of the five women from it were, Joan Guggenheim, Lois McConnell, Dot Sanders and Pam Tait.

There was lots of memorabilia, photos, World Championship Medals and tracksuits and shirts that the State Teams have worn over the years; there have only been four different uniforms since 1984.

The tables looked festive with their decorations, and the "Thank You" card on the tables kept everyone in touch with what was happening throughout the night.

Judith Wright the Master of Ceremonies for the evening, who did a marvelous job, had everyone seated by 7.30pm. There was a short welcome speech by Trevor Barr, Chairman of the Veterans Committee, then a short speech from Table Tennis Victoria President, Phil Carruthers.

As this was a special evening the Veterans Committee decided to present a special Award for Outstanding Achievement to Igor Klaf. Since arriving in Melbourne 32 years ago, Igor has achieved such an outstanding career in Table Tennis.

TTV VETERANS 25TH ANNIVERSARY DINNER CONT.

Joan Guggenheim read out a list of Igor's accomplishments, winner of 25 Singles and 27 Doubles titles at the Victorian Closed; winner of 26 Singles and 37 Doubles titles at the Victorian Open; winner of 20 Singles and 35 Doubles titles at the Australian Championships; 2 Silver medals in Doubles at the Worlds; 2 Silver medals in Doubles in the USA; 1 Gold medal in Doubles and 1 Silver medal in Singles at the Asian Championships and 3 Gold medals in Singles and 3 Silver medals in Doubles at the New Zealand Championships.

Igor has also received the Ted Sokolowski Award for being the Veteran Male Player of the Year four times. Trevor Barr then presented Igor with the Outstanding Achievement Award Plaque, and a framed list of his accomplishments.

The entertainment then began. Classical Pianist Kate Parker, Mark Harrington's Partner, kept us enraptured by her rendition of Beethoven's Sonata in E flat Major, Opus No.1 the first Movement. She followed this with a piece from Mendellsohn, Venetian Gondola, and finally a waltz in E flat Major by Chopin.

On two occasions Bill Sheehan told some funny jokes.

Of course we ate in between times, and it was delicious food.

Verna Ho and Buddy Reid were next on the program, with a song each. Verna "Love Story" and Buddy his version of "Enjoy Yourself", Verna and Buddy then combined for a duet of "Perhaps Love". Verna played the accompaniment for her song and the duet, during which time she was being impeded by her dearly beloved. Look out Clive! Verna was not deterred, and went gracefully on. "Perhaps Love", is such a beautiful song and the blending of Verna's and Buddy's voices was delightful.

TTV VETERANS 25TH ANNIVERSARY DINNER CONT.

There were seven door prizes drawn, first prize being a \$50 voucher donated by Robert Katsipis of Affordable Table Tennis; it was won by Greg Durham, a Friday night player. The other six prizes were of champagne and chocolates.

That was not the last of it, a skit, a reading of Cinderella was next in line. The performers were Narrator (Jane Woolcock), Cinderella



(Daisy O'Bryan), three Ugly sisters (Nick McConnell, Margaret Mulcahy and Bob Bergmanis), Prince Calming (Gerhard Liedtke) and Hairy Godmother (Richard Lake). Everyone was dressed to the hilt, long dresses, wigs, tiaras and all.

Daisy was the wardrobe mistress and supplied most of the clothes and wigs, which were long haired, short haired, blonde, black, multi coloured and curly. It was a sight to behold! Their performance was hysterical. They enjoyed it and we enjoyed it as well.

The ladies of the Veterans Committee Pam Tait, Lois McConnell, Joan Guggenheim and Daisy O'Bryan are to be commended for all the hard work they put in, in organising the event and producing such an enjoyable evening. As someone remarked "it must have been good, everyone was smiling."

Special thanks to Judith Wright, our wonderful MC, who kept a brisk pace to the evening; Kate Parker, Verna Ho, Buddy Reid and Bill Sheehan, they all helped make the Anniversary Dinner an EVENING TO REMEMBER.