

### WHEN DO WE PLAY:

- Tuesday practice & social hit 7-9pm
- Thursday competition 7-10 pm
- Sunday coaching 3-5pm



### WHERE DO WE PLAY:

• OLSH, Marian Centre, Sadadeen Campus. Enter via Sadadeen Rd, turn left and park in front of the hall. Please wear non marking runners.

### COSTS:

- Social members: \$10 per year
- Tuesday/Sunday ball fees: \$5
- Juniors/concession ball fee: \$3 - Comp: \$45
- Seniors Comp: \$70 plus \$5 ball fee
- Discounted fees for families of 3+ people

### COMPETITION STRUCTURE:

- 3 players on each team
- Each player plays 3 rubbers
- Each team plays 2 doubles
- Detailed ladders and statistics
- 2-3 divisions
- Caters for all standards
- Teams are chosen so the competition is even
- Fill ins often required (Thursday)



### WHY BE A MEMBER OF OUR CLUB?

- Have fun while you exercise
- We have people of all ages , male and female
- Members include long time residents, new arrivals, students and people of a wide range of professions.
- Opportunities include: Alice Springs Open,

Masters Games, NT Open, National Championships, social events and casual/social opportunities for a hit.

### WHY TABLE TENNIS?

In many countries Table Tennis is one of the most popular sports. Those that play it know why! It is fun, social and keeps you active.

Table Tennis benefits include that it:

- Exercises all your joints
- Co-ordinates the left and right sides of the brain (particularly important for males)
- Disciplines your mind
- Helps maintain agility
- Improves your reaction time
- Assists weight control by burning 7 cal/min
- Has less injury risk than many other sports
- Is relatively cheap compared to other sports
- Is played indoors so no issues with weather



### PLAYER DEVELOPMENT:

Training is important for those who would like to improve their game but it can also be a lot of fun. We offer:

- Coaching: Sundays 3-5pm
- Practice/training: Tuesdays 7pm
- Table Tennis Robot
- Spinboard, designed to teach you about spin!
- Local accredited coaches
- Intensive coaching by interstate coaches



Our Table Tennis Robot can help turn an average player into a very good one and a very good player into a champion!

**Table Tennis is a sport for life. Give it a try!**