

# MARK SMYTHE NEWSLETTER

## Edition 7 - January & February 2011



David Powell  
Australian Singles Champion  
2006 (U16), 2009 (U18) & 2010 (U21)



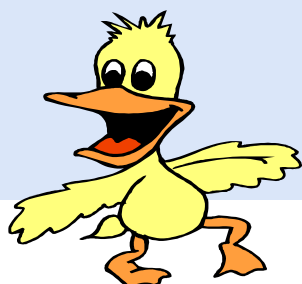
Heming Hu  
Australian Singles Champion  
2007 (U13&15), 2008 (U15),  
2009 (U15) & 2010 (U18)



Lily Phan  
Australian Singles Champion  
2006 (U14), 2008 (U13&15) & 2009 (U15)



A NEWSLETTER DEDICATED TO PLAYERS COACHED BY MYSELF



## HIGHLIGHTS

### 5 players selected in Australian Teams

Australian Teams were selected for 2 upcoming events, World University Games (WUG) and World Junior Circuit (WJC) with 5 players selected. They were David Powell (WUG), Lily Phan (WJC, U18 Girls), Steven Phan (WJC, U15 Boys), Scott Gilmore (WJC, U15 Boys) and Daniel Zou (WJC, U15 Boys "B"). This is the first time in an Australian Team for Steven, Scott and Daniel.

Also, David will be competing in the World Senior Individual Championships in May which only 3 Australian males are permitted to play and will use the Luxembourg Open as a lead up.

### David Powell starts the year on the front foot

David has had a great start to the year by winning the Men's Singles Title at MSAC Open, defeating Aust. no. 4 Robbie Frank in the final, and defeating Aust. no. 2 Justin Han in State Premier League. As mentioned in the Sept & Oct edition, David could prove to be a force this year and beyond.

## BEST WINS

- David Powell beat Robert Frank – MSAC Senior Open
- Yang Shen beat Dominic Huang – Bendigo Junior Open
- Eugene Ng beat Dillon Chambers – Bendigo Junior Open
- Eugene Ng beat Edmond Chen – Bendigo Junior Open
- Dominic Nguyen beat Andrew Brooker – Bendigo Junior Open

## BITS AND PIECES

### January Training Camp Summary

After a very successful camp in January in which 63 players attended at varying times through the 3 weeks, I have donated \$100 each to Table Tennis Australia and Table Tennis NSW as a token of my appreciation. Both organisations placed the training camp flyer on their websites and were the reason why some (4 players, 2 from each website) attended.

Also, \$300 (\$100 each week) was given out in prize money in which players of all standards had an opportunity to win some and did.

### The future of Table Tennis in Australia

A big announcement will be made in the coming months!! It could have the biggest impact on the sport in over 20 years - when it was introduced into the Olympic Games back in 1988.

## HANDY HINTS

Players should change their Table Tennis rubber on a regular basis. The term "regular" can mean a wide time period (2 weeks – 18 months) to many people but the more you play the quicker the rubber wears out.

## STABLE OF STARS

Below is a list of regular tournament players I coach (Individually) and how long for.

### Open Men

Michael Worobec (Croydon) – August 2007 to December 2009 then on & off from April – December 2010 then since February 2011

### Under 21 Men

David Powell (Croydon) – December 1999

### Under 18 Boys

Heming Hu (Dandenong) – July 2007 then on & off since January 2011

Josh Cheung (Croydon) – November 2008

David Cyngler (Maccabi) – On & off from Sept. – Dec. 2010 then since February 2011

### Under 18 Girls

Lily Phan (Croydon) – July 2004 to June 2009 then on & off since June 2009

### Under 15 Boys

Steven Phan (Dandenong) – January 2004 to May 2006 then since July 2007

Scott Gilmore (Dandenong) – March 2007

Kaveesh Jayasinhe (Dandenong) – On & off Sept. to Dec. 2009 then since January 2010

Daniel Zou (Dandenong) – November 2006

Eugene Ng (Croydon) – On & off from April to August 2009 then since September 2009

Jakob Smith (Croydon) – April 2010

Eric Nguyen (Croydon) – On & off from March to September 2010 then since October 2010

### Under 13 Boys

Dominic Huang (Dandenong) – May 2005

Charles Chan (Dandenong) – On & off from March 2007 to March 2008 then from April – September 2008 then since February 2011

Atul Shrestha (Croydon) – July 2007 then since January 2008

Yang Shen (Dandenong) – June 2008

Dominic Nguyen (Croydon) – January 2010

Augustine Nguyen (Croydon) – February 2010

Winston Phan (Croydon) – November 2010

### Under 11 Boys

Dylan Nguyen (Croydon) – January 2010

### Under 11 Girls

Mahi Joshi (Croydon) – May 2009

Christina Nguyen (Croydon) – February 2010

### Over 40 Men

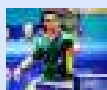
Rod Kempton (Croydon) – On & off since January 2007

Phil Boyle (Croydon) – On & off since August 2007

### Over 50 Women

Daisy O'Bryan (M'Vet) – On & off January 2008 to March 2008 then since April 2008

# MARK SMYTHE SCHOOL HOLIDAY



## APRIL 2011 TRAINING CAMP



### **“FOR PLAYERS WHO ARE SERIOUS ABOUT IMPROVING”**

After a very successful January training camp, where 63 players attended and \$300 was given out in prize money to players of varying standards, it's now time to prepare for the April camp. 15 sessions will be held over 2 weeks. This will lead into the Easter Classic tournament on April 23 & 24.

**Venue is; Dandenong TT Club (Cnr Heatherton Rd & Cleeland St). Dates are, April 11 – 22.**

**April 11-17, Monday to Friday 10:30am – 12:30pm & 5 – 7pm then Sunday 10am – 12pm**

**April 18-21, Monday to Thursday 5 – 7pm**

**Note: Saturday the 16<sup>th</sup> and Friday the 22<sup>nd</sup> will be set aside for competition where \$700 - \$1k will be given out in prize money to players of varying standards. The more players that attend = more prize money to be won! More details will be provided to those once they attend sessions.**

The cost will be \$10 for each session, only paying for sessions attended. Due to less sessions being offered from April 18-21, the retainer fee will be \$5 each week per person. These sessions are open to players of all ages and standards. Players can select any amount of sessions they wish to attend.

Many of the best players in Australia for their age group will be attending at various times.



Anna Du

2011 Aust. U18 Team



Joshua Cheung



Scott Gilmore

2011 Aust. U15 Team



Steven Phan

2011 Aust. U15 Team



Daniel Zou

2011 Aust. U15 Team



Leon Suy



Dominic Huang

2011 Aust. U13 Squad



Eugene Ng & Yang Shen

Yang, 2011 Aust. U13 Squad

Others are, Wendy Li, Kaveesh Jayasinhe, Atul Shrestha, Dominic & Dylan Nguyen, Augustine & Christina Nguyen, Ning Shen, Mahi Joshi, Winston Phan, Eric Nguyen & many others. Lily Phan will attend if in Melbourne.

I, through Leigh Gilmore (Scott's father), can organise airfare & accommodation packages for anyone who requires it – through a licensed travel agent. Prices may be subject to change and availability so book early to avoid disappointment.

Closing date for each week will be one week prior to each week commencing. If you are interested to be part of this great opportunity or would like to ask any questions, contact me on (03) 9803 6835 or 0411 493 054 or [ducksmythe@hotmail.com](mailto:ducksmythe@hotmail.com)

**COME AND TRAIN WITH MANY OF THE BEST JUNIORS IN AUSTRALIA  
IN WELL STRUCTURED & ORGANISED SESSIONS**

# MARK SMYTHE 2011 WEEKLY GROUP TRAINING/COACHING

**WHEN:** Tuesday 6pm - 8pm (Croydon)  
Saturday 9:30am - 11:30am (Croydon)  
Sunday 1:30pm – 3:30pm (Dandenong)

**COST:** \$10 each session  
Discount  
After the 1<sup>st</sup> session any extra session attended in the same week (Monday – Sunday) will be \$5

**CONTACT:** (03) 9803 6835  
0411 493 054  
[ducksmythe@hotmail.com](mailto:ducksmythe@hotmail.com)

I am a Qualified Level 2 Coach and one of Australia's best coaches. Since 2002 my students have won 43 Australian Individual (Singles & Doubles) Titles which includes 4 players winning a total of 12 Singles Titles.

I was the Head Coach of the Australian Team at 2006 Commonwealth Games and Victorian Coach of the Year in 2009, 2007, 2005, 2003, 2001 & 1999.

Come along to learn & improve your skills in a structured system and enjoyable atmosphere. Players of all ages & standards are welcome.



Players I coached that made Victorian Junior Teams in 2008



## DUCK'S VIEW

### BURN OUT

The term “burn out” is overstated! It’s a mindset that people allow themselves to get into because of various reasons which can lead to early retirement or not wanting to strive for higher levels.

As a young junior (12-15yrs old) coming through the ranks I believed burn out was a real concern as that was the popular belief of people I communicated with on regular basis in the sport. People believed the more you played during younger ages then it would lead to burn out when older.

After spending nearly everyday involved (full time player to part time player & part time coach to full time coach) in this sport since early 1991 I firmly believe burn out is overstated and is one of many reasons why Australia (Junior and Senior) is not so good at TT at the International level. Another reason why I think burn out is overstated is due to knowing the type of training regime Stella Zhou (my wife) went through in China from ages 7 – 18. She played on average one hour everyday after school from age 7 – 9 then three hours everyday after school from age 10 – 12 before being selected by her province to become professional (playing 30+hrs per week while being paid equivalent to a full time adult wage) from age 13 – 18 where schooling was done on a part-time basis. It’s no surprise to learn Stella reached a higher level than I did on the International scene for our gender. A difference between the sport in China and Australia is becoming a good player in China is financially very beneficial whereas in Australia it is not.

Stella said there’s no such thing as burn out in China as competition is so strong for National & State (provincial) Squad positions. Also, motivation is high because if players don’t keep performing at a certain level they will be dropped from their relative position/stature (National or State Squad player).

### HOW TO STOP BURN OUT BECOMING AN ISSUE?

I’ll preface the following paragraph by saying, in my mind burn out does not exist if someone is doing an activity (TT for this example) up to 10hrs per week and going to school (30-35hrs per week). If this is the case then it’s highly likely the person doesn’t want to become a higher standard in that activity – this would be a choice that doesn’t involve burn out as an issue.

For players who are playing 10+hrs per week for at least 45 weeks a year then the following steps can be used to not allow burn out to become an issue,

1. Immediately reduce amount of hours for a period of time if start to feel extremely tired from playing or have no motivation/purpose to play. This could be just for a few days or may last for 1-3 weeks. As every week of the year can be important for improvement, it’s recommended not too many weeks be used on a reduced scale but it’s a fine line to make sure you are mentally ready to go back to normal weekly training/playing routine. I believe having regular breaks, such as 2-3 days off every 2 months, is quite acceptable.
2. Create short term goals to maintain mental stimulation if starting to feel any sign of burn out. These goals could include, improving certain skills or trying to achieve a particular result at an upcoming tournament, etc.
3. Starting a playing regime of 10+hrs per week as early as possible, even if it’s at ages of 9 and 10. The earlier habits are created, the easier it is to maintain them when older!

### SUMMARY

Players don’t always enjoy playing but if have a good team (coach & parents) around them and follow the steps above then burn out should not be a concern.

# TOURNAMENT RESULTS

## STATE

### MSAC SENIOR OPEN (February 13) – 3 played

**David Powell**

Won Men's Singles  
Won Men's Doubles

**Michael Worobec**

Won Division 2 Singles

**Yang Shen**

R-up Division 2 Singles

### BENDIGO JUNIOR OPEN (February 20) – 18 played

**Joshua Cheung**

Won Division 1 Doubles  
SF 18 Boys Singles

**Scott Gilmore**

R-up 15 Boys Singles

**Eugene Ng**

Won 15 Boys Doubles  
SF 15 Boys Singles

**Kaveesh Jayasinhe**

Won 15 Boys Doubles

**Dominic Huang**

Won 13 Boys Singles  
Won 13 Boys Doubles  
R-up 15 Boys Doubles

**Yang Shen**

Won 13 Boys Doubles  
R-up 15 Boys Doubles  
R-up 13 Boys Singles  
SF 15 Boys Singles

**Atul Shrestha**

SF 13 Boys Singles

**Dominic Nguyen**

R-up 13 Boys Doubles  
SF 13 Boys Singles

**Winston Phan**

R-up 13 Boys Doubles

**Dylan Nguyen**

Won 11 Doubles

**Christina Nguyen**

Won 11 Doubles

**Hayden Choi**

Won Division 6 Singles

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Mark Smythe's coaching programs**



## Looking for work

This is free of charge and restricted to players I have coached or currently coach and their families.

### **Jack Han (father of Lenny)**

Jack has been working in Sydney for 4 months. Due to his current work situation, his son (Lenny) and wife have moved to Sydney straight after Aust. Junior C'ships. Jack is looking for work in Melbourne. Anyone wanting Jack's full resume can email me and I'll send it to you.

### **Qualification**

#### **1992-96 Bachelor of Engineering (Mechanical)**

Harbin University of Science and Technology                      China

*Above qualification has been assessed by the **Overseas Qualifications Unit** as equivalent to Australian degree and has been recognized and endorsed as a professional Mechanical Engineer (ASCO 2126-11) by **Engineers Australia**.*

### **Employment history**

#### **Jun. 2010-Present: Product Design Engineer**



Invenco Pty.Ltd.(Sydney): [Http://www.invenco.net](http://www.invenco.net)

My responsibilities include: The design and development of new products and components in both plastics and metals, Assembly, testing and refinement of physical prototypes, Creation and maintenance of 3D Models and 2D Engineering Drawings as well as their related drawing registers and lists, Manage project deliverables, from design concept through to delivery of drawing packages - with minimal supervision, Regular interaction with suppliers and customers in relation to product specifications and product support, Ensuring that new designs meet the original client specifications and criteria.

#### **2006-09 Senior Project Engineer**

Master Lock Company, Guangzhou office



*Master Lock Company is recognized around the world as the largest global manufacturer and marketer of security products and is a US based company, major members of Fortune Brands, Inc. (NYSE Listed: FO). Website: <http://www.masterlock.com>*

My role as Senior Project Engineer was to manage all the new product development projects for both of Europe and Australia market, which involved whole product development process such as defining project, preparing project schedule, reporting project status, compiling the technical documents (ECO, Drawing, BOM, Product specification, PPAP documents), conducting test and analysis, quality control, sourcing and procurement.

## 2002-06 Product Engineer

Hisense Kelon Electrical Holdings Co.,Ltd.



Hisense Kelon Electrical Holdings Co.,Ltd. is currently one of the largest manufacturers of household electrical appliances manufacturing enterprises in China, exporting the products to 80 countries-including Australia (Hong Kong Listed: HK0921). Website: <http://www.Kelon.com>

My role as Product Engineer involved design and development of early stage products and inventing, creating, analyzing, testing and developing new ideas, prototypes, tools and systems to support business objectives and growth opportunities, performing and managing tasks relating to new market exploration and technology research, new market and technology research, development of input documents including patent proposals, generation of innovative design and embodiments.

## 1996-2002 Product Design Engineer (Mechanical)

Hisense Kelon Electrical Holdings Co.,Ltd.



My role as Product design Engineer involved defining and developing new products and designing components and subsystems, assisting and supporting the manufacturer plants with samples development and tooling changes, inspection and selection of samples, liaising with tooling contractors for tooling modification and alterations, sample testing and result analysis, PPAP sample approval.

## Local Training

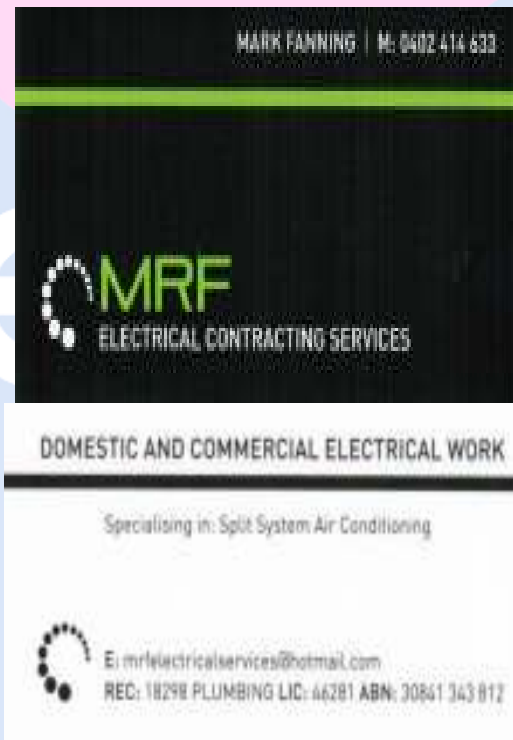
- 3<sup>rd</sup> May-11<sup>th</sup> June 2010: 6-week Practice Placement in Centreline Engineer (<http://www.centrelineengineering.com.au/>) as Product Design Engineer.
- 4<sup>th</sup> Jan.- 30<sup>th</sup> Apr. 2010: English Certificate VI (Employment/Professional) in Holmesglen institute of Tafe 20 Weeks

## Businesses/Services

Hua is the brother of Heming



Mark is the half brother of David Powell



# MARK SMYTHE

## DISTANCE COACHING

### CONCEPT

Help players improve their level regardless where you live.

### MY CREDENTIALS

#### COACH

- Self employed coach since 1997 (mainly Individual/Private sessions). Have coached hundreds of players covering all different levels (beginners to highest level in Australia) and ages (7 – 70's) with great success
- Qualified Level 2
- Since 2002, players (12) I've coached (one on one) have won 43 Australian Individual (Singles & Doubles) Titles with 7 starting with me from beginner or very low level
- Since 1996, coached 45 players that have made Victorian Junior Teams including 16 in 2010, 14 in 2009 and 19 in 2008
- Head Coach of Australian Table Tennis Team at 2006 Commonwealth Games and coached Australian Junior Teams at International Tournaments 4 times in 2003 & 2004
- Victorian Table Tennis Coach of the Year 2009, 2007, 2005, 2003, 2001 & 1999

#### PLAYER

- 2000 & 1996 Represented Australia at Olympic Games
- 1995-2000 Member of Australian Team
- 1998 Australian Men's Singles Champion
- 1998 Australian Senior Player of the Year
- 1998 Oceania Men's Singles Champion
- 1990 Australian Under 17 Boys Singles Champion
- 1990 Australian Junior Player of the Year
- 1988 Australian Under 15 Boys Singles Champion



### HOW IT WORKS

Send your matches and/or training sessions to me then I'll provide a report on how to improve your standard and send back to you.

### SERVICE PROVIDED

- Identify current strengths & weaknesses
- Suggest how to improve weaknesses
- Suggest how to improve techniques on various shots
- Suggest how to organise training sessions to improve your overall game (shots, techniques, movement, etc)
- Suggest how to utilize your strengths in matches from a tactical point of view

Also, you may wish to advise which skills you want me to observe and focus on.

## **COST**

\$50 per match or training session

**Note:** Can send multiple matches and/or training sessions if wish to. Cost will increase (example, \$100 for 2 matches) if more matches and/or training sessions are required to be viewed.

## **PROCESS**

### **Step 1**

Send match/s and/or training session/s

Ways of sending are,

- Post if using Disc, Video Tape or Memory Stick
- Email
- YouTube

If send through post, provide pre paid envelope so can return to you.

If send through YouTube, provide link/details so I can observe.

### **Step 2**

I'll confirm receiving info by email and/or txt message.

### **Step 3**

A report will be provided. There are 2 options to choose from. They are,

1. Written report to be emailed and/or sent in mail together with Disc, Video Tape or Memory Stick if required.

OR

2. Verbal report to be done via phone or internet (Skype – my Skype contact is mark smythe1).

You will need to advise which one is preferred.

## **PAYMENT**

Cheque made payable to,

Mark Smythe

4 Banner Court

Glen Waverley

Victoria 3150

Payment can be made with Step 1 or before Step 3 is completed. Once received, I will confirm via email and/or txt message.

I guarantee all information will remain confidential.

This service can be used on a need basis as part of your ongoing development.

If have any questions, please contact me on,

(03) 9803 6835

0411 493 054

[ducksmythe@hotmail.com](mailto:ducksmythe@hotmail.com)