

MARK SMYTHE NEWSLETTER

Edition 2 - March/April 2010



David Powell
Australian Singles Champion
2006 & 2009

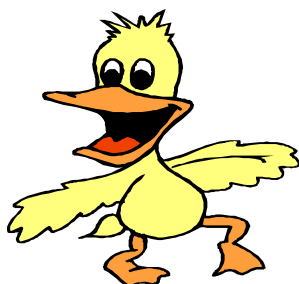


Heming Hu
Australian Singles
Champion
2007, 2008 & 2009



Lily Phan
Australian Singles
Champion
2006, 2008 & 2009

NEWSLETTER DEDICATED TO PLAYERS
COACHED BY MYSELF



MARCH & APRIL 2010

What a busy 2 months it has been! This would be the busiest period of the year with 8 State and 4 International tournaments which saw many fantastic results & achievements.

This edition sees the introduction of 5 permanent features.

- Highlights, from last 2 months
- Best wins, from last 2 months
- Stable of Stars
- Duck's View
- History of Australian and Oceania finalists

HIGHLIGHTS

Lily Phan qualifies for Youth Olympic Games

Clearly the best achievement of the last 2 months was Lily qualifying for the first ever Youth Olympics to be held in Singapore during August.

After missing out via the Oceania Qualifying by the smallest of margins (11-9 in 5th and deciding game to Julia Wu of NZ) and having 4 points in 3rd game, Lily was able to qualify through another International Qualifying event which only consisted of 3 players.

Lily Phan wins World Junior Circuit Singles Event

Lily became the first Australian female player to win a Junior (Under 18) Singles event at a WJC Tournament. In the final she defeated Wong Chung Wan (Hong Kong) 11-6 the 7th set after being 3-0 (sets) down.

This is a fantastic achievement but I will put it in perspective and say it wasn't the strongest World Junior Singles event played over the years in Oceania – Lily was 2nd seed. In 2003, I was in New Zealand when Stephanie Sang was runner-up in Junior Singles after she beat players from China (QF) and Japan (SF) before losing to another Chinese in Final. It needs to be mentioned, the players can only beat who plays the event and due recognition must be given to those who play and win, also, Stephanie gained all her skills in China and had only been living in Australia for approx. 6 months before WJC event whereas Lily gained all her skills in Melbourne with the last 10 months living in Vietnam for most of that time.

Lily Phan qualifies for a record 4th Oceania Cadet Team

Lily qualified for the Oceania Cadet (Under 15) Team to compete at the World Cadet Challenge in India during early November. The event has been conducted since 2002 and as this will be the 4th time for Lily, it is an Australian and Oceania record.

All these, and past, achievements by Lily shows the last 6 years of hard work (playing 10+ hours per week for most of that time) is continuing to pay dividends. The last 4 months she has trained between 20 – 30 hrs per week while still keeping up to date with school work even though she didn't physically attend school during first term after getting an exemption to prepare for these events.

David Powell and Lily Phan win Oceania Titles

David won the Under 21 Men's Doubles and Men's Team while Lily won Under 15 Girls Singles, defending her title from 2008, plus winning Under 21, 18 & 15 Girls Doubles and Under 18 Girls Team.

NEAR MISSES

There were 2 players who performed consistently well, but just missed out on achieving the results they desired.

Heming Hu

Had 2 bites of the cherry to qualify for Youth Olympics Games but finished 2nd on both occasions with each time coming down to the final match.

Daniel Zou

5 tournaments this year have seen 5 runners-up in Under 13 Boys Singles with 3 of them going down to deciding game.

Don't worry boys, with more hard work, positive mind frame and patience, results will go your way in future. Remember, there are many players - relative to your level - who would like to be in the position where they are in contention for such titles.

BEST WINS

Just as there were many tournaments played in the last 2 months, there were many great wins.

- David Powell beat William Henzell – TTV Premier League

This occurred in Round 7 of Premier League would clearly be the best win. William has been so dominate over the last 10 years, losing less than 10 matches to other Australian players during that time, so David has broken new ground for himself.

David, as with Lily, is showing all the hard work over many years is paying off.

- David Powell beat Simon Gerada twice – Easter Classic & Premier League
- David Powell beat Kyle Davis – Easter Classic
- David Powell beat John Cordue (NZ) – Oceania Championships
- David Powell beat Nathan Lowe (NZ) – Oceania Championships
- Heming Hu beat David Powell twice – Vic. Closed & Geelong Open
- Heming Hu beat Kevin Wu (NZ) – Oceania Championships
- Heming Hu beat Ryan Zu (NZ) – Oceania Championships
- Lily Phan beat Wong Chung Wan (HK) – World Junior Circuit
- Lily Phan beat Anna Du – Youth Olympic Qualifying
- Scott Gilmore beat Edward Anderson – Geelong Open
- Kaveesh Jayasinhe beat Jarryd Tormey – Easter Classic
- Lenny Han beat Leon Sy – Mornington Open
- Atul Shrestha beat Ivan Sulfaro – Mornington Open
- Rod Kempton beat Mark Hall – Bendigo Veterans Open

STABLE OF STARS

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

Open Men

David Powell (Croydon) – December 1999

Michael Worobec (D. Valley) – Aug. 2007 to Dec. 2009 then on and off since April 2010

Under 18 Boys

Heming Hu (Dandenong) – July 2007

Tim Nguyen (Dandenong) – July 2004 to October 2008 then since January 2010

Bosco Tam (MSAC) – February 2008 to March 2010

Josh Cheung (Croydon) – November 2008

Jason Liu (Dandenong) – August 2009

Under 15 Boys

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

Scott Gilmore (Dandenong) – March 2007

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

Under 15 Girls

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

Emilie Evans (Croydon) – November 2009

Under 13 Boys

Dominic Huang (Croydon) – May 2005

Lawrence Qiu (Croydon) – June 2005 to Sept. 2008 then on and off since April 2009

Daniel Zou (Dandenong) – November 2006

Yang Shen (Croydon) – June 2008

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

Dominic Nguyen (Croydon) – January 2010

Augustine Nguyen (Croydon) – February 2010

Under 13 Girls

Catherine Duong (Croydon) – May 2008

Under 11 Boys

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

Lenny Han (MSAC) – December 2009

Dylan Nguyen (Croydon) – January 2010

Under 11 Girls

Mahi Joshi (Croydon) – May 2009

Christina Nguyen (Croydon) – February 2010

Over 40 Men

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

David Pui (Croydon) – Nov. 2007 to Dec. 2009 then on and off since January 2010

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

Over 50 Women

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

Below are some action photos of players who competed in New Zealand during April.



Phil Boyle



David Powell



Lily Phan



Heming Hu



Dominic Huang



Yang Shen



DUCK'S VIEW

In this feature, I'll share my thoughts on a wide range of topics about the sport. The first topic will be,

IMPROVING YOUR STANDARD

What a complex topic to start with, as there are many variables to discuss. I will expand on some areas in future editions.

This article will mainly focus on improving from lower Club level to top State & National level, as a large percentage of players I currently coach and have coached over the years are young Junior's who have started from beginners levels lower Club level.

First, I will define some words before going into more detail.

Results = Win or loss

Skills = Shots (forehand loop, backhand push, etc), movement, fitness, etc.

Standard = Overall skill level

Improvement = Higher standard compared to previous months and year's

Gaining better results doesn't always equate to improving your standard!

Improving your standard doesn't always equate to gaining better results!

Will now mention some other relevant statements which play a role on this issue;

- Not everyone has same natural ability or talent! Some have to work more/less to achieve same standard/results as others.
- As Table Tennis is a high skill game, repetition of all shots is crucial for improving your standard and/or results!
- Chances of improving standard/results are increased, but not guaranteed, the more you play!

Overall, there's no secret to improve your standard as the main factors/answer are, play more hours each week and hard work. Other factors include, having a good coach, money, time and time management.

For a player to full-fill the above mentioned factors, it requires a Team (player, parents and coach) effort. Each part of the Team has its responsibilities.

Player

Patience, work hard, listen & learn from coach or others who have more experience, plus take ownership of their game/improvement/standard.

Parents

Patience, pay TT bills and provide transport.

Coach

Patience, create & improve skills and knowledge. Also, be a good organiser as to know when to introduce new shots depending upon each person's development and what style a player could become depending upon their body type and predicted future strengths & weaknesses. Other areas are, tactical awareness, how to deal with times when standard and/or results aren't working out as desired and provide pathways (programming) to achieve higher standards. Watching players compete is also important and as I don't do this these days, due to other coaching & interests, my performance as a coach can't be 100% but I provide video analysis for players who film and give me their matches.

How many hours per week is enough to improve your standard?

This can only be answered by the player as he/she needs to work out what level they are attempting to strive for – some may not have any set level in mind. Knowing how many hours per week are required to achieve certain levels is a key.

Below are some formula's I've designed for players to use a guide to achieve certain levels – school work/marks do not have to be sacrificed if time is not wasted and player manages their time well.

Australian Champion

Under 13

10+ hours per week for a minimum of 2 years and/or played for at least 5 years

Under 15

10+ hours per week for minimum of 3 years and/or played for at least 6 years

Under 18

10+ hours per week for minimum of 5 years and/or played for at least 8 years

Australian top bracket (top 4)

Under 13

7-10 hours per week for a minimum of 2 years and/or played for at least 4 years

Under 15

7-10 hours per week for minimum of 3 years and/or played for at least 5 years

Under 18

7-10 hours per week for minimum of 4 years and/or played for at least 7 years

Australian 2nd tier (ranking from 5-10) and make State (A) Team

Under 13

5-7 hours per week for a minimum of 2 years and/or played for at least 3 years

Under 15

5-7 hours per week for a minimum of 2 years and/or played for at least 4 years

Under 18

5-7 hours per week for a minimum of 3 years and/or played for at least 5 years

Note 1: Hours per week is for a minimum of 45 weeks per year.

Note 2: Exceptions can occur if, the standard in that age group is lower than past years OR lack of players/depth which can tend to happen with female age groups OR player/s has a lot of natural ability/talent – mainly for younger age groups.

Note 3: If a player doesn't achieve one of the set levels above, using the given info, then he/she isn't good enough at that stage and/or the coach isn't good enough.

Now that has been established, the next question is, how should the hours be split up each week? - Not including tournaments.

Individual Coaching – minimum 10%

Group/own Training – minimum 50%, does not include having “muck around” hits

Weekly Pennant – minimum 20%, I count each Pennant night as 2hrs.

Note: Once a certain standard is achieved (above Club level) then less Pennant and more training is required as the Pennant will not help your development as much as training.

In the end, it's up to the player (and parents) to decide how much they want to improve. I take the approach that if the player is comfortable with their standard/level, then so am I but if they are not, then I'll help to find solutions using the above information as a guide.

2010 TOURNAMENT RESULTS

INTERNATIONAL TOURNAMENTS

YOUTH OLYMPIC QUALIFYING (April 3 & 4 then 10th) – 2 played

Oceania event (April 3 & 4)

Heming Hu

2nd of 7 players

Lily Phan

2nd of 7 players

Note: Player who finished 1st qualified while player who finished 1st of their country, providing not from same country as winner, were permitted to enter another International qualifying event.

International event (April 10)

Heming Hu

2nd of 4 players

Lily Phan

1st of 3 players

WORLD JUNIOR CIRCUIT (April 6 - 9) – 4 played

Lily Phan

Won Under 18 Girls Singles

Won Under 18 Girls Doubles

Won Under 15 Girls Doubles

Won Under 15 Girls Team

R-up Under 15 Girls Singles

Heming Hu

Semi Under 18 Boys Doubles

Dominic Huang

4th of 16 players Under 12 Singles

Yang Shen

9th of 16 payers Under 12 Singles

NEW ZEALAND VETERAN C'SHIPS (April 3 – 9) – 1 played

Phil Boyle

Won, Over 40 Men's Consolation Singles

R-up Over 40 Men's Doubles

OCEANIA CHAMPIONSHIPS (April 12 - 17) – 4 played

Lily Phan

Won 15 Girls Singles

Won 15 Girls Doubles

Won 21 Women's Doubles

Won 18 Girls Doubles

Won 18 Girls Team

R-up 18 Girls Singles

R-up 21 Women's Singles

David Powell

Won 21 Men's Doubles

Won Men's Team

Semi 21 Men's Singles

Heming Hu

R-up 18 Boys Team

Semi 18 Boys Singles

Semi 18 Boys Doubles

Semi 21 Men's Singles

Semi 21 Men's Doubles

Yang Shen

R-up 12 Boys Doubles

Semi 12 Boys Singles

VICTORIAN TOURNAMENTS

VIC. CLOSED JUNIOR (March 6) – 22 played

Heming Hu

Won 18 Boys Singles

Tim Nguyen

Semi 18 Boys Singles

Emilie Evans

Semi 18 Girls Singles

Catherine Duong

Won 15 Girls Doubles

Won 13 Girls Doubles

Won 13 Mixed Doubles

R-up 15 Girls Singles

R-up 13 Girls Singles

Dominic Huang

Won 13 Boys Singles

R-up Division 2 Singles

Dominic Nguyen

R-up 15 Boys Doubles

R-up 15 Mixed Doubles

Lenny Han

Won 13 Boys Doubles

Won 11 Boys Singles

Won Division 6 Singles

Yang Shen

Won 13 Boys Doubles

Semi 13 Boys Singles

Christina Nguyen

Won 11 Doubles

R-up 13 Girls Doubles

Lawrence Qiu

Won 13 Mixed Doubles

Liam Haveckin

Won Division 2 Singles

Atul Shrestha

R-up 11 Boys Singles

Dylan Nguyen

Won 11 Doubles

Mahi Joshi

R-up 11 Girls Singles

VIC. CLOSED SENIOR (March 7) – 7 played

Heming Hu

Won Mixed Doubles

R-up 21 Men's Singles

Semi Men's Singles

David Powell

Won 21 Men's Singles

Tim Nguyen

Won 21 Men's Doubles

Semi 21 Men's Singles

Phil Boyle

R-up Men's Doubles

Michael Worobec

Won Division 2 Singles

GEELONG OPEN VETERANS (March 21) – 4 played

Phil Boyle

Semi – Over 40 Men's Singles

GEELONG OPEN SENIOR & JUNIOR (March 20) – 22 played

David Powell

Won Men's Doubles
R-up 21 Men's Singles
Semi Men's Singles

Heming Hu

Won 21 Men's Singles
Won 18 Boys Singles
R-up Mixed Doubles

Phil Boyle

Won O30 Men's Singles
R-up Restricted Doubles

Catherine Duong

Won 15 Mixed Doubles
R-up 15 Girls Doubles
R-up 13 Girls Singles
Semi 18 Girls Singles

Steven Phan

Won Division 2 Singles
Semi 15 Boys Singles

Scott Gilmore

Won Division 3 Singles

Lawrence Qiu

Won 15 Mixed Doubles
Semi 13 Boys Singles

Kaveesh Jayasinhe

R-up 15 Mixed Doubles

Emilie Evans

R-up 15 Mixed Doubles

Dominic Huang

Won 13 Boys Singles
Won 13 Boys Doubles

Daniel Zou

Won 13 Boys Doubles
R-up 13 Boys Singles

Lenny Han

Won Division 6 Singles
R-up Division 5 Singles
Semi 13 Boys Singles

Atul Shrestha

Won 11 Boys Singles

Dylan Nguyen

Won 11 Doubles

Christina Nguyen

Won 11 Doubles

EASTER CLASSIC JUNIOR (April 3) – 17 played

Tim Nguyen

Won 18 Boys Singles

Steven Phan

Semi 15 Boys Singles

Kaveesh Jaysinhe

Semi 15 Boys Singles

Scott Gilmore

Won 15 Boys Doubles

Lawrence Qiu

Won 13 Boys Singles

Daniel Zou

R-up 13 Boys Singles

Catherine Duong

Semi 13 Girls Singles

Lenny Han

Won 11 Boys Singles

Atul Shrestha

R-up 11 Boys Singles

Christina Nguyen

R-up 11 Girls Singles

EASTER CLASSIC SENIOR (April 4) – 5 played

David Powell

Won 21 Men's Singles
R-up Men's Singles

Tim Nguyen

Won Men's Restricted Singles
Semi 21 Men's Singles

MORNINGTON JUNIOR (April 10) – 14 played

Steven Phan

R-up 18 Boys Singles

Scott Gimore

Semi 18 Boys Singles

Bosco Tam

R-up Division 1 Singles

Lawrence Qiu

Won 13 Boys Singles

Won 13 Boys Doubles

Won 15 Mixed Doubles

Catherine Duong

Won 15 Mixed Doubles

Won 13 Mixed Doubles

Won 13 Girls Doubles

R-up 13 Girls Singles

Lenny Han

Won 11 Boys Singles

Won 11 Doubles

Won Division 6 Singles

Semi 13 Boys Singles

Daniel Zou

R-up 13 Boys Singles

R-up Division 3 Singles

Atul Shrestha

R-up 11 Boys Singles

Semi 13 Boys Singles

Dominic Nguyen

R-up 13 Boys Doubles

Augustine Nguyen

R-up 13 Mixed Doubles

Christina Nguyen

Won 13 Mixed Doubles

R-up 11 Double

Dylan Nguyen

R-up 11 Double

BENDIGO VETERANS (April 18) – 3 played

Rod Kempton

Won Division 2 Singles

2010 REWARDS

\$100

- Australian Singles Champion (Under 13, 15, 18, 21, Open, Over 40)
- Oceania Singles Champion (Under 12, 15, 18, 21, Open)
- World Junior Circuit Singles Champion (Under 12, 15 & 18)

\$50

- Australian Singles Runner Up (Under 13, 15, 18, 21, Open, Over 40)
- Oceania Singles Runner Up (Under 12, 15, 18, 21 & Open)
- World Junior Circuit (Under 12, 15 & 18)
- Victorian Open Singles Champion (Under 11, 13, 15, 18, 21, Open, Over 40)

Note: Only one reward per person, per tournament is offered.

TO BE ELIGIBLE

1. Must be currently coached by myself

AND

2. Wear player name tag (provided to you by myself for 2009 Aust. Junior Championships) in, "The Final" and preferably (don't have to) other matches, of Australian and Victorian Open Championships.
If don't have a name tag, please advise and I shall make one for you.

REWARD WINNERS

\$100 Lily Phan – WJC under 18 Girls Singles winner

\$100 Lily Phan – Oceania under 15 Girls Singles winner

After reviewing the rewards I have included the World Junior Circuit tournament, Oceania under 12 Singles and Over 40 Singles events at Australian Championships and Victorian Open.

AUSTRALIAN INDIVIDUAL FINALISTS

2009

David Powell

Won 18 Boys Singles
Won 21 Men's Doubles
R-up 21 Men's Singles

Kathy Nguyen

Won 15 Girls Doubles

Heming Hu

Won 15 Boys Singles
Won 18 Mixed Doubles
R-up 18 Boys Singles

Steven Phan

R-up 13 Boys Doubles

Lily Phan

Won 15 Girls Singles
Won 18 Mixed Dbls
R-up 18 Girls Singles
R-up 15 Girls Double

2008

David Powell

Won 21 Men's Doubles
R-up 21 Men's Singles
R-up 18 Boys Doubles

Justing Huang

Won 15 Boys Doubles

Heming Hu

Won 15 Boys Singles
Won 18 Boys Doubles

Steven Phan

Won 13 Boys Doubles

Lily Phan

Won 15 Girls Singles
Won 15 Girls Double
Won 13 Girls Singles
Won 13 Girls Double
R-up 13 Mixed Dbls

Louise Qiu

Won 13 Mixed Dbls

2007

David Powell

R-up 21 Men's Doubles
R-up 18 Boys Doubles

Tim Nguyen

Won 15 Boys Doubles

Heming Hu

Won 15 Boys Singles
Won 13 Boys Singles
Won 13 Mixed Doubles

Tony Liu

R-up 15 Boys Doubles

Lily Phan

Won 13 Girls Double
R-up 15 Girls Singles
R-up 13 Girls Singles

2006

David Powell

Won 16 Boys Singles
R-up 16 Mixed Doubles
R-up 18 Boys Doubles
R-up 18 Mixed Doubles

Lily Phan

Won 14 Girls Singles
Won 14 Girls Doubles

Tim Nguyen

R-up 14 Boys Singles
R-up 14 Boys Double
R-up 14 Mixed Dbls

2005

David Powell

R-up 16 Boys Singles
R-up 14 Boys Singles

Derrika Nheng

R-up 18 Girls Doubles

2004

Derrika Nheng

Won 18 Girls Doubles

2003

Miles Gyuricza

Won 16 Boys Doubles

Won 16 Mixed Doubles

Derrika Nheng

Won 16 Mixed Doubles

R-up 16 Girls Doubles

Adrianna Coombes

R-up 16 Girls Singles

Leanne Reidy

R-up 16 Girls Doubles

2002

Derrika Nheng

Won 14 Girls Singles

Won 14 Girls Doubles

Won 14 Mixed Doubles

Miles Gyuricza

Won 14 Boys Doubles

OCEANIA INDIVIDUAL FINALISTS

2010

Lily Phan

Won 15 Girls Singles

Won 15 Girls Doubles

Won 18 Girls Doubles

Won 21 Women's Doubles

R-up 18 Girls Singles

R-up 21 Women's Singles

David Powell

Won 21 Men's Doubles

2008

David Powell

Won 18 Boys Singles

R-up 18 Boys Doubles

Lily Phan

Won 15 Girls Singles

Won 15 Girls Doubles

Tim Nguyen

Won 18 Boys Double

2006

David Powell

Won 15 Boys Singles

Won 15 Boys Doubles