

MARK SMYTHE NEWSLETTER

Edition 12 - November & December 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)



Dominic Huang
Australian Singles Champion
2011 (U13)

A NEWSLETTER DEDICATED TO PLAYERS COACHED BY MYSELF



HIGHLIGHTS

Heming Hu and Dominic Huang gain No. 1 Australian Ranking

Heming and Dominic topped the Australian Ranking for their age group. Heming was no. 1 U18 Boy and Dominic gained the no. 1 spot for U13 Boys.

Dominic H, Yang, Atul & Dominic N fill 4 of the top 6 spots on Aust. Ranking List

After a magnificent Nationals, these 4 boys naturally filled most of the top spots on the end of year Australian Ranking List. Dominic H was no. 1 while Yang was 3, followed by Dominic N at 4 and Atul at 6.

9 players achieve top 10 Australian Ranking and selected in National Squad

The following players achieved a top 10 Australian Ranking in the following age groups,

<u>Open Men's</u>	<u>Under 18 Boys</u>	<u>Under 15 Boys</u>	<u>Under 13 Boys</u>
7. David Powell	1. Heming Hu	4. Scott Gilmore	1. Dominic Huang
	7. Scott Gilmore	5. Steven Phan	3. Yang Shen
		8. Daniel Zou	4. Dominic Nguyen
			6. Atul Shrestha

All 9 players were also selected in the National Squad for their 2012 age groups.

Mahi Joshi wins 2 more U11 Girls Singles titles plus an U13 Girls Singles title

Mahi claimed 2 more U11 Girls Singles, this time being MSAC Open and the Victorian Club Championships. It has been an outstanding year for Mahi in this age group where she has won all, except the Victorian Open, covering 10 different tournaments.

Also, Mahi won the U13 Girls Singles at the Victorian Club Championships after defeating close friend Christina Nguyen in the final.

Butterfly

HANDY HINTS

As Table Tennis is a high skill game, it requires constant practise and attention to detail on strokes & movements to keep improving, players should not take much of a break during the off season.

BITS AND PIECES

Correcting error from Sept & Oct edition

Need to fix a mistake from last edition's "bit and pieces" comments re Annual Budget for professional Club in Europe. I mentioned "if only Clubs/Associations had a budget of 10% of \$1,000,000 to use for player payment if we had a National or State League.

Instead of 10% it was meant to say 1%. Unfortunately Australia does not have any National or State Leagues where participating Clubs/Associations have a budget of even \$10,000 (ten thousand) to pay players. I hope Australia will commence a National League again plus most States can have their own Leagues where the top players can earn up to \$5,000 (five thousand) per season (6-8months) and even more in National League.

A challenger to 2011 Victorian Under 13 Boys Team achievements

After mentioning in last edition, the 2011 Under 13 Victorian Boys Team may have created records by a Team at an Australian Championships, I have been given some info of 1 other Team (covering 2 different years) that rival the U13 Team.

Following info was provided by Bob Tuckett,

1973 Victorian Men's Team (Charlie Wuvanich, Bob Tuckett, Steve Knapp, Michael Munday and Robbie Javor) went through the Team Event undefeated, playing 5 matches winning all 9-0.

Wuvanich, Knapp and Tuckett made SF of singles (Knapp beat Wuvanich in Final) while Wuvanich & Knapp beat Tuckett & Paul Pinkewich(NSW) in Men's Doubles Final.

In 1974 the same Team achieved the same Team result (winning all 5 matches 9-0). In the Singles, Wuvanich, Knapp, Tuckett and Munday took up all 4 spots in SF while in the Doubles, Tuckett & Pinkewich defeated Knapp & Savige (Vic) in the Final.

Certainly both (U13 and Men's) Teams deserve the recognition for achieving such outstanding results.

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Mark Smythe's coaching programs**



DUCK'S VIEW

As David Powell has now completed the first half of the season in Poland and is currently home for Christmas, I asked him a few questions about his experiences.

Professional League in Poland – David Powell

You've played the first half of the league season now, how have you gone? Tell me about the ups and downs of matches

Since the first weekend in September to mid-December our club has been playing league matches (Division 1 – 2nd highest behind Extra Classer), where we have been placed at 8 on the ladder out of 10 teams. My personal record is 9-9 (9 wins and 9 losses). Coming into the matches I didn't really have many expectations as it was my first league season and wasn't familiar with overall strength of other Teams/players so I simply wanted to play some quality table tennis. At one stage I was 3-8 and feeling pretty disheartened and despondent, but as a professional you have no option whatever the circumstances and it's your job to start winning some matches. It's what you get paid to do!

Before going further I'll tell you about the format for each League match. There are 4 players in a Team and played on 2 tables – top 2 on first table with 3rd & 4th player on second table. Each player plays 2 singles and a doubles (5 matches each table) with a total of 10 matches per League match. I remember one match in particular, not for the right reasons however. We were playing a team that was similar standard to ours so it was a good chance to win. In my first match I lead 10-6 and 2 set to 1 therefore had 4 match points and ended up losing 11-9 in the 5th. I was so upset after I finished that match – still to this day I wonder how I possibly lost it. My second match was the last match, and at this stage our team score was 4-5 down. We had to win the last match to level the score and take 1 point. (A win is 2 points, and a draw is 1, and a loss is -2) I come out a little nervous and I wasn't feeling great in my game, I was rushed and not mentally prepared for battle. However, I was up 10-7 in the deciding 5th set and ended up losing 14-12 after having a total of 4 match points. Our team lost 6-4 and needless to say, I felt mortified. I could not believe it. I didn't think it was possible to lose two matches the same way on the same day! One of my team mates said "this is only possible in sport". What he meant is that sometimes sport can make you feel in ways nothing else can – I agree with him. After this League match the feeling around the Club for the next few days wasn't great and I could feel or sense the management were not happy with me as I couldn't capitalize on 8 match points and basically cost the Team a victory, 2 points, or at the very least a draw and 1 point. I had never experienced this type of feeling before knowing others were so upset with my losses but this experience made me tougher and gave a real understanding of what professional sport is about.

Our former national coach, Brett Clarke played some league in Poland and I remember talking to him about his experiences there. One thing that he said to me really stood out was "sometimes when you are winning your league matches, you'll be feeling great, motivated, you'll be wanting to get up at 6am and go running out in the fields of snow, but when you are losing you'll want to pull the bed covers over your head and wish you didn't exist. Ironically I now know what he meant because I felt the exact same way.

I played much better for the last 6-8 matches where I won most of them. I felt like my previous three months training was starting to pay off, I felt faster and stronger around the court which allowed to me to play the matches on my terms. Of the 9 matches I have lost, five of them were 3-2 so I have had the capabilities to win more than I have, so my goal for the second half the season is 14-4. For this to be achieved I will have to be at the top of my game and extremely disciplined in my matches. A challengeable, but realistic goal in my mind even though I am aware there will be players who lost to me wanting to beat "that little Australian player".

How has your pre-season training, if at all, changed since the season has started?

Yes my training has definitely changed since the league season got underway. The guys I am practicing with have been doing this for 10 years so they are pretty set in their routines and they know what they want to achieve in their sessions. Before the season started we were doing a lot of footwork exercises without service, and more rally type exercises, however now it is more irregular, service type exercises – by that I mean exercises where you don't know where the ball is coming and it's harder to achieve long rallies. Also we have cut our gym sessions down to around 1-2 per week at most compared to nearly every day during the off season. However after every session we are doing some individual strengthening work to suit our individual needs, for example sit ups, pushups etc. As we have no regular coach, it takes a huge amount of discipline to do this after every session, but as I said earlier for these guys, it's their way of life and a way to put food on the table. You've got to do what it takes to try and keep winning.

You also competed in the World Team Cup this year, tell me about that?

Yes, that's correct. During November 3-6th I competed at the World Team Cup in Magdeburg, Germany. This is a yearly event where Australia competes in the International Continental Championships with three other continental champions, to see who will progress into the main World Cup draw. The teams we played were Brazil, Egypt and Canada. I joined up with the rest of the Australian Team (William Henzell, Robert Frank and Trent Carter) in Magdeburg however as I had league matches either side, I was only there for a little over 48 hours. We lost to Brazil 3-1, Egypt 3-0 and had a good win at the end of the day against Canada 3-1 to confirm our number 3 seeded position. It's great to play these events to gain more and more experience – these events have the best players in the world competing and the more time your around better players, the better for you.

So your back home in Australia now, how does your schedule look for the next six months?

I'm now on a break from full time Table Tennis but still trying to practice once a day while I'm back in Melbourne. I have a few medical tests that were quite urgent for me to have and spend Christmas with my family. The last few years I've been in Europe around this time so I appreciate the short time I get to spend with family, especially at Christmas. New Year's Eve, I have a flight back to Rzeszow, Poland, where I will have around five days to prepare for our first match of the second half of the season. January will be busy with at least 4 league matches in 3 weeks, plus travelling to Hungary for one week playing the Hungarian Pro Tour with William Henzell. These pro tour events attract the best players in the world, and there is no better place to put your skills to the test than events like these. I'm confident it will play a vital role in my preparation for Australian Olympic Qualifying, Feb. 16-19.

5th Feb. I'll be heading back home to Melbourne for the final 2 weeks preparation with you (Mark), trying to put my entire skills together ready for my matches. I believe the off-court preparation will just be as important, for example, fitness levels, good nutrition, ice baths, mental preparation etc.

Depending on my results at these qualifying matches, I'll be heading back over to Poland to finish the rest of my league matches as officially my contract doesn't end until 30 May 2012. Whether or not I qualify for the Olympics will not affect my schedule, I will still be heading home in June regardless to resume my studies at university (I took a leave of absence for one year).

How is your social life, making friends, cooking etc going?

This side of things is going great – I have made a bunch of great friends, and it's always nice to be able to go out and have a drink and get away from table tennis. It's a balance that's extremely important – you need some time away otherwise you can go crazy or get bit tired of the sport and lose some interest. I am still cooking pretty much every day so all those skills are improving too. But when it all comes down to the crunch, I'd take my mums cooking over mine any day!

MARK SMYTHE JANUARY SCHOOL HOLIDAY GROUP TRAINING



IMPROVE YOUR SKILLS & STANDARD FROM AUSTRALIA'S MOST SUCCESSFUL COACH

WHEN: 9th – 22nd January 2012

WHERE: Croydon Table Tennis Association

TIMES: Monday – Friday 6:30 to 9pm
Saturday 9:30am to 12pm
Sunday – **Rapid Fire Challenge (RFC)**

A RFC, lasting 2 – 2.5hrs, will be held each Sunday where most who enter will win prize money. More details will be provided after 9th Jan.

COST: \$15 each session
Note: A separate weekly \$10 fee be paid to Croydon

CONTACT: 0411 493 054
MARK (03) 9803 6835
ducksmythe@hotmail.com

FEATURES OF THESE SESSIONS INCLUDE;

- Select any amount you wish to attend
- A minimum of only 24hrs notice is required if can attend any session
- Well structured, with exercises provided according to your ability
- Games played at the end of every session
- Open to players of all ages & standards

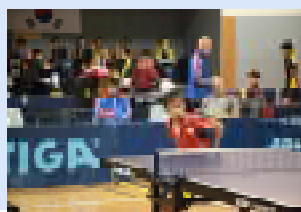
“FOR PLAYERS WHO ARE SERIOUS ABOUT IMPROVING”



Scott Gilmore



Yang Shen



Atul Shrestha



Dominic Nguyen



MARK SMYTHE JANUARY GROUP TRAINING

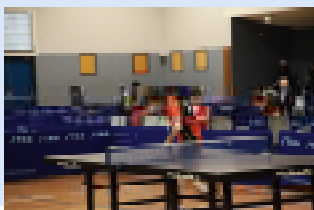
IMPROVE YOUR SKILLS & STANDARD FROM AUSTRALIA'S MOST SUCCESSFUL COACH

- WHEN:** 16th – 20th January 2012
- WHERE:** Dandenong Table Tennis Association
- TIMES:** Monday – Friday 10am to 12:30pm
- COST:** \$15 each session
Note: A separate weekly \$5 fee be paid to Dandenong
- CONTACT:** 0411 493 054
MARK (03) 9803 6835
ducksmythe@hotmail.com

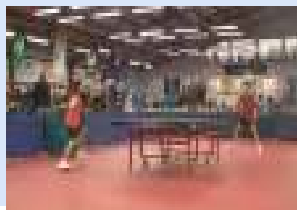
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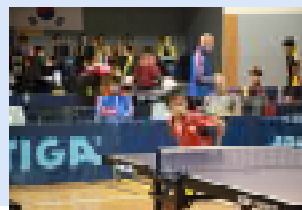
“FOR PLAYERS WHO ARE SERIOUS ABOUT IMPROVING”



Scott Gilmore



Yang Shen



Atul Shrestha



Dominic Nguyen

TOURNAMENT RESULTS

STATE

MSAC JUNIOR OPEN (Oct. 22) – 14 played

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

Dominic Nguyen
Won 15 Boys Doubles
Won Division 3 Singles

Yang Shen
Won 13 Boys Doubles
R-up 15 Boys Singles
R-up Division 1 Singles

Mahi Joshi
Won 11 Girls Singles
R-up 13 Girls Singles

Christina Nguyen
SF 13 Girls Singles

Dylan Nguyen
Won 11 Doubles

VICTORIAN JUNIOR CLUB CHAMPIONSHIPS (Nov. 6) – 11 played

Yang Shen
R-up 18 Boys Singles
SF 15 Boys Singles

Atul Shrestha
R-up 13 Boys Singles

Mahi Joshi
Won 13 Girls Singles
Won 11 Girls Singles

Christina Nguyen
Won 13 Boys Doubles
R-up 13 Mixed Doubles

Dylan Nguyen
Won 13 Boys Doubles

PARKVIEW SENIOR OPEN (Nov. 20) – 3 played

Barak Mizrahi
Won AWD Class 11 Singles
R-up Men's Open Doubles
R-up Division 1 Doubles

Yang Shen
SF 21 Men's Singles

Dominic McDonnell
Won Division 2 Singles

RAPID FIRE CHALLENGE DECEMBER 2011 SERIES WRAP UP

December 3

- 19 entries, lasting approx. 2hrs 30mins
- All players won prize money ranging from \$20 - \$300
- Winner of \$300 was Dominic McDonnell

December 11

- 17 entries, lasting 2hrs
- All players won prize money ranging from \$20 - \$280
- Winner of \$280 was Yang Shen

December 17

- 22 entries, lasting 2hrs 30mins
- All players won prize money ranging from \$10 - \$320
- Winner of \$320 was Eric Tan

Overall there was \$4,100 given out in prize money for the 3 RFC's covering only approx. 7 hours.

Many thanks to the "silent sponsor" who donated \$3,000 to myself which was used for this series - \$2,400 went towards prize money.

Below are photos from December 3 RFC. Photos were taken by Clara Chung.



Mahi Joshi v Scott Gilmore



Eric Tan v Eugene Lim



Christina Nguyen v Braden Cuss



Dylan Nguyen v Ryan Bruce



Augustine Nguyen v Dominic McDonnell



Ali Zarghami v Jimmy Nguyen



Yang Shen



Eugene Lim V Dominic McDonnell

MARK SMYTHE

DISTANCE COACHING

CONCEPT

Help players improve their level regardless where you live.

MY CREDENTIALS

COACH

- Since 2002, players (12) I've coached (one on one) have won 48 Australian Individual (Singles & Doubles) Titles with 7 starting with me from beginner or very low level
- Since 1996, coached 50 players that have made Victorian Junior Teams including, 16 in 2011, 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
- Self-employed and 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

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

\$55 per match or training session

Note: Can send multiple matches and/or training sessions if wish to. Cost will increase (example, \$110 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

STABLE OF STARS

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

Open Men

Dominic McDonnell (Croydon) – February to October 2007 then on & off since September 2010
Barak Mizrachi (Maccabi) – Since July 2011

Uner 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 to October 2011
David Cynghler (Maccabi) – On & off from Sept. – Dec. 2010 then February 2011 to October 2011

Under 18 Girls

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

Under 15 Boys

Scott Gilmore (Dandenong) – March 2007
Kaveesh Jayasinhe (Dandenong) – On & off Sept. to Dec. 2009 then since January 2010
Daniel Zou (Dandenong) – November 2006 to September 2011
Hayden Choi (Coburg) – On & off since January 2010
Clarence Chow (Croydon) – March 2010
Jakob Smith (Croydon) – April 2010
Eric Nguyen (Croydon) – On & off from March to September 2010 then since October 2010

Under 13 Boys

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

Over 50 Women

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