

MARK SMYTHE NEWSLETTER

Edition 11 - September & October 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)

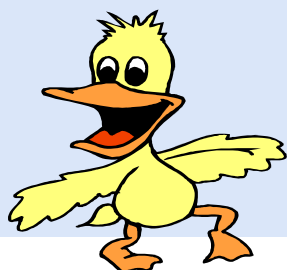


Lily Phan
Australian Singles Champion
2006 (U14), 2008 (U13&15) & 2009 (U15)



Dominic Huang
Australian Singles Champion
2011 (U13)

A NEWSLETTER DEDICATED TO PLAYERS COACHED BY MYSELF



HIGHLIGHTS

Dominic Huang clean sweeps U13 events at Australian Championships

Dominic had the perfect finish to his U13 year by winning the U13 Boys Singles, Boys Doubles and Mixed Doubles at the Australian Championships. Not only was he undefeated for the week in that age group but didn't lose a match for the whole year with 6 singles titles including Australian, New Zealand and Victorian Open's plus doubles titles he competed in with Yang Shen and Wendy Li. Dominic started playing in 2005 and has been one of the most talented players I've coached!

Dominic H, Yang, Atul & Dominic N set records at Australian Junior C'ships

These 4 boys set some records at the Australian Junior Championships that may never be surpassed. They, the Victorian U13 State Team, not only went through the team event undefeated but didn't lose a singles match winning all 7 matches 9-0. On top of this great effort all 4 made the final of the Boys Doubles with Dominic H & Yang defeating Atul & Dominic N then 3 of them made the SF of the Singles where Dominic H won the title with Yang and Dominic N losing in the SF. I don't believe there's been a more dominant performance by one Team at any (Junior, Senior, Youth or Veterans) Australian Championships in the history of the sport.

Dominic & Yang win Australian U13 Doubles title

As mentioned above, Dominic & Yang won the Australian U13 Boys Doubles title. This made it 2 U13 Boys Doubles titles in row for Dominic, who teamed with Leon Suy last year, and is Australian Doubles Title number 3 for Yang after he won U15 Boys and U13 Mixed last year.

Heming's near misses at Australian Championships, again

After being runner up in U21 Men's Singles & Doubles earlier this year at Australian Senior Open, Heming collected 2 more runner's up at the Junior Championships in the U18 Boys Singles & Doubles. This year the U18 Singles had strong competition with players from Korea participating, which Heming defeated one of them 4-1 in the SF but lost 4-2 to another one in the final. He has won at least one Australian Singles title in the last 4 years but just missed out on making 5 years in a row.

Heming awarded Australian Junior of Year for 2nd successive year

17 year old Heming won the prestigious Australian Junior of the Year award after another strong list of performances this year which, as mentioned above, have included being runner up in U21 & 18 Australian Open and Championships respectively – both times losing to international players. Heming also won this award last year and now joins a small group who have won this award more than once. The winner of this award before Heming was David Powell.

Yang Shen wins U15 & 13 singles titles at Mornington Open

Yang had a great day at Mornington Open by winning the U15 & 13 Singles titles. In the U15 event he had a surprise victory over Leon Suy in the Final and, as no. 1 seed, won the U13 Singles.

Mahi Joshi wins another 2 U11 Girls Singles titles

Mahi claimed 2 more U11 Girls Singles this year, this time being Mornington Open and Parkview Open. It has been an outstanding year for Mahi in this age group where she has won all, except the Victorian Open, U11 singles events covering 8 different tournaments.

HANDY HINTS

There can be many ups and downs re emotions through one match let alone one day, week, month, year and career. It's how we deal with the down times, together with playing more hours each week that can make the difference of achieving a better result/standard at the time/in future.

BITS AND PIECES

Annual Budget for professional Club in Europe

The annual budget re player payments for one of the higher profile professional clubs (Borussia Dusseldorf) in Germany is approx. AUD \$1,000,000 (one million).

Information sourced from current Australian National Coach, Jens Lang.

If only Australia had a National or State League with 10% of that budget, the sport would have more players wanting to improve their level!!

Australia to host another Commonwealth Games

Gold Coast won the right to hold 2018 Commonwealth Games. After Melbourne hosted the 2006 Commonwealth Games, it is rare for a country to host another one so close to its previous one. This should prove to be a great long term goal for our junior and youth players.

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Mark Smythe's coaching programs**



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 Mizrahi (Maccabi) – 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

David Cyngler (Maccabi) – On & off from Sept. – Dec. 2010 then February – September 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 July 2007 to April 2011 then on & off since May 2011

Scott Gilmore (Dandenong) – March 2007

Kaveesh Jayasinhe (Croydon) – 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 September 2009 to July 2010

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

Dominic Huang (Dandenong) – May 2005 to May 2011 then on & off since June 2011

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

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

Yang Shen (Croydon) – June 2008

Dominic Nguyen (Croydon) – January 2010

Augustine Nguyen (Croydon) – February 2010

Winston Phan (Croydon) – November 2010

Ali Zhargami (Croydon) – September 2011

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 July 2011

Over 50 Women

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

DUCK'S VIEW

As Heming Hu has spent most of this year training in China I asked him to write about his experiences.

9 MONTHS OF TRAINING & STUDYING IN CHINA

By Heming Hu

On 3rd January this year the Table Tennis trip of my lifetime began. I knew that China was the best nation at Table Tennis in the world. However, I had heard rumors, or words from some people I knew that going to China may not be helpful and could be bad for your game. However, from main coach Mark, I heard the right things, “go to China and learn as much as you can, work hard like you always do, experience the best place for Table Tennis and improve”. With 9 months spent in Henan province of China, I now know those words from Mark were totally correct for a young player like myself.

When approaching the practice hall for the first time I was excited before entering, hearing the sound of feet thundering around the floor and balls bouncing on the tables and being hit. I walked in and saw 20 tables, with taraflex flooring, many players and thought “this is where the big boys train”. There were almost 40 boys and 40 girls training very hard. The coach told me to get ready, warm up and sent me with the smaller squad to play matches to test my standard. The team of boys had 2 squads - Squad One had 16 players aged from 17-22 and Squad Two had 18 players ranging between 14-17 years old. These were the BEST players from the province picked from national and provincial tournaments. Some players were picked from other provinces but they tend to be very good as it is costly to pay for players from elsewhere – provinces can buy players to be part of their training system and represent them at tournaments. I played 3 middle ranged players from Squad Two. I lost 2 of the 3 matches even though they were all close. I was happy enough despite being disappointed with some of the easy balls I missed and losing those matches.

The thing with China is that most or all provincial teams are willing to spend a lot of money to create an environment which is best for their players to improve. This includes providing, free daily training (approx.. 6hrs per day) paying for high quality coaches, providing accommodation on the premises and food. I lived with the Team on the premises and many athletes from other sports. It's a multisport precinct with a professional set up and made me realize why China is the best. A few athletes live at home if they are local but even some locals eat at the provincial team's dining hall and/or live at the athlete's dormitories and do their everyday things at the team's facilities. Not many do this though. Most stay in the team.

Squad Two boys, I was part of from January to August, train Monday- Saturday 8.30am-12.00pm and 3.00-6.30pm. However, during the schooling period which occurs most of the year for younger players (only kids younger than 17 have to go and is part time), it's the schedule explained above. There's no training on Wednesday and Friday mornings but is 1.5 hour multiball practice on those nights. Squad Two only play “in house” tournaments every second Saturday and not each week like Squad One. More practice is required for the lower level players. The daily training consists of 1.5hr specific/footwork exercises and then 1.5hr multiball practice each morning and all specific and match like exercises in the afternoon then physical training from 6.00pm-6.30pm. The physical training has helped me a lot. I thought I may have had more back problems, as I originally had an injured lower back, but due to the regular physical training I now don't have a problem. This is a common injury in Table Tennis but can be reduced with regular and correct physical training.

To the program I am part off now. Squad one boys train Monday-Friday, 8:30am-11:00am and 3:00pm-6:30pm. Every morning from 11:00-11:30 is physical training and from 6:00-6:30pm is time for specific skills which doesn't take much physical effort such as flicking, service, service receive and short pushing. Every morning would warm up (forehand to forehand and backhand to backhand) then single ball exercises which are more match play. Afternoon session would be warm up and then two footwork exercises and multiball. Monday, Wednesday and Friday night from 7.40-8.30pm it would be any small work of your choice. Thursday afternoon the squad would rest though, they would have a meeting with all the coaches and the players. The coaches would either teach stuff or the players would analyze how their training has been over the past few days and their thoughts with everyday training and life, etc. Every Saturday is competition which is played over 2 sessions, 8.30am-11.30am and 3.00pm-5.30pm. There would be a tournament with two teams of some sort. Different each week but always with money or something on it to put pressure on the players to make the matches feel real.

To the table training now; most footwork exercises are done with the focus mainly on forehands, some where you know where the ball is coming and is used to improve technique, footwork, staying close to the table, getting good timing on each shot and keeping many balls on the table. The random exercises are also focused on the playing more forehands. The coaches believe playing more forehands is best chance to achieve the highest standard so most exercisers compliment this thinking. I agree with this thinking. I am not saying that you must be a good forehand player and having a great backhand doesn't matter. However, in most cases matches are won by playing more forehands. Most top male players feel more comfortable using their forehand under pressure and general there's more room for power, speed, and consistency. Improving your backhand side is important but matches are generally won with players maximizing the use of their forehand. This is the generally the case for a male Player.

All players at the higher levels need to have a strong service and solid service returns. As this is the case, the Chinese practice their service and returns a lot every day. They also play a lot of pressure type situations and matches so the players can improve during these tense times. There are awards or punishments for winners and losers. One of the advantages in China is the large number of players they have. The coaches use their numbers to organize big round robin tournaments. They are exciting and tough, mentally and physically. All players know each other so well and want to win so bad that the tournament is stressful and physically tough as you play many matches each day over a short period of time. In Squad One, I found it interesting with the monthly round robins as there are rewards best performed players. The top 3 get special food each meal that only they are allowed to eat until the next round robin is played. The top 8 also get free rubbers once a month. Even though the players live together and are friends it's literally war when these round robins are played.

During my time here, it's been great to see some players I have already known and played against in the past, training here. New Zealander Kevin Wu and Taiwan's Hung Tzu Hsiang (2010 Youth Olympic Games silver medalist in singles) who I am great friends with also trains here every new year with other strong Taiwanese players. Mexico's Marcos Madrid (beat Kenta Matsudaira in 2008) and Canada's Pierre Luc-Hinse trained here at different times through the year.

There are also many coaches in this team. These coaches have great knowledge of the game and technical aspects of all shots – the coaches have all been elite players in the past. There are 6 coaches in the team, three in each squad. Every coach has helped me a lot with match experience, how to play matches and technique. Very skillful coaches is something every country needs but usually don't have much, especially like Australia. China is full of great coaches! They also teach you "how" to practice. Practice without knowing how to manage your skills and what type of exercises to do is not much benefit. Knowing how to practice, despite how hard you work, will help you improve a lot. The things I'm being taught in China is similar to what Mark has showed me in Melbourne so it's great to know I've got someone at home who understands how to structure training sessions and improve different skills I need to reach a higher level and better results.

The difference with training at home in Melbourne compared to training here in China is very big!! The quality of the practice partners, intensity the coaches expect and the hours you get to spend on the table is all much more compared to back at home. I feel when I go back home, practice will be different and the quality of everything will go down. In China, you are with players who are striving for a higher level and success every day. Whereas in Australia, everybody is taking Table Tennis as a hobby so there isn't enough pressure on Australian Table Tennis players to improve and not enough advice, rewards/money, tournament chances and practice chances. The top 5 players in Squad One here are paid monthly wages. They get paid 1,500 RMB monthly and that's pretty good for a young athlete considering the average wage in China is 800-2,000RMB monthly depending on your job – in Australia, this would be the same as getting \$6,000-8,000 per month to be in the top 5 of the State. This money gets used to pay for their TT equipment and anything else for themselves.

It is not easy to get into the Squad One. Players get promoted and relegated through the Squads. The same rules apply for moving up/down squads apply for the three female squads. Most of the time, there is a monthly round robin for each Squad, providing there are not too many outside (away from our province) tournaments to play in. Twice a year there is a "whole team" round robin involving both Squads. When playing the monthly round robins, the bottom three players from Squad One and the top two players from Squad Two progress into a five man round robin. If any Squad Two player defeats a Squad One player they go up and take the spot of the person they beat who goes down and must train in Squad Two until the next round robin is played. When playing the whole team round robins, the ones who finish in the top 12 get into Squad One and the rest are in Squad Two. For me, I had improved a lot and got up into the top 3 in Squad Two but the team didn't have any round robins for a while due to busy outside tournament schedule so my Mum got me into Squad One by talking to the coaches as I don't get the chance to live here forever. My level is now in the bottom part of Squad One.

In June I came back to Australia to play in Australian Senior Open where I played in Senior Team Event for Victoria and Individual Events. My results were ok (r-up in Under 21 Men's Singles & Doubles) but wasn't really happy with the way I played. I went back to Henan province on June 26th but soon after had some health problems and had appendicitis. I had surgery on June 30 which took me out of table tennis for a month where I started again late July. I commenced with light physical work like service practice, receive, blocking and counter-hitting until a week later going into backhand looping close to the table, blocking and feeding multiball then after 2 weeks my body was ready to physically train hard again.

This year I have played in many more competitions than I have had in the past years in Australia combined with training much more often on a weekly basis (approx. 30 hours per week compared to 12-15 hours per week at home). Even though most are "in house" provincial events they feel the same as an official tournament. This year I have played 3 Local Chinese tournaments where one had 867 entrants with 79 tables used in a stadium just bigger than MSA. The tournament everyday was packed and noise was soooooo loud! It was something I've never seen before and was such a different experience. It was just crazy! The other two tournaments had 679 and 784 entrants respectively. In one tournament I made the 2nd round of the main draw which was my 12th match (won 9 and lost 3) after going through 3 group stages before reaching main draw knockout stage. There are so many table tennis players in China it's unbelievable!

All the top provincial players from each province get together for a one month training camp – consists of 70 boys & 70 girls. They wake up 6.00 each morning, run 5km then train 3 (three) sessions a day OR they wake up and start training at 6.00am and train 4 (four) sessions a day. This lasts for 3 weeks and it is destined to get you sick. It's to toughen the players up!! As these players are already considered to be very good players and quite well known in China but they have huge expectations on them like no other country in the world. In these weeks, they undergo army training, table work, physical work and even learning English. On the 4th week, where everyone is almost about to be sick or already has been, they play a round robin of the 70 players. It goes for 7 days with 10 matches a day. The top 7 make the Chinese National Youth Team. The National team is a team of few players in which millions of great players from the country all fight like war!

Apart from the Super League in China, there are 6 leagues below which are played as full week (Monday-Sunday) tournaments twice a year. I had the great opportunity to play and represent the Henan team in the 4th league (5th highest league – top one called Super League then 1st league, 2nd league, etc) where I won 3/9 matches in the 3rd position of our Team. The team got me to move down to 5th league for the ending half of the year due to my bad performance in the 4th league, which would be the second worst in China where my level now would be considered slightly above average.

I have also had the great opportunity to enter and represent Australia at the Chengdu Junior Open (September 1st-5th) where fellow Australian, Dillon Cathcart, participated. We played as a team with a local Chengdu boy. We ended up losing in the main draw to China D team and got 5th spot of 9 teams. In the singles, I was seeded 8th and got through the group beating Hong Kong boy in 5 games, a Taiwanese player 3-0 and a Chengdu boy 3-0 topping my group as number 1. After that I had the pleasure of playing Number 1 seed and top Chinese player Zhou Kai. He was too good for me winning 4-0 despite me still being close in each game scores despite losing 4-0 and I still played my best and a great game!

I have played 4 Squad Two round robins and one whole team round robin which consisted of 33 players (that time including 7 Taiwanese players who were there training at the time). The whole team round robin lasted 4 days with 8 matches (best of 5 games) a day. I finished 32nd (2nd last) and lost 8 in 5 sets. It was physically so demanding the week later I was sick yet again! We recently played this round robin again and I finished 14th of 36 players.

During my stay in China I have studied two Year 12 subjects (Mathematical Methods and Further Mathematics) organized through the Distance Education of Victoria. It's tough having to do well in both subjects while focusing on Table Tennis. Over time, I've learned how to manage my time well and am now used to it. My mother is also here in China which makes it easier to manage everything. I know she is working hard and thank her for staying here and helping me a lot! She washes all my clothes and many other things to help with time management and my ability to do well in both study and sport.

My daily routine has been, 6.50am wake up for a 7.00 breakfast. I study until 8.15 then training 8.30-11.30. After each training session stretching and warming down time is given, have a shower then 12:00 is lunch time. I then study from around 12.30pm until 1.30pm where I would sleep from 1.30pm-2.30pm and then training from 3:00-6:30. I come back and shower until a 6.50pm dinner. On Tuesdays and Saturdays, where practice is not on at night, I would study those nights before bed time. I would study on the Monday, Wednesday and Friday until 6.45pm as there would be practice at night and I would shower then get to bed those nights on practice. On Thursday afternoon practice is not on, So I go to the Squad One team meeting from 3.00pm after afternoon sleep and study after it until dinner and then after dinner until bed time at 9.30pm. On Sundays, I practice from 9.30-11.00am and use the rest of the day to catch up on training summaries, go out for dinner and then use the whole day to prepare the week and study. All my meals would be at the dining hall in the team which is a 1 minute walk from both where I sleep and the Training stadium which are right next to each other.

Coming up, I have the Australian Junior Championships (2 weeks away), exams for my 2 year 12 subjects in November then prepare for the Olympic Games Qualifying in February which I will most likely come back to Henan for 2 months.



TOURNAMENT RESULTS

NATIONAL

AUSTRALIAN JUNIOR CHAMPIONSHIPS (Sept. 25 – Oct. 1) – 18 played

INDIVIDUAL EVENT

Heming Hu

R-up 18 Boys Singles
R-up 18 Boys Doubles

Scott Gilmore

R-up 15 Boys Doubles
SF 15 Boys Singles
SF 15 Mixed Doubles

Steven Phan

R-up 15 Boys Doubles
SF 15 Boys Singles

Dominic Huang

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

Yang Shen

Won 13 Boys Doubles
SF 13 Boys Singles

Dominic Nguyen

R-up 13 Boys Doubles
SF 13 Boys Singles

Atul Shrestha

R-up 13 Boys Doubles

TEAM EVENT

Heming Hu- 18 State

Gold – 19/2

Josh Cheung – 18 State

Gold – 11/1

Eugene Ng – 18 B

6/6

Scott Gimore – 15 State

Silver – 10/2

Steven Phan – 15 State

Silver – 8/4

Daniel Zou – 15 B

Bronze – 11/7

Kaveesh Jayasinhe – 15 B

Bronze – 11/4

Dominic Huang – 13 State

Gold – 15/0

Yang Shen – 13 State

Gold – 18/0

Atul Shrestha- 13 State

Gold – 15/0

Dominic Nguyen – 13 State

Gold – 15/0

Dylan Nguyen – 13B

7/2

Charles Chan – 13 B

10/8

Augustine Nguyen – 13 B

8/10

Christina Nguyen – 13 State

Silver – 13/2

Mahi Joshi – 13 State

Silver – 11/4

David Cyngler – 18 Pres.

7/14

Hayden Choi – 18 Pres.

5/13

Below are photo's from the tournament. Photo's taken by Say Ng.



Heming during Semi Final of U18 Boys Singles



Scott Gilmore



Eugene Ng



Kaveesh Jayasinhe



Dominic Huang during U13 Boys Singles Final



Dominic Huang and Yang Shen



Atul Shrestha



Dominic Nguyen



Dylan Nguyen



Charles Chan



Augustine Nguyen & Charles Chan



U13 Boys Team (Atul, Yang, Dominic & Dominic)



Christina Nguyen & Mahi Joshi

STATE

PARKVIEW JUNIOR OPEN (August 13) – 14 played

Steven Phan

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

Eugene Ng

R-up 15 Boys Doubles

Atul Shrestha

Won 13 Boys Singles
Won 13 Boys Doubles

Dominic Nguyen

Won 13 Boys Doubles
R-up 13 Boys Singles

Winston Phan

Won Division 6 Singles
SF 13 Boys Singles

Mahi Joshi

Won 11 Girls Singles
Won 11 Doubles
R-up 13 Girls Singles

Christina Nguyen

R-up 11 Doubles

Dylan Nguyen

R-up 11 Boys Singles

MORNINGTON OPEN (September 3) – 15 played

Yang Shen

Won 15 Boys Singles
Won 15 Mixed Doubles
Won 13 Boys Singles
Won Division 2 Singles

Kaveesh Jayasinha

Won 15 Boys Doubles

Hayden Choi

Won Division 4 Singles
R-up 15 Mixed Doubles

Dominic Nguyen

Won 13 Boys Doubles
SF 13 Boys Singles

Charles Chan

SF 13 Boys Singles
R-up Division 4 Singles

Mahi Joshi

Won 13 Girls Doubles
Won 11 Girls Singles
R-up 13 Girls Singles
R-up Division 5 Singles

Christina Nguyen

Won 13 Girls Doubles

Winston Phan

R-up 13 Boys Doubles

Dylan Nguyen

R-up 13 Boys Doubles

David Cyngler

R-up Division 3 Singles

Clarence Chow

R-up Division 6 Singles

MSAC JUNIOR OPEN (October 22)

Results will be in next edition.

MARK SMYTHE 2011 REWARDS

Victorian Open

- Open Singles Champion = \$100
- Under 21 Singles Champion = \$75
- Under 18 Singles Champion = \$75
- Under 15 Singles Champion = \$75
- Under 13 Singles Champion = \$50
- Under 11 Singles Champion = \$50

Only one reward per person is offered

Australian Open

- Open Singles Champion = \$200
- Open Singles R-up = \$100
- Open Doubles Champion = \$100
- Under 21 Singles Champion = \$100
- Under 21 Singles R-up = \$50
- Under 21 Doubles Champion = \$50

Only one reward per person is offered

Australian Closed

- Open Singles Champion = \$200
- Open Singles R-up = \$100
- Under 18, 15, 13 Singles Champion = \$100
- Under 18, 15, 13 Singles R-up = \$50
- Under 18, 15, 13 Doubles Champion = \$50

Only one reward per person is offered

TO BE ELIGIBLE

1. Be coached (one on one sessions) by myself in 2011

2011 REWARD WINNERS

\$100	David Powell	Australian Open Men's Doubles Champion
\$100	Dominic Huang	Australian U13 Boys Singles Champion
\$75	Steven Phan	Victorian Open U15 Boys Singles Champion
\$50	Dominic Huang	Victorian Open U13 Boys Singles Champion
\$50	Christina Nguyen	Victorian Open U11 Girls Singles Champion
\$50	Yang Shen	Australian U13 Boys Doubles Champion
\$50	Heming Hu	Australian U21 Men's Singles Runner Up
\$50	Heming Hu	Australian U18 Boys Singles Runner Up

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 44 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

AUSTRALIAN INDIVIDUAL FINALISTS

2011

David Powell

Won Men's Open Doubles
R-up 21 Men's Doubles

Dominic Huang

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

Heming Hu

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

Yang Shen

Won 13 Boys Doubles

Scott Gilmore

R-up 15 Boys Doubles

Atul Shrestha

R-up 13 Boys Doubles

Steven Phan

R-up 15 Boys Dbls

Dominic Nguyen

R-up 13 Boys Dbls

2010

David Powell

Won 21 Men's Singles
Won 21 Men's Doubles

Heming Hu

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

Lily Phan

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

Yang Shen

Won 15 Boys Doubles
Won 13 Mixed Doubles

Daniel Zou

R-up 13 Boys Singles
R-up 13 Boys Doubles

Dominic Huang

Won 13 Boys Dbls

Lawrence Qiu

R-up 13 Boys Dbls

2009

David Powell

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

Heming Hu

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

Lily Phan

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

Kathy Nguyen

Won 15 Girls Doubles

Steven Phan

R-up 13 Boys Doubles

Phil Boyle

R-up 40 Men's Doubles

2008

David Powell

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

Heming Hu

Won 15 Boys Singles
Won 18 Boys Doubles

Lily Phan

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

Justing Huang

Won 15 Boys Doubles

Steven Phan

Won 13 Boys Doubles

Louise Qiu

Won 13 Mixed Doubles

2007

David Powell

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

Heming Hu

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

Lily Phan

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

Tim Nguyen

Won 15 Boys Doubles

Tony Liu

R-up 15 Boys Doubles

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 Doubles
R-up 14 Mixed Doubles

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

2001

Derrika Nheng

R-up 14 Mixed 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 Doubles

2006

David Powell

Won 15 Boys Singles
Won 15 Boys Doubles