

MARK SMYTHE NEWSLETTER

Edition 10 - July & August 2011



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



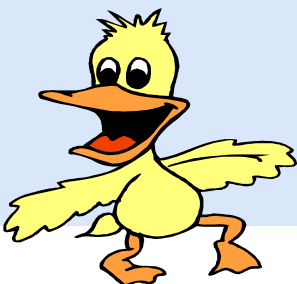
Heming Hu
Australian Singles Champion
2007 (U13&15), 2008 (U15),
2009 (U15) & 2010 (U18)



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



A NEWSLETTER DEDICATED TO PLAYERS COACHED BY MYSELF



HIGHLIGHTS

David Powell competes in World University Games

After 5 weeks of pre-season training in Poland, David flew to China to participate in the World University Games. During the Team Event he had the privilege to play against the current no. 9 World Ranked player, Xu Xin of China, and had a respectable losing score line of 11-7, 11-4, 11-7. Overall David played 5 Singles matches for the tournament and won 3 including a win over a Canadian player who has a similar World Ranking to his own. This is another great experience for David as he strives to improve his level as a senior player.

Dominic Huang becomes New Zealand Open U13 Singles Champion

Dominic made the trip across to New Zealand at the end of July and won the U13 Boys Singles title and also made the final of the U15 Boys Singles event. In the U13 event he was the no. 2 seed and defeated no. 4 seed Roger Wang 3-2 in the SF then no. 5 seed Jay Ong (NSW) 3-1 in the Final. In the U15 event he was the 5th seed and defeated the 3rd seed, Xu Ning, 3-0 in QF then unseeded Dean Shu 3-0 in SF before succumbing to the no. 1 seed, Roger Rao, 3-1 in the Final. Also, in the U18 Singles Dominic pushed Kevin Wu (no. 2 U18 in Oceania) to 4 sets in the best of 5 losing the 4th 12-10. After 6 years of playing Dominic is now showing he is one of the best, if not the best, U13 in Oceania.

Steven continues great form at Victoria & Warrnambool Open

Steven Phan continued on his winning way in July by taking out the U15 Boys Singles title at Victorian Open defeating last year's winner Dominic Huang in 7 sets. Steven also won both U18 & U15 Boys Singles titles at Warrnambool Open therefore making it 3 U15 Singles titles in a row, after winning Ballarat in June. It seems he is the "in form" player from Victoria in that age group.

Dominic Huang wins U13 Boys Singles plus 3 doubles titles at Victorian Open

Dominic Huang won 4 titles at Victorian Open. He won the U13 Boys Singles defeating Lenny Han (NSW) 4-1 in the Final. This made it 4 out of 4 U13 Singles titles this year and must be considered one of the favourites to win the Australian Title later in the year. Dominic also won 3 doubles events, U15 Boys (with Edmond Chen), U15 & 13 Mixed (Wendy Li) and was r-up in U15 Boys Singles.

Christina wins Victorian Open U11 Girls Singles title

Christina Nguyen finally broke Mahi Joshi's stranglehold over the U11 Girls Singles with a 3-0 victory over Mahi to decide the winner. This was Christina's 2nd U11 Singles title this year and caused Mahi's first loss of the year in that event.

Rod Kempton wins his first State Over 40 Singles Title

Rod had a breakthrough tournament at the Ballarat Veterans Open and won the O40 Men's Singles Title, his first State tournament age group singles title. He was not seeded and defeated no. 1 seed Mark Hall 3-2 in the SF then no. 5 seed James Jefferys 3-2 in the Final. Also, Rod was selected in the Victorian "B" Team in the Over 40's to compete at Australian Veterans Championships, Oct. 8 – 15.

16 players in Victorian Junior Teams

The following players qualified for & selected in Victorian Junior Teams (40 players) that will compete at the Australian Junior Championships in Sydney from September 25 – October 1

U18 Boys – Heming Hu and Joshua Cheung

U18 Boys B – Eugene Ng

U15 Boys – Steven Phan and Scott Gimore

U15 Boys B – Daniel Zou and Kaveesh Jayasinhe

U13 Boys – Dominic Huang, Yang Shen, Atul Shrestha and Dominic Nguyen

U13 Boys B – Augustine Nguyen, Charles Chan and Dylan Nguyen

U13 Girls – Mahi Joshi and Christina Nguyen

BEST WINS

- **Dominic Huang beat Xu Ning – New Zealand Junior Open**
- Dominic Huang beat Ivan Sulfaro – Victorian Junior Open
- Steven Phan beat Joshua Cheung – Warrnambool Senior & Junior Open
- Steven Phan beat Dominic Huang – Victorian Junior Open
- Scott Gilmore beat Mick Warr – Warrnambool Senior & Junior Open
- Scott Gilmore beat Edmond Chen – Victorian Junior Open
- Scott Gilmore beat Abraham Ng (NSW) – Victorian Senior Open
- Scott Gilmore beat Kouros Zirak – Victorian Senior Open
- Scott Gilmore beat Dimitri Roumpos – Victorian Senior Open
- Daniel Zou beat Leon Suy – Warrnambool Senior & Junior Open
- Rod Kempton beat Mark Hall – Ballarat Veterans Open
- Rob Kempton beat James Jefferys – Ballarat Veterans Open
- Kaveesh Jayasinhe beat Scott Gilmore – Warrnambool Senior & Junior Open
- Kaveesh Jayasinhe beat Abraham Ng (NSW) – Victorian Junior Open
- Dominic Nguyen beat Brodie Cookson – Warrnambool Senior & Junior Open
- Charles Chan beat Augustine Nguyen – Warrnambool Senior & Junior Open
- Charles Chan beat Daniel Li – Victorian Junior Open
- Mahi Joshi beat Ishani Chakrabati – Victorian Junior Open
- Christina Nguyen beat Mahi Joshi – Victorian Junior Open

BITS AND PIECES

It's Groundhog Year with a twist

For those who have seen the movie Groundhog Day you will appreciate this one.

2010 Victorian Open, Under 15 Boys Singles Final has Dominic Huang playing Steven Phan around 10:30pm with Dominic winning 11-5 in the 7th set.

2011 Victorian Open, Under 15 Boys Singles Final has Dominic Huang playing Steven Phan around 10:30pm but this time Steven won 11-4 in the 7th set.

July 4-17 school holiday group training session's summary

17 sessions were held with 58 different players attending various sessions. Also, 2 Rapid Fire Challenges were conducted where a total of \$900 was given out in prize money covering 23 players.

NEAR MISSES

Joshua Cheung

- Lost to Steven Phan 11-8 in the 5th and deciding set at Warrnambool U18 Boys Singles Final

Dominic Huang

- Lost to Steven Phan 11-4 in the 7th set at Victorian Open U15 Boys Singles Final

Charles Chan

- Lost to Dominic Nguyen 13-11 in the 5th and deciding set at Warrnambool U13 Boys Singles Final

Mahi Joshi

- Lost to Darcie Morton 11-9 in the 5th and deciding set at Warrnambool U13 Girls Singles

- Lost to Ishani Chakrabati 16-14 in the 5th and deciding set at Warrnambool U13 Girls Singles

HANDY HINTS

Players have a higher chance of improving more in future if, increase the amount of weekly hours played each year.

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 April – December 2010 then February 2011 – May 2011

Dominic McDonnell (Croydon) – February to October 2007 then on & off since September 2010

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 July 2007 to April 2011 then on & off since May 2011

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 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

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 (Croydon) – 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

Over 50 Women

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

DUCK'S VIEW

COACHING (part 2)

This article will cover 3 aspects that I believe a coach needs to know even before they have started coaching a player. The following comes from my own experience in Australia over the last 25 years.

Length of a player's career

Knowing how long a player's career will last before they stop "playing to improve" can assist coach's approach to help juniors. Generally when players are trying to improve their standard they will,

- Play most/all tournaments
- Train/play more or the same amount of hours as the previous year/s

In Australia players normally stop trying to improve at ages 15-17 and nearly all never come back to strive for higher levels therefore coaches have a narrow window of 2-7 years to help players improve.

Knowing this can help determine what skills coaches try to teach and when to introduce them. Players who have a long term approach are generally easier to coach as they can spend more time developing each skill before progressing to more complex aspects of the game. Players who have a short term approach usually like to know the more complex aspects even though they are usually not ready. Also, people who have a short term approach normally want to use faster equipment as early as possible. These factors should be discussed by player/parent and coach on a regular (annual) basis as it will help determine what approach a coach takes in terms of introducing certain shots and what skills should be focused on in the coming 1-2 years. Off course a player's plan/commitment to their improvement can change quickly but at least if there's a plan it makes everyone's (coach, player & parent) job easier.

Differences between coaching males and females

A coach should understand that the male and female game can differ in terms of what skills are more important. The male game is largely based on, power, spin and speed whereas the female game is largely based on speed and lesser degree spin and power – most sports are the same. This is evidenced by watching the top players of each gender on the world and local (Australian) scene. Due to this difference, the technique of basic shots for females is more important than males as it's harder to become more accurate with shots that have less spin.

Knowing certain body types can have a bearing on a player's future style

After coaching hundreds of players of various ages & body types over many years I've realized improving a player's standard can be more about understanding how and why some can get more/less power, spin and speed on their shots, combined with how many hours per week they play. If coaching beginners and/or very young players, this will become more obvious after the first year or two.

It's a fact that certain body types will make it easier/harder to get more/less power/spin or be a faster/slower mover around the court. This means some body types can force players to become a particular style to reach their full potential. Example is; a player who has fast twitch muscle fibers will find it much easier to hit/loop faster and harder compared to someone who doesn't.

Some factors to look for are,

- General build; examples are, tall & gangly, short & stocky, etc.
- Short or long wrist, fingers, arms and legs
- Bone density/ body weight. Some players are naturally heavier than others but still considered to be physically strong & fit while others are natural lightweights and can move faster.

SUMMARY

There are exceptions for every idea or suggestion but there's also enough proof over the years to say these ideas and suggestions are the norm rather than the exception.

MARK SMYTHE RAPID FIRE CHALLENGE (RFC)

**A SERIES OF 3 RFC'S WILL BE
HELD IN DECEMBER**

**THROUGH A SILENT SPONSOR
\$3,000 WILL BE ADDED TO THE
POOL OF MONEY**

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**MORE INFORMATION COMING
SOON**

PRE SEASON TRAINING IN POLAND & WORLD UNIVERSITY GAMES IN CHINA

By David Powell

In this article I'm going to talk about some of the experiences I've in the past two months, both in Poland at the Universiade (World University Games) in China.

The start of the European League season is finally here, and...I'm ready! For the majority of the past two months I have been based in Rzeszow, Poland (around 500km southeast of Warsaw) training full time with my team preparing for the season in which the first match kicks off the weekend 3rd/4th of September. I've just returned from Shenzhen, China where I competed in the 2011 Summer Universiade from August 11-23.

When I first arrived in Poland in late June, I had my doubts. There were so many thoughts and questions going through my head, not speaking Polish, not seeing my family and friends, having to cook for 12 months (which honestly scared me the most!). To be honest I had to 'harden up' and had a "bring it on" attitude. This is the life of being a professional table tennis player.

Pretty much as soon as I arrived, we started training. The first aspect of the training that really struck me was the physical and gym. In Australia I was doing gym twice a week, and that was on a good week. Here, we are in the gym every single day without fail, and on some days twice a day. My typical day reads like this; an 8am wake up with training commencing at 9am, lasting about 90 minutes then a gym workout from 10:30 till 11:30. Our second session begins at 4pm going till 5, and then 4 out of the 5 days a second session in the gym at 5-6pm. We are lucky about the location of our table tennis hall, about 100metres from our apartment.

This season I am playing for MKS "Strzelec" who are in the first league. There are 5 leagues in Poland (1st to 5th) and then an elite league which is called "Extraclasseur". There are usually 5-6 of us that are training full time, with all of them playing in the "extraclasseur" league. As a guide to their standard, they would have world rankings of anywhere from 200 to 350, so considering I'm around 700 I'm in a pretty good place. I have an open mind and trying to listen and learn every chance I get. Even in just two months the players have suggested some things that have made my game reach a higher level.

During the season there are a total of 18 matches plus finals, and 10 teams in the league. So we play 9 matches at home, and 9 matches away playing the same team twice. There are four players in my team; two of us play table 1, and the other two play table 2. At the start of the season you must nominate your players to play in a particular spot (so your best players play table 1). I am playing position Number 1 Table 1. In every match, you would play 2 singles and 1 doubles. This season our team is quite inexperienced – we have four 20 year olds including me. I don't see this as a bad thing though, were all keen and hungry to win!

My contract is a very incentive based one; basically I get a standard wage every month and then bonuses depending on how many matches I win during the season. This is also a really new exciting experience for me; one that you can't get in Australia; it's the first time in my career where I'm playing for decent money; and for most players a way to put food on the table. As a general guide the players in the Extraclasseur league would earn anywhere from 2,000 to 4,000AUD per month, so up to 40,000 for the season which is 10 months. In Poland that is a lot of money considering the average wage is \$1,000AUD per month.

I've also just returned from China; representing Australia at the 2011 Summer Universiade and what an absolutely unreal experience. It is the second biggest sporting event in the world (after the Olympics) and attracted over 12,000 athletes and many, many more volunteers. It's an event that is relatively unrecognised in Australia however this year we did send our biggest and most successful team of around 220 athletes. In table tennis we had four men and three women. The depth of the event is strong with the top 16 seeds in the men all ranked inside the top 100 in the world!

They built all new venues for each of the 26 sports and an athletes' village. Some of the eye opening things were; a dining hall that was open 24/7 and literally it was (I was there at 4am once or twice once I had finished competing!); access to world class sporting facilities, police escorts, 24/7 access to some of the best medical staff Australia has to offer including sports physiotherapists and sports doctors. My preparation had been good in the lead up. I spent a few days in Beijing, prior to the games, sightseeing and relaxing after a solid 5 weeks of training in Poland. During these sightseeing days I was having ice-baths every night to make my legs feel fresh for the next day. Overall, I was physically and mentally prepared to compete. However the night before our competition started they held the opening ceremony so we didn't get to sleep until around 12:30am but these things can't be helped. The opening ceremony was just spectacular!

We were all eagerly awaiting the draw; and what do you know; we are drawn in group A with No.1 and crowd favourites, China! Australia was seeded as number two, Canada as three – all other groups had 4 teams. This was going to be a tough group to make the top two, as we knew we had to win one team's match to advance into the main draw. The table tennis venue was around 45km away but as we had a dedicated lane to ourselves only took around 55 minutes.

Our first teams match was China. I was up first against national team member and current world number 9, Xu Xin with 15,000 spectators watching – yes fifteen thousand. This was my first experience playing a top 10 player in the world plus playing in front of so many people. The scores read 11-7, 11-4, 11-7 and I'm guessing you know which way! In the first set I had 4-4 and was playing well. I didn't really miss a lot but he just hit winners off pretty much any ball I gave him. In the second he played well; I was too predictable and there wasn't a lot I could do to hurt him. In the third he gave the crowd a little entertainment lobbing the best part of set to me; a few good rallies but I couldn't nearly match his skill. Australia went on to lose the team's match 3-0. Next up was Canada. We had a good chance to win this with the right match tactics/order. We were 1-0 down and I come out and played the number 2 from Canada winning 3-1. I was nervous, but played tactically quite well. Match was tied at 1-1. We had to win the doubles, and if we did we would have a good chance to win as I was playing the deciding match a 2-2 against their number 3. George Tang & Michael Brown fought hard and played well for the entire match however lost 3-2 after having 2 match points. Unfortunately we lost the team's match 3-1 and didn't advance into the main draw.

In the singles draw I drew a pretty good draw considering I was the 49th seed. In my group were players from Macau (China) and Lebanon. The first match was against Macau where I played just good enough to win 3-1 and the second was against Lebanon where I dominated for most of the match and took it out 3-0. I was into the main draw, but I knew it would get tough from here. I drew Mikhail Gladyshev from Russia who is World Ranked 250. I lost 4-0 playing okay overall. The first 2 sets he was always ahead, and I'm trying to play catch up the entire time. In the third he beat me easily, I really fell down mentally and it hurt on the scoreboard; I was feeling pretty low at this stage; his game was making me feel slow. In the 4th I had to burst and despite being 9-9 he won it and took the match 4-0. I was dominated over the whole table for the match, he had really good feeling and control and placement and I basically couldn't keep up to be competitive.

In the mixed doubles I played with Simone Chuah and we were playing Lebanon. We were 2-0 down but we played well and fought hard to come back and win 11-9 in the 5th. We lost 3-0 to Japan in the next round. In doubles event I played with George Tang but we lost to a Brazilian pair 3-0 who were too strong for us.

After our event finished it was time to go support the other Aussies who were left in and experience some of the culture and nightlife Shenzhen had to offer. China once again doesn't fail to impress and they have staged another world class event. It was fantastic to go and eat some really good local Chinese food and go into the city and have a few drinks with the locals. Simply amazing people and an amazing culture!

For now (Saturday August 27) it's back to Rzeszow where we have one more week of training until our first match on the 3rd of September. I'm motivated and ready to go! Bring it on!

The pictures below are of me playing Xu Xin at the Universiade then George Tang and Michael Brown and myself at the opening ceremony.



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TOURNAMENT RESULTS

INTERNATIONAL

WORLD UNIVERSITY GAMES (August 11-23) – 1 played

David Powell

Team Event	Men's Singles	Men's Doubles (George Tang)	Mixed (Simone Chuah)
1-1	2-1	0-1	1-1
Beat Canada	Macau & Lebanon		Lebanon
Lost Chin	Russia	Brazil	Japan

NEW ZEALAND JUNIOR CHAMPIONSHIPS (July 26-30) – 1 played

Dominic Huang

Won 13 Boys Singles

R-up 15 Boys Singles

STATE

WARRNAMBOOL SENIOR & JUNIOR OPEN (July 2) – 16 played

Steven Phan

Won 18 Boys Singles

Won 15 Boys Singles

Joshua Cheung

R-up 18 Boys Singles

Eugene Ng

Won 18 Boys Doubles

Daniel Zou

R-up 18 Boys Doubles

R-up 15 Boys Singles

Mahi Joshi

Won 11 Girls Singles

R-up 18 Girls Doubles

Dominic Nguyen

Won 13 Boys Singles

Charles Chan

R-up 13 Boys Singles

Dylan Nguyen

R-up 11 Boys Singles

VICTORIAN JUNIOR OPEN (July 23) – 22 played

Joshua Cheung

R-up 18 Boys Doubles

Steven Phan

Won 15 Boys Singles

R-up 15 Mixed Doubles

Dominic Huang

Won 15 Boys Doubles

Won 15 Mixed Doubles

Won 13 Boys Singles

Won 13 Mixed Doubles

R-up 15 Boys Singles

Atul Shrestha

Won 13 Boys Doubles

R-up 13 Mixed Doubles

Dominic Nguyen

Won 13 Boys Doubles

SF 13 Boys Singles

Charles Chan

SF 13 Boys Singles

Christina Nguyen

Won 11 Girls Singles

Mahi Joshi

R-up 11 Girls Singles

SF 13 Girls Singles

Dylan Nguyen

SF 11 Boys Singles

David Cyngler

R-up Division 3 Singles

Eric Nguyen

Won Division 5 Singles

Winston Phan

Won Division 6 Singles

VICTORIAN SENIOR OPEN (July 24) – 4 played

Scott Gilmore

Won Division 2 Singles

BALLARAT VETERANS OPEN (August 7) – 2 played

Rod Kempton

Won O40 Men's Singles

R-up O40 Mixed Doubles

Daisy O'Bryan

R-up O40 Mixed Doubles

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Mark Smythe's coaching programs**



PARKVIEW JUNIOR OPEN (August 13) – 15 played

Results to come in next edition.

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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

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2011 REWARD WINNERS

\$100	David Powell	Australian Open Men's Doubles 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	Heming Hu	Australian U21 Men's 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