



TABLE TENNIS CANADA & MANITOBA TABLE TENNIS ASSOCIATION

present . . .

“INTRODUCTION TO COMPETITION” A COURSE FOR COACHES

(formerly ~ Level 2 Technical under old N.C.C.P.)

WHAT:

Course is called “BASE TRAINING - INTRODUCTION TO COMPETITION”. This course is roughly equivalent to the old Level 2 Technical. Focus of the course is to teach coaches how to ensure that their athletes have fun, achieve fitness and learn the fundamentals of table tennis in order to perform at regional and provincial competitions.

Topics include:

- Making Ethical Decisions
 - Technique Analysis
 - Grip
 - Base Techniques
 - Biomechanics
 - Spins, effects
 - Services, returns
 - Advanced techniques
 - Training Plans
 - Plan a practice & support athletes in training
 - Security
 - Teaching
 - Types of Exercises
 - Orgnaization
 - & lots more!
- Participants receive
- I.T.T.F. Level 1 Coaching manual (300 pages!)
 - Coach Workbook
 - Table Tennis Canada Reference manual

WHEN:

Saturday & Sunday, April 4 & 5, 2009,
9:00 am - 4:00 pm both days



WHERE:

Daniel McIntyre Collegiate Lower Gymnasium,
720 Alverstone, Winnipeg, MB

WHO:

For all athletes, players and current coaches who want to learn more and get involved in coaching competitive table tennis athletes.

LEARNING

FACILITATOR:

Dejan Papic, former Canadian National Team Coach

REGISTRATION

& FEES:

\$120.00 CAD.

ARE U

INTERESTED?

If yes, please fill in registration form and return tear-off portion with cheque or money order made payable to the M.T.T.A.
Ph. (204) 925-5690 / mtta@shawbiz.ca / www.mtta.ca



Name: _____

Address: _____

Postal Code: _____ Email: _____

Club/School Affiliation: _____

Res. Phone: _____ Bus. or Cell Phone: _____

MAIL TO: MTTA / 200 Main Street / Winnipeg MB / R3C 4M2

I agree to abide by all M.T.T.A. regulations, and hereby release the MTTA from any liability for loss, damage or injury that may result from my participation in the league.

Signature: _____ Date: _____