



**TABLE TENNIS CANADA &  
MANITOBA TABLE TENNIS ASSOCIATION**  
*present . . .*  
**“INTRODUCTION TO COMPETITION”  
A COURSE FOR COACHES**

**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 provincial and regional competitions.

**Topics include:**

- Making Ethical Decisions
- Technical 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
  - Organization
- ..... & lots more.
- Participants receive
  - I.T.T.F. Level 1 Coaching manual (300 pages)
  - Coach Workbook
  - Table Tennis Canada Reference manual



**Sport**  
MANITOBA



**WHEN:** Saturday & Sunday, April 13 & 14, 2013  
8:00 am - 6:00 pm Saturday / 9:00 am - 3:00 pm Sunday

**WHERE:** Winakwa Community Centre 980 Winakwa Road, Winnipeg, MB

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

**HOTEL:** Canad Inns Windsor Park, 1034 Elizabeth, Winnipeg, MB (3 minute walk from venue)  
204-253-2641 / Toll Free 1-888-33CANAD Rooms start \$104.00 Code #150394

**LEARNING FACILITATOR:** Marles Martins, former Canadian National Team Coach

**REGISTRATION & FEES:** \$60 CAD. for T.T.C. affiliated provincial members / \$100 non-members

**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 / table.tennis@sportmanitoba.ca

**INTRODUCTION TO COMPETITION COURSE**

Name: \_\_\_\_\_

Address: \_\_\_\_\_ Prov. \_\_\_\_\_

Postal Code: \_\_\_\_\_ Email: \_\_\_\_\_

Prov./Club/School Affiliation & Membership # \_\_\_\_\_

Res. Phone: \_\_\_\_\_ Bus. or Cell Phone: \_\_\_\_\_

MAIL TO: M.T.T.A. / 145 Pacific Ave. Winnipeg MB R3B 2Z6 Members \_\_\_\_\_ \$60 / Non-members \_\_\_\_\_ \$100

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

Signature: \_\_\_\_\_ Date: \_\_\_\_\_