

Rochester NY Training Camp

Genesee Valley Table Tennis Club

March 15-16, 2019



Coach Samson Dubina will guide you through the details of looping, blocking, pushing, footwork, variation shots, serve tricks, serve return tricks, anticipation, probabilities, placement, patterns, and opponent analysis! It isn't just two days of hard training, it is a wealth of information that will have a lasting impact on your athletic career!



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- Coach:** Samson Dubina – 2016 US National Team Coach, 4x USATT Coach of the Year, 2018 USOC Coach of the Year
- Camp Cost:** Cost is \$45 per session – if you come to all 4 sessions, you can get a \$15 discount.
1 Session = \$45
2 Sessions = \$90
3 Sessions = \$135
4 Sessions = \$165
- Household Discount:** 1st Family member pays full price
2nd Family member gets a 15% discount
3rd Family member gets a 30% discount
All additional members pay the same as the 3rd member
- Where:** Rochester Sports Garden 1460 E. Henrietta Rd Rochester, NY 14623
- When:** Friday and Saturday, March 15-16
Session #1 is Friday 5pm-7:30pm
Session #2 is Friday 8pm-10:30pm
Session #3 is Saturday 9am-11:30am
Session #4 is Saturday 12:30pm-3pm
- Who:** Most of the techniques will be for advanced level players. However, anyone prepared to learn is encouraged to attend.
All levels – all ages welcome!
- Group Size:** 10-16 Players
- Topics:** See next page for complete details...
- Contact:** Dustin Zemaitis - djz115@gmail.com
Samson Dubina - tt@samsondubina.com www.SamsonDubina.com

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Mail to: Samson Dubina 355 Hoover Ave Akron, OH 44312
Check or Money Order to: Samson Dubina Table Tennis Academy

Name _____

Street _____

City _____ State _____ Zip _____

Phone _____ E-mail _____

Signature _____



Circle Which Sessions You Want to Attend (see details on next pages)
1 2 3 4

Entry Deadline is March 1st, 2019

Session 1 – Strokes

Forehand Backhand Looping, Pushing, Blocking

Friday 5pm-7:30pm

In this training session, we will be detailing all the primary strokes of the rallies with systematic drills and match preparation situations. Not only will you be learning the advanced strokes of the game, but you will also be learning the details of how to apply them against various opponents. You don't want to miss this first session!

Session 2 – Footwork

Side Shuffle, In-and-Out, Crossover, Short Game

Friday 8pm-10:30pm

In this session, we will be drilling the four primary movements needed to link all the strokes together. Your game is only as solid as your footwork, and this session will develop not only your movement, but also your balance, stability, and timing!

Session 3 – Serve & Serve Return

Spin Variation, Placement Variation, Depth Variation, Return Tricks

Saturday 9am-11:30am

There are 4 secrets that you need to know about serve return. As you understand this 4 secrets, you will then learn to return the most common serves and also the most unusual serves that you may encounter in a tournament!

Session 4 – Tactics

Anticipation, Probabilities, Placement, Patterns, Opponent Analysis

Saturday 12:30-3pm

There are 5 primary ways to win points. We will be going over each of the 5 primary approaches to the game so that you can know how to approach each opponent and how to adjust throughout the match!



The Samson Dubina Table Tennis Academy is dedicated to bringing the Olympic sport of table tennis to a new level in Ohio through professional coaching, elite tournaments, world class equipment, and promoting sportsmanship on and off the court.