



Northshore Table Tennis Club (N.T.T.C.)



Table Tennis Classes

Participants: Players of all ages and skill levels are welcome to join us, whether you're an experienced player or a newcomer to the sport. Our program is designed to accommodate everyone.

Coach: Fadi Qamar - USATT Certified Club Coach Level

Format: Group Training, Private lessons

Venue: St Tammany Parish Recreation District #11 Gymnasium
22519 Highway 36, Abita Springs, LA 7042

Costs:

Format	Includes	Price for Individual
Group Lessons One-Day Pass	This is a one-time pass for one group lesson includes. Dates: Saturday Morning from 10 am – 12 PM	\$ 15/Day
Private Lessons	This intensive session encompasses a range of valuable training components, including Multi-ball Training and engaging in purposeful drilling exercises with our experienced coach, Service and Receive Practice, Tactical Analysis, Feedback, and an Intense and Motivating Environment. Dates: TBD	45/Hour

The above prices don't include the NTTC monthly membership or daily pass.

Registration and Payment:

You have three options. The first option is to call 985-264-0063 and register over the phone. The next option is to go to Omnipong.com, create an account, and pay through PayPal. The last option is a check - drop it off at the gym.

Special Notes:

- Parents and legal guardians can accompany their children to the venue.
- We reserve the right to adjust training schedules, dates, and content as necessary.

How to prepare yourself for table tennis training, here are some steps you can follow:

Get the right equipment: Make sure you have a suitable table tennis racket that fits your playing style and level. If you are new to this sport, the coach will help you to get the right tools.

Warm-up: Before any physical activity, it's important to warm up your muscles to prevent injuries. Engage in light cardio exercises, such as jogging or jumping jacks, and perform dynamic stretches to loosen up your muscles.

Work on your fitness: Table tennis requires agility, speed, and endurance. Incorporate exercises that enhance these attributes into your routine. Focus on exercises like footwork drills, ladder drills, plyometric exercises, and cardiovascular exercises like running or cycling.

Improve your technique: Work on the fundamental skills of table tennis, including your grip, stance, footwork, and strokes. Consult with a coach.

Practice drills: Engage in various table tennis drills to improve your skills. These include forehand and backhand drives, topspin and backspin shots, blocking, and lobbing. Work on your consistency, accuracy, and speed.

Focus on footwork: Footwork is crucial in table tennis. Practice quick movements, shuffling sideways and moving forward and backward to get into the optimal position to make effective shots.

Play matches: Engage in practice matches with different opponents to develop your game strategy, decision-making, and adaptability. Analyze your weaknesses and work on improving them.

Rest and recovery: Allow your body enough time to rest and recover after intense training sessions. Sleep well, maintain a balanced diet, and stay hydrated to optimize your performance.

Remember, consistency is key. Regular practice and dedication will help you improve your table tennis skills.

Questions:

Please Contact: Fadi Qamar
fadi.qamar59@gmail.com
[985-264-0063](tel:985-264-0063)

E-Mail

I agree to comply with all USATT regulations. I accept full responsibility for my participation and relieve Northshore Table Tennis, Fadi Qamar, and USATT of any liability resulting from injury to myself or damage to my property.

Signature _____

Date _____