

SATURDAY – Table Tennis Squad Training



Sydney Table Tennis Club

Padstow Park Public School - Assembly Hall

Faraday Rd, Padstow

Introduction

We're running table tennis squad training which comprises 1.5 hours of intensive and fun training aimed at developing table tennis players! The focus of squad training is to prepare players for competition with the view to one day representing the club or even our State. We will be focusing on four areas of development: techniques and consistency; tactical play; strength and conditioning; and mental toughness. The squad is suitable for all ages.

Who Is Invited?

Everyone!!!

The squad program is open to all ages, from beginner level to advanced level. Our well-structured training environment is a fun and friendly atmosphere.

How Much Does It Cost?

The total cost for the 8 weeks program is \$296 per student. If paying week by week, it will cost \$42 per week.

We require a social member registration which costs \$45 per calendar year.

When Does It Start?

The sessions start on Saturday 10/05/2025 and finish on Saturday 28/06/2025.

Time is 9.00 am – 10.30 am

Please try to arrive 5 minutes before the class begins.

Who Are Our Coaches?

Our coaches are Table Tennis Australia accredited.

- Simon is level 2

- Connie is level 2
- Douglas is level 1

What Are We Offering In The Program?

Every Student will learn.

- Tactical play with match strategies.
- Techniques and consistency.
- Strength and conditioning.
- Mental toughness.

What Do We Provide?

We will provide all equipment required for the program.

This includes tables and balls.

What Do Players Need To Bring?

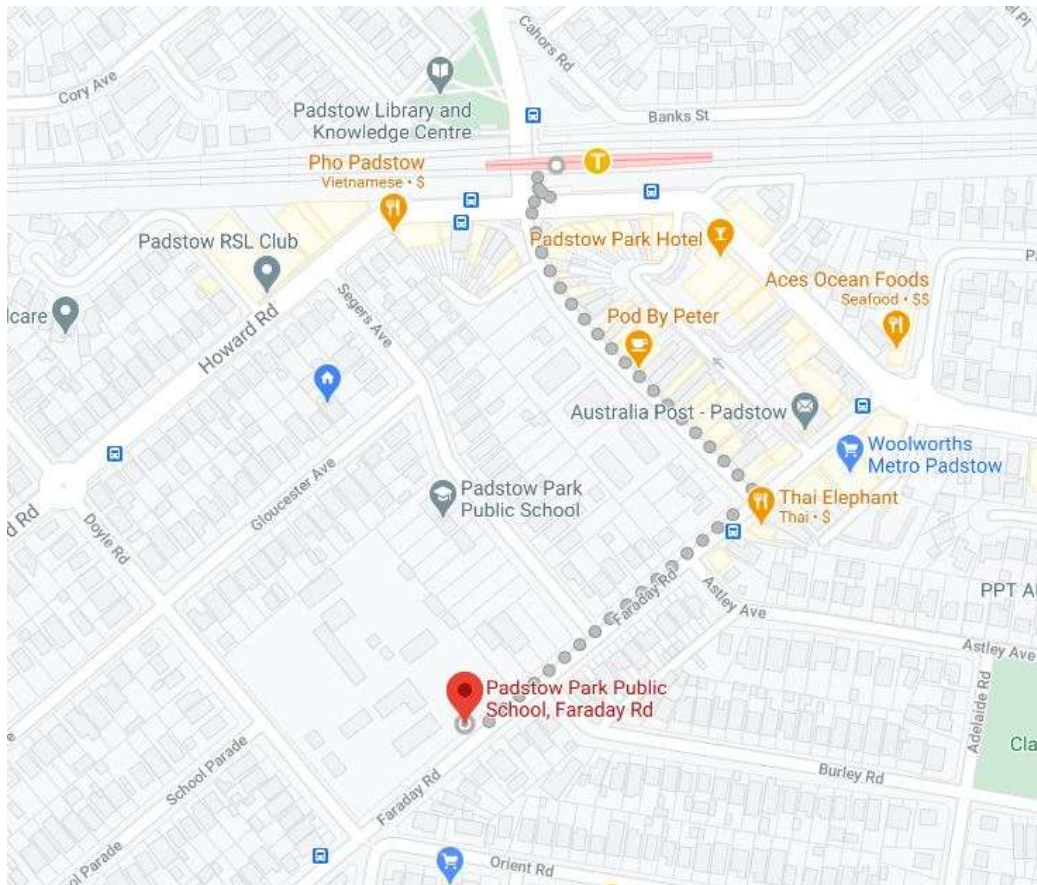
- Your own bat (We sell bat).
- A towel.
- Plenty of water or fluids.

How do I enroll?

Please email your details to us and we will confirm your place. Once a place is confirmed, you will need to complete the enrolment forms. Places are limited, book early to avoid disappointment.

Location

Padstow Park Public School, Faraday Rd Padstow NSW 2211



Use Faraday Rd pedestrian gate into the school. Parking is available outside the school.

Air Conditioning venue.

More Information

We accept the Active Kids Voucher. Children must be collected at the end of the lesson and we do not have any child care arrangement.



Email us padstowtabletennis@gmail.com



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