



# Coaching Workshop



Ontario Table Tennis Association in cooperation with International Table Tennis Federation, Table Tennis Canada and My Table Tennis Club organizes training camp for the Hopes Team. Hopes Team is group of 8 players, 11 and 12 years old from all over the world. Part of training camp are educational sessions for coaches. All interested coaches will need to register at [dejan.papic@gmail.com](mailto:dejan.papic@gmail.com). Entries are free.

*My Table Tennis Club, 2436 Haines Road, Mississauga, L4Y 1Y6*

15-Oct-14	Wednesday	9:00-11:30	Practice	12:00-13:30	Andy Higgins	16:00-18:30	Practice		
16-Oct-14	Thursday	9:00-10:30	Practice	10:30-11:30	Stephen Cahil (physical training)	16:00-18:30	Practice	18:30-20:00	Dejan Papic Talent Indetification
17-Oct-14	Friday	9:00-11:30	Practice			16:00-18:30	Practice		
18-Oct-14	Saturday	9:00-11:30	Practice			16:00-18:30	Practice		
19-Oct-14	Sunday	9:00-10:00	Dejan Papic (LTAD) in hotel Novotel						
20-Oct-14	Monday	9:00-11:30	Practice			16:00-18:30	Practice	18:30-20:00	Hana Klimczak (Nutrition)
21-Oct-14	Tuesday	9:00-10:30	Practice	10:30-11:30	Stephen Cahil (physical training)				

*All in My Table Tennis Club Mississauga except Sunday morning in hotel Novotel*

During table tennis sessions coaches Dejan Papic, Shen Qiang, Sun Fei and Hongtao Chen will have mini-lectures in the gym

**Dejan Papic** is former national team of several countries including Canada, now ITTF expert in Education department

**Shen Qiang** is Ontario Team Coach, the best team in Canada

**Sun Fei** is former China national team player working with several Canadian champions

**Hongtao Chen** is former Canadian national team player, second in North America and one of the best world juniors

In green in class lectures

**Andy Higgins** is one of the best Canadian ever track and field coaches; decades of experience of educating other coaches

**Stephen Cahill** is expert for physical fitness with a lot of experience in racquet sports

**Hana Klimczak** is registered dietitian and will talk about importance of proper nutrition for young players