Ontario Table Tennis Association

Never Too Old for Gold

Information

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Most of the photos by *ittf.com* (at 1st page and thiss page except one with title Cinema Event of the Year from Hugh Hattford)

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Founded 1934

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Introduction

Ontario Table Tennis Association was successful with its application for Health Communities Funds run by Ministry of Health and Long-Term Care.

Through Never Too Old for Gold program we are targeting senior population. It is unique opportunity for our sport to deliver good program to 55+ populations, enlarge our cubs and OTTA memberships, and train more coaches and officials.

Never Too Old for Gold is specifically designed to target Ontario's senior population, 55+, and that will address three health care priorities including:

- Physical activity, sport and recreation
- Healthy eating
- Injury prevention

Program will be delivered in 25 program units in different clubs, community centers or organization across Ontario. Ten out of twenty five will be offered to our ten partners (Sudbury Smashers, Champlain, Geng Academy, My TTC Mississauga, CCTTA, Canadian Elite TT Training Center, TopSpin Kitchener/Waterloo, My TTC Markham, Scarborough Kings and Windsor TTC). For remaining 15 units soon we will issue information package with slightly different conditions.

Table tennis is a sport that requires a significant level of skill and intense training in order to compete at a high-performance, world-class level. However, at the same time it is an enjoyable recreational activity that can be played by anyone, at any age, and that can provide important physical health benefits and enhance social interactions.

Who should benefit from the program?

- **Ontario's 55+ senior population**
- **Table Tennis Clubs, Community Centers and similar organization**

What do we want to achieve?

- **Introduce the sport of table tennis to senior communities throughout our province**
- **Build sustainable environment for their future activities with table tennis**
- **Create and deliver an information program that addresses key health priorities including injury prevention and nutrition**

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How?

Introduce an easy to learn, enjoyable sporting activity and corresponding program that will enable seniors to be more active

- Community leaders, coaches and health experts will run the program of 8 weeks (24 hours total training)
- OTTA will organize workshops
  - o For coaches
  - o For officials

that will enable seniors to get knowledge and certificates to run their own program in future; gour workshops at different part of Ontario

- Community leaders and OTTA will facilitate one star tournaments - at the end of each training program competition where all participants will take part as players and eventually coaches and officials.

Provide and promote a stimulating environment for social interaction.

- Create training groups
- Introduce organized competitions
- Add categories of Over 55 at tournaments that you are planning to organize

• Improve communication tools targeting 55+
• Add 55+ web page at official OTTA web site (www.ottacanada.com)
• Report from and news about 55+ events regularly through e-mails (e-news)
Improve overall level of physical fitness and quality of life.

Provide expert instruction regarding injury prevention at each practice sessions through proper warm up and stretching

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Deliver valuable information regarding healthy recreational habits and activities; contribute to an awareness of health conditions that typically affect the senior population as well as potentially prevent or delay the onset of these conditions

Raise and reinforce awareness of healthy nutrition.

Some examples include:
o Eat the recommended amount and type of food each day.
o Eat at least one dark green and one orange vegetable each day.
o Choose vegetables and fruit prepared with little or no added fat, sugar, or salt.
o Have vegetables and fruit more often than juice.
o Make sure at least half of your grain products are whole-grain each day.
o Choose grain products that are lower in fat, sugar, or salt.
o Select low fat milk alternatives. Drink skim, 1%, or 2% milk each day.
o Have meat alternatives such as beans, lentils, and tofu often.
o Eat at least two Food Guide Servings of fish each week.
o Select lean meat and alternatives prepared with little or no added fat or salt.
o Include a small amount of unsaturated fat each day.
o Satisfy your thirst with water.
o Limit foods and beverages high in calories, fat, sugar, or salt.Improve overall level of physical fitness and quality of life.

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Dr. Daniel Amen in his book "Use your brain to change your age"

"Golf is good. Tennis is terrific. Table tennis is the best sport in the world!"

Why Table Tennis?

- Table tennis is a lifelong sport, that can be played competitively right up to your eighties and beyond; and it's never too late to start.
- Table tennis is an indoor, non-seasonal sport. You can play it all-year-round.
- It's "space efficient". In a typical school gym the size of a basketball court, it is quite simple to accommodate eight (8) to 16 tables.
- Once you learn table tennis basics it is easy to practice even at your home. Many Canadians have foldaway tables in their basements or garages.
- Table tennis is an aerobic sport that also involves both upper and lower body parts, and requires quick reflexes and decision-making;
- As a non-contact sport and using a ball that weighs only a few grams, table tennis is almost a risk-free sport. Playing table tennis excludes risks of breaking bones, banging heads, concussions. It's easy on one`s body. Serious injuries rarely occur.

A several scientific studies has confired that playing table tennis:

- **Reduce the risk of coronary heart disease**
- **Increases VO2 max**
- **Lower resting heart rate**
- **Lower body fat** (compared to other sports or sedentary groups); it is a documented fact that table tennis is more effective in this regard than other aerobic activities such as jogging
- **Higher level of plasma HDL**- cholesterol level (positive affect for prevention of atherosclerosis and cardiovascular diseases)
- **Improves eye hand coordination**
- **Improves cognitive functions** The speed, spin and placement of the ball are crucial, and participants learn to become experts in creating and solving puzzles. There is a lot of thinking, planning, and strategizing that takes place during any table tennis match which helps keep brain cells engaged. Attention, anticipation, decision making, problem solving, are all core table tennis attributes and basic cognitive processes.
- **Prevent or delay mental deterioration**; study "The Effect of Table Tennis Practice on Mental Ability Evaluated by Kana-Pick out Test"

OTTA Founded 1934 ONTARIO TABLE TENNIS ASSOCIATION

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What do I need to do in order to host program in my Organization?

- Complete the application form
- Be ready for information session
- Invite potential participants (in your club/community center/organization and in all similar organization that has senior population and that you see as interested party in this project)
- Reserve tables and time in your club/community center/organization in order to get 24 hours of training for group of 12-20 seniors

Examples

- 8 weeks x twice a week Monday and Thursday from 11.00-12:30
- 6 weeks x twice a week Tuesday and Saturday from 16:00-18:00
- 8 weeks x three times a week Mon, Wed, Fri from 12:00-13:00
- 4 weeks x three times a week Mon, Wed, Fri from 10:00-12:00

Your organization should design time schedule according to your specifics and participants needs, based on 24 hours of training

- Set up a date for the tournament (to be organized at the end of delivered training)
- Set up a date and time for workshop with dietitian/nutritionist (also at the end of the delivered training)
- Provide all participants e-mails or deliver all information (hard copy) direct to participants (during the first week of training sessions)
- Complete report form

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What are the program's costs?

- Your club/community center/organization will get cheque from OTTA after report is delivered for 840 $ (for the first program unit in your club) with obligation to
  - o Deliver 24 hours of dedicating coaching to seniors (55+), by certified coach or ask Project Lead to find one for you (in that case amount has to be adjusted)
  - o Coordinate and communicate program to participants and give feedback to Program Lead (dejan_papic@yahoo.com)
  - o Provide facilities for 1.5 hour Healthy Eating Workshop (with 20-30 seats) or join one of similar workshops across province (in that case amount has to be adjusted)
  - o Provide facilities for 24 hours of training for 16 participants (55+) or or enjoy one of dedicated gyms across province (in that case amount has to be adjusted)
  - o Provide facilities and condition of one star tournament (only for program participants) or enjoy one of dedicated gyms across province (in that case amount has to be adjusted)
  - o Provide a few photos and short report from training, workshop and tournament

- The OTTA will also provide:
  - o Information session
  - o Healthy Eating Workshop conducted by dietitian or nutritionist
  - o 3-years full membership for participants
  - o Medals for tournament winners (one gold, one silver, two bronze)
  - o Opportunity for all seniors to play at Over 55 category at Ontario Championships March 23-24 2013
  - o Free entry at Ontario Championships for the winner

- Your club/community center/organization will need to provide
  - Tables (with nets and barriers)
  - Balls
  - A few rackets for seniors that don't have their own
  - (You can provide equipment through our organization)

Prime Minister Stephen Harper plays a game of table tennis with Team Canada's Mo Zhang at Canada House in London on Tuesday, June 5, 2012. Harper announced that Canada House would be designated as Canada Olympic House during the 2012 London Olympics. (AP Photo/The Canadian Press, Sean Kilpatrick

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How many participants are needed to form a group?

o 16 to 20
o If there are 10-15 participants, amount at the cheque sent to your club will be adjusted
o for more than 20 and less than 10, please, contact Project Lead

Program unit

Program unit consists of:

- 24 hours of table tennis practice sessions
- Instructions for injury prevention delivered by coach during table tennis practice sessions
- 8 mini-lessons from Healthy Eating Manual
- One workshop with expert based on Healthy Eating Manual
- One table tennis tournament (one star) counted for Table Tennis Canada rating

Our target is to deliver 25 program units across our province and reaches out to more than 500 participants.

Coaching workshops and officials courses

OTTA will deliver at least 4 coaching workshops and 4 officials' courses. All events will last one day and participants will get status of Community Coach and Club umpire.
During those courses OTTA will also introduce participants with basic elements of organizing table tennis competition. Special software that simplifies tournament organization will be presented.

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When should program start and finish?

Program has to be completed by March 31st.

It means that we need to act fast and start it as soon as possible.

Training sessions

has to start not later than January 20th to be competed not later than March 15th

Tournament

to be completed no later than March 31st

Healthy Eating Workshop

to be completed no later than March 31st

Workshops

to be completed no later than March 31st

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Information sessions

My TTC Mississauga	Mississauga	December 18th at 4 pm
Canadian Elite Table Tennis Training Center		December 18th at 10 am
Canadian Chinese Table Tennis Association	Markham	TBD
My TTC Markham		December 18th at 12 am
Sudbury Smashers TTC	Sudbury	TBD
Champlain TTC	Ottawa	TBD
Geng Academy		TBD
Scarborough Kings TTC	Scarborough	December 17th at 7:10 pm
TopSpin TTC Kitchener/Waterloo	Kitchener	TBD
Windsor TTC	Windsor	TBD

About name Never Too Old for Gold

We have borough name from documentary that has been screening in May this year in Toronto and that is again touring Canada.

Here is ***Hugh Hartford*** promoting his movie with a help of young Ontarian stars.
Photo from Toronto.com

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