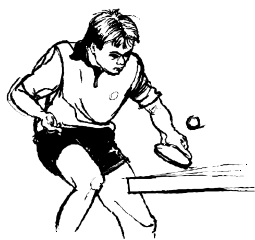

Cramlington Table Tennis Club - an ETTA *PremierClub*



Guidelines for Parents/Guardians/Carers

Parents/guardians/carers are arguably the biggest influence on a child's involvement in sport, particularly younger children who rely on their emotional and financial support and enthusiasm. Each child's needs are different but below are some suggestions that we hope will be helpful to parents/guardians/carers, particularly those from non-Table Tennis backgrounds.

- Support your child's involvement and help them to enjoy all that Table Tennis has to offer.
- Encourage respect for the laws of Table Tennis, support fair play at all times and acceptance of umpires' and officials' decisions.
- Encourage recognition of good performance, not just results, in others as well as themselves and the importance of being a good team member.
- Establish a positive partnership with the Club officials to help to provide the best possible balance between the demands of Table Tennis, education and home.

Clothing/personal equipment requirements

Table Tennis is an active sport, beginners should wear comfortable sports clothing (preferably not white) – shirt, shorts/skirt, non-marking indoor sports footwear (trainers). At Cramlington TTC we provide bats for beginners to use whilst at the Club. We believe that even for beginners, bats should provide a little bit of spin. As a young player improves they will often want a bat and specialist equipment of their own. There is a huge range of equipment available and it can be difficult to know where to start.

Equipment purchase advice

CTTC strongly recommends that you do dash out and buy a bat as soon as your child starts attending the Club. The best route to purchasing a bat is via a specialist supplier of table tennis equipment. Such suppliers are not found in the High Street but operate through mail order. Through these specialists you can order a customised bat that fits the style and needs of the individual. It will take a little time to find out what strengths new learners have. Although we encourage the fast, attacking style of play some players are best suited to a more defensive or all round style. It is obviously unwise to buy a

For more information, including details of our Child Protection Policy, see our website at www.cramlingontabletennis.info

defensive bat for an attacking player and vice versa an attacking bat for a player with defensive tendencies. Our coaches can give advice on the choice of bat that would be appropriate to the playing ability and progress of your child and when they are at a stage where the purchase of a bat would improve their game.

As already mentioned specialist Table Tennis equipment is usually supplied through mail order. Most of the reputable companies have free colour brochures and websites. We can provide a list of equipment suppliers and have an arrangement with Tees Sport (based in Middlesbrough) that equipment purchased through the Club will receive a discount, usually around 25%. This discount is passed on to Club members.

Commitment

As a young player improves - from beginner through intermediate and advanced to excellence - the recommended type and duration of training and playing increases. This has a direct impact on a player's level of commitment and the cost involved.

Cost indications

Table Tennis is traditionally a low cost sport particularly at beginner level; the main costs being club fees and local travel together with a limited amount of personal equipment. As a young player improves and begins to compete further afield in national events and open tournaments, specialist coaching, travel and accommodation costs, event entry fees, food and additional personal equipment (new rubbers, clothing, footwear) all result in increased costs.

If nurtured, an involvement in Table Tennis can provide both an active and healthy lifestyle and a lifetime of pleasure.

Parents/Guardians/Carers are welcome to remain at the Club premises during any of the Sessions that their children attend. The Sporting Club Cramlington suggest that those awaiting their children can view activities from the upper floor or they can sit in the reception area or bar.

If you have any queries do please talk to any of the officers or other Club trustees:

Alan Hedley, Chairman
Brian Philip, Secretary
Aubrey Drapkin, Treasurer