



2023 Summer Camp July 7th & 8th Hosted at:

Genesee Valley  
Table Tennis Club



# Seth & The Swedes

## The Coaches



**Joel**

National Coach  
Played Highest League in SWE



**Seth**

Top 12 USA TT Team  
2 Time Panamanian National Champion



**Albin**

Played Highest League in SWE  
Sweden Tour U20 Winner

### Topics Covered

## Serve Receive | Match Tactics | Sharpening Fundamentals

### Session 1

July 7th 5-8pm

- Playing against long pips
- Reading Serves
- Pushing long Tactics
- Improving Defense
- Sharpening Fundamentals

### Session 2

July 8th 9am-12pm

- Playing against Lefties
- Receiving sidespin serves
- Improving movements
- Forehand & Backhand technique sharpening
- Sharpen underspin loops
- Receiving long serves

### Session 3

July 8th 2pm-5pm

- Playing against short pips
- Flipping with forehand
- Flipping with Backhand
- Sharpening movements
- Improve transition between forehand & BH
- Hitting Higher balls

**Price Structure** \$55 One Session | \$50 per session if 2 | \$45 per session if 3

**Location:** 1460 E Henrietta Rd, Rochester, NY 14623

