#### Spin & Smash May 2024 Camp

May 15-17, 2024, with Chance Friend

Wednesday, May 15

Session 1: 10am - 12:30pm

During this first session players will focus on footwork and fundamental strokes. Most of the drills will be for transitioning forehands and backhands while staying balanced.

Private coaching with Chance available from 2:30 – 4:30pm

Session 2: 5pm - 7:30pm

This second session will continue the focus on transitional footwork and fundamental strokes, while staying balanced.

Private coaching with Chance from 8pm - 10pm

Thursday, May 16

Session 3: 10am - 12:30pm

During this session players will focus on receiving serve and the short game. This will include work on push and flip strokes, and the recovery after the stroke. Players will also be working on the opening attack against long serves.

Private coaching with Chance available from 2:30 – 4:30pm

### Session 4: 5pm - 7:30pm

This session will continue the focus on receiving serve and the short game. This will include work on push and flip strokes, and the recovery after the stroke. Players will also be working on the opening attack against long serves.

Private coaching with Chance from 8pm - 10pm

### Friday, May 17

Private coaching with Chance available from 9am - 10am

## Session 5: 10am - 12:30pm

During this session players will focus on sequences and game situations. Most drills will begin with serving and receiving. Players will work on positioning and changing locations.





Spin & Smash Table Tennis & Ping Pong Center 9525 OH-161 Plain City, Ohio 43064 www.spinandsmash.com (614) 937-1626

# Session 6: 1:30pm - 4pm

This session will continue the focus on sequences and game situations, with tournament preparation in mind. Most drills will begin with serving and receiving. Players will work on positioning and changing locations.

#### Costs\*:

\$50/session

\$90/day

\$250/entire camp

Private coaching: \$70/hr.

\*If you sign up for multiple sessions and pay via Omnipong, we'll process your discount quickly. Use the Whole Camp option if you plan to attend all sessions.

### Note:

- Availability is limited to 20 players during each session.
- Lodging is available in Dublin and Marysville, Ohio. There are a number of food options available within 2 - 5 miles of the center.
- Open play is available during breaks in the schedule.
- The USATT Midwest Regional Championships will begin Friday, May 17, 2024. This camp will be an excellent way to prepare.







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