# Christmas School Holidays Table Tennis Training Camp – January 2023

## **TRAINING CAMP DETAILS**

Date (Week 1): Monday, 9 January to Saturday 14 January 2023 (inclusive)
Date (Week 2): Monday, 16 January to Friday 20 January 2023 (inclusive)
Time: 8:30 am to 6:00 pm Monday to Friday (9:00 am to 12:00 pm Saturday 14 January)
Location: Townsville Table Tennis Centre (60 Charters Towers Road, Hermit Park)

## SCHEDULE

Monday, Wednesday & Friday <i>(both weeks)</i>	8:30 am to 12:00 pm: Coaching Education & Team Bonding 12:00 pm – 1:00 pm: Lunch Break 1:00 pm – 6:00 pm: Training Session	
Tuesday & Thursday <i>(both weeks)</i>	8:30 am to 12:00 pm: Training Session 12:00 pm – 1:00 pm: Lunch Break 1:00 pm – 6:00 pm: Training Session	
Saturday (Week 1)	8:30 am to 12:00 pm: Fun competition with prizes (you can also bring a friend for free!)	

## PLAYERS OF ALL AGES AND ABILITIES WELCOME TO ATTEND

## **BOOKING DETAILS**

Booking Date: Bookings are essential. All bookings to be completed with our Head Coach, Olav Dahl on mobile 0421 042 687 or email <u>coach@townsvilletabletennis.org.au</u>

Working Parents: Parents are welcome to drop their child/children to the hall from 8:00 am each morning.

## COST

Cost (Week 1 – full week): \$200 for the full 5 week days and the Saturday competition
Cost (Week 2 – full week): \$200 for the full 5 weekdays
Cost for Full 2 Weeks: \$340 for the full 10 week days and the Saturday competition on week 1
Cost Per Day: \$50 per day (book 1 or more days as you may like)
Sibling Discount: A 15% discount applies for a second or subsequent booking for a sibling

## ANYONE WHO ATTENDS FOR 1 FULL WEEK OR MORE WILL HAVE FREE ENTRY INTO THE CHINESE NEW YEAR TOURNAMENT BEING HELD ON SATURDAY, 21 JANUARY 2023



#### NOTES

The team bonding will include fun activities, including indoor games, movies, playing in the park outside of the hall. The coaching education will include various educational topics, including in relation to game techniques,

preparation for tournaments, handling pressure moments in games etc.

Training sessions will include single ball training, multi-ball training, and matches.

Players will need to bring their lunch with them. There is a fridge and microwave available for use in the hall