

## My Table Tennis Training School (Academy)

**My Table Tennis Training School (Academy)** is established for anyone who wants to take up table tennis for either leisure playing or for professional playing. We offer private lessons or small classes, all with dedicated and qualified coaches. We also offer seasonal table tennis camps during holiday seasons for those looking for a fun filled week of table tennis. We believe that a combination of training, regular practice and participating in competitions is the best way to learn this sport. That is why, with our enthusiasm in this amazing sport, we have built up our own first grade training; practising; and competition platform for which you can rely on and minimize your efforts in locating and resolving these critical successful elements.

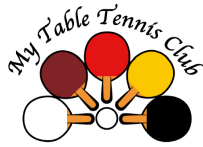


### Markham Campus

80E Centurian Drive, Unit 6-9  
Markham, Ontario L3R 8C1  
(905) 948 9883  
[www.mytabletennisclub.ca](http://www.mytabletennisclub.ca)

### Mississauga Campus

2436 Haines Road  
Mississauga, Ontario L4Y 1Y6  
(905) 566 9883  
[www.mytabletennisclub.ca](http://www.mytabletennisclub.ca)



## Coaches and Instructors

<b>Mr. Sun Jian Fei</b>	<b>Former Chinese National core team player; Former player in European Professional Leagues</b>
<b>Mr. WANG Eugene Zhen</b>	<b>Existing Highest rating in Canada; Canadian National core team player;</b>
<b>Mr. Pradeeban PETER-PAUL</b>	<b>North American Champion; Canadian Champion;</b>
<b>Instructors</b>	<b>Decent certified instructors available</b>

## Road Map

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Grade	Classified	Skill Set Expected / Fulfillment and Promotion	Time Spending and requirement	Canadian Rating achievement
1	Beginner - 1 (BN-1)	Forehand and backhand rally more than 30 in a minute	2 months	100
2	Beginner - 2 (BN-2)	Forehand and backhand rally more than 45 in a minute	2 months	200
3	Intermediate - 1 (IMT-1)	Forehand and backhand loop drive accuracy more than 60%	3 months	300
4	Intermediate - 2 (IMT-2)	Forehand and backhand loop drive accuracy more than 70% and in a quality good shape	3 months	400
5	Advance - 1 (A-1)	Blocking Error rate less than 10% in random shooting by robot, 25Meter/Second	6 months	600
6	Advance - 2 (A-2)	Blocking Error rate less than 8% in random shooting by robot, 30 Meter/Second	6 months	1,000

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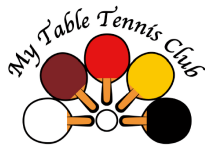
## Training Classes

**One to One** (starting from \$30 to \$55 per hour subject to different levels of coaches)  
A flexible and tailor-made training program set for individual.

**One to four** (\$250 per course)

All students are classified and fitted into different classes according to their existing skill set. Each class has its unique course. Each course contains 9 sessions and each session lasts for one and half hours.

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## “1-3-6” Training Plan

It is the time to set a long term plan for you. We strongly believe that a regular weekly schedule including: one hour coaching, three hours in training, and 6 hours in game, is the most effective and efficient way in gaining the most competitive edge, which also serves as our motto in establishing My Table Tennis Training School. Coaching means to us that you have a much capable Coach in teaching you every detail in how to play. Training means to us that you have much more capable Instructors and Co-trainers in escort and company to assist you practice what you have learned. We believe that playing real games with others are an important and fun way for you to realize your achievements and drawbacks.

My Table Tennis Training School is more than happy in providing free assessment for your level attained and tailor made the program specially for bringing you to new table tennis horizon for the future.



Come in today so we can tailor-make a training program fit for you!

Jan-2012

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