

## History

Table tennis club (ttv) Waalwijk is started in 1947 from RKC Waalwijk's supportersgroup and is the biggest table tennis club within the region.

## Location

Our home has 8 table tennis tables and is located at Hertog Janstraat 1d in Waalwijk.

Our blue/yellow entrance and the stairs to the first floor are located on the right from the bicyclestore Arno van Kessel.

## Membership

Playing recreative costs only € 25,00 each quarter (and once € 5,00 registration fee).

Playing competitive costs a little bit more, depending on the competition.

## Training moments

As a youth member you will receive training on Monday and Thursday from 18.30-20.00.

As a senior member you can receive training on Mondays from 20.00-21.30.

In addition, all members can play on Monday, Tuesday and Thursday from 20.00 and on Thursday also from 9.00-12.00.

Do you want to play competition? Then the matches for youth are played on Saturday and for seniors on Monday to Friday evening.

There are more than enough moments to play.

## Are you interested?

Come and collect information on a training moment without obligation and immediately hit a ball or send an email to [Gert-Jan@ttvWaalwijk.nl](mailto:Gert-Jan@ttvWaalwijk.nl) or call +31 6 53 158 194.

## Table Tennis: For All, For Life



## Why play table tennis?

Perhaps you are considering starting table tennis, but are you still hesitant? Table tennis is so much fun for the following reasons:

### **Cozy and social**

Most beginners join our club alone and quickly make friends with existing members.

### **React fast**

The ball has only a short distance to travel and is quickly back to you. This is why table tennis is said to be the fastest reaction sport.

You also learn to react faster, otherwise you will be too late.

You will not only benefit from this in table tennis, but also in other sports and outside sports.

### **For young and old**

Table tennis is a sport for boys and girls, men and women, young and old. You can start at any age. We have members between the ages of 8 and 94 years young.

The technique is relatively simple and can be learned by anyone and at any age.

At table tennis you not only meet people of your own age, but also young people and the elderly. You can constantly learn from others or teach something to others.

You determine the level of the game yourself, depending on how fanatical and eager to learn.

Table tennis has been scientifically proven to slow Alzheimer's disease.

### **Physically intensive**

Table tennis is a physically intensive sport at a higher level.

You use a lot of your muscles and joints.

Are you still young, then table tennis is very useful for a better and faster development of your fine motor skills and better eye/hand coordination.

### **Thinking clearly**

Table tennis is not only a physical sport, you also have to think carefully and quickly. You are constantly looking for your opponent's weak spots and with what effect your opponent plays the ball!

In a flash of a second you decide how's best to react to the ball from your opponent.

### **Technique**

Table tennis is a flashy and fast-paced game, yet the basic game is surprisingly simple. After a few lessons you will be able to play. After that, you still have many options to improve your game. This is what makes table tennis such an exciting sport.

Some players master certain techniques to perfection, but are weak in other places.

### **Tactical intensive**

While you try to hide your own weaknesses, you try to find your opponent's and surprise your opponent by placing the ball smartly and giving it effect.

### **More pluses:**

- + You are not dependent on the weather. If it is warm outside, we have the air conditioning on.
- + You play alone, but also as a team.
- + You learn to act and react quickly.
- + Little chance of injuries.
- + It's cheap.

### **Activities**

In addition to the weekly training moments, we organize many fun and cozy activities, such as:

- + Mini Maxi Tournament
- + Warm-up Tournament
- + Open double tournament
- + Summer Camp for Youth
- + Club Championships
- + Card nights