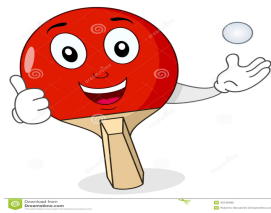


TABLE TENNIS GROUP – March Report by Peter Singer



Our Friday afternoon table tennis group varies in size, depending on holidays, family commitments, pesky health issues and so on, but we generally have fun, however many or few we are. Recently, only five of us showed up, which worked out quite well, allowing one person to have a rest each game. The only problem was the brisk competition to be the one to sit it out and have a breather! Which raises the question of whether or not we are too old to be playing table tennis at all.

Coach and self-styled table tennis “expert” Ben Larcombe has some reflections on this on his website. He writes:

“Are you too old to start playing table tennis?” Not at all!

Sure it would have been nice if you’d started training seriously ten years ago, but you can’t do anything about that now. Be happy that you have the chance to start now and don’t wait another ten years before you finally muster up the courage and self-belief to get started.

Who cares how old you are. You can’t change your age..... This, today, right now, is the youngest you will ever be from now. That makes now the perfect time to start. Don’t spend your time wishing you were younger, or better, or able to pick it up faster and don’t stop until you’re an expert.”

We have certainly found that age is no barrier to picking up the game, either for the first time or after half a lifetime’s break from it. So, we would wholeheartedly agree with Ben (whilst not endorsing his literary style) that it’s never too late to start and there is much enjoyment to be had in playing with others of varying standards. We may not become “experts”, but we have all made some progress and even small improvements can be very rewarding (just don’t mention my last attempt at a forehand smash that almost went into orbit).

We also wish a fond farewell to our newest, enthusiastic members Lisa and John, who have jetted off back to the States (for better or worse!) and look forward to seeing them again in November, when they return.

If you would like to join our group to learn the game, improve your skills or just enjoy playing and socialising, please contact Peter Singer (pandjsinger@btinternet.com 07508 663998). All are welcome, whether you play regularly, have not played for some time or have never played before.