

Spin & Smash offers Leagues, classes and coaching, along with USATT-sanctioned and unsanctioned tournaments. We also host fundraisers, youth and corporate events. Call us or visit our website [www.spinandsmash.com](http://www.spinandsmash.com) or [www.omnipong.com](http://www.omnipong.com) for details and tournament registration.

## ADDRESS

9525 State Route 161 West  
Plain City, OH 43064

## CONTACT US

Spin & Smash Table Tennis & Ping Pong Center  
(614) 937-1626  
[dave@play3tc.com](mailto:dave@play3tc.com)  
[www.spinandsmash.com](http://www.spinandsmash.com)



## TUESDAY TT SENIOR CLINIC SERIES

February 14 – March 21, 2023



Spin & Smash Table Tennis & Ping Pong Center is offering a six-week series for senior players (50+). See the tournament flyer on Omnipong for week-to-week topics, or call Dave at 614-937-1626

## SERIES TOPICS

- Playing against younger players
- Using (and playing against) pips, anti; custom blades
- Staying mobile, flexible & strong
- Consistency drills
- Serve & serve return
- Using underspin to slow things down
- We'll engage in matchplay, too

## COACH

Dave Fullen is a USATT/ITTF-certified coach. Dave has a passion for table tennis and thoroughly enjoys teaching kids and adults of all ages. He has been coaching one-on-one and conducting classes and clinics for more than 10 years.

Dave at age 71 is an active tournament player, participating in tournaments across the country. His most recent tournament successes include two silver and a bronze medal in Hardbat and Sandpaper events at the 2022 US Nationals. Dave's expertise includes playing with a variety of paddle surfaces and the ability to "twiddle" (spin the paddle) during play.

## TT BENEFITS FOR SENIORS

Like most sports, table tennis offers great mind-body stimulation, aerobic exercise, and social interaction. Unlike many sports, however, the overall risk for injury with table tennis is quite low.

- It improves hand-eye coordination
- It improves reflexes
- It's easy on the joints
- It burns calories
- It keeps your brain sharp
- It is utilized as a treatment for dementia
- It improves balance
- It improves strength, speed and agility, with a low risk of injury



## CLINIC HOURS

The clinic will run on Tuesdays from 10am – 3pm with an hour for lunch. There are several restaurants within two miles of Spin & Smash. Dublin is the closest location for hotels.

## SPECS

Spin & Smash has 10,000 sf of playing space, up to 18 tables, a 30' ceiling, sports flooring, pro shop, a feature court for tournaments and plenty of seating. Spectators are always welcome, free of charge.

## PRICING

The clinic costs \$50 per week per participant, or \$250 for the whole series of six clinics.

