



TTQ HIGH PERFORMANCE COMMITTEE

High Performance Update

Well we started the year off with a number of tournaments completed and congratulate all participants and winners on their efforts and achievements. Then our tournament calendar and table tennis plans changed dramatically for each player, club, committee, coach and Table Tennis Queensland.

The High Performance Team has an objective this year to commence a Log Book Programme as a new initiative for our Queensland Junior Team Players. Plans and preparation has been created ready for the roll-out at the Junior State Titles that were scheduled for early April. This is a brief overview of what was planned and what will eventually be presented when we recommence play as per the revised Table Tennis Queensland Tournament calendar when finalised.

Selected Queensland Junior Team Players will be invited to register in being a participant of the High Performance Team Log Book Programme, issued with their personal log book to keep updated of their weekly training activities, goals for session, duration and frequency of training. The player and their coach sign and date completion of each weekly training session and players are expected to carry their log book as part of their playing kit. Regular checks of the log books will be carried out by the High Performance Team and information will be collated by the High Performance Coordinator for reporting to the High Performance Committee, TTQ Board and Junior Team Selectors.

On a present note many of our junior, youth, senior and veteran players have put in many hours of practice in preparation for tournament and competition play. We are aware that some individual players, clubs and coaches are not allowing this present situation of clubs/halls being closed to deter them of training/practicing and are utilising other means, resources and information technology to continue training/practicing in their homes and sheds. Congratulations on being creative and motivated to continue your table tennis journey. Although there may be limitations on what we can do there is always a way to bring about improvement and adapt to changes in the way things can be done.

Good luck, stay safe, stay healthy and keep table tennis alive!

Regards from

Table Tennis Queensland
High Performance Committee