



To: USA Table Tennis Certified Coaches

October 8, 2004

**NOTE: THIS SEMINAR IS NOW FULL; NO MORE ENTRIES CAN BE TAKEN**

Dear USA Table Tennis Coaches,

We are pleased to inform you that USATT will host a 2005 Coaching Seminar at the United States Olympic Committee Headquarters in Colorado Springs, CO. Only current certified USATT coaches are eligible to attend this free seminar. This event is sponsored by USA Table Tennis in cooperation with the US Olympic Committee.

We would like to inform you that this coaching seminar is limited and USATT will only accept the first 20 applicants who are **current USATT Certified Coaches**. USATT will pay for hospitality, food, and coaching instructor fees. Each participant must fund his or her own travel to and from Colorado Springs. USATT will inform the first 20 approved applicants and post the list on the USATT website. Any requests after January 15 will be denied.

Topics: 1) Table tennis tactics.  
2) Advanced footwork.  
3) Sport Psychology- Mental training (Concentration and Self-Confidence).  
4) Planning and Programming.  
5) Advanced technique.  
6) Sport Physiology.  
7) Multi ball.

The seminar will be hosted by:

- USATT Men's National Team Coach, Dan Seemiller
- USATT Coaching Committee Chairman, John Allen
- USATT Technical/High Performance Director, Benone Grigore

Special Guests:

- USOC Representative from the Sport Physiology Department, TBD
- USOC Representative from the Sport Psychology Department, TBD

When: **Friday, Feb. 11-Sunday Feb. 13, 2005.**

**Friday, 04:00 p.m.-Please check into your room by this time!!!**

**Friday, 05:00 Dinner**

Friday: 06.00 p.m. – 09.00 p.m.

Saturday : 09.00 a.m. – 12.00 p.m., 02.00 p.m.- 05.00 p.m., 07.00 p.m. – 09.00 p.m.

Sunday : 90.00 a.m. – 12.00 p.m.

Please book your return flight after 2.00 p.m. on Sunday, Feb.13, 2005

Where: USOC Olympic Center  
One Olympic Plaza  
Colorado Springs, Co 80909

Best regards,

A handwritten signature in black ink, appearing to be 'JF' or similar initials, written in a cursive style.

Benone Grigore  
USATT Technical/High Performance Director



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Name \_\_\_\_\_ Member No. \_\_\_\_\_ Exp. Date \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Phone \_\_\_\_\_ E-mail \_\_\_\_\_

**We look forward to meeting you in Colorado Springs!!!**

Please send the enclosed application form to attend this seminar by January 15, 2005 to:  
USA Table Tennis  
One Olympic Plaza  
Colorado Springs, CO 80909  
Attn: Benone Grigore, Technical/High Performance Director

**PLEASE PROVIDE YOUR EMAIL ADDRESS IF YOU WOULD LIKE TO RECEIVE  
FUTURE COACHING NEWS AND UPDATES!!!**