



To: USA Table Tennis Certified Coaches

August 22, 2005

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 National, Regional, State and Club level Certified Coaches** are eligible to attend this free seminar. USA Table Tennis sponsors this event 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 19 applicants who are **current USATT National, Regional or State level Certified Coaches**. USATT and USOC will pay for hospitality, food, and coaching instructor fees. We can accept as well other 7 applicants but USATT will pay only for food and coaching instructor fees. These 7 applicants must take care of their own hotel expense. Each participant must fund his or her own travel to and from Colorado Springs. USATT will inform the first 19 approved applicants and post the list on the USATT website. Any requests after September 1, 2005 will be rejected.

- Topics:
- 1) Short game technique-Dan Seemiller
 - 2) Video review and analysis of the 2005 World Championship-Dan Seemiller
 - 3) Advanced physical conditioning-John Allen
 - 4) Robot training drills-Larry Thoman, Richard McAfee and John Allen
 - 5) Advanced multi ball-Dan Seemiller
 - 6) Modern counter loop-Dan Seemiller
 - 7) Sport Physiology-Nutrition/Diet for the high performance athletes-Karen Daigle
 - 8) Sport Psychology-Positive Thinking, Effective Thinking, and Optimal Thinking-Peter Haberl and Dan Seemiller
 - 9) Presentation by US Anti-Doping Agency-Adrian Roberts
 - 10) Coaching the college team-Christian Lillieroos
 - 11) The business of coaching-Larry Hodges

The seminar will be hosted by:

- USATT Men's National Team Coach, Dan Seemiller
- USATT Coaching Committee Chairman, John Allen

Special Guests:

- USOC Representative from the Sport Physiology Department, Karen Daigle
- USOC Representative from the Sport Psychology Department, Peter Haberl, PhD
- US Anti-Doping Agency (USADA), Adrian Roberts
- Manager, Newgy Industry, Larry Thoman
- USATT National level Coach, Christian Lillieroos
- USATT National level Coach, Larry Hodges
- USATT National level Coach, Richard McAfee

When: **Friday, Sept. 30-Sunday Oct. 2, 2005.**
Friday, 03:00 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: 09.00 a.m. – 13.00 p.m.
Please book your return flight after 3.00 p.m. on Sunday, Oct.2, 2005

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



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 September 1, 2005 to:
USA Table Tennis
One Olympic Plaza
Colorado Springs, CO 80909
Attn: Doru Gheorghe, USATT Executive Director

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