

Guidelines for Parents/Guardians/Carers

Parents/guardians/carers are arguably the biggest influence on a child's involvement in sport, particularly younger children who rely on their emotional and financial support and enthusiasm. Each child's needs are different but below are some suggestions that we hope will be helpful to parents/guardians/carers, particularly those from non-Table Tennis backgrounds.

- Support your child's involvement and help them to enjoy all that Table Tennis has to offer.
- Encourage respect for the laws of Table Tennis, support fair play at all times and acceptance of umpires' and officials' decisions.
- Encourage recognition of good performance, not just results, in others as well as themselves and the importance of being a good team member.
- Establish a positive partnership with the coach to help to provide the best possible balance between the demands of Table Tennis, education and home.

Clothing/personal equipment requirements

Table Tennis is an active sport, beginners should wear comfortable sports clothing (preferably not white) – shirt, shorts/skirt, non-marking indoor sports footwear (trainers). PremierClubs and other good clubs often provide bats for beginners and the ETTA strongly recommends that even for beginners, bats should provide just a little bit of spin. As a young player improves they will often want a bat and specialist equipment of their own. There is a huge range of equipment available and it can be difficult to know where to start.

Equipment purchase advice

The ETTA suggests that the best advice usually comes from somebody at the club – probably a coach – or one of the specialist equipment suppliers who can help you to choose equipment appropriate to the playing ability and progress of the player.

Commitment

As a young player improves - from beginner through intermediate and advanced to excellence - the recommended type and duration of training and playing increases. This has a direct impact on a player's level of commitment and the cost involved.

Table Tennis is traditionally a low cost sport particularly at beginner level; the main costs being club fees and local travel together with a limited amount of personal equipment. As a young player improves and begins to compete further afield in national events and open tournaments, specialist coaching, travel and accommodation costs, event entry fees, food and additional personal equipment (new rubbers, clothing, footwear) all result in increased costs.

If nurtured, an involvement in Table Tennis can provide both an active and healthy lifestyle and a lifetime of pleasure.