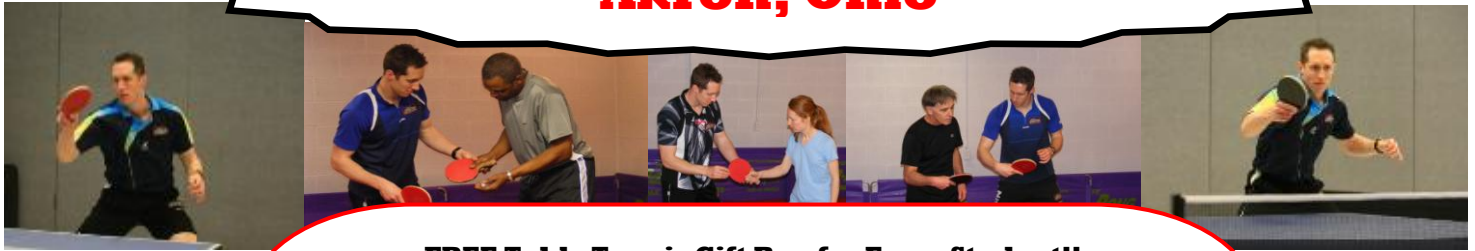


Footwork Focus Training Camp

**Friday/Saturday March 16th - 17th
Akron, Ohio**



**FREE Table Tennis Gift Bag for Every Student!!
Smaller Group Size with plenty of one-on-one coaching!!
FREE Housing available for out-of-town players
DVD option - now available!!**

- Coach:** Samson Dubina
US National Men's Team Member - US Nationals Men's Singles Finalist - US National Mixed Doubles Champion
- Where:** The House of the Lord
1650 Diagonal Road – Akron, Ohio
- When:** March 16th-17th, 2012 Session #1 Friday 6-9pm. Session #2 Saturday 10am-1pm. Session #3 2pm-5pm.
- Who:** Anyone is welcome to attend. Many of the techniques will be for the advanced player.
- Cost:** **\$50 for 1 session or \$85 for 2 sessions or \$115 for 3 sessions**
(includes all club fees and a **FREE** table tennis gift bag for every student - \$30 value)
- DVD:** Optional DVD – pay an additional \$20 and receive a personal 30 minute high definition DVD of your training at this clinic. Because visualization is one of the fastest ways to improve, this DVD is highly recommended.
- Group Size:** Small group of 6-10 students
- Housing:** FREE Housing available for out-of-town players – limited availability
- Topics:** Each of my clinics during 2012 will be centered on a different topic. For this clinic, we will focus on developing strong footwork with side-to-side step, lunge, short ball, moving-in, and crossover step. With footwork as the focus, we will deal with many topics such as looping, blocking, and pushing. However, all of the strokes will link back to our main topic – footwork.
- Contact:** Samson Dubina - hammondproking@aol.com (cell) 330-949-9230

Please make checks payable to: Samson Dubina Space is limited, ENTER TODAY!!!

CUT-----CUT

Name _____

Mail to: **Samon Dubina**
355 Hoover Ave
Akron, Ohio 44312

Street _____

City _____ State _____ Zip _____

Entries must include check to:
Samson Dubina

Phone _____ Your highest rating ever _____

Your Email Address _____ Signature _____

Buy a robot – receive a FREE robot lesson at your house!! (\$100 value)
Contact Samson Dubina for details - hammondproking@aol.com 330-949-9230
Use the link shown below:

<http://www.newgy.com/?affiliateid=10394>

Footwork Focus - Topics

March 16th-17th, 2012

Session #1 Friday 6pm-9pm

Shuffle footwork isolating forehand
Shuffle footwork isolating backhand
Forehand backhand transition footwork
Small adjustment footwork
Footwork anticipation

Session #2 Saturday 10am-1pm

In-and-out footwork
Forward lunge footwork
Short crossover step
Long crossover step
Backspin/topspin transition footwork
Blocking footwork

Session #3 Saturday 2pm-5pm

Short ball step
Half-long serve return
Half-long push return
Attacking various long serves
Two-table footwork
Personalized physical fitness programs

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