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## ***2010 College Table Tennis National Championships***

April 9-11, 2010 in Waukesha, Wisconsin      **WEBSITE:** <http://www.nctta.org/champs/2010>

**\*\*NEWS RELEASE\*\***

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### **Hoping to Gain an Edge, Championships Teams Pursue Varying Forms of Preparation**

Teams have put their creativity to good use to make sure they achieve the best possible finish at the 2010 College Table Tennis National Championships. For some, this means resting and getting accustomed to the area; for others, late night video game sessions.

The top-ranked schools keep things simple. Players from the No. 1 Lindenwood squad played cards in their hotel rooms and went to bed relatively early at 1:00 AM. For those of you who are wondering what card games may help their table tennis game, apparently it's google jackets, donkey, or speed.

No. 2 Texas Wesleyan had an even stricter curfew. According to Coach Keith Evans, the players went to bed early. Some didn't even have enough time to eat a full meal. "A good night sleep best prepares our players. It has helped them in the past tournaments."

Teams from other schools took the occasion to bond with their teammates. Evidently the players from the Minnesota team are all gastronomes. They have tried Greek food at Ouzo Café and Belgian cuisine at Central Café before Saturday. Team member Zubair Saiyed said, "We really love food. This was a great time for the ten of us to get to know each other at a personal level. It brings our team closer." Judging from the constant cheering from their section of the floor, it has definitely helped their team spirit.

USC, meanwhile, felt it was more important to get to know the area. After taking a Thursday evening flight, they practiced from 9:30 to 11:00 PM at the facility. Their number 1 singles player, Subal Mehta, said that since the arena is large with lots of air moving around, he wanted his team to get used to the environment. Apart from their rigorous training, they also found time to visit Lake Michigan and the famous Milwaukee Art Museum. Not bad for a trip from California.

Playing in their home state gave Wisconsin players more freedom to get comfortable and focused for crucial matches. The top player on their women's team, Linjun Xu, rested for 10 hours the night before the competition to get rejuvenated after a long week of studying. On the other hand, Naira Ovsepyan found her Russian music more stimulating for her game, and Debbie Li much preferred to enjoy the nightlife as her way of getting ready for the tournament. It's to each her own for the Wisconsin squad.

What about Adam Hugh and the Princeton crew? These guys have so much experience both from previous Championships (having finished runner-up in 2007 and 2008) and from competing in the junior ranks that all they needed was a little cram session the week before the tournament. No wonder they carry so much confidence to all of their matches.

### **About NCTTA**

The National Collegiate Table Tennis Association (NCTTA) is a non-profit organization established exclusively for promoting the sport of table tennis at the college level. As the national governing body for college table tennis in the United States and Canada, NCTTA organizes intercollegiate competition throughout North America. **[www.nctta.org](http://www.nctta.org)**

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