

## **Sunday Group Training**

Every Sunday beginning at 1:30 AGTTA offers free group coaching. The Free Coaching Program has become one of the most popular features of our club. Classes geared toward juniors, beginner adults, and intermediate level players help our players develop their skills in a fun group setting.

### **Training Guidelines**

1. Please try to arrive by 1:30 and let our desk attendant or one of our coaches know that you wish to participate in the training program. Latecomers will be added at the discretion of our volunteer coaches.
2. Training tables are on the backside of the gym. Tables at the front are reserved for open play.
3. Training ends at 3:00. Practice balls will be collected at that time and all tables are available from 3:00 until closing for open play. Please do not use multiple balls except during training times and in the training area.
4. Participants will be assigned to available volunteer coaches with an effort to put players of similar abilities together. If you want to work with a particular coach let that coach know however depending on the makeup of the group you may sometimes be assigned to a different coach. The Sunday training program is designed to introduce new players to basic table tennis fundamentals and provide practice time for more advanced players.