



# Callies Table Tennis Club

Established 1981

Registration No.: 172-391 NPO

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## 2019 OPEN CHAMPIONSHIPS

Saturday 10 August 2019.

Selley Hall, Feathermarket Centre, City Centre (opp City Hall),  
Port Elizabeth

### Mission Statement:

- Callies Table Tennis Club's philosophy is one of focusing on creating sports persons while uplifting the community in a sustainable manner for all

### Vision:

- To be the Club to develop table tennis from grassroots to the highest competitive level i.e. locally, nationally and internationally



Pics  
from  
2018  
Open



*An investment in the Championships is an investment in youth and in the development in the sport of table tennis and in social responsibility.*



### How has Timo Boll stayed at the top of the game across 2 decades?



After winning the 2019 European Games on Wednesday, German legend Timo Boll has everyone asking the same question: what is the reason behind the German's longevity in table tennis?

Time is the biggest threat to any athlete across any sport. When it comes to table tennis, the one man who no one wants to see stop playing is the German legend, Timo Boll.

The evergreen 38-year-old claimed the gold medal at the 2019 European Games on Wednesday in Minsk, defeating Jonathan Groth (DEN) 4-2 which earned him a place at the Tokyo Olympics next year. Showing no signs of slowing down even after 20 years in the sport, today we look at how exactly Boll has managed to stay at the top of table tennis.

Focus of an eight-time European Champion: Timo Boll was an unwavering delight in Minsk.

### What next for Timo?

At the age of 38, the now eight-time European Champion Boll will have his sights on the biggest prize at Tokyo 2020. For a man who has mastered the dragon of time that only bends for a rightful king, who can begrudge him that? The Chinese will stand in his way, and we as spectators will have our collective eyes locked on the never-ending adventures of this magician.

### The Best Sport For Your Brain

Researchers and scientists have agreed that table tennis is the best sport for your brain. This fast-paced game is challenging and equally rewarding. Clinical Neuroscientist and Psychiatrist Dr. Daniel Amen calls table tennis "*The Best Brain Sport.*" In a book entitled *Making A Good Brain Great: The Amen Clinic Program for Achieving and Sustaining Optimal Mental Performance*, Dr. Amen explains how the body's main organ can benefit from a friendly game of table tennis.

Dr. Amen explains that regular exercise boosts hormones in the body that keep your brain young. So what set's ping pong apart from other sports in terms of mental health? Ping Pong is a game of strategy, coordination, and concentration.

### Research Proves Ping Pong Improves Mental Health

Table tennis requires a developed sense of strategy that is similar to that of Chess. The game starts well before the serve. You study your opponent and learn their tendencies so that your next move becomes a calculated reaction. Noting potential weaknesses, opponents attempt to exploit the Achilles Heel of the opposing player.

During an event hosted by *The American Museum of Natural History*, Wendy Suzuki pointed out the areas of the brain that are roused by playing ping pong. Suzuki, a Professor of Neuroscience and Psychology at New York University, explains that table tennis stimulates parts of the brain that control fine motor skills.

*"There's a lot of strategy and the area that gets enhanced is the prefrontal cortex, critical not only in playing ping pong, but also in chess."*

-Dr. Wendy Suzuki

### Winners

#### 2017

Mens Singles – Dipal Bhana  
 Mens Doubles – Rajesh Bhana / Dipal Bhana  
 Womens Singles – Xiuyan Li  
 Mixed Doubles – Xiuyan Li / Selvan Sammy  
 Junior Boys Singles – Cohl Simons  
 Junior Boys Singles Plate – Thabo Poswa  
 Junior Girls Singles – Nitaya McCuur  
 Junior Girls Singles Plate – Shaandre Malgas

#### 2018

Mens Singles – Dipal Bhana  
 Mens Doubles – Frans Erasmus / Demos Dracoulides  
 Womens Singles – Xiuyan Li  
 Mixed Doubles – Xiuyan Li / Selvan Sammy  
 Junior Boys Singles – Cohl Simons  
 Junior Boys Singles Plate – Nikhil Naidoo  
 Junior Girls Singles – Nitaya McCuur  
 Junior Doubles – Kyle Simons / Libran Hykes