

Table Tennis Minor Participation Project Case Study – AWD Organisation

State	New South Wales
Name of Organisation	Royal Rehabilitation Centre Sydney
Program Co-ordinator	Rob Price
Type of project – AWD / CALD/ both	AWD
Amount of funding	\$3000
Start date of project	April 2012
End date of project	Nov 2012

Participation stats

	Prior to project	Post project
Number of club registered members	N/A	N/A
Number of organisation participants	0	32
Number of registered AWD members	N/A	N/A

Coach/official stats

	Prior to project	Post project
Number of accredited Tops coaches	0	8
Number of accredited Level 1 coaches	0	0
Number of accredited Level 2 coaches	0	0
Number of accredited Officials	0	0
Number of Classifiers prior to the project	0	0

Key Learnings

What worked well?

The Tops coaching course was engaging and effective. TTA provided 8 spots to a variety of Royal Rehabilitation Centre Sydney therapists. This enabled, not only the development of programs and pathways for people to try and participate in table tennis during their rehabilitation, but also enabled therapists to modify and use table tennis skills and training to be a part of client rehabilitation such as working on balance, coordination and fine/gross motor skills.

The provision of resources and equipment was more than efficient to meet the needs of our clients and programs. We obtained enough tables, bats and balls to run sessions of up to 12 clients and a “Ipong Training buddy” to assist with accurate ball placement and repetition to assist with basic stroke development.

TTA have engaged throughout the past 12 months by providing additional support to our on-site table-tennis therapy sessions by sending Table Tennis athletes with a disability and coaches to assist with the quality of our sessions. TTA have also been a highlight of our Annual Return2Sport Expo informing and introducing people of all abilities on how they can participate in Table Tennis.

What were the challenges?

One interesting challenge was modifying and adapting Table Tennis coaching and participation techniques to enable people with severe disabilities to be engaged. Examples include strapping and modifying grip to the table tennis grip for people who had limited fine motor control and strength in their hands. Also slowing the techniques and balls speed down for people with limited coordination and reaction speed. In this case we often began session using half the table, only rolling the ball along the table and/or removing the net.

How has the project benefited your Organisation?

Through having trained staff and appropriate and professional equipment we have been able to compliment our centres mainstream rehabilitation and therapy sessions with a fun and engaging way for people to participate in their rehabilitation. This has also motivated clients to engage more in their rehabilitation as they can see outcomes and benefits through their improvement in abilities playing table tennis.

The coaching and implementation of table tennis programs at Royal Rehab have also been an effective team building activity and has provided a good example of Multi-Occupational therapy and team work (eg Occupational Therapists and Recreation Therapists working together on a client's goal).

Do you think your Organisation is more engaged with TTA and the Community since the project commenced?

AGREE / DISAGREE

If agree, in what ways?

Royal Rehabilitation Centre Sydney work and liaise with many sporting organisations that provide pathways for people with a disability to return to sport and find that TTA are by far one of the most organised and engaging sports associations we work with. TTA have always responded to questions and requests efficiently and are very organised and professional in their engagement.

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