

# Aerobic TT instructor course revealed

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Steve Rowe with England players Kelly Sibley, Joanna Drinkhall and Hannah Hicks

Bishop Auckland and Aerobic Table Tennis have teamed up to run an Aerobic Table Tennis instructor course at Bishop Barrington School – the home of Bishop Auckland TTC. The course will see up to 15 local volunteers/coaches become qualified Aerobic Table Tennis instructors. This will be the first Aerobic Table Tennis course in the North East

Aerobic Table Tennis is the brainchild of UK coach Steve Rowe, and since the project started in 2011 more than 6,000 children have taken part worldwide. Aerobic TT is fully supported by the ITTF, and endorsements include the European Table Tennis Union, English Table Tennis Association, TT Wales, TT Scotland, Irish TT Association, English Schools Table Tennis Association and Sweden Table Tennis Association. Aerobic TT is partnered by Butterfly. Olympian and Romanian International Iulia Necula is the face of Aerobic TT.

Steve Rowe said: "In the last two years Aerobic TT has gone from strength to strength. It's amazing to think that the programme started in Wigan and is now well known all around the world. I have requests almost every day from many countries wanting to start Aerobic TT – places like Jamaica, Australia, Spain, Sweden."

Bishop Auckland TTC chairman Matt Porter said: "We are delighted to have been able to team up with Aerobic Table Tennis to both run an instructor training course allowing people in the north east to come learn about the programme, and to be the first club in the area running Aerobic TT sessions, allowing people to try Aerobic Table Tennis with the long-term aim of getting more females into the sport of table tennis."

Even though Aerobic Table Tennis is aiming to increase the number of girls and women playing table tennis, boys can also join in the sessions and Aerobic TT runs many mixed sessions.

This is the second time Aerobic TT and Bishop Auckland have worked together, as they have also teamed up with Pink Pong UK as the north east leg of the Pink Pong – Aerobic TT UK tour raising money for cancer research.

For more information and booking form look on the Bishop Auckland table tennis clubs website [www.bishopaucklandttc.co.uk/events](http://www.bishopaucklandttc.co.uk/events)

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