



## Master-Classes with Sam Walker!

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Sam Walker is coming over from Germany where he plays in the Bundesliga especially for two days of coaching with Olav Stahl. All levels are welcome. Their target is to improve your game, your understanding of and your passion for table tennis. And Sam and Olav usually reach their targets!

A few words about Sam – he is one of the best English table tennis hopes at the moment. Just 20 years old but already beating players who are ranked in the top 25 of the world. He just won the bronze medal at the table tennis team world championships with England.

Check out this article if you want to know more about him:

<http://www.nottinghampost.com/Notts-table-tennis-star-Sam-Walker-wins-bronze/story-28866335-detail/story.html>

And here is his blog about winning the bronze medal:

<https://www.topspintt.com/blog/sam-walker-on-winning-bronze-medal-at-world-table-tennis-champs/>

A few words about Olav: he has coached since he was 24 years old, currently he is coaching 2 players for the Veterans World Championships in Spain where he will compete in the over 40 category himself. He also coaches the Coronation Street, Emmerdale and Hollyoaks actors at least twice a year.

He was recently the table tennis head coach in an experiment that was part of the very inspiring BBC 1 TV documentary 'How To Stay Young'. It will be available for another 2 more weeks on BBC iPlayer.

Please follow this link to the episode that includes table tennis – if you don't want to see the whole episode, just go to 13:50 minutes and you will see some table tennis action and even a few words of wisdom from Olav:

<http://www.bbc.co.uk/iplayer/episode/b077nr6k/how-to-stay-young-episode-2>

Here an article from the official Table Tennis England Coaching Magazine about some of the things Olav does:

<http://www.connectsport.co.uk/mental-health-2/can-table-tennis-improve-mental-health>

**WHAT:** Master-class for all levels with Sam Walker and Olav Stahl (2 hours)

**WHEN:** Tuesday, 3 May 2016, 2pm – 4pm

**WHERE:** Bounce Old Street (Shoreditch), 241 Old St, London, EC1V 9EY

**FEE:** GBP 50,-

**WHAT:** Master-class for all levels with Sam Walker and Olav Stahl (3 hours)

**WHEN:** Wednesday, 4 May 2016, 9:30am – 12:30pm

**WHERE:** Bounce Farringdon, 121 Holborn, London, EC1N 2TD

**FEE:** GBP 60,-

**WHAT:** Master-class for all levels with Sam Walker and Olav Stahl (3 hours)

**WHEN:** Wednesday, 4 May 2016, 2:00pm – 5:00pm

**WHERE:** Charing Cross Sports Club, Aspenlea Rd, Hammersmith, London W6 8LH

**FEE:** GBP 60,-

**WHAT:** Master-class for all levels with Sam Walker and Olav Stahl (2 hours)

**WHEN:** Wednesday, 4 May 2016, 8:00pm – 10:00pm

**WHERE:** Charing Cross Sports Club, Aspenlea Rd, Hammersmith, London W6 8LH

**FEE:** GBP 50,-

**WORRIES:** If you are worried that your table tennis skills are not good enough Olav suggests you stop worrying! Even the best player in the world started at one point with very few skills.

Or you think you might be too good: You're not, Sam and Olav will improve your game while you are allowed to keep thinking that you are too good.

Or: I won't know anybody there and it will be awkward in the beginning. It won't. It usually takes Olav 20 seconds to break the ice and create a great atmosphere. Because Sam is around and we don't want to waste time, Olav will try to do it in 10 seconds this time.

**HOW TO REGISTER:** Send Olav an email, text or whatsapp message, saying which sessions you want to book. He will then send you the bank details and as soon as the payment goes in you got yourself a place reserved.

Places are limited, so first come first serve.

Thanks for taking your time to read this quite long message. And thanks if you are willing to support this event with Sam by spreading this message. Maybe you will make someone happy who sees this as an opportunity to ignite and nurture his or her table tennis passion.

Would love to see you and your friends, family and colleagues at these master-classes,

**CONTACT:** Olav Stahl, 07846088661, [olav.stahl@web.de](mailto:olav.stahl@web.de)

A BIG THANKS FOR THE SUPPORT OF THESE MASTER-CLASSES GOES TO....

...the table tennis nightclub Bounce, the very place where ping pong was invented and patented by the Jacques brothers in 1901 (<http://www.bouncepingpong.com/>)

...the Charing Cross Sports club which is London's mekka for squash, badminton and table tennis  
(<http://www.ccsclub.co.uk/>)

...and last but not least the Moberly Table Tennis Club, one of London's biggest and best clubs for kids and adults, based in Hammersmith with sessions every Friday night and Saturday afternoon  
(<http://www.tabletennisspot.co.uk/>)

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