

Change 4 Life Sports Clubs

- **CONGRATULATIONS** from the English Schools' Table Tennis Association for selecting Table Tennis for your 'Change 4 Life' Club.
- Why not check out the **ESTTA website** - see the 'Development' section for ideas about participating and practising table tennis. You will find templates for playing individual knockouts and group competitions.
- How about participating in a 'Change 4 Life' Club Inter-School League with a number of other schools - better still, how about organising a '**Change 4 Life' Schools' League**?
- If you can organise an inter-school league, ESTTA will provide you with the **ALL NEW Butterfly Schools' League Toolkit** which includes a trophy, certificates, practice balls, posters, stickers and most importantly, a set of templates for 2, 3 or 4-a-side competitions and an Organiser's Handbook. **Could you organise a league?** If so, send an e-mail to jarnold@estta.wanadoo.co.uk.
- With a little coaching, players will be able to gain confidence and enjoy taking part in competitions.
- Who knows, in future they may be playing for their school in the ESTTA/Butterfly School Team and Individual Championships and taking part in one of the most popular indoor sports in the Country.

GOOD LUCK!



www.estta.org.uk