



# Ekam Table-Tennis Academy

## Summer Training Camp

Dear players and parents,

We are pleased to announce an advanced table tennis summer training camp To be held from **1<sup>st</sup> May to 30<sup>th</sup> May 2025** at Ekam Table tennis academy specifically designed for individuals seeking to enhance their skills. This intensive program will concentrate on refining techniques, improving game strategies, and elevating overall performance.

I So I Request all players to attend each session with a strong sense of enthusiasm and appreciation for the sport. It is essential to adhere to your training plan, maintain self-belief, and commit to working diligently to maximize the benefits of the training camp. I wish each of you continued success and fulfillment in your endeavors.

## Training Highlights

- Physical fitness
- flexibility training
- skill practise
- mental conditioning
- Multiballs training
- Micro corrections
- focus on serve and receiving
- Match practise
- practise on odd rubbers
- shadow practise
- situation match

## Key Points

- Sport personalities will be invited for particular sessions
- Personalised coaching small batch sizes for one on one attention
- practise with robot



Training Schedule:

Unit 2 – pre advance camp (Rahatani)

- Timing: 3:00 PM - 7:00 PM(**Coach Piyush, Pawan D. , Sanjay S.**)

- Advanced camp

- Reporting Time: 7:00 AM - 7:05 AM
- First Training Session: 7:05 AM - 11:00 AM ( Rahatani)
- Morning Session with **Pawan K. , Piyush R. , Pawan D.**
- Second Training Session: 3:00 PM - 7:00 PM (Gravity complex)
- Leaving Time: 7:10 PM (**Coach Pawan K. , Rajashri +1 )**

Summer Batch (Basic & intermediate camp)(Gravity complex)

- Timing: 4:00 PM - 7:00 PM
- Training Dates: 1st May – 30th May (Sundays Off)

Training Essentials:

- Food: Carry multiple fruits, salads, and liquids
- Electrolyte powder
- Clothing: T-shirt, towel.
- Footwear: Indoor/Non-marking shoes
- Other Equipment: Yoga mat, resistance band, skipping rope.

Fees Structure				
Sr No	Unit	Event	Students	Fees
1	unit 3	Basic and Intermediate Camp	15	6,000
2	unit 2	Pre-Advance Camp	15	9,000
3	unit 3	Advance Camp	10	15,000

- Contact for Registration:
- Mr. Piyush Ramawat - 7517945313
- Mr. Sanjay Sangvikar – 8999349527
- Mr. Subodh Korde – 9422247109
- Mr . Pawan Kadam- 7498310079

Thanks and Regards,  
Subodh Korde

Founder, Ekam Table Tennis Academy  
All rights reserved by Ekam Consultants©