

# Adult coaching season 2023-2024 (14 August 2023 - 2 June 2024)

Welcome to Tabletennis adult coaching groups!

We organize adult coaching four days a week. Our activities are open to players of all levels - We have divided our adult group into two levels so that everyone can find training opponents of a suitable level and we can tailor the exercises more individually. The exercises always last 1.5 hours.

Adult table coaching takes place on Smash Center's badminton court 1, which has 4 tables.

The coach is professional coach Alexander Dyroff.

Our facilities at the Smash Center offer comprehensive services for fans of all racket games - welcome to learn table tennis and have fun in our facilities!

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(Level I - Beginner group, Level 2: Those who have played more)

## Adult coaching groups for the 2023 - 2024 season:

Monday at 17:45-19:15 Level II: Those who have played more (3-4 division level)

Monday at 19:15-20:45 Level II: Those who have played more (5-6 division level)

Wednesday at 17:45-19:15 Level II: Those who have played more (3-5 division level)

Wednesday at 19:15-20:45 Level I: Beginner group (beginners + 6 division level)

Friday 16:45 - 18:15 Level I & II

Saturday 14:45-16:15 Level II: Those who have played more (3-4 division level)

Wondering about your level? Ask Alex Alexander Dyroff ([pingiskoulu@netti.fi](mailto:pingiskoulu@netti.fi)) for more information

## Price list:

1 time / 1.5h/week: autumn season (18 weeks) €270, spring season (21 weeks) €315 (€10/hour)

2 times / 3.0h/week: autumn season (18 weeks) 432€, spring season (21 weeks) 504€, (8€/h)

3 times / 4.5h/week: autumn season (18 weeks) €567, spring season (21 weeks) €661.50, (€7/h)

More information about Smash table tennis activity can be found here

Ari Ahokas, 040-5037460

[ari.ahokas@smash.fi](mailto:ari.ahokas@smash.fi)

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# Terms and conditions 14.8.2023-2.6.2024, Table tennis, Helsinki, Adult coaching

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**UPDATED 1/1/2024** : Section " **Behaviour** " of the coaching conditions -> Changed / added section in *italics AND underlined*

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## **PRACTICE TIMES AND INQUIRY ABOUT THEM**

We will send an e-mail notification to all participants about a week before the start of the season, when the groups have been published and they can be seen in TennisClub under Valmennus / Omat ryhmät. For the players who could not join in the first stage, we will notify you separately by email.

## **PERIOD AND PLACE OF COACHING**

Coaching classes are held at Smash Center, Varikkotie 4, 00900 Helsinki (about 500 meters from Itäkeskus metro station and 15 minutes from Rautatientori).

The training period is Mon 14 August 2023 - Sun 2 June 2024 . The summer groups to be re-formed will train from 3 to 20 June 2024. Participating in summer groups or opting out of them is noted on the application form.

**By signing up for Smash's adult coaching, the player commits to participating in the entire indoor season 2023-2024 , with classes continuing in the same groups in the spring season without separate notice. Groups can be changed whenever necessary (the coach decides on the group according to the player's level), but no one is transferred to a new group without consultation and notification.**

## **TRAINING PLACE = TRAINING TIME**

Each weekly training session of a player means the same number of training places. For example, if a player has one training session a week, then he has one coaching place. Correspondingly, e.g. someone who trains three times a week has three coaching places, etc.

## **TERMINATION OF THE GROUP MID-SEASON**

Smash ry reserves the right to terminate the coaching group. The possible termination of the group will be notified to the players no later than 28 days before the group's last training session.

## **HOLIDAY EXERCISES**

Coaching classes are normally held on all public holidays except Christmas (23.12.2023-1.1.2024), Easter (29.3.-1.4.2024) and May Day 1.5.2024.

Coaching is normally organized during the school children's autumn vacation, on Independence Day 6.12., Epiphany 6.1., and on Maundy Thursday 9.5.

**Smash ry reserves the right to make group changes during holidays.**

## **BILLING**

The basis for billing is the place in the assigned coaching group and the group's activities since the player joins - not the individual participation times. Fall coaching hours are invoiced in two installments and spring invoices are invoiced in two installments. Invoices are sent to the email address provided in the registration form (for information and invoicing purposes). Participating in the training is a prerequisite for paying the previous training fees.

Invoicing always takes place at the end of the period.

Adult coaching bills can be paid with the ePassi exercise benefit. Other exercise benefits are not eligible for payment for coaching organized by Smash ry.

The season fee consists of invoicing periods ( Note ! see also the section "Cancellation from coaching in the middle of the season"):

1st period: 14.8.2023 - 15.10.2023

2nd period: 16.10.2023 - 22.12.2023

3rd period: 2.1.2024 - 17.3.2024

4th period: 18.3.2024 - 2.6.2024

## **TESTS AND THEIR BILLING**

When a new player comes to a group for an agreed-upon level test, the test is free, if it is determined that the group is not suitable for the player and there are no other suitable group places available. This also means that the player may not necessarily continue the whole hour in practice (however, most of the practices are based on pair practice and the practices are paid for for those already in the group). If the player's level allows him to be in practice for the whole hour and a group place or another group place in coaching after the level test is agreed upon as a standard place for the player, so the first time i.e. test time is also billed.

## **MEMBERSHIP**

Participation in the training requires membership of Smash ry. Participants will be added as Smash ry members if they are not already members. Those participating in the training do not need to apply for membership separately.

New adult trainees pay half of the 2023 membership fee, €22.50 (€45 for the whole year) in connection with the first training fee in the fall, and agree to comply with Smash ry's coaching and invoicing conditions. Members receive e.g. discount on hourly court prices at Smash Center, Kaisaniemi tennis courts and Olari Tennis Hall, products at Smash Center's Pro Shop, the opportunity to participate in national competitions and many member benefits offered by partners. You can find a list of valid member benefits on our [Member Offers](#) page. You can read more about membership on the [Membership](#) page.

The membership is continuous until it is terminated in writing either in connection with the termination of the coaching using the coaching [termination form](#), by email to [smash@smash.fi](mailto:smash@smash.fi) or by mail to Smash's office at Smash ry, Varikkotie 4, 00900 Helsinki. The person leaving is obliged to pay their membership fee for that year. Ending the coaching does not automatically end the membership of the club, but when you terminate the coaching, you can also notify if you do not want to continue the membership the following year. Membership is valid until the end of the calendar year after termination.

*To resign, it is not enough to give notice orally or in writing to e.g. a coach or cashier*

## **CHANGE OF PLAYER CONTACT INFORMATION**

The player is obliged to maintain his name and contact information. Changes to contact information are primarily made by logging into the "My information" tab of the TennisClub system. You can also report a change in contact information by sending an email to [smash@smash.fi](mailto:smash@smash.fi)

## **ILLNESS, INJURY AND ABSENCE FROM TRAINING AND COMPENSATION SYSTEM**

Absences lasting at least 4 weeks must be reported and a medical certificate must be sent to Ari Ahokka, responsible coach for adult coaching, at [Ari\\_ahokas@smash.fi](mailto:Ari_ahokas@smash.fi). Such an absence from training lasting at least 4 weeks is taken into account in billing against the medical certificate, with a deductible period of two weeks from the notification date. Individual absences are not taken into account in billing.

If the absence should last longer than 4 weeks, there are two options:

A) - the player must pay the coaching fee normally from that fourth week onwards, if he wants to keep his place. B) - at the start of the absence, the player can also withdraw from coaching completely after sending a medical certificate (if a place can be offered to others), in which case he pays only two weeks of that excess period. After recovering to playing condition, the player can try to return to the coaching groups through the waiting list maintained by the coach responsible for adult coaching.

## **WITHDRAWAL FROM COACHING MID-SEASON**

Resignation from coaching in the middle of the season must be done in writing by filling out [the resignation form](#) . The cancellation takes effect when the current billing cycle ends. Resigning from coaching does not automatically terminate Smash ry's membership, but when resigning from coaching, you can also use the form to indicate if you do not want to continue membership the following year.

If the player has at least one coaching place left for the season, then only a notice of termination sent to the responsible coach by e-mail about the other coaching places to be interrupted is sufficient (in which case the invoicing of the coaching places in question stops at the end of the invoicing period in question).

Billing periods and last days of termination from the billing period:

1st period: 14.8.2023 - 15.10.2023 (the last withdrawal date from the 1st period is 31.7.2023)

2nd period: 16.10.2023 - 22.12.2023 (the last date of termination from the 2nd period is 18.9.2023)

3rd period: 2.1.2024 - 17.3.2024 (the last date of termination from the 3rd period is 5.12.2023)

4th period: 18.3.2024 - 2.6.2024 (the last date of termination from the 4th period is 19.2.2024)

You can find the cancellation form [here](#) .

## **PHOTOGRAPHY**

If the player does not want his photos to be used on Smash ry's website or in Smash ry's publications, he must notify Smash ry at [smash@smash.fi](mailto:smash@smash.fi) .

## **ELECTRONIC NEWSLETTERS AND INFORMATION**

The e-mail of the person signing up for training will be added to Smash ry's electronic newsletters and announcements distribution list, unless the player specifically denies it. Electronic newsletters and announcements are, along with the website, an important communication channel for Smash ry's coaching, so it is important to provide an email address that you read regularly. Providing a phone number also helps significantly if you need to report, for example, the coach's sudden absence.

## **HEALTH AND INSURANCE**

Every player is obliged to tell the coach about his own health situation, if it can affect the player's ability to perform all exercises to the full. Every player must obtain any insurance himself: Smash ry has not insured the players participating in the training.

## **COACH'S ABSENCE**

The team is primarily coached by the coach assigned to it. In the absence of the coach, another coach from Smash ry takes care of him. Individual practice can also be held in such a way that one coach guides two groups of the same level on adjacent fields in case of illness.

## **BEHAVIOR**

Players must treat other players in their group and the coach with respect. Swearing, throwing a stick and other inappropriate behavior is prohibited. If the player's actions cause damage to the court surface or other real estate or movable property, he is obliged to compensate for the damage he caused.

The club has the right to refuse the coachee's participation in coaching, if disruptive behavior occurs regularly despite intervention. The player receives a warning for the first disruptive behavior, a warning for the second, and then participation in coaching is denied until the end of the current season. *If an individual player's actions are of a particularly serious nature, the club has the right to terminate the coaching contract immediately for a fixed period of time or until further notice.* Coaching fees will not be refunded for the period in question.

## **SUSPENSION OF OPERATIONS**

If we have to suddenly interrupt a group coaching lesson due to a reason beyond the control of the club (e.g. power outage in the premises), the coaching lesson will not be compensated financially. An interrupted lesson is compensated either by adding a balance to the compensation system (sports in use) or by organizing compensatory exercises at a separately announced time.

## **CHANGES TO TERMS AND CONDITIONS**

Smash ry reserves the right to change the coaching conditions even in the middle of the season. In this case, the changes will be announced on the website and, if necessary, in a common bulletin for all players.