

**India Women's Team
PTT Training Camp
Bangalore – India – November 2009**

The Table Tennis India women's team is strongly focused in their preparation for the next Commonwealth Games which will be held in Delhi, India in 2010. Even if they are new PTT players they have a clear goal in mind: to obtain a medal for their country.

Six months ago the Paralympic Table Tennis Federation of India took the serious decision to develop a women's team. After making a first selection of the best players, they sent the team for one month of specific training in London where the girls trained hard to develop their skills and techniques.

The team is composed by:



Bhavina PATEL (23)



Maitreyess SARKAR (14)



Usha RATHOD (25)



Pragya GHILDIAL (26)



Sonal PATEL (20)



Ramila CHAUHAN (32)

Different stories have made them part of the table tennis family - seeing other people with disabilities practicing the sport, having fun with friends playing table tennis, but, as Maitreyees the younger one said: when I knew table tennis I just fell in love of it!

They showed great commitment to training and gave the best in each stroke, in each drill trying to achieve the highest performance in the least possible time.

When I asked them which were their expectations in table tennis, all of them answered to me: "win a medal in the Commonwealth Games next year".

The next steps for this brave team are another training camp abroad to continue learning from the best coaches and participate actively in international PTT tournaments.

All of them are extremely enthusiastic and motivated, they want to learn, they want to train, they want to win!!!!



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