



Exciting New Venue for the 2024 NHSG Table Tennis Event: Westford Table Tennis Club

We are thrilled to announce that the 2024 New Hampshire Senior Games (NHSG) Table Tennis tournament will be hosted at the state-of-the-art Westford Table Tennis Club! This exciting location in Westford, MA promises a superior experience for all participants, from beginners to seasoned players.

Founded in 2019, Westford Table Tennis Club is dedicated to providing a top-notch environment for table tennis enthusiasts. The club features:

- 10 World-Class Cornilleau 740 Tables on the playing floor, plus 90 more in storage: These top-tier tables are perfect for competitive play.
- Official ITTF Flooring: The same high-quality flooring used in the 2019 World Table Tennis Championships ensures optimal performance and safety.
- LED Lighting: Provides excellent visibility for precise and competitive play.
- Climate-Controlled Facility: The club is air-conditioned and heated, ensuring comfort year-round.
- Exercise Equipment Area: For physical training and conditioning.
- Table Tennis Robot: An innovative tool for skill development and practice.
- Locker Rooms: Convenient spaces for players to change and store their gear.

The club is located inside **The Mill Works** sports complex in Westford, MA, which also boasts 6 hardwood floor basketball courts with good lighting where the 90 additional Cornilleau tables can be set up. This venue not only offers an excellent setting for our table tennis tournaments but also allows for the potential to run 5-star tournaments.

Meet The Coaches

Westford Table Tennis Club is home to some of the most accomplished coaches in the sport, all of whom are SafeSport certified and committed to fostering a safe and fun learning environment.

Qiumars Hedayatian - Tournament Director and Head Coach

Coach Qiumars is a national-level coach with over 20 years of experience. He has represented the Iranian Junior National Team in the Junior Asian Games and played professionally in the German league. He has trained many junior players from beginner to master level.

Alex Frayberg - Coach

Coach Alex brings over 30 years of coaching experience, successfully guiding juniors to top levels within the USA. He holds numerous junior titles on the East Coast and is recognized for his remarkable achievements with junior students.

Kurt Douty - Coach

An ITTF Level 1 Certified coach, Kurt has won medals at the Senior National Games and Bay State Games. He has also been an influential tournament promoter and organizer.

Shaya Hedayatian - Strength Conditioning Coach

Coach Shaya, a certified functional strength coach, has a background in soccer, having played in the German Soccer league. He focuses on strength conditioning for table tennis players.

Training Opportunities

Group Lessons: Available for both children and adults, focusing on developing strategy, skills, footwork, and strength conditioning. Group lessons are designed to prepare individuals for USATT tournaments.

Private Lessons: For motivated individuals seeking to improve their table tennis skills, private lessons with their experienced coaches are highly beneficial. High-performance program students are especially encouraged to take private lessons.

About Westford Table Tennis Club

Champion athletes aren't just born—they're selected, trained, molded, and tested. The Westford Table Tennis Club aims to be a nurturing ground for budding talent in the greater Boston area. With the expertise of Coach Qiumars Hedayatian, the club is committed to honing raw talent through quality coaching and rigorous training programs, promoting the sport throughout New England. One of our club players was selected to the US Junior National Team to compete for the US at the 2024 Summer Olympics in Paris.

We are excited to welcome you to our new venue and look forward to an outstanding table tennis event this year. We can't wait to see you all at the Westford Table Tennis Club for the 2024 NHSG Table Tennis event!

Get Involved:

Explore the full schedule of events [here](#) and consider which sports resonate with you. Whether you're drawn to the adrenaline rush of a race, the precision of bowling, the strategy of tennis, or the teamwork of basketball, there's something for everyone. Sign up, train hard, and prepare to make unforgettable memories at the 2024 New Hampshire Senior Games. Encourage your family and friends to join you on this incredible journey, and together let's embrace the spirit of athleticism, camaraderie, and triumph!

About the New Hampshire Senior Games

The mission of the Granite State Senior Games, Inc. (GSSG) is to promote, organize and effectively develop physical challenges, as they relate to the New Hampshire senior athlete and the 50+ population of the state of New Hampshire, undertake related activities benefiting the well-being of adults as appropriate and focusing on the development of active and healthy lifestyles. Our mission is accomplished by encouraging fitness and by providing athletic competition in a variety of sports, clinics and creative pursuits.

Founded in 1987, Granite State Senior Games, Inc. is a not-for-profit 501(c)(3) and New Hampshire Registered Public Charity all-volunteer sports and fitness organization governed by a Board of Directors. The Granite State Senior Games, Inc (GSSG) sporting events are known as the New Hampshire Senior Games (NHSG). We are New Hampshire's premier multi-sport event for the 50+ population. GSSG is the only New Hampshire organization in the state to be sanctioned by the National Senior Games Association (NSGA) to qualify senior athletes for participation in the National Senior Games, held in odd-numbered years. To learn more, please visit www.nhseniorgames.org.



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2025 National Senior Games
July 24 - August 4, 2025

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