



Handbook 2023/24

Welcome to Aberdour Tennis Club

At the heart of our club are our members. Whether you are an adult or junior member, interested in competitive or social tennis, or a non-playing social member the club is delighted to welcome you.

The purpose of our handbook is to inform you about our club, the facilities available and to keep you informed of what's happening at the club on an ongoing basis. The club has a website (www.aberdourtennis.org.uk), which includes much of the information below, and a Facebook page, where details of news and events are published.

For further information email: editoraberdourtennis@hotmail.co.uk

We look forward to seeing you on court!

The Committee, Aberdour Tennis Club, Park Lane, Aberdour, KY3 0TN

1. Introduction to Tennis at Aberdour

The club has three recently renewed, all-weather courts with floodlights giving opportunities for adults and juniors to play social and competitive tennis throughout the year, as well as a welcoming clubhouse.

Social Tennis for Adults

There are a number of social club sessions each week that adult members can simply turn up and play in. Members can also use the courts at any time when there are no sessions, club competitions or coaching taking place.

Adult Tennis Coaching

Both group and individual coaching are available from our Head Coach, Neil Harden.

Competitive Tennis for Adults

There are a number of internal club competitions during the year, including our Club Championship and the Autumn Handicap.

The club is also represented in the East of Scotland Leagues with four ladies and three men's teams.

Junior Tennis

The club has a very active junior section that receives coaching, plays socially and competes in East of Scotland Leagues and other local competitions.

2. Court Usage

Club Sessions

These take place three times a week (Friday mornings and Sunday afternoon) for all adult members of all abilities, so come along and enjoy some friendly social tennis.

Ladies' Night

Tuesday evening is for ladies interested in playing team tennis. We have a Whatsapp group Contact Sandy Tjolle (Tel. 07769707632) for details.

Men's Night

Men who play, or want to play, team tennis are welcome on Monday nights for competitive doubles. This is run on a double-shift system with playing partners allocated weekly. If you are interested, please contact Don Morrison at donmorrison2000@hotmail.com

East of Scotland Leagues

Aberdour Tennis Club enters both adult and junior teams in the VMH Solicitors East of Scotland Leagues and these matches are played over a 10-week period from April to June. During this period, court availability is limited so please check the court-booking system or the fixture list on the clubhouse noticeboard.

If you are interested in representing the club in these competitions and wish to be considered, you can contact the team captains. They are responsible for collaborating and deciding on team selection. Contact numbers can be found at the back of the handbook.

Club Competitions and Other Events

The club has two tournaments a year, the Club Championships and Handicap Tournament. The Championships have juniors and senior events and take place over a four-week period in August/September. The Handicap Tournament, geared towards encouraging new players, is held later in the season.

Juniors are eligible to play in the Senior Club Championships/Autumn Handicap if they are over 14 years of age.

Other events include Interclub Singles matches, Vets League matches and the Aberdour Festival Open.

All organised matches and events will be booked out on the court-booking system.

3. Coaching

Neil Harden is the Club Coach, who is the first contact for all coaching enquiries. Neil can be reached on 07786268709 or email: deuceacademy@gmail.com

Junior Coaching

Lesson blocks for juniors run on Monday - Fridays from 3.30pm during the school terms.

Red Age 8 and under
 Orange Age 9/10
 Green Age 10+
 Yellow Ball Age 12+

Juniors have priority on the courts weekdays 3–6.30pm (during league season, April–June, until 6pm), and on Saturdays after 12:30pm. Junior lessons run during term time only, but 5-day junior camps often take place during the Easter and Summer holidays.

During the Dunfermline and West Fife Sport for All week (in September) there will be extra tennis events running during junior time or over the weekends – please check the court booking system.

Adult Coaching

During the Autumn and Winter terms, Neil offers a variety of evening and daytime coaching options, including: Cardio-tennis, Tennis Tuesdays (ladies only), beginners' classes, Improver classes.

The 8-week coaching block immediately before the league season begins is for team coaching only. Players for this coaching block are selected by the team captains.

For all of the above, Neil will email information about upcoming coaching options to all members nearer the time, and bookings can be made directly on Neils Deuce Academy website (<https://clubspark.lta.org.uk/DeuceTennisAcademy>)

Private Lessons

All enquiries to Neil in the first instance, please. This allows him to keep a track of what's happening in the club.

4. Weekly Planner

Day	Time	Court Usage
Monday	11–12pm 3.15–6pm 6.30–10pm	Ladies Beginners coaching Junior coaching Men's night* (all courts booked until 9pm, then just one court)
Tuesday	9–11am 3.30–6pm 6.30–10pm	Morning club session (all courts booked) Junior coaching Ladies night* (all courts booked. Suits intermediate and team)

		players)
Wednesday	3.30–8pm	Junior coaching
Thursday	3.30–6.30pm	Junior coaching
Friday	9–11am 11-12pm 3.30-6.30 6.30-7.30pm	Morning club session Adult coaching class Junior Matchplay sessions Junior Club Night
Saturday		
Sunday	1.30–3pm	Afternoon club session (two courts booked)

NB: * These sessions will be suspended during the league season.

4- Online Court-Booking System

- The online court-booking system is now on located on our new club website www.aberdourtennis.org.uk.
- To access it, just go to the club's home page and click on 'Booking'. You will need to log into the website with your email and password.
- Online booking means that all members (juniors and adults) have equal access in making a booking, although juniors and accompanying associate members have priority for certain time slots (see below).
- Please remember that the courts will be booked out for junior/adult coaching/competitions, so it is important you check the court-booking diary. • Priority is given to members who have booked a court using the online booking system. If the court you have booked is occupied, the group without the booking should finish their game within 5–10 minutes.
- You are able to book courts up to 13 days in advance.
- Junior priority time: weekdays 12:00–18:30 and Saturdays after 12:30. • Courts can be booked in half-hour segments – we would request that, between 18:00 and 20:00 on weekday evenings, bookings are limited to one hour maximum. Up to two-hour bookings can be made at other times.
- If you are playing a Club Championship or Autumn Handicap match you can book for two hours at any time.
- Junior members age 10+ are able to book courts during junior priority time: weekdays 12:00–18:30 and Saturdays after 12:30.
- Junior members under age 10 and accompanying associate members are able to book the top court only on weekdays 12:00–18:30 and all weekend.

- If you are still unsure, please contact Neil (deuceacademy@gmail.com), who manages the court-booking system for the club.

5. Non-members

Aberdour Tennis Club is a private members club. Non-members and visitors are welcome to use the courts, at a cost of £4 per person per hour, or £10 per court per hour. If visitors come along to play with a member, the cost per person is also £4.

It is a reasonable expectation that visitors and non-members should use the courts no more than 4 times per year. If usage is greater than this, membership should be encouraged.

Please note also that it is not necessary to be a member of the club to take part in adult or junior lessons, but the fee for the lessons will be higher.

6. Club Etiquette

- Act with consideration for players on adjacent courts.
- Always show respect and courtesy.
- Do not walk over the courts while play is in progress.
- At club sessions if there a member/s is waiting to play, please play 7 games, not a full set, then swap in, so there is a shorter wait for all players between games.
- Use courts for tennis only.
- Take everything that you bring to the club away again.
- Always wear appropriate tennis shoes & leisure clothing.
- Wash up and put away any crockery used in the clubhouse.

7. 2023 Social Events for your Diary

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Monthly Social Tournaments (all standards)	TBC	Bring food to share
Opening Tournament (all standards)	TBC	Bring food to share
Midsummer Madness Social	TBC	Bring food to share
Aberdour Festival Open	TBC	
Club Championships	August/September. Date TBC	Entry info will come by email to members
Autumn Handicap	October to December	Entry info will come to members by email

Event details are posted on the club website and the clubhouse noticeboard, as well as in club newsletters.

8. Miscellaneous

Floodlights

Please only use the floodlights for the court you are using. Lights must be switched off as soon as you finish playing. They must not be used after 10pm.

Heaters in the Clubhouse

Please follow any notices set on the heaters. Owing to fluctuations in temperatures, notices will change.

We would request that, if you change any heater settings, you always return them to the setting at which they were before you changed them. Thank you.

Members may also use the heater next to the patio doors to warm up the clubhouse when required. This has a timer switch which means it will stay on for 1 hour then turn itself off. All you need to do is press the round orange light switch – the orange light will go OFF, which means the heating is ON. The water heater can also be switched on to make hot water for washing up – please remember to switch it off before you leave.

Racket Restringing

Nicol Brennan offers a racket-restringing service; prices from £17. Please contact Nicol on 07741466851 to arrange drop-off and collection.

Balls

The club provides balls for club sessions, league matches and coaching. Outwith these times, members should provide their own balls.

Balls for the club sessions are stored in the cupboard next to the cooker. Once balls are beyond use, please recycle them into the ball-bin (see below) – do not put them back into

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the cupboard. The committee will keep the balls topped up with used league-match balls over the year.

Used 'dead' tennis balls: The club recycles old tennis balls with Recycaball, an organisation that recycles used tennis balls for charities and schools, and gives the club £40 per 200 balls. Please put your old balls in the marked bin by the clubhouse door, so we can recycle them for you and help raise funds for the club. Please note that balls must NOT have any markings on them, or they will not be accepted by Recycaball.

Clubhouse Key

Keys are available from Colin McKinlay (Tel. 07771863105). Please bring your clubhouse key with you and ensure the clubhouse is locked before departing.

Wimbledon Tickets

We receive an allocation of Wimbledon tickets each year through our affiliation with the LTA. Members have the opportunity to be entered into a draw for tickets, but you must be a British Tennis Member (BTM) to be eligible for the draw. As a club we are allocated tickets according to the number of BTM in the club. It is very simple (and free!) to become a member. You just need to go to www.lta.org.uk/member/signup. The more that sign up, the more Wimbledon tickets we are allocated! Members will be reminded to opt into the draw for tickets by email each year. To be eligible to enter the draw, membership subscriptions must be paid in full prior to the draw taking place.

Constitution, Committee Minutes and Club Policies

These documents are displayed in a folder in the clubhouse and in the documents section of the club's website.

9. Contact Details

Members' Contact Information

A directory of members' contact details is emailed to all members once memberships have been renewed. This list is also available on the noticeboard in the clubhouse.

Committee

President	Colin McKinlay	07769707632/ 07771863105
Secretary /membership	Gabriel McNeil	07477674737/ 07855331009
Treasurer	Matthew McVay	07765051005
Head Coach and committee member	Neil Harden	07786268709
Committee Members:	Chris Hamilton	07790518425
Child Protection Officer	TBC	

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Tennis Coaches and Team Captains

Head Coach Junior Team Captain	Neil Harden	07786268709
Assistant Coach	Nicol Brennan	07741466851
Men's 1st Team Captain/ Assistant coach	Matthew McVay	07765051005
Men's 2nd Team Captain	David Jennings	07714772798
Ladies 1st Team Captain	Fiona Graham & Megan Slater	07984479701 & 07809908680
Ladies 2nd Team Captains	Sandy Tjolle	07769707632
Ladies 3rd Team Captain	TBC	
Men's Monday Night	Don Morrison	07919277957

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