



# Welcome to Cheam Fields Club – Tennis Section

LTA Registered Venue



## A very big welcome to the Cheam Fields Club – Tennis Section

We hope you will really enjoy being a member of our club. Whether you have joined for tennis or bowls, your membership also includes automatic social membership so please join us for one of our social events as they are a great way to meet other members. We can also offer combined tennis & bowls membership if you fancy trying both sections. All members benefit from the use of our main Clubhouse with competitively priced and licensed bar, resident caterer and changing rooms. In addition, the tennis section has use of the tennis pavilion for shelter, tea, coffee and toilets, this is situated next to court one.

Safeguarding is a very important part of what we do here at Cheam Fields. This is about making sure that everyone at our club knows that their welfare is at the forefront of everything we do and it's about making sure that there is a positive & safe environment here with strong safeguarding procedures in place.

We work together with our governing bodies, our committees and our coaches to ensure that this is part of our culture, enabling everyone to feel safe whilst enjoying sport at our club.

Cheam Fields Club believes that everyone involved in our Club has a vital role to play in promoting diversity and inclusion. We ask everyone to actively promote safe and inclusive sport and take action against all forms of discrimination.

We have an ever-expanding range of policies on the website that our committees have approved and that reflect the ethos of our club. Our club Welfare Officer is Sara Tresadern, she can be contacted on 0771 2081966 or by email [saratresadern@hotmail.com](mailto:saratresadern@hotmail.com)

Cheam Fields Club is light on rules and regulations. The few that we have can be found in the Constitution Booklet on the 'About us' page of our website.

### Our tennis section offers:

- 6 all-weather Astroturf courts, 3 of which are floodlit
- Flourishing Adult, Junior and Young Adult sections
- FREE junior coaching sessions for junior members
- Friendly atmosphere
- Social sessions & competitive tennis all year
- Full winter schedule of social and coaching sessions under floodlights
- Professional coaches



## Junior Tennis

We have a fun and active junior section which is run by MDL coaching. Our full junior section membership includes weekly coaching on Saturdays (<https://clubspark.lta.org.uk/MDLCoaching/CFCSATURDAYS>) and offers children the opportunity to play through the different ability ranges from beginner to competition squad.

## Adult Club Sessions

We run popular, friendly social sessions throughout the week. These sessions are for players who have played tennis before and are able to serve and rally. Our social sessions are run by session leaders who will mix you in with other players throughout the session. You do not need to book on to these sessions, it's a great way to start playing at the club and meet other members, just turn up and you will feel at home in no time.

Session	Level
Monday morning from 9-11am	All levels
Tuesday evening 7-9pm	Young Adults social session
Wednesday morning from 9-11am	All levels
Wednesday Competitive evening from 6pm	Team players and higher levels
Thursday afternoon from 1.30-3.30pm	All levels
Thursday evening from 7pm	All levels
Friday afternoon 1.15-2.30pm	Improvers
Friday evening	Team practice and Vets
Saturday Social afternoon 1.30-4pm	All levels
Sunday afternoon from 1.30-4pm	All levels



## Competitive Tennis

We also have a number of teams playing in the Surrey and Dorking & Leatherhead Leagues, if this is of interest to you, please contact our Club Captains for further information. Our annual Club Championship is launched in March and finishes in July. We also run a Handicap Tournament every other year, held in September and October. Juniors also have their own tournaments. Our American Tournaments are popular and run throughout the year, you will hear of these by email, newsletter or by watching the notice boards in the clubhouse and pavilion.

## Adult Coaching

We have a great team of coaches and can offer weekly coaching groups and one-to-one sessions from beginners onwards. If you're a beginner, this will enable you to build up to joining a social session. For more details please contact [cheamfields@gmail.com](mailto:cheamfields@gmail.com)

## Court Bookings

Courts are bookable online at <https://clubspark.lta.org.uk/CheamFieldsClub> by signing in to your LTA Account or by registering for an LTA Account. You can also book courts on the ClubSpark Booker App, which is available for download on iOS and Android. Junior Members over 14 can book courts using the Booker App but a parent must accompany a child under 14 for a private session on court. For help with bookings, please email [cheamfieldscourts@yahoo.com](mailto:cheamfieldscourts@yahoo.com)

## Visitors

You are permitted to bring visitors to the club to use one court up to 6 times per year per individual. A charge of £5 per adult or £3 per junior is payable per session. This is payable via bank transfer to the club account (where membership fees are paid). If the player wishes to carry on playing after their 6 visits, we would expect them to become a member. The club member is responsible for the actions of the visitor and to see that the club rules are followed. At peak times members will be given priority over visitors.

## Renewals

Membership renewals are due on April 1st of each year. Please ensure that payment has taken place no later than April 30th. Please contact the membership secretary to discuss your renewal if you are unable to make your payment by this date.

## Volunteering

Cheam Fields Club is run by volunteers and as a result we are able to keep our fees at a competitive level. If you have a talent that you would like to put to good use, or a willingness to help, we would love to hear from you as more hands make light work! There are many tasks to do, big and small. If you are able to help in any way, please contact us on [cheamfields@gmail.com](mailto:cheamfields@gmail.com)

## The Clubhouse Bar & Social Events

We have a Clubhouse next to our bowling green and the bar is open throughout the year. We have regular social events from weekday curry nights to organised evenings such as summer barbecues and themed parties. Membership of the club includes social membership and our regular newsletters keep members up to date with what's coming up. All bar staff are volunteers and we are always looking for new helpers to work behind the bar.



## Helpful notes:

- If you have to use your car to get to the club, please help us by parking on the court side of the roads and not on the residents' side. We are situated in a residential road and have good relationships with our neighbours, many of whom are members and we hope that whenever possible you may consider walking or cycling here (cycle racks are available beside the pavilion). Our travel plan can be found on our website.
- If a court is in play, please only enter between points or at the end of a game. Please ask permission to cross or enter the area and please avoid crossing to another court during a point.
- As we are surrounded by neighbours, we are particularly keen to keep high standards and any disturbance to a minimum. This means, please don't throw a racket, hit loose balls or swear.
- All members and guests should wear appropriate sportswear on the courts with correct tennis shoes for safety reasons.
- Members and guests are asked to ensure that the courts are left tidy after use and to secure the relevant gates if they are last to leave the courts.
- Please let us know on [cheamfields@gmail.com](mailto:cheamfields@gmail.com) if you spot any damage that requires repair or replacing.
- Please keep us up to date with any changes to your contact details as details of club events, tournaments, renewals and newsletters are sent out to members by email. It is especially important for parents of junior players to keep us up to date with emergency contact numbers.
- Please keep an eye on our website [www.cheamfieldsclub.co.uk](http://www.cheamfieldsclub.co.uk) & our Facebook page.
- A First Aid Kit is available in the clubhouse and some first aid supplies are available in the pavilion during social sessions times. We also have a defibrillator on the outside wall of the clubhouse. Please inform the Club Secretary if any stock needs replacing.
- Please take note of the locations of the fire exits and fire extinguishers in the clubhouse and pavilion.
- Please be aware that when our bowling green is not in use, there is an electric fence protecting it from wild animals. The switch to turn the fence on and off is located at high level to the left hand side of the clubhouse patio doors.
- We encourage all members to join the LTA and obtain British Tennis Membership. Lite membership is free and easy to obtain, visit [www.lta.org.uk/advantage](http://www.lta.org.uk/advantage)



### Helpful notes contd:

- For junior members, it helps us greatly if your child wears appropriate clothing for the prevailing weather conditions and if they are dropped off and collected promptly. A high number of children pass through our gates on Saturday mornings and waiting for collection holds us back from delivering the next session.
- Please read through our code of conduct which is available on our website.

### And Finally

We hope you find your way around the club really quickly and enjoy playing tennis here. If you have any questions, feedback or need help, please get in touch [cheamfields@gmail.com](mailto:cheamfields@gmail.com)

We look forward to seeing you on court soon.

Cheam Fields Club Tennis Committee

