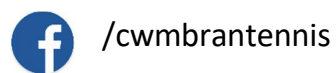
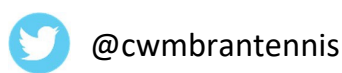
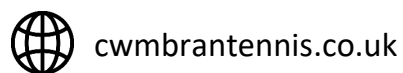




Cwmbran Tennis Club

Member Welcome Pack

2023/2024





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1. Welcome and Club History

On behalf of the members and the Committee, we would like to officially welcome you to the Tennis Club. Cwmbran Tennis Club offers playing and social opportunities for everyone. We are confident that you have made the right choice and we look forward to getting to know you on and off the court.

We are a small and friendly tennis club situated in the grounds of Green Meadow Golf and Country Club located within the rural countryside of Torfaen/Monmouthshire

Cwmbran Lawn Tennis Club was founded in 1987 but the Clubs roots date back to the early 1960's. We were the first club in Southeast Wales to achieve Clubmark status. We have six tennis courts:

- **3 artificial grass courts (short piled sand filled) with flood lighting**
- **3 high performance Tiger Turf courts**

We offer a full coaching programme for both children and adults during weeknights and on weekends. Please contact Pat Wilson (Head Coach) to arrange to join one of his coaching programmes.

Social tennis is on Saturday mornings 10am to 12:30pm and Tuesday evenings 6pm to 9pm where you have the opportunity to join in social doubles and mixed doubles. We also run a mens match play practice session on a Thursday evening 6pm to 9pm.

We are always looking to greet new members whether you're keen to begin playing or returning to the game, players of all ages and abilities are most welcome. Why not call into the club during social tennis for a chat. You will be more than welcome.

As well as the option of full membership to the Club, we also operate a 'Pay and Play' system, so that members of the public can visit the club and enjoy our facilities.

Head Coach Pat Wilson is a fully licensed LTA coach and manages a busy programme of coaching sessions for adults and juniors across all levels of ability from beginner to intermediate and advanced. Pat also offers a Cardio Tennis session for members wishing to improve on fitness, agility and strength.

Several teams represent the club in various age groups. We have men's, Ladies and Mixed teams who compete in the Summer and Winter local leagues, South Wales leagues and Newport Indoor Winter League.





2. Membership Fees and Member Benefits

Membership fees are due at the start of 1st April and finishes 31st March the following year. There are a range of different membership types and a range of different ways in which you can pay your fees. Please see the table below which outlines the **Quarter 3** fee structure:

Membership Category	Single Annual Fee	Monthly Direct Debit
Adult Couple	£130.00	£22.00
Adult Single	£90.00	£15.00
Chaperone	£10.00	N/A
Concession Couple	£110.00	£19.00
Concession Single	£70.00	£12.00
Family	£150.00	£26.00
Junior **	£30.00	N/A
Junior on Coaching Program **	£25.00	N/A
Minis Child **	£6.00	N/A
Young Adult	£32.50	N/A
Pay to Play (Non-Members)	£8.00 / Hour	N/A

****Please refer to our website for full description of the packages listed above**

Payment Options

- **Credit/Debit Card** - payment in full using the secure online finance system "Stripe", select option during online membership renewal / application
- **Monthly Direct Debit** (selected membership packages only) - using the secure online banking facility "Go Cardless" - Note, payment date is the 14th of every month

Clubspark Account (Court Booking)

On first joining the club you will need to create a 'Club Spark' account in order to access the online court booking system and enjoy full membership benefits. To do this, please visit the website and follow the links for Clubspark membership

British Tennis Membership (BTM)

we encourage all members of any age to join the BTM especially those who wish to begin competing in league matches with the added benefit to opt in to the Wimbledon ticket ballot.





3. Weekly Tennis Schedule

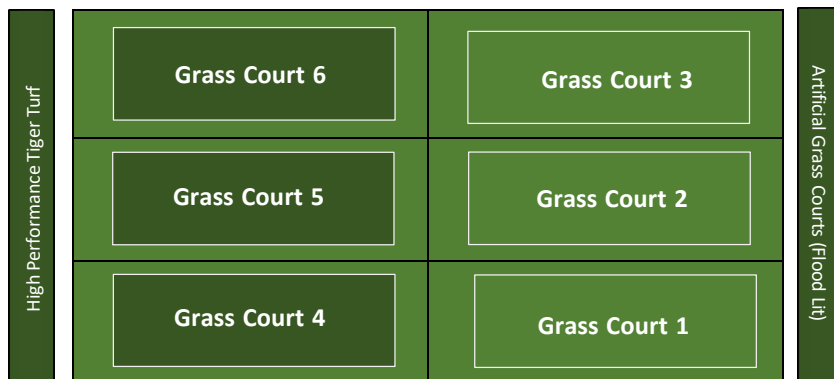
We have an action-packed schedule at the club with a range of tennis opportunities for all ages and abilities. Please see the schedule below to see what we have on offer:

Time Slot	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Time Slot
9.00 am								9.00 am
9.30 am					Cardio Tennis			9.30 am
10.00 am	Ladies Social				Ladies Social	Mini Red		10.00 am
10.30 am						Mini Orange & Green		10.30 am
11.00 am								11.00 am
11.30 am								11.30 am
12.00 pm						14 & U Development	Adult beginners	12.00 pm
12.30 pm						18 & U Development		12.30 pm
1.00 pm								1.00 pm
1.30 pm								1.30 pm
2.00 pm								2.00 pm
2.30 pm								2.30 pm
3.00 pm								3.00 pm
3.30 pm								3.30 pm
4.00 pm	Mini Red				14 & U Club Futures		Mixed Social	4.00 pm
4.30 pm					18 & U Club Futures			4.30 pm
5.00 pm	Mini Orange	Mini Red						5.00 pm
5.30 pm								5.30 pm
6.00 pm	14 & U Club Futures	Mini Orange & Green	Cardio Tennis	Mens Match Play Practice				6.00 pm
6.30 pm			Adult intermediate B		Adult intermediate A			6.30 pm
7.00 pm								7.00 pm
7.30 pm								7.30 pm
8.00 pm	18 & U Club Futures							8.00 pm
8.30 pm								8.30 pm
9.00 pm								9.00 pm

Please note that not all courts are booked for the activities above. Please check on the website for court availability and to reserve your court

4. Court Booking

Once you have successfully registered for your Cwmbran Tennis Club Clubspark account you will be able to book/reserve your courts online. Below is the floor plan of the courts:



Entrance to Courts 4,5 & 6

Entrance to Courts 1,2 & 3

5. Junior and Senior Coaching Programme

Cwmbran Tennis Clubs coaching programmes are supplied by our Head Coach Pat Wilson providing opportunities for both adults and juniors. The Junior programme starts with Tots Tennis for children aged as young as 2 years old – the programme then develops to cater for younger children with mini tennis right through to teen tennis.

The programmes offer development and performance tennis in order to provide you with the best possible coaching and improve your game regardless of your current level.

5.1 Pat Wilson – Head Coach



Phone – 07969 160641

Email – pw_tennis@hotmail.com

Book a lesson	
Lesson Type	Cost
1 to 1 (Hour)	£25.00
1 to 1 (Half Hour)	£15.00
1 to 1 (Block of 5)	£110 - (5 – 1 Hour Sessions)
Junior Coaching (12 Weeks)	Please Refer to Website
Cardio Tennis Class	£4.00 - Hour
Group Adult Coaching	£5.00 - Hour
Family Sessions/Bespoke Sessions	Please Contact Me

Pat is our Head Coach at Cwmbran Tennis Club. Pat graduated from the University of Gloucestershire obtaining two degrees a BSc(hons) in Sports Coaching and Exercise Science and achieved a Foundation degree in Sports Coaching and Development, whilst coaching tennis throughout his education. Pat has been coaching for over 12 years. Pat has played to a high level of club tennis, including playing at premier standard.

Pat's tennis qualifications include:

- UKCC Level 3 Club Coach Award
- LTA Fully Licensed
- Cardio Tennis trained
- UKRSA Professional Stringer
- DBS checked
- First Aid trained





6. Tennis Leagues and Team Matches

We currently run various teams during Summer and Winter leagues for adults and juniors.

- **Summer South Wales League** – Mens / Ladies Doubles
- **Winter South Wales League** - Mens / Ladies / Mixed Doubles
- **CK Leagues (Summer & Winter)** – Mens / Ladies / Mixed Doubles
- **Newport Indoor League** - Mens / Ladies / Mixed Doubles
- **CTC Ladder League** – Mens / Ladies Individual



If you are interested in participating in league matches, then please contact Pat Wilson.

7. Useful contacts and the Management Committee

The Club is managed by a voluntary group of members who sit on the club management committee and meet once a quarter to discuss club issues.

Committee members for 2023/24 are:

- **Chair**– Ian Harris (07811 852249)
- **Vice Chair** - Alex Matthews (07897-346847)
- **Treasurer** – Sharon Horseman
- **Club Secretary** – Sara Tennant (07941-745402)
- **Welfare Officer** - Simon Davies (07375-537402)
- **Membership Secretary** - Helen Desmond (07870-700334)
- **Clubspark Support & Website** - Ian Harris (07811-852249)
- **Social Media & Marketing** – Phil Hathway
- **Grounds Maintenance Officer** - David Parfitt
- **Sponsorship and Grant Funding Officer** - Alex Matthews (07897-346847)
- **Parent Representative** - Leon Davies (07544-743389)
- **Head Coach (ex-officiate)** – Pat Wilson (07969-160641)





8. Code of Conduct

Footwear and tennis kit

Appropriate and safe tennis shoes or non-marking trainers are allowed on the courts. Only recognised tennis kit or sportswear is acceptable for playing. Non sportswear, Bermuda shorts or denim are unacceptable. Players must wear their kit at all time and not play without a shirt or top at any time.

Club shoe tags

Issued to club members at the beginning of each membership year and issued to new members when joining. Shoe tags should be worn at all times when on court.

Members and coaches

Must ensure that if they are the last person to vacate the premises (including Courts and Clubhouse) they must ensure that all facilities are safely locked, and all appliances are either switched off or rendered harmless.

Guests

Guests are welcome to play tennis with members however they will need to sign up to our ClubSpark website to book courts and to ensure they are covered by our club insurance. Three free taster sessions are offered to prospective members looking to join the club. Taster sessions are available during club socials on Tuesday (6-9pm) and Saturday mornings (10-12:30).

Juniors

Children under 12 must be supervised by an adult (18+ and signed up to our ClubSpark website as a chaperone). Juniors between the ages of 12-16 may play on the courts providing a parent or guardian agrees to and accepts the club's code of conduct, guidelines and sanctions policy and accepts responsibility for them and their actions. The club insurance will only be valid if this procedure is followed.

General Requirements

- **Swearing or abusive behaviour** - Is not allowed at any time by visitors or members at the club facilities. Offenders will be asked to leave the club facilities and surroundings.
- **Loud calling and shouting** - That distracts other players is unacceptable behaviour.
- **Ball and racket abuse** - Or damaging any of the club facilities including hitting nets with rackets is unacceptable.
- **Appropriate etiquette** - Must be followed whilst playing including keeping noise levels to a minimum around court areas during play. Visitors and players must not cross courts while play is in progress or about to start without the permission of the players on court.
- **No Smoking or Vaping** on or around the courts

IMPORTANT – Please visit the Club website and familiarise yourself with all Safeguarding Policies





9. Safeguarding Our Members and Guests

Cwmbran Tennis Club is fully committed to safeguarding and promoting the wellbeing of all its members. Our Welfare Officer Simon Davies is available to discuss any concerns when raised. Simon can be contacted on 07375-537402 or email welfare@cwmb rantennis.co.uk

Please refer to the clubs website Policies page to access links to all Safeguarding and Welfare policies. It is very important that you familiarise yourselves with these policies as it ensures the safety of both you, and your fellow members.

Welfare Officer - Simon Davies



Cwmbran Tennis Club Policies Web Page

<https://clubspark.lta.org.uk/CwmbranLTC/Aboutus/Policies>

10. Club Branded Clothing

Our online tennis store provides opportunity for all members to browse and purchase CTC branded tennis gear, discounts will be offered to members throughout the year. Everything from polo, mid-layer and training shirts to hoodies, rain jackets, training bags, caps, beanies etc.

To access the club store, please visit

<https://clubspark.lta.org.uk/CwmbranLTC/Membership/ClubClothing>





11. Top Tips to Make the Most of Your Membership

Here are a few tips to ensure you get the most out of your membership at Cwmbran Tennis Club.

- If you need any help or advice, please ask. We are a friendly bunch!
- Please feel free to bring non-members to the club for a couple of hits but if they are using the facility for a prolonged time then they must join or pay for court hire online
- Always feel free to send us any feedback about ways in which the club can improve.
- Make the most of the social events – the money they generate goes back into the club for your tennis.
- Floodlights – when you book a court via our ClubSpark website you will be prompted to pay for floodlight use at the point of booking your court. A small fee of £2.00 will allow you a 1 hour use of the floodlights during your visit. When booked online and floodlights paid for, the lights will automatically switch on 5 minutes before you arrive and auto switch off 10 minutes after your timeslot.
- When booking a court online, depending on the court you have booked will determine which gate you will access – Courts 1, 2 & 3 will be accessed through GATE 1 and Courts 4, 5 & 6 will be accessed through GATE 2
- Please remember the whole club is run by volunteers so please always treat them with respect!
- If you are interested in joining our committee and help with the day to day running of the club, then please contact Club Chairperson

12. Club Sponsors

A huge thankyou goes out to all our club sponsors who have kindly donated to support the club and help us grow to provide tennis in our community for many years to come:

