



NUTLEY TENNIS & SQUASH CLUB

INFORMATION SHEET 2019/2020

Please read this information sheet to ensure that you are aware of everything the club has to offer as well as a few rules and regulations.

MEMBERSHIP

The club is open to players of any standard and any age. Membership runs from 1st April to 31st March, and any member who has **not paid by 14th April** will cease to be a member.

Subscriptions for Family, Adult and Student memberships may be paid by Monthly Standing Order.

New members must register through the club's online system and set up their standing order.

<https://clubspark.lta.org.uk/NutleyLawnTennisClub/Membership/Join>

An additional Membership Application Form should be filled out and sent back (post or email) to the club secretary: Chris Tweed, 17 Manor End, Uckfield, TN22 1DN chrisdtweed@sky.com

COURT BOOKING

Members book courts for both Tennis or Squash via the club's online system once they have registered.

Booking a court is not a necessity, however it is advisable all year round for squash, and during summer months for tennis. If you are unable to make your allotted time, please ensure you cancel your booking so others can use.

VISITORS

Members are encouraged to bring visitors; they are seen as potential members. **Each visitor's visit incurs a £5 fee** that must be paid immediately (within 24hrs) by bank transfer to **NTSC Sort Code 60-22-05 Account No. 57169454 Ref "Subs & Surname"**. If the visitor subsequently joins any visitor fees paid in that membership year are deducted from the subscription.

CLUB HOUSE & CLEANING

Basic facilities are provided in the club house, and the kitchen should have a supply of cordial, tea, coffee, sugar and long-life milk sachets that members can help themselves to. As a member you are responsible for keeping the club tidy and ensuring you leave the premises in the condition you found them in. The club operates a cleaning rota system that members are asked to be actively involved in.

JUNIORS

Juniors can use the courts whenever they are free, but as stated in our Club's Constitution **MUST** be accompanied by a responsible adult if under the age of 13 years.

For safety reasons, no children are allowed on the courts unless they are actually playing tennis or squash.

COACHING

Tennis coaching is provided by **George Potts**.

TENNIS INFORMATION

Our superb Tennis Coach is **George Potts**, whose dedication and indeed patience knows no bounds. He is an experienced, insightful coach whose enthusiasm is infectious.

Our courts are not over-crowded, and members can enjoy tennis at peak times not always available at other clubs. It is also a great place for beginners to practice who may feel less comfortable in a club dominated by those who compete in matches regularly.

We have a thriving junior section with coaching on a Saturday morning and Wednesday afternoon. George also offers holiday Tennis camps for our juniors which are very popular and a great way to strengthen and develop tennis skills.

Adults can hone their skills at the weekly Rusty Rackets session which is available on a drop-in basis.

Tennis is more than a sport, it's a passion. No matter if you're playing a game or knocking about some balls, get involved at NTSC this summer! #GoHitIt.

A number of members also take advantage of private lessons with George.

SQUASH INFORMATION

Squash coaching by **Stephen Holliday**, with his son, **Finn**, taking Junior sessions. Two very professional and motivated coaches, Finn won *Squash England Junior Coach of the Year Award 2016*. Both coaches are available for individual lessons.

Coffee Morning Squash (Tues 10-11am) £4.50 pre-book, £5 drop-in

Professional coach on-hand to give expert advice, and of course free tea and coffee! Meet and play like-minded (men & women welcome). Numbers are limited to 12, so please make contact Stephen on sphsquash@hotmail.co.uk in advance.

Ladies Only (Wed 6.45-8pm) - £5 pre-book, £6 drop-in

A real calorie burner (1500 per hour!), the Ladies Only session is suitable for all standards. Warm up and boost fitness with a mixture of "Squashercise" exercises. Our resident coaches Stephen & Finn Holliday follow up with structure, technical coaching to improve racket skill, then it's time to play. With two Ladies teams competing in the Sussex League, women's squash at the club is very much on the up. For more info contact Stephen on 07425 167712 or sphsquash@hotmail.co.uk

Club Night (Thurs 7.30-8.45pm) - £5 (£6 non-members)

Organised in conjunction with Down View Squash Academy, our club night takes place every Thursday 7.30-8.45. A qualified coach will be on hand to give professional tips and the club night is a great way to hook up with like-minded players of all abilities. Complimentary food and drinks are provided.

Junior Training Sessions - £4/4.25/5/5.50 (see details below)

Wednesday 3.35-4.15 – Beginners (age 7-10 approx)

Wednesday 4.15-5.00 – Beginners (8-13 approx)

Wednesday 5.00-5.45 – Beginners (8-13 approx)

Wednesday 5.45-6.30 – Improvers (13+ approx)

Thursday 4.15-5.00 – Intermediates (11+ approx)

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Thursday 5.45-6.30 – Beginners (8-13 approx)

All groups now operate termly in advance at £4.25 per session if paid by the end of the second week of term. This rises to £5 per session after the second week. Anyone attending two or more sessions or where siblings attend are eligible for a discounted rate of £4 per session. Subject to available space, occasional drop-ins are sometimes possible at £5.50 per session. Please be aware that some groups are full.

The typical session will begin with a short warm-up followed by a technical section (eg demonstration and practice of a shot) before playing some games (either ¾ court or full court depending on numbers/ages at the session) The main aim of the drop-ins is to improve your standard of squash over a period of time but also to have fun!

The groups allow for progression as each youngster improves with the beginners groups running in parallel with content virtually identical. From season 2017/18, we have been running a Nutley team in the Sussex SRA Junior Squash Leagues for the improvers and intermediates. These players will also be invited and encouraged to take part in regular “Extended Squad” sessions during the season with players from the Uckfield squad. There are also potentially opportunities to compete in ESR sanctioned tournaments and to progress into county training squads.

DRESS CODE

There are no strict rules about dress other than the correct footwear i.e. specific tennis trainers or non-marking soles for squash.

SQUASH LIGHTING

No extra charge is made for the use of the squash court lights which are a major contributor to our electricity bill.

This makes us very unusual for a squash club and we ask you respect and value this by turning the lights off immediately after use.

DISCOUNTS FOR MEMBERS

Final Score in Uckfield and Heathfield, amounting to 5% under £100 and 10% over £100.

Please try to support both these local businesses.

OFFICERS AND COMMITTEE MEMBERS

POSITION	NAME	EMAIL	TELEPHONE
Chairman	Allan Curtis	allancurtis@gmail.com	07718 320184
Secretary	Chris Tweed	chrisdtweed@sky.com	07850229893
Treasurer	Sarah Wilson	s.e.wilson65@gmail.com	07821633808
Welfare Officer	Sarah Wilson	s.e.wilson65@gmail.com	07821633808
Club Assistant	Trish Wilcox	trish.wilcox@btinternet.com	01825 714579
Squash Coach	Stephen Holliday	sphsquash@hotmail.co.uk	07425167712
George Potts			