

Retford

TENNIS CLUB

WELCOME PACK



Retford Tennis Club

Welcome to Retford Tennis Club

At Retford Tennis Club we believe in treating all members alike, regardless of age, sex or ability. We make every effort to maintain a friendly and welcoming atmosphere and our aim is to encourage the playing of tennis whatever your age or skill level. We want our members to feel like its 'their club'.

There are a variety of club sessions providing a wide range of activities for both adults and juniors at all skill levels. Adults and juniors have unlimited use of courts via a booking system as and when available. Juniors under 14 must be accompanied by an adult.

Through our team of experienced coaches, we encourage and promote coaching for all ages and abilities in either private, semi-private or group sessions.

Our committee of volunteer members is always willing to listen to your suggestions and feedback.

The Social Side of the Club

We have lots of social activities for you to get involved in if you wish throughout the year, these include a monthly quiz and supper, race nights and summer BBQ's. The club holds a bar license and drinks are available when a committee member is on site.

Overview of Club Activities

There are many different activities to get involved in for all ability levels. Over the year there are numerous adult and junior competitions with different formats and ability divisions to cater for everyone.

The club participates in the Notts Summer and Winter league as well as the Gainsborough Evening Summer League in a competitive but friendly setting.

There is social tennis on a Tuesday evening, Wednesday afternoon and Sunday afternoon where you can turn up and find a game.

Adult and junior private and group coaching is available from our professionally trained and certified coaches.

The club has a junior development programme for promising juniors looking to develop their game.

Suitable sports clothing and shoes should be worn when using the courts—please do not leave rubbish on the courts.

Floodlights

Floodlight tokens are available to buy from the vending machine in the clubhouse. The flood lights have a automatic cut off at 21.30 due to planning restrictions.

Club Communication

The primary method of communicating is via e mail but the club does have a WhatsApp group, to become a member of this group please email retfordtennisclub@gmail.com.

Individual sessions also have WhatsApp groups so you can be kept up to date in changes in weather etc.

The club has a very busy Facebook page so keep an eye out on there for any new sessions or club developments.

Court Bookings

All of our court bookings are done through our website

<https://clubspark.lta.org.uk/RetfordTennisClub>

You can book a court up to 7 days in advance and can book for up to two hours at a time.

Please make sure a court is booked each time you play, as you can book from your mobile phone booking is also possible on the spot. If you are not able to play when you have booked please make sure you delete your booking as other members may want to take your slot. Junior players have the same rights as adult players but under 14s must be accompanied by an adult.

Social Tennis

The club has an active social agenda with 3 weekly sessions for members to get involved and meet other members for friendly matches.

Tuesday Evening 18:00-21:00

Wednesday Afternoon 14:00-16:00

Sunday Afternoon 14:00-17:00

No booking needed just turn up and play !

The purpose of social tennis is to play tennis in a friendly way, get to know people and have fun.

Club Tournament

The club tournament runs every summer and the finals day is usually in July

Categories in this tournament are Men's Singles, Ladies Singles, Men's Doubles, Ladies Doubles, Mixed Doubles.

To enter this tournament please contact our Tournament Coordinator Josh Mounsey or keep an eye out for the entry sheet on the notice board in the clubhouse.

Watch out for other tournaments throughout the year.

Junior Tennis

There are four stages of junior development which allow juniors to start at a level commensurate with their ability. Abilities are grouped ball colour Red, Orange, Green and Yellow.

As juniors develop they move through the ball colours, all players develop at different rates and some may progress quicker than others.

It is important that players only progress to the next stage when they can control the ball and implement the tactic required for that level effectively. If the player moves up too soon they may develop poor technique and lose both confidence and interest.

To book on to any of the youth programmes please visit our website <https://clubspark.lta.org.uk/RetfordTennisClub>

Junior Tournaments

Junior tournaments are arranged throughout the year and are available through the coaching programme. If you want more information about junior match play please speak to one of our coaches.

Club and Clubhouse Access

When you pay your membership a code for the main gate and clubhouse will be sent to you, please ensure if you have opened the door that you make sure it is closed when you are finished and if you are the last to leave also ensure the main gate is closed and padlocked (turning the numbers so the code isn't visible)

Padlocked Gates

There are 2 padlocked gates to access the surrounding areas of the courts to retrieve lost balls, please ensure you padlock these again when you have opened them. The code is the same as the main gate.

Match play

If you are interested in match play please email retfordtennisclub@gmail.com and it will be forwarded to one of the team captains.

Litter

Please take your litter home with you where you can as the club does not have a regular bin collection service.

Cardio Tennis

Do you want to get fit while improving your tennis at the same time ?

Cardio Tennis is a group session run by the coaching team on selected days (check the website for up to date information)

It is a fun, high energy group fitness activity that combines tennis drills, games and skill with cardio.

- ◆ All members over 14, all abilities and fitness levels
 - ◆ Beats the monotony of a treadmill
 - ◆ Socialise with other members
 - ◆ Most importantly Have FUN !!

Sign up via our website <https://clubspark.lta.org.uk/RetfordTennisClub>

Adult Coaching

We run courses for any adult beginners, intermediates and advanced players.

Sign up via our website <https://clubspark.lta.org.uk/RetfordTennisClub>

Adult Matchplay

A chance for our match players to have some match coaching.

This is aimed at those wishing to brush up their skills and improve their game. The session will be mainly tactical based

Sign up via our website <https://clubspark.lta.org.uk/RetfordTennisClub>

Walking Tennis

Welcome to Walking Tennis, an adapted form of tennis that is more inclusive, easier to learn, and great fun. No running or jumping, second bounce allowed, physical and mental benefits.

Suitable for people who are: - Complete Beginners - People with long term health conditions - Postnatal Mums - Retired People - Recovering from long term injuries.

Sign up via our website <https://clubspark.lta.org.uk/RetfordTennisClub>

Private Tennis Sessions

For any private coaching please contact

Tim Taylor level 3 coach 07443615580 £25 per hour

For one to one hitting sessions please contact
one of our level 2 coaches

Josh Mounsey level 2 coach 07875040022 £15 per 45mins

(Please note, level 2 coaches are not permitted to coach on a
1:1 basis these are purely rally and point practice sessions.)

Racket Restringing

This is available at £20 per racket, please call

Howard Graham 07786064553

Vending Machine

There is a vending machine in the clubhouse for any member to
use.

Coaching Team

Head Coach Level 3– Tim Taylor 07443615580

Level 3 Coach– Tom Bradley 07900 644052

Level 2 Coach– Joshua Mounsey

Level 2 Coach– Harry Newman

Level 2 Coach– Angela Walton

Level 2 Coach—Sam Kay Butler Hughes

Team Captains

Men's 1st Team Notts – Howard Graham

Ladies 1st Team Notts– Fiona Palmer

Mixed 1st Team Notts– Paula Parkinson

Men's Short Format Notts—Howard Graham

Ladies Short Format Notts—Helen Astbury

Mixed Short Format Notts—Ian Young

Gainsborough Evening League

1st team—Howard Graham

2nd Team—Edward Trayer

3rd Team—Jackie Conchie

4th Team—Tim Taylor

Safeguarding

Safeguarding is a high a priority at Retford Tennis club. It is important that everyone enjoys their tennis in a safe and secure environment. If anyone sees anything that causes you a concern, no matter how minor, you should immediately report it to our safeguarding officer. All the details of how to do this along with contact details can be found on our website or on the clubhouse noticeboard.

Policies

These can be found on our website or in the pink folder in the clubhouse.

Welfare Officer

Jackie Conchie 07759911864

Defibrillator

This is located in the clubhouse on top of the filling cabinet by the disabled toilet.

First Aid Kit

The first aid kit and accident book is located on the windowsill above the microwave in the kitchen area,

Committee Members

Chair– Paula Graham 077983538503

Treasurer—Katie Campbell

Deputy Treasurer—Ian Wharton Woods

Secretary—Helen Asbury

Welfare Officer—Jackie Conchie

Deputy Welfare Officer—Sue Keeling

Tom Bradley

Joshua Mounsey

Mike Pinkerton

Tim Taylor

Jane Hart

Jane Stewart

Junior Representative—Thomas Lightfoot

retfordtennisclub@gmail.com

Membership Terms & Conditions

Membership

- Annual membership is valid until March 31st March 2023. Upon joining or renewing, all members must **either** pay the full annual fee according to their current membership category. Membership cost, payment methods and instalment details are contained in the online membership joining/renewal process found in the club website clubspark.lta.org.uk/retfordtennisclub.
- Membership categories and costs are defined in the membership section of the club website.
- On or near the anniversary of a member joining, a membership renewal email will be sent to all members who are requested to pay promptly. Members who have not paid renewal fees will be deemed to have lapsed their membership and will not be entitled to use the Club facilities, enter club competitions or represent the club in any competition.
- Members details will NOT be shared with any other party.
- Members are assumed to give consent for photographs of themselves/their children being used in club communications and social media. Club photography policy is in line with LTA (Lawn Tennis Association) guidelines and is available to read in the Pavilion.
- All members over 9yrs who are British Tennis Members and have opted in are entitled to take part in the annual club Wimbledon ticket ballot.
- As a LTA accredited Club, a requirement is that all members adhere to club rules and the various codes of conduct to which the club has committed. These include codes and policies relating to the expected behavior of players, parents/guardians and children, child protection and health and safety. These can be found in the clubhouse. Any member failing to act in accordance with these codes/policies may be challenged as regards their conduct and may be asked to leave the court or club premises. Continual refusal to abide by the rules, codes and policies may result in withdrawal of membership.
- Joining and membership renewals are all online via the ClubSpark system. Members are requested to check their details and amend if required upon renewal.
- **The primary means of communication is by email. Members are requested to modify their account details if their email or mobile number changes. Club events are also publicised via social media.**

- The club takes no responsibility for unsupervised juniors outside of normal coaching or club playing sessions.
- The club takes no responsibility for personal items left in club premises.
- Only tennis must be played on the courts. Any other activity is forbidden unless permission is granted by the Committee.
- Only level 3 coaches have authorisation to deliver coaching services to club members. Any member wishing to use the courts for other coaching activity (paid or voluntary and including but not limited to coaching, hitting, mentoring, basket feeding or ball machine use) either providing or receiving coaching, must seek permission from the club committee in advance. Any member found to be in breach of this term may have their membership revoked.
- Appropriate sports clothing must be worn at all times (i.e. correct non-slip, non-marking footwear and tops worn at all times).
- All members must conduct a personal risk assessment before playing and ensure that the courts are safe for use. **Any members playing when the courts are considered unsafe (eg slippery surface due to environmental conditions) do so at their own risk.**
- The club will supply tennis balls and floodlighting for club coaching sessions.
- The club will supply tennis balls for club social sessions.
- Players selected for teams are required to pay a match fee which will be collected by the Team Captain
- Non-members are permitted a trial period of a maximum of 2 social Club-nights. Membership is required if they wish to continue enjoying use of the club facilities.
- Membership categories and court booking Terms and Conditions can change at any time and members should check the website for the latest version. Hard copies are available on demand.
- No play is to take place after 9pm
- Any matters for concern regarding your membership or any other member, please contact us on retfordtennisclub@gmail.com.
- The club welcomes feedback. Anybody is welcome to provide feedback via retfordtennisclub@gmail.com

The last person at the club is responsible for making sure the club is left in a safe and secure state. (Turning off radiators, turning off lights including restrooms, locking doors etc.

Floodlights

- All Members have use of the floodlights. The operation of the lights is shown on the inside the light box. The cost of using the Floodlights will be subject to announcements made by the Club Committee.

The floodlight tokens can be purchased from the vending machine inside the clubhouse.

Members Booking Tennis Courts

- All members are advised to book tennis courts in advance using the online booking system on the club website. Anyone who has made a booking will have priority.
- Members must book courts for their use only and not for non-members.
- Members are permitted to take a visitor up to 3 times a year, a request for this must either be emailed prior to the visit to retfordtennisclub@gmail.com and a £5 fee transferred to the Retford Tennis Club bank account (details will be given by return e mail) before the visit takes place or you can add them to your court booking as a guest and pay via clubspark on our website. Any non member is restricted to 3 visits per year. If this process is not followed the member will be facilitating avoidance of payment of court fees, they may be permanently excluded from the club without any refund of their membership fee.
- Court access codes must not be passed on to non-members
- Courts may be booked up to 7 days in advance.
- For full court booking terms and conditions, please refer to the Court Booking Terms and conditions contained within the online court booking system available the first time that you book a court using the online ClubSpark booking system.

The club retains the right to block book courts. All block bookings will be clearly marked on the booking system.