

Tring Squash Club

Cow Lane
Tring
HP23 5NS
01442 826480
www.tringsquashclub.co.uk

Membership

The Club's membership year runs from 1st October to 30th September.

Renewal notices will be sent out ahead of the new club year and renewals must be received by the end of November, otherwise membership will cease.

Members may pay for their renewals by Direct Debit (**much preferred!**) or by cheque to the Membership Secretary.

Members are allowed to bring the occasional guest to use the Club's facilities at no charge. Guests who make too much use of the Club should be encouraged to become a member of the Club in their own right.

Your membership of Tring Squash Rackets Club means you will also be registered with England Squash and Racketball and be covered by their insurance, as well as the Club's insurance. Registration should happen within 3 months of you joining the Club and includes receiving a regular copy of the Squash Player magazine.

All players are advised to wear goggles and for juniors, this is mandatory in club-organised events.

Facilities



We operate a secure Club House; you will need the fob to gain entry to the Club House

We have 4 Squash courts with a viewing gallery upstairs


The telephone number of the Clubhouse is 01442 826480

The bar is open 7 days a week and is run by volunteers on a rota basis. The bar has a games room attached with a table tennis table, a pool table, a bar billiards table, a dart board and a wide-screen TV. The bar is open Monday to Saturday from 17:00 to 23:00 and on Sunday from 12:00. The bar has a guest beer every Thursday. If you are old enough and want to serve behind the bar, please contact Benny Trueman on 07932 632137.

The Club holds a number of Social functions throughout the year; details are posted on notices in the Club House, e-mailed to members and posted on the Club's web site

The Bar/clubroom is available for private hire; please see the Club's web site

Courts


	<p>We have 4 squash courts.</p> <p>The courts are all bookable through our booking system which turns the court lights on when the session starts. (see later . PA court booking system)</p> <p>Some courts will be reserved for events such as team matches or Club nights</p>
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Courts are available 7 days per week, 365 days per year

Courts are available from 05:20 to 23:40 daily

Court sessions are usually 40 minutes. Cost per court is £2.00 per 40 minute session during off-peak hours, and £3.00 per 40 minute session during peak hours. Peak hours begin at 18:00 daily. Court 2 is available for a 60 minute session at 20:00 each day and costs £4.50.

PA court booking system

	<p>The booking kiosk is located in the clubhouse at the far end of the squash court corridor.</p> <p>The fob issued to you for entry into the clubhouse is also used to activate the kiosk.</p> <p>You can access the court booking system through the Club's web site</p>
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Credit can be accrued in your members account. You may add credit to your account using cash at the kiosk, by PayPal through on-line access to the court booking system or by leaving a cheque (minimum £30) made payable to Tring Squash Club in the post box adjacent to the kiosk. Please note that PayPal fees are paid for by the member, not the club.

The kiosk takes the following coins:- £2, £1, 50p, 20p, 10p

You can book courts at the kiosk or on-line - if on-line, you must have enough credit in your account to cover the cost of the court.

Your Username and password for on-line access to the court booking system were provided to you in your welcome letter

You can go on-line to the court booking system to change your password if you wish.

Instructions on using the kiosk are posted adjacent to the kiosk. Instructions for using the system on-line should also have been sent to you with this Welcome Pack.

If you can't use a court that you have booked, you can cancel your booking either at the kiosk or on-line. The cost of the court will be credited back to your account if the court is subsequently booked by another member.

If you lose the fob that was issued to you the membership secretary can replace it for £4.


Courts are available for booking up to 2 weeks ahead. Courts 2 and 3 are made available for booking 14 . 21 days in advance on a Monday. Courts 1 and 4 are released daily for booking 14 days ahead.

If you have an e-mail address recorded on your membership record, the system will send an e-mail to confirm your booking

Adjacent to each court door is a courtside controller that shows who currently has the court booked and how much time is left. You may use your fob - as long as you have sufficient credit . to activate court time in 8 minute increments any time the court is not booked. Simply press your fob onto the reader on the courtside controller and when the message %** fob accepted ** appears, remove your fob immediately and the court lights should go back on. You will be given an extra 8 minutes and your court credit will be debited with a pro-rata amount for the time used against the prevailing court cost.

Club members are limited to 1 peak time court per week until the sheets have been up for 7 days

Competitions/Tournaments

	<p>The Club runs Men's and Ladies teams in the Herts League; currently we have 2 men's teams and 1 Ladies team in the Winter Leagues.</p> <p>The Club also runs 2 Vets teams in the winter Middlesex Vets League</p> <p>The Club also runs 2 Mens teams in the Herts Summer Leagues</p>
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If you are interested in playing for the teams,

contact the Men's Captain Iain Digby on iain.digby@grg.com

contact the Ladies Captain Carol Stead on CStead@pivotal.com or 07711 365189

contact the Vets Captain Keith Warman on keith.warman@techspan.co.uk or 01442 842125

We run box leagues which rotate approximately every 6 weeks. If you'd like to play in the box leagues, contact Paul Armstrong on Paul.Armstrong@centrica.com or 01442 828304 or 07789 576424

We run an annual Club tournament in March/April - watch out for notices in the Club House or for e-mails

We run a fun tournament called the Counties tournament in November - watch out for notices in the Club House or for e-mails

Squash Development



Coaches

Tim Delderfield (*) (above).....Level 2.....01442 834148
Darren Withey (*).....Level 3.....01296 614292
David Ashall.....Level 1.....01442 822200
Greg Proudfoot (*).....Level 1.....07841 714037
Steve Morley (*).....Level 1.....01525 377987

Coaching is also provided by

Derek Beard.....01296 661962
Bill Nissel (*).....bnissel@hotmail.com

(*) . Plays in Club teams

Juniors

Steve Jones is the Junior Coaching Administrator (g.stephen.jones@googlemail.com). The Club runs coaching sessions during the winter season starting with a free "taster day" on Saturday September 26th 2009 and then for 20 weeks from Saturday 3rd October at a cost of 40.00 per course. Coaching is available to children between the ages of 7 and 18 and we run four sessions a week on Saturdays, Sundays (2) and Mondays. A qualified Level 2 or 3 coach leads the sessions.

Social Squash

Club Night is held every Sunday evening from 18:00 to 21:20 - contact Colin Chambers on colin@aldbury.fslife.co.uk or 07821 157747 or just turn up. Each player plays two games of American scoring against an opponent, so that games don't last too long. This is a good opportunity for new members to meet existing players and to gauge their standard for entry to the box leagues.

There is also a Wednesday morning social squash session from 11:00 to 12:00 - contact Pip Barley on 07739 212345 or just turn up.