

Sydenham Squash and Racketball Information for new members

Welcome to Sydenham Squash and Racketball!

Here is some useful information about the club to help you get the most out of your membership. If you have any questions about playing squash or racketball at Sydenham please contact either Pete Edwards **020 8690 3014** or Harry Cole **07787 570 326** who are always happy to help.

Getting started

If you need help arranging your first game or an introduction to the club, please call either Pete Edwards **020 8690 3014** or Harry Cole **07787 570 326**

We look forward to seeing you on court!

Booking a court

If you plan to play at peak times, it is advisable to book a court using the on-line booking system which can be accessed at <http://sltcc.mycourts.co.uk>.

Peak times are:

Mon-Fri 18.20, 19:00, 19:40, 20:20pm.

Sat and Sun 10.20, 11:00, 11.40.

Some Tuesday evenings are reserved for Team Play from 19:40pm and the dates are advertised either on-line or on the notice boards at the club.

As a new member, you will automatically be sent a login password by Mycourts which enables you to access the booking system and make and pay for court bookings. Each court booking costs £1.

Squash leagues

Squash leagues are run on a monthly basis and players of all standards are encouraged to join. You can join the league by putting your name and telephone number on the squash league sheet in the squash gallery. If you are unsure where you may fit in speak to Harry Cole **07787 570 326** or Pete Edwards **020 8690 3014**. The leagues operate under a handicap system administered by the league organiser; you will be allocated a handicap which will then be adjusted according to performance.

Squash tournaments

There is a "level play" squash tournament and a handicap squash tournament held each year, usually with a main, plate and best-of-the-rest finals.

Squash ladder

You can join the squash ladder by putting your name on the sheet in the gallery. You can challenge any player within four places above you. If you win you take their slot and they move down one slot and so on down to your original place. If you lose nothing changes.

Squash team

We have a squash team which competes in the Kent Priory League. If you are interested in playing email Dan Crowley on dan@propertyworlduk.net

Lights

The light meters outside the squash courts take £1 coins and 20p pieces. Currently costs are £4 for a 40-minute session.

Racketball membership

All members who join to play squash are also included for racketball (and vice-versa). In order to promote racketball (and to provide for “wet-weather” play) the club also extends free racketball membership to tennis and croquet members aged 12 years and over.

Racketball leagues

Racketball leagues are usually run over a six-weekly period on a handicap basis. There is a level play tournament and a handicap tournament held each year, again with a main, plate and best-of-the-rest finals.

Racketball and squash equipment

Racketball and squash equipment (rackets and balls) are in the tea chest on the gallery. The code 4217 – the last four numbers of the club's telephone number displayed on the side of the clubhouse as you enter the front gate – will open the lock. Please ensure you return any equipment and lock it again when finished.

Squash and Racketball Committee

Comprises of Pete Edwards (Chair), Harry Cole, Jon Miles, Vic Marden and Stephen Nash. Ideas and suggestions to improve the running of the section are always welcome.

Squash and racketball coaching

For those wishing to improve their game our SRA qualified coach, Duncan Marlow, offers squash and racketball coaching lessons. Fees are £15-£20 per session plus lights. More information about squash coaching is available on the club website [coaching](#) page.

Playing visitors

Members may bring an occasional guest on payment of the visitors fee for a limited number of visits (eg three times a year) before guests are asked to join the squash club as a playing member. Fees are: £5 for adults and £3 for juniors. The fee is payable by purchasing the appropriate number of £1 stamps from the machine in the club foyer and placing them in the Visitors Book along with the name of the visitor and the member. Please note that the stamp machine only accepts £1 coins.

Keeping up-to-date with news and events

If you would like to keep up with news and events at the club follow us on Twitter at www.twitter.com/sltcc and like our Facebook page at www.facebook.com/sydenhamtennis. Information about social events and other news is also available at www.sltcc.co.uk/events/. From time-to-time the club also circulates information to members about club events and activities by email. If you would like to receive this information, please ensure that the club has your up-to-date email address.