



## MEMBERS CLUB GUIDE – 2024/25

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### ADULT CLUB SESSIONS

|                  |                  |  |
|------------------|------------------|--|
| <b>Saturdays</b> | <b>1-3pm</b>     | <b>Doubles play</b>                      |
| <b>Tuesdays</b>  | <b>6:30-10pm</b> | <b>Doubles play</b>                      |
| <b>Fridays</b>   | <b>1-3pm</b>     | <b>Doubles (join the WhatsApp Group)</b> |

### JUNIORS

There is a separate junior information sheet available; please refer to the website or the Membership Secretary can email it to you on request.

### PLAYING TIMES

Please always book a court to play via the online booking system, Clubspark. Saturday mornings are a priority time for juniors during term-time and during school holidays most courts mid-week are used for junior activities in the mornings. At other times, excluding Tuesday evening social tennis, you can look for court availability on Clubspark.

### COACHING

Chris Dent and Alexia King offer individual and group session coaching and drill sessions for adults and juniors throughout the year. For any queries on coaching please call Chris on 07720 941494 (text and WhatsApp messages also welcome). Phone calls before 9.00pm please.

### CARDIO TENNIS

Cardio Tennis is a fun social group fitness class set on a tennis court and open to people of all ages and abilities. Supported by music and qualified instructors, you will get to hit a lot of tennis balls during your class and have a great cardio workout at the same time. Please contact Chris for details.

### WALKING TENNIS

Walking Tennis is a social game of tennis at a gentler pace. It's a fun way to get some exercise and is open to anyone whether you have played tennis all your life, not since school or hardly ever. Please contact Alexia for more details.

### TEAM PRACTICE NIGHT

Men: every other Thursday from 7.30pm. Women: every other Thursday from 6.30pm. Please speak to the Captains if you are interested in joining a team.

### BAR

|                 |                      |
|-----------------|----------------------|
| The bar is open | Tuesdays 7.30–9.30pm |
|                 | Saturdays 9-11am     |

The bar is open at other times according to demand.

### SOCIAL NIGHT

Tuesday night is social night, and everyone is welcome to play tennis, table tennis, darts, or just turn up to have a drink. Social/Beginners Bridge sessions will also run most Tuesdays. This is very informal, and everyone is welcome to join in.

## USE OF THE CLUBHOUSE, ENTRY & SECURITY

Please enjoy the facilities in the Clubhouse and always leave them as you found them. Please also ensure you secure all the doors and windows if you are the last to leave.

**Entry fob system.** To gain access to the courts and the Clubhouse you might need a fob, which can be obtained by emailing the Membership Secretary at [cltcmembership@gmail.com](mailto:cltcmembership@gmail.com) (deposit £10). Please don't share your fob with anyone else including junior members, who can obtain junior fobs (which don't allow access to the main area of the clubhouse).

**Clubhouse hire:** The clubhouse is available to hire to members. Please contact [cltcmembership@gmail.com](mailto:cltcmembership@gmail.com)

## BRITISH TENNIS MEMBERSHIP

British Tennis Membership is free for all members (adults and juniors). Sign up for the following benefits:

- Acceptance into the club ballot for Wimbledon tickets
- Get an World Tennis Number (WTN) (play in teams/tournaments)
- Discounts and pre-sales on tickets for events
- Discounts on tennis equipment and clothing

Go to [www.lta.org.uk/members/join](http://www.lta.org.uk/members/join) and click on Club Members (all ages).

Please affiliate to Carshalton Lawn Tennis Club by selecting '**Manage My Account**' and then selecting '**My Tennis Venue**'.

## RESPECTING OTHER PLAYERS

- Please respect players on other courts and do not cross behind players to collect balls when play is in progress.
- When players are already on court and playing a set, please wait quietly until you are invited to cross over their court.

## VISITORS

You may bring visitors as often as you like outside of social sessions. Please put your visitor fees in the boxes provided and sign guests in - Adults £6.00, Juniors/Students £2.00.

Visitors can attend social sessions up to 3 times a year and the same fee applies.

## BOOKING COURTS

Courts must be booked via Clubspark before you turn up at the Club to play.

## FLOODLIGHTS

**General** - Floodlights can be used between dusk and 10.00pm and are operated by meters taking ½ hour tokens. These are available from the bar – cost £2.50. Members of the committee and the coaching team can sell them. They are also available when the bar is open on Tuesdays and Saturdays.

*Please organise tokens well in advance to avoid disappointment.*

**Tuesday Club Sessions** – Where floodlights are required during Tuesday Club Sessions, members (both adults and juniors) are asked to pay a £2 fee. This will apply regardless of how long you choose to play for but won't apply if the floodlights are turned on after the sessions starts (6.30pm), you are 'mid set' at the point they are turned on and you choose not to continue playing after your set has finished. If you choose to start playing before 6.30pm you will be expected to purchase tokens or meet the additional cost, which is £2.50 for half an hour per court.

## **CLUB MATCHES AND TOURNAMENTS**

There are ladder leagues ('box leagues') for adults (mixed), women only and children. If you are interested in participating please make enquiries to a member of the committee or one of the Coaching Team who will put you in touch with the relevant organiser.

Always remember to book a court if you are playing a club match.

If you are interested in playing for the club teams, please ask a committee member or coach to put you in touch with the relevant person. *Please note: you must be a member of British Tennis and affiliate yourself to Carshalton LTC when representing the club in league matches.*

An annual club tournament is run from April to July. Entry is online and is advertised at the start of the membership year in April.

Fun tournaments for all standards are run during the year.

## **OTHER TOURNAMENTS**

Leaflets are on display, promoting LTA events and entry forms to join outside tournaments are available in the clubhouse.

## **TABLE TENNIS**

Table tennis membership is included in tennis membership and there is also a separate adult table tennis membership. There are mixed teams in the local winter league. There are practices several times a week and a table in the Clubhouse for general use by all.

For more information email [lewis.vidler@gmail.com](mailto:lewis.vidler@gmail.com).

## **SOCIAL EVENTS**

Regular social events are held in the clubhouse. Members and friends are all welcome. Details are on the website and regular emails are sent out prior to events.

## **TENNIS BALLS**

Tennis balls are provided for adults (boxes in main room). These are refreshed at least weekly. Please return them after use and if you hit them outside of the court fencing and can retrieve them safely please do.

## **CLOTHING**

Appropriate tennis clothes and footwear must be worn whilst on court.

## **THE COMMITTEE**

You can contact any of the committee by emailing [cltcmembership@gmail.com](mailto:cltcmembership@gmail.com).

## **SAFEGUARDING**

The safety and wellbeing of all who attend is our priority and our Welfare Officer is on hand should you have any safeguarding concerns or anything that is worrying you that you wish to discuss.

Any concerns, please contact our Welfare Officer, Eileen Nutting on 07731 665277 or via email on [eileennutting@hotmail.co.uk](mailto:eileennutting@hotmail.co.uk). Our policies can be found on the website [Policies | CLTC](#).

We also have safeguarding information on the noticeboards inside the clubhouse including contact details of our Welfare Officer.

Promoting a positive safeguarding culture includes promoting positive behaviours, and as an LTA Registered Venue, all our members and venue users are required to follow the LTA Code of Conduct. Please familiarise yourself with this and raise any concerns about behaviours with the Welfare Officer or a committee member.

Further information about keeping our sport safe, including hints and tips for parents is available via the LTA Safe to Play Campaign: <https://www.safetoplaytennis.co.uk/>

How to raise a concern about a child or an adult at risk at the club

If a child or an adult at risk is in immediate danger or risk of harm, the police should be contacted by calling 999.

Where a child or an adult at risk is not in immediate danger, any concerns about their wellbeing should be made without delay to the Welfare Officer.

The Welfare Officer will pass the details of the concern on to the LTA Safeguarding Team at the earliest opportunity and the relevant local authority and the police will be contacted, where appropriate.

If you wish to report anything directly to the LTA, you can do so via this link:

<https://safeguardingconcern.lta.org.uk/>

Advice can also be sort from the NSPCC via 0808 800 5000.

### **PLEASE NOTE**

The full version of the Club Rules, Regulations and Junior Rules are posted on the noticeboards in the clubhouse.

### **FURTHER INFORMATION**

Check out our website and social media accounts:

[www.carshaltontennis.org](http://www.carshaltontennis.org)

<http://www.facebook.com/CarshaltonLawnTennisClub>