

Kenilworth Squash Club Handbook

1. Introduction

Kenilworth Squash Club is one of the top clubs in the county and the country as a whole. We have consistently attracted and developed top squash and racketball players as well as preserving a culture of playing for enjoyment.

We have been awarded Gold status from England Squash and Racketball.

In terms of performance players we currently boast a number of England internationals at various levels from juniors through to Masters and our squash and racketball teams frequently challenge for top honours.

We have thriving internal squash and racketball leagues for club members, with around 100 people competing in the squash leagues and around 50 in the racketball leagues. We also run regular competitions for all standards of players as well as holding regular club nights and other events.

Our success is based on continual development of the club and its facilities as well as a coaching set up which is probably the best in the county. Based on the number of juniors regularly attending coaching sessions we were ranked 5th in the country.

The club recognises that it has to balance the development activities with the needs of the other members. We acknowledge the congestion at peak times and seek to balance team matches, coaching opportunities with the need to make courts available for general play. The position is kept under constant review to ensure we strike the right balance

2. Coaching and development

The coaching and development programme for the club is the responsibility of the head coach, Steve Townsend.

His role is to:

- Provide coaching opportunities for all that want them
- Develop a junior coaching programme which maintains Kenilworth's status as one of the leading development club in the [Midlands]
- Develop a performance coaching programme that encourages performance players to join and remain at the club
- Develop a beginners coaching programme to encourage new members to try squash and racketball
- Provide a schools' coaching programme to offer the opportunity for all local schoolchildren to have a go at squash or racketball
- Assist club members, especially older juniors, to obtain coaching qualifications

The current coaching programme is set out below.

In addition the following courses are run periodically:

- Club mornings – usually Monday mornings: Aimed at beginners who are new to squash or racketball
- Rusty rackets – Aimed at improvers or those coming back to the game
- Play Squash! Course – Aimed at teenagers who are getting into the game
- Racketball beginners course

These courses are aimed to help current members to gain more enjoyment from their membership and to help attract new members.

	Description	Time
Monday	Junior squad coaching Individual coaching - ST	16.00-16.40 16.20-19.40
Tuesday	Junior squad coaching Individual coaching - ST	16.20-17.40 17.40-20.20
Wednesday	Junior squad coaching Individual coaching – ST Individual coaching - RC	15.40-17.00 17.00-17.40 17.30-19.30
Thursday	Individual coaching - ST Fitness training	16.00-18.00 18.30-19.30
Friday	Junior squad coaching	16.00-16.40
Saturday	Junior coaching Intermediate squash coaching	9.00-12.00 12.00-13.00
Sunday	Individual coaching - RC	17.05-18.25

The current club coaches who have ESR qualifications are:

- Steve Townsend (Head coach) Level 3
- Roy Cooper (Assistant coach) Level 2
- Roger More Level 2
- Chris Hall Level 3
- Guy Pearson Level 2
- Dawn Ashford Level 3

In addition John Wilson regularly assists with Saturday morning junior coaching on a voluntary basis

Both Steve and Roy have specified sessions reserved for individual coaching as shown above. Outside of these times, individual lessons can be booked with any of the coaches. During peak times, light tokens must be used; off-peak the coaches are permitted to use their light keys.

In addition other group coaching sessions are organized, where it is considered that there is sufficient demand.

The local schools coaching programmes, involving all local primary schools and Kenilworth Secondary School are held during the morning or early afternoon. The local primary schools coaching programme is funded through ESR and donations from Kenilworth Round Table.

3. Club events and activities

The racketball and squash club nights are held every Sunday. The idea is that anyone can turn up and play! The club nights are aimed at all standards.

Racketball club night runs from [5.50pm to 7.00pm] and squash club night runs from [7.00pm to 9.00pm]. A fee of £1 is charged to cover the cost of light tokens. Additional tokens are issued to match tokens used to approximately subsidise play by 50%. A list of players and courts used should be completed to ensure that this is fairly monitored.

Junior squash club night runs from 6.50pm to 8.00pm on a Friday. A fee of £1 is charged to cover the cost of light tokens.

The annual club tournaments consist of:

- Squash and racketball championships
- Handicapped squash and racketball championship – where players are handicapped according to level the playing field
- 'Jackson Drop Shot' – a fun squash tournament for over 40's where the handicapping is based on age!
- Junior championships for under 11, 13, 15, 17 and 19

Regular fun tournaments are also organized. Friendly 'challenge' matches against other local clubs are occasionally arranged with juniors and seniors able to play either squash or racketball matches. These are advertised through the email system, on the club website and via the notice boards

4. Squash and racketball leagues

For more competitive squash and racketball, members are encouraged to join the internal leagues. Anyone can enter by putting their name down on the entry sheet on the notice boards. Each league generally runs for a four or five week period.

During the winter leagues there is a trophy awarded to the player who accumulates the most league points in both the squash and racketball leagues.

The leagues cover all standards from beginners through to the club's top players. If you can maintain a rally and hit the ball relatively consistently to the back wall you are good enough to join the leagues!

There is also a junior squash league run on a similar basis. The better juniors are also able to join the main leagues subject to confirmation from the coaches or league organiser.

5. Teams

The club enters a number of teams in the Warwickshire Squash and Racketball leagues.

The most competitive squash league is the winter league where we typically run three men's teams and one ladies' team. Our first team consists of the club's top players and will compete in top league. We also hope to be challenging for number one spot!

Our second and third teams ply their trade in the middle to lower leagues. Everyone is welcome to try out for the teams with the standard depending on which leagues the teams are in.

Although we could put out a ladies team that would challenge for top honours, our top ladies generally play in the men's leagues. This means there is plenty of opportunity for other ladies to play for the teams

In the summer, the focus is less competitive. We generally put out two teams, which gives the opportunity for more players to get experience with team squash.

With racketball we are similarly more than capable of putting out a team that would be competitive in the top league. However since our top players also regularly play in the squash team our team comprises players who are more focused on racketball.

Men's winter league matches are usually on a Monday, starting at 7.30pm

Ladies' winter league matches are usually on a Wednesday, starting at 7.30pm

Racketball matches are usually on a Thursday starting at 7.30pm

Summer squash league matches are usually on a Monday starting at 7.30pm and Racketball on Thursday at 7.30 pm and normally no Ladies' team in the summer.

Team matches are generally followed by a drink and a meal. Match fees are charged to cover the cost of the food (and sometimes to provide a float behind the bar). The club policy is that light keys are used for all team matches.

As well as the senior leagues, the clubs enter teams in the Warwickshire Junior Leagues (organised by Steve Townsend). This competition has proved very popular and attracts clubs from all around the county. There are various age categories to give all juniors a chance to play.

Matches are typically played at weekends around lunchtime. Team managers either use light keys for play or are issued tokens to cover court time required.

The club constantly monitors the possibility of putting a team in higher leagues such as the Midland leagues or the Premier Squash Leagues (which comprise the top players in the country/world), but to date we have not done so.

6. Booking system

The club has invested in an online booking system to facilitate court booking and to give all members an equal opportunity to book courts.

Courts can be booked seven days in advance either through the touch screens by the squash courts, over the internet or by phoning the bar. To make court booking more accessible the 'seven days in advance' window kicks in at different times for different courts. Two courts can be booked from 6.00am seven days in advance, one court at 1.00pm and the other two courts at 7.00pm.

There is no booking fee, however to encourage members to release courts which they are not going to play on, a fee will be charged as follows:

- £2.00 if a court is cancelled less than 48 hours prior to playing and not rebooked by other members
- £2.00 if an off-peak court is booked but not played on
- £4.00 if a peak court is booked but not played on

Due to the accessibility of the system and the ease of checking in it is not anticipated that members will often incur such fees. Therefore it is expected that members will accept that these fees, which are aimed solely to encourage court usage and are reasonable. However there may be times, which hopefully are few and far between, where it is inappropriate to charge a fee. In such circumstances, an appeal can be made by email to The Squash Secretary and considered by a panel of three and the fees may be waived. New members are given a period of grace, as were members when the system was introduced plus there is an overdraft facility. When this figure is reached members need to buy a voucher from the bar to clear them to be able to book future courts.

It is hoped that members will not abuse this system and not check in on a court which is not actually used. This practice deprives other members the chance to play and also loses the token revenue the club needs to prevent annual subscriptions being raised.

Members can adjust their profile on the admin system to allow them to be notified of courts previously booked becoming free and there is a team of mentors who are happy to familiarize new members on the system.

To help the club monitor court usage the person booking the court should enter the opponent's name asap and this also advises the person that they are booked down to play. It is advisable for both players to check in on arriving to play their game.

If a member does see any abuse of the system they are entitled to send details to The Squash Secretary.

7. Membership fees and light tokens

Squash and racketball members pay an annual subscription together with a payment for light tokens (two tokens for 40 minutes) per game. The squash committee keeps under review the balance between membership fees and light tokens.

The committee believes that an appropriate balance should be struck between the two to ensure that both regular and less-regular players make a commensurate contribution to the club.

8. Guests

Guests are welcome to play at the club although they are required to pay a guest fee by way of stickers which can be purchased from the bar. The visitor guest fee can be paid on the notice by the light token machines. Members who are inviting a guest along should clearly indicate on the booking system that they are playing a guest.

Guests who wish to play regularly at the club should become members in their own right. Therefore there is currently a limit of [three] visits per year to the club for any guest. This is to comply with our current liability insurance cover.

9. Squash committee

Most decisions regarding the running of the squash and racketball section are taken by the squash and racketball committee, headed by the Squash Secretary. All members are able to join the committee and we welcome 'ex-officio' members who may not have a specified role on the committee but are keen to attend meetings and assist with the running of the club. There are a number of key roles within the committee where we are always looking for volunteers. These include:

- Squash Secretary
- Squash league organiser
- Racketball league organiser
- Tournament organiser
- Facilities
- Junior representative
- Team captains
- Head Coach
- Booking administrator

The Squash Secretary also sits on the club's General Committee.

The General Committee has overall responsibility for the club and will get involved in major decisions but should be guided by information provided by The Squash Secretary.

Any member has the right to ask for a matter to be considered by the Squash Committee and if appropriate the General Committee.

10. Development of club

The club is looking to continually develop in terms of facilities, attracting new players and following latest trends. The club was very quick to recognise the growth in racketball and now boasts many players who enjoy this fast growing sport.

Although the club regularly maintains the five squash courts we are constantly considering opportunities to improve the facilities (eg glass back, improved viewing) as well as expanding the facilities (ie a sixth court).

Steve Townsend, as head coach, is responsible for identifying development opportunities and to bring them to the attention of the squash committee for consideration. He is also responsible for our links with England Squash and Racketball (ESR) to inform the committee of latest trends and grant opportunities, as well as promoting the club within the squash community and with ESR

We always welcome ideas from the members for further development. If members have any suggestions, comments or feedback these should be passed to the squash committee either verbally or by email so that they can be considered. If we don't get to hear about it, we can't act on it!

11. Lounge Bar

After a hard game it is hoped that members would shower first before refreshing themselves and whilst quenching their thirst should leave kit bags in the changing rooms. Bags are not allowed in the lounge bar for hygiene and safety reasons.

Bags should be stored in the overhead racks to allow space for other players to change

