

# **LEE ON THE SOLENT TENNIS, SQUASH AND FITNESS CLUB**

## **OBJECTIVES**

The Club's first and main objective is to foster and promote tennis, squash and other recreations for players of all abilities and to provide social amenities for club members. Encouragement is given for complete beginners, of any age and particular attention paid to junior players of all standards. We welcome all members of the public to be a part of the Lee on the Solent Tennis, Squash and Fitness Club. Training and competitions are also arranged and encouraged at Club, County, National and International playing standards.

## **CONSTITUTION**

Lee on the Solent Tennis, Squash and Fitness Club is a Members Club – a non profit making organisation owned by and run for the benefit of its members. All adult members have equal rights, privileges and duties, within the limitations as to usage of the club's facilities as described in the Membership Categories section of this booklet and the Clubs rules as amended from time to time.

The Annual General Meeting is the opportunity, once a year, for any member to help make changes in the rules and running of the club by means of a majority vote of members present. The members of the Management Committee responsible for ensuring the club's administration in accordance with its rules – are also elected at this meeting.

## **CLUB RULES**

Naturally, every member is expected to abide by our rules, for further details please see the club notice board located in the Reception area.

## **JOINING**

Please complete and sign your application and ask two existing members to propose and second your application. Your application form will be posted in reception for 48 hours in accordance with Club rules (legal requirements applicable to a private member's club). A letter of acceptance will be posted to you within a few days, at which time your entry fee and subscription will be payable.

## **DIRECT DEBIT FACILITY**

For your convenience we offer a monthly Direct Debit facility, enabling you to spread the cost of your annual membership fee. There is an administrative charge of £2.00 per month for this service. **We are obliged to point out that by signing the Direct Debit Mandate and accompanying letter your annual membership fees will be debited as a matter of course until the end of the current membership year.**

## **SQUASH**

Our 6 squash courts include 2 glassed-backed courts to full international standard with seating for up to 200 spectators. They are normally available for play every day from 9.00am to 10.00pm (last booking 9.20pm)

### **Booking**

You may book courts up to 7 days ahead and to ensure that all members are given equal chances to book courts, two methods of booking are used:

Courts 2, 4 & 6	by telephone	9.00am to 9.15am
Courts 1, 3 & 5	by telephone	6.30pm to 6.45pm

All players must check in at reception and fines may be imposed on players who fail to use their booked courts without adequate notice of cancellation.

### **Coaching**

Our Squash Professional will be pleased to give you an assessment of your standard and point you in the right direction for club mix-ins / ladders / members of a similar standard. Coaching is available for individuals or group sessions. A very successful feature is the training sessions for juniors and squash camps during school holidays. Please ask the receptionist for details of times and charges.

### **Squash Teams**

We are the strongest club in the county and currently run 14 teams in the Hampshire Leagues for Men, Women, Juniors and Veterans. Teams are also entered in National and County competitions and social team events arranged against other clubs. Our achievements in many of these events over the years and our strength and depth of good squash players give us an enviable standing within the county. Our aim is to continue this and to build on it.

### **Squash Leagues**

Like most clubs, Lee's internal league system provides members of all standards with a basic framework in which to play competitive squash. Mixed Leagues are organised for both Senior and Junior members. Each monthly league consists of 5 players of whom the winner and runner-up are promoted and the bottom two are relegated.

### **Internal Tournaments**

Throughout the year we run Club Championships, handicap and inter-team tournaments.

### **Other Court Usage**

Our squash courts are also available for Racketball, Mini Squash for the very small beginners, plus fitness sessions. The Club organises its very successful annual Solent

Junior Open Squash Tournaments for Men, Women and ten categories of juniors plus a programme of club events, ending each season with the Club Closed Championships.

## **TENNIS**

The Club has six new all-weather tennis courts that were completed in 2003. Four courts are synthetic turf and two courts have a porous acrylic surface that is the LTA's preferred surface for training and development of juniors and performance players. Three synthetic turf courts are floodlit to a very high standard that enables play to continue until 10.00pm throughout the year. All the courts are carefully maintained by our permanent groundsman. Courts are available for play every day from 9.00am.

### **Booking**

Members may reserve courts up to seven days in advance and junior members generally have priority on court 6. There are currently no usage charges to playing members for courts or floodlights – this is included in the annual membership subscription. All players must check in at reception before playing and charges may be imposed on players who fail to use their booked courts without adequate notice of cancellation.

### **Tennis Programme**

Throughout the year, a varied programme of social and competitive tennis is arranged by Chris Wilkinson. Chris is a former British No 1 and World over 35 champion player with a very successful record in Davis Cup, Olympic Games and Wimbledon – he played tennis at Lee on the Solent as a teenager and returned to the club in 2002 as Director of Tennis.

As well as various regular coached groups, there are informal mix-in sessions on Tuesday mornings and Friday evenings. New members especially find that these are the sessions to attend in order to meet other club members of all playing standards. Chris Wilkinson's "Rusty Rackets" groups (at various times during the week) have also proved to be extremely popular with members returning to tennis.

### **Tennis Teams**

We have several Men's and Ladies teams in the Hampshire, Portsmouth and National Club leagues, together with a mixed team in the Portsmouth league. A Ladies Vets team (over 40's) and two Men's Vets teams (45+ and 55+) are all thriving. Team match practice and coaching sessions enhance individual skills and help to build strong team spirit.

### **Coaching**

A comprehensive range of coaching is available, including individual lessons, group sessions, for both adults and juniors, together with a full, accredited Mini Tennis programme for young people from 3 years upwards. Particular emphasis is placed on the coaching of juniors, especially during school holidays with a variety of group sessions and tennis camps. There is a "Club Futures" squad for selected juniors who show potential to reach high standards and a "Club Elite" squad that includes county and nationally ranked junior players – both these squads enjoy support from both club and LTA.

## **Club Tournaments**

Various events are arranged throughout the year – both serious and social. The Club Closed Championship takes place during the summer and Internal Club Leagues run from autumn to spring. We also arrange American Doubles Tournaments at Bank Holidays.

## **HEALTH AND FITNESS**

We are confident that our ever-growing health & fitness suite will take care of all your fitness requirements whether it is circuit training or general body toning through the use of a wide range of equipment, which is split into three areas of cardio vascular, resistance equipment and free weights. An Induction Course for new members is compulsory in order to comply with Health and Safety regulations and Club Insurance; a fee of £6 is applicable to cover the Instructor's time. Our instructor is available for Induction Programmes at varying times during the day, evenings and weekends to suit your availability. Please book through Reception.

Our instructor is also available to design a dedicated fitness programme for your individual needs at a cost of £20. This can be updated as you improve!

## **STUDIO ACTIVITIES**

We currently offer a wide range of activities including Yoga and Circuits. These activities are an extra to membership subscription. All activities require booking at reception up to seven days in advance.

## **SNOOKER**

The snooker room situated upstairs, offers two quality tables. With club play, match play in the local leagues and club tournaments, the facilities membership category represents excellent value for this activity.

## **VISITORS**

Members' guests are most welcome to use the club facilities (after signing the Visitors' Book and paying the appropriate guest fee); regrettably this offer does not extend to the Gymnasium and solarium for insurance reasons. However, no visitor may do so more than seven times a year or more than twice in any one month.

## **SOCIAL**

The Club is very active socially, with a variety of events held throughout the year to meet all tastes. The Club is renowned for its friendly atmosphere, being a club many others seek to emulate. The bar is open every day of the year, offering a wide range of beers, wines, spirits and soft drinks, at prices maintained to offer a discount over normal pub charges. The restaurant provides a good selection of snacks and lunches and an attractive Friday night dining menu please ask for your copy of the current menu.

## **AND FINALLY....**

Although we hope that we have provided all the basic and essential details about the club, it is not possible to describe what makes our club special.

If you are a Tennis or Squash player but unsure as to where you will fit in, feel free to have a chat with either of our Professionals who will be happy to give their advice and put you in touch with other club members of a similar standard.

For any of the information mentioned in this brochure or if there is anything more we can tell you please ask the receptionist or contact the Club Manager on (023) 9255 0381. Alternatively please feel free to drop in for a 'Guided Tour'.