

## **Welcome to Sundridge Park**

Please find enclosed a pack of information which I hope will help you decide to join us.

Do look round – now or for a second time. The best times to visit are during a weekend or on a Tuesday evening (tennis) or Friday (squash); these are our busiest times when you will see the Club in action. Please ask to speak to a member of the Tennis or Squash Committees – there will usually be one present.

Our subscription year starts on 1<sup>st</sup> April 2011; if you join mid-year the prices are set pro rata. The enclosed prices are close to what you will pay if you join today but will be adjusted to the date you wish to join on.

If you wish to join as a Junior (under 18) member, then one parent must also join as an member. If he/she does not wish to play, we have a special social membership for accompanying parents at £15 for the first year.

If you have any questions or would like to look round, please phone me on the Office number (020 8464 9106), or pop in to see me Monday to Friday 9am-noon.

We will be delighted to have you as a member.



Syed Hussain  
Club Chairman

# Sundridge Park Tennis & Squash Club

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Sundridge  
Park  
LAWN TENNIS & SQUASH RACKETS CLUB

*Contact us today...*

**Phone:** 020 8464 9106

**Email:** [admin@spltsrc.co.uk](mailto:admin@spltsrc.co.uk)

**Web:** [www.spltsrc.co.uk](http://www.spltsrc.co.uk)



## Welcome to Sundridge Park Tennis and Squash Club

Our club is often described as a green oasis. Here at Sundridge Park we are a small, but very friendly "run-by-the-members, for-the-members" squash and tennis club. We welcome new members, both young and old, of all standards.

The club provides playing and coaching facilities for tennis, squash and racketball that offer every opportunity to reach your full playing potential. We have ample and varied facilities for you to play more or less whenever you want.

We have eight grass tennis courts as well as 11 all-weather courts, eight of which are floodlit for use all year. Our squash players have the use of four courts.

Our smart 1920s club house and

the sunny lawns outside are a perfect place, after a hard game, to enjoy a drink or barbeque and chat to friends and family.

The setting of the clubhouse and the grass courts is one of the most attractive in the county. We pride ourselves on the relaxed and friendly atmosphere created by the members both on and off court.



## Squash and Tennis Coaching

Richard Whichello (ex Davis Cup player and current Kent County captain) heads up the team of tennis coaches. They offer, through Richard's company WAM! Tennis, lessons for adults and juniors, for beginners through to performance classes, on an individual or group basis. There's bound to be something to suit you.

Group lessons are paid for half a term in advance, so you are never committed to more than six or seven lessons at a time. An hour's group lesson costs £6 if you are a club member. Individual lessons vary in price according to the seniority of the coach and the length of the lesson; typically £20-40 .



**Learn to play tennis or squash...or improve your skills with our coaching team**

John Barry is our England Squash coach. He coaches squash or racketball in the evenings and weekends to suit you.

Whilst most of his teaching is done on a one-to-one basis, he runs group sessions for juniors on Wednesday evenings and Saturday mornings.

**For more on our coaching programme, please call:**

|                                     |              |
|-------------------------------------|--------------|
| John Barry Squash Coach             | 07957 373402 |
| Richard Whichello Head Tennis Coach | 07886 182571 |
| Jake Johnson Tennis Coach           | 07974 741430 |



## Tennis at Sundridge Park

Come and play on our eight grass courts, open May to September.

We also have four outdoor floodlit artificial clay courts, a fabulous state of the art surface and seven more outdoor hard courts, four of which are floodlit.



There is no charge for courts; this is covered by your annual subscription. Lighting is £4 per court for thirty minutes play.

### Weekly Social Tennis

#### Adults and Junior A Members

Tuesday: Club Session from 6pm (summer only) followed by club supper

Thursday: Club Session from 1pm

Saturday and Sunday: Club Session from 1:30pm (winter) and 2pm (summer) until dusk

#### Juniors

Friday: 6pm onwards: Family Night (all ages)

Sunday: free Junior Club Session (for juniors ages 11-18) from 10:30am until noon

**Keep your eyes on the notice boards and read our regular newsletter for details of one-off tournaments.**

Tennis members can even play squash up to five times a year for £5 a time. Should you enjoy it so much you want to play more often we offer joint membership.

## Social Tennis

### If you are looking for social tennis, then we have plenty to offer you

Club sessions take place 3 or 4 times a week. They offer short matches played on a rotating basis with other club members. There is the chance to chat between matches and join each other in the bar afterwards.

Families can come along to our special Friday evening "Family Nights". There is one hour of coached tennis for juniors, as well as the chance for families to mix together and organise their own games of tennis and squash. Then wind down with a barbeque and a drink.

### "just for fun"

We also have regular club tournaments. Some of these are for our more serious players but most are just for fun and work on a handicap system so players of all abilities can join in and get to know each other. In the summer, these tournaments are often rounded off with a barbeque.

You are welcome to bring visitors to play

at the club up to five times a year, as long as you pay the appropriate visitor fee (which is £5 per visit for adults, £2 for Juniors).

## Competitive Tennis

Do you fancy representing Sundridge Park in inter-club competition? We enter many men's, ladies' and mixed tennis teams in both Kent, North Kent and National Club Leagues. Some teams play at weekends, some in the evenings and some during the day. We have veteran teams too.

We also have a singles box league.

There is a separate team coaching

session weekly for members of the ladies' and men's teams, where our coaches pass on tips, techniques and tactics.

If you think you might be interested in playing for one of the teams, or are not sure whether you are up to the necessary standard please contact Dick Ward, our Tennis Chairman.

We can arrange for a tennis member to give you a game and advise you.

Most fixtures are followed by a team supper or tea. At Sundridge Park we have caterers as well as enthusiastic club members who provide tasty treats in the clubhouse.

## Squash and Racketball at Sundridge Park

The Squash Committee and all its members extend a very warm welcome to you and are here to help you in any way possible, arranging friendly and or competitive games with members of a similar standard and, as important, ensuring that you enjoy yourself both playing this great sport and also socially.

We pride ourselves, as you will find out, on being the friendliest club in the area!

We have four heated courts These can be booked up to three weeks ahead. There is no charge for courts, lighting or heating; this is covered by your annual subscription. Squash members can even play tennis up to five times a year for free. We offer joint membership if you enjoy it so much you want to play more often.

You are welcome to bring visitors to play at the club up to five times a year, as long as you pay the visitor fee (just £5 per visit).



## Social Squash and Racketball

Club night is held on the first Friday of the month, starting at about 6.30 p.m. Whatever your ability you will enjoy playing against other members and soaking up the friendly atmosphere and pleasant chat afterwards in the bar.

Doubles are played on Sunday evenings on the same size court as singles – ‘Lets’ being the order of the day! A strange game but immensely enjoyable! Doubles play reaches its pinnacle (or nadir?) with the annual Gary Church Inaugural Raj Moni Thackray Williams Sponsored Charity Doubles Tourneie, open to all and played over a single day - exhausting but a lorra lorra fun, as Cilla would say!

The club is renowned for its squash tours to far flung places – Belgium,

Dublin, Barcelona, France - and the Centenary Squash tour is planned for Holland later in the year. Lots of fun and also a few games of squash are guaranteed....(hint- when booking up a few days off work for the tour, remember a further few days may need to be allowed for recovery from the excesses and rigours of SPARKS (Sundridge Park Squash) on TOUR.



*What's the difference between squash and racketball? Some key differences are that the squash ball is harder, faster and smaller, the rackets and court are different sizes, and the court markings vary too. In racketball the ball may hit the ceiling, but not in squash. Squash games go to 9 or 11 points whereas racketball is scored to 15 points. In squash the ball is served out of your hand but in racketball the serve is first bounced on the floor.*

## Competitive Squash and Racketball

Our squash teams play in the Priory league on Tuesday evenings. Our teams play in divisions 1 and 4 (Summer) and divisions 2 and 4 (Winter) of the Priory League.

Please contact anyone on the squash committee and in particular Ben Newark if you would like to play in one of the teams.

Whilst competitive squash and the opportunity to represent the Club is

important, of equal - or more importance as some would say - is the opportunity after the match for pleasant chat, a few beers and experiencing the fine dining provided by our chef. Of possibly even greater importance is the chance to be mentioned in the match reports which are circulated and, dependent on how amusing they are, may then be put on the website. Fame indeed!

In addition to team matches, leagues are run over a 5-6 week period and games enthusiastically played by members of all standards.

There is also a chance for members to achieve long lasting fame by having their names inscribed on the Honours Board as winners or runners up of the club's Tournament Open, Handicap, Plate and Doubles competitions.

## Your Social Life at Sundridge Park

We are a very social bunch and enjoy nothing better than winding down with a glass of wine or pint of beer after a gruelling game! No other club in the area can compete with our fantastic setting, we really are a green oasis in a concrete jungle! We have a great selection of beverages including guest beers and speciality teas, fruity soft drinks and snacks.

We hold several social events during the course of the year including numerous barbeques, jazz evenings, family discos, quiz nights and charity fundraisers. These events are always popular and great fun.

Forthcoming events are posted in the clubhouse, in the newsletter (sent out by email) and on the website. We have enclosed a list of those currently planned. You and your guests are always welcome.



Our Clubhouse

### Family Night

Friday nights at Sundridge Park is devoted to the family. There are several hours of fun tennis and squash usually followed by a barbeque and drinks in and around the clubhouse. The perfect way to start the weekend!

### Club Supper Night

Every Tuesday evening there is the opportunity to put down your cooking utensils and enjoy a two-course meal at the club. Our chef will serve up either a starter and main course or main course and pudding and meals include roast dinners, fish suppers and specialities from around the globe. Sign up in the clubhouse for this mouth-watering treat.

## Clubhouse and Bar

The clubhouse is open to our members and guests every day (including most Bank Holidays) from around 7.30am. You will need a security card to get in.

The bar is open lunchtimes as well as evenings at the times shown opposite. If the bar is closed you can still make yourself a hot drink in our kitchen, watch Sky sports on TV or just relax in its comfortable atmosphere.

**“good beer, good coffee  
and good company”**

There are both mens' and ladies shower facilities.

Members can hire the clubhouse for private functions

### Bar Opening Hours

|           |                             |
|-----------|-----------------------------|
| Mon - Fri | 12pm-2.30pm and<br>6pm-11pm |
| Sat       | 11am-10pm                   |
| Sun       | 12pm-10.30pm                |

## Junior Tennis and Squash

Many of our junior members come up from the coaching programme, but some are introduced to tennis, squash or racketball by their parents.

The junior subscription entitles the junior member to play all three of our sports.

For those that play tennis, we offer a range of fun tournaments (at reduced prices), social tennis sessions (currently on Sundays) and the chance to play in one of our

Club teams. They have priority use of two of our hard tennis courts.

For those juniors with more experience, there is the opportunity to join in all the adult tournaments, social tennis sessions and play in the main teams.



Juniors keen on squash or racketball can join the ladders and leagues straight away. We do not, at present, enter a squash team in the Kent leagues, but hope to do so in the future.

There are social events particularly suited to juniors and their families.

## Your Next Step

If you are keen to play tennis, squash or racketball, no matter at what level, Sundridge Park has something to offer you.

However the best way to decide if we have what you are looking for is to visit us. One of our members will be pleased to show you round – just call the Office to arrange this. Phone 020 8464 9106 or email us at [admin@spltsrc.co.uk](mailto:admin@spltsrc.co.uk).

Available from our website are our latest subscription rates. Our club year starts on 1<sup>st</sup> April so if you join part way through the year you only pay the pro-rated sub for the balance of the year. Speak to the Club Administrator.

## How to Contact Us

Call Simon, the Club Administrator, in the Club Office on 020 8464 9106.

The office is open Monday-Friday 9:00am -12am

Or email us at [admin@spltsrc.co.uk](mailto:admin@spltsrc.co.uk)

Read more at [www.spltsrc.co.uk](http://www.spltsrc.co.uk)

For more on our coaching programme, please call:

|                   |                   |              |
|-------------------|-------------------|--------------|
| John Barry        | Squash Coach      | 07957 373402 |
| Richard Whichello | Head Tennis Coach | 07886 182571 |
| Jake Johnson      | Tennis Coach      | 07974 741430 |

## How to Find Us

Sundridge Park railway station is a five minute walk away. The 314 bus stops nearby on Plaistow Lane. We have private parking for 30 cars and there is street parking on Garden Road.

