



## Tring Squash Club

Cow Lane  
Tring  
HP23 5NS  
[www.tringsquashclub.co.uk](http://www.tringsquashclub.co.uk)  
[tsrcmembership@googlemail.com](mailto:tsrcmembership@googlemail.com)

## Welcome

This note is designed to give new members all the information you need to make best use of the club. There are further documents on the website, and in the Docs tab in MMM, including instructions on the ManageMyMatch ("MMM") system, which you have used to register to join the club and will use for court bookings. For further information, please contact the Membership Secretary on the club e-mail address listed above.

## Membership

Each person's Membership now runs from the day of joining. Reminders will be sent via MMM for members to renew. People who were members prior to 1 October 2019 will have their membership renewal date set at 1 October each year.

New members pay a Joining Fee. Persons who were previously a member do not need to pay a Joining Fee a second time, however the MMM system insists on the Joining Fee, so this will be credited back to returning members, into their MMM account.

Members are allowed to bring the occasional guest to use the Club's facilities at no charge. However, guests who regularly use the Club should become a member of the Club in their own right.

Your membership of Tring Squash Club means you will also be registered with England Squash and be covered by their insurance for Public Liability and Personal Accident (see their website). However, **members must register on the England Squash website within 3 months of you joining the Club.**

**All players are advised to wear goggles and for juniors this is mandatory.**

## **Facilities**



We operate a secure Club House; you will need the fob to gain entry to the Club House

We have 4 Squash courts (1 Glass back) with a viewing gallery upstairs

The bar is open 7 days a week and is run by volunteers on a rota basis. If you would like join the bar rota please contact the Membership Secretary. The bar has a games room attached with a table tennis table, a pool table, a dart board and a wide-screen TV with BT Sports. The bar is open Monday to Saturday from 16:30 to 23:00 and on Sunday from 12:00.

The Bar/clubroom is available for private hire by club members only; please refer to the Club Website for Booking Conditions and a Booking Form.

## **Courts**



We have 4 squash courts.

The courts are all bookable through our booking system which turns the court lights on when the session starts. (see later – MMM court booking system)

Some courts will be reserved for events such as team matches or Club nights

Courts are available 7 days per week, 365 days per year

Courts are available from 05:20 to 23:40 daily

Court sessions are usually 40 minutes. Cost per court is shown in MMM, currently they are £2.50 per 40 minute session during off-peak hours, and £3.80 per 40 minute session during peak hours. Peak hours begin at 18:00 daily. Court 2 is available for a 60 minute session after 16:00 each day and costs £5.60.

## **Club Sessions and Coaching**

The club runs open sessions for members: -

1. All Members - On Sunday evenings (just turn up, from 18.00).
2. Ladies - On Saturday mornings (just turn up, from 9.00).
3. Juniors - On Saturday morning and Wednesday afternoons. There is also a Junior coaching session once a month on Sundays. (Dates are on the website). Please see contact for Juniors on the Club Website.

Times can be checked on the Booking Centre tab in MMM.

Coaching is available for groups or individuals. Coaches details are available on the website under Coaches.

There is a Junior Squash Coaching program available for all levels and ages on Sat mornings and Wed afternoons. Dates / costs and further details on junior activities are available on the website, [www.tringsquashclub.co.uk](http://www.tringsquashclub.co.uk)

### **MMM court booking system**

A booking screen is located in the clubhouse at the far end of the squash court corridor.

The fob issued to you for entry into the clubhouse is also used to activate the screen.

You can access the court booking system through MMM online, either from the website, [www.tringsquashclub.co.uk](http://www.tringsquashclub.co.uk) or <https://tringsquashclub.managemymatch.com/my>

Payment for court bookings is through your MMM account. You may add credit to your account by credit or debit card through on-line access to the court booking system.

You can book courts at the booking screen at the club or on-line. You must have enough credit in your account to cover the cost of the court.

Instructions on using the screen are posted adjacent to it. Instructions for using the system on-line are contained on the website and in MMM.

If you can't use a court that you have booked, you can cancel your booking either at the screen or on-line. The cost of the court will be credited back to your account if the court is subsequently booked by another member. Please do cancel if you can't use the court, it's important for courts to be available for use.

If you lose the fob that was issued to you the membership secretary can replace it for £2. Please put £2 in an envelope with your name in the box near the screen. Also e-mail the Membership Secretary.

Courts are available for booking up to 3 weeks ahead.

Courts 2 and 4 have additional court heaters that can be operated by members during the winter daytime for use on cold days. The heaters run for one hour after being activated. Activation is by a button OUTSIDE the court.

PLEASE DO NOT USE THE SWITCHES ON THE ACTUAL HEATERS ON ALL COURTS AT ANY TIME.

If you have an e-mail address recorded on your membership record, the system will send an e-mail to confirm a booking.

## **Teams**

The Club runs Men's, Ladies' and sometimes a Veterans Team in the Herts and Bucks Winter Leagues. Men's 1<sup>st</sup> and Ladies 1<sup>st</sup> are in Division 1. There are usually 3 Men's teams and 2 Ladies' teams. There are also teams, including Squash 57, in Summer Leagues. Please contact the Team Captains, listed on the Club Website, if you feel able to join these teams.

Details of all Team Matches are available on the club Website and ALL MEMBERS ARE VERY WELCOME TO WATCH AND SUPPORT THE TEAMS.

## **Club Shop**

We have our own range of TSC Branded clothing. Copy the below link:

<http://www.iprosports.co.uk/club-zone/tring-squash-club/>

## **Volunteering**

Tring Squash Club is run completely by volunteers, if you would like to help or join the committee then please do get in touch. We will always aim to answer any questions on the website as soon as possible. If you have any queries please email

[tsrc.membership@googlemail.com](mailto:tsrc.membership@googlemail.com).

## **Welfare**

At Tring Squash Rackets Club, we take Child Protection extremely seriously. All our Coaches are CRB checked and we have a Child Protection/Welfare Officer called Anthony Palmer who is available for all Child Protection and welfare issues.

Anthony has lived in Tring for 15 years and has been a member of Tring Squash club all of this time. Anthony is a Registered Nurse by profession and during his 30 year + senior Board Level career in the NHS he has often taken on the role as Lead Director for the Safeguarding of Vulnerable Adults and also Child Protection. Consequently, Anthony has a lot of experience in this field. Anthony left the NHS fulltime in 2011 and now works as an Independent Nursing Consultant & Expert Witness although he also undertakes clinical duties at his local hospital on a sessional basis. Anthony and his wife Jacqueline have 2 children.

Anthony is contactable on his mobile: 07787 563108.

Our club welfare policy is detailed in our [Welfare and Safeguarding Policy document](#).

## **Squash 57 (Racketball)**

Squash 57 is also played at the Club.

## **Table Tennis**

Members also play table tennis however we encourage new Squash and Squash 57 members whereas table tennis is for current or ex squash / squash 57 members.

## **Internal Leagues**

The Club runs leagues for Squash, Squash 57 and Table Tennis. If you should be in a higher squash league than starting at the bottom, it's best to attend a Sunday evening session to establish a sensible level.

Please sign up online in MMM –

First go to **“My sports”**, tick or un-tick the sport(s) in which you wish to participate, and/or receive updates.

To be automatically entered or withdrawn in your chosen sport(s) go to **“My Interests”**. Tick or un-tick the appropriate **“Leagues”** box **“Automatically enter me each time”**

If for example you're either injured or recovered, without affecting your automatic entry, from **“My events”**;

For the current month you can either **“Leave”** or **“Re-join”**

For the following month: **“Withdraw”** or **“Enter”**

## **Other Information**

For any more information regarding club news, teams, events, leagues and competitions please visit our website. Please also visit our Facebook page for regular news updates which also feeds on the news page of the website.

Update – February 2020