



MAKE THE MOST OF YOUR MEMBERSHIP

Everything we do – we do it for you !!

Why wouldn't you :-

REGISTER on the Club “MyCourts” booking system.

This allows you to contact other Club Members to check their availability and / or willingness to play ad hoc friendly games of Squash, Racketball, Table tennis etc.

ACTIVATE : Having paid your England Squash fee with your annual subscription go onto the ES website [englandsquash.com] to activate your account and view the benefits available; check your “Squash Levels” rating to compare it with your opponent.

ENTER your name on the Internal Leagues Notice Board.

This provides the opportunity to develop and improve your squash and / or racketball skills by playing slightly more competitive games against different opponents rather than your, perhaps, more repetitive ‘friendly’ games where you always know how your opponent plays. You can work your way up and down the Leagues.

CONSIDER the additional social and more testing benefits of playing team squash and / or racketball. Winter County League Team matches are played weekly on a home and away basis from late September until March on Mondays, Tuesdays, Wednesdays and Thursdays. Matches usually end up with the host side providing hospitality for a convivial “wind down” after match play. Summer County League squash and /or racketball matches are played in a different format on Mondays and Tuesdays. Currently, the Club enters one team in the Staffordshire Summer League on Wednesdays and is heading up the table.

SUPPORT the Teams by coming to watch some of the team games; we have some incredible Squash & Racketball players who are a joy to watch and demonstrate how to play match winning games in a true sportsmanlike manner.

A ‘live streaming’ facility provides opportunities to view certain matches on “YouTube”

USE THE CLUB ACTIVITY SPACE. If you are over 18 why not book a time slot on the “MyCourts” booking system to do some personal fitness routines, self motivated circuit training, use the static bicycles or do some simple weight training to improve your all round fitness. Erect the Club Table Tennis Table and play some games against other Club Members.

METAFIT etc is changing : Ryan, our fitness guru’s circumstances are changing; there will be reduced personal training sessions on Tuesday afternoons followed by Body Conditioning and with Metafit retaining it’s customary Friday session - both at £6 per session.

INCREASE your involvement and contribution to making the Club even better by volunteering to help run the Club Executive Committee – be involved in the “decision making”. Better still, think about the well being and rewarding feelings which come with becoming a Coach or Junior helper to give young players the correct start and introduction to the games we enjoy. Club Policy includes paying the costs of obtaining the Level 1 & 2 qualifications – Just speak with the Club Captain Lee Picken.

AS ever, your Executive Committee is ever mindful of Members interests and is ALWAYS willing to listen to what you may have to say about YOUR CLUB !