



Welcome to Abingdon Squash and Racketball Club, this leaflet describes the facilities and services that are available to you and how to use them.

We are a members club and pride ourselves on putting the members first. We run as a non-profit making club to ensure we keep improving the facilities whilst setting the prices as reasonable as possible.

Abingdon squash club has four excellent squash courts providing for a thriving squash and racketball scene. We also have a recent extension to the bar area with a new balcony. These are available for hire for functions.

Courts are available to members for social play, coaching, competition and practice. Private coaching, club nights and club tournaments are regular features.

### Membership

The membership year runs from 1st August to 31st July. A monthly pro-rata reduction system on the annual fees operates for new members joining during the year. New members are entitled to one free 45 minute coaching lesson.

### Electronic Fob System

As a new member you will receive an electronic fob, this is used for entering the club and activating the court lights.

### How to book courts

The club has a state of the art booking system which conveniently allows members to book courts over the internet.

To book courts via the internet you will simply need to log in on our website using your unique password. On the internet you can top up your account by £30 to £100 using pay-pal (you do not need a pay-pal account) and book courts up to 14 days in advance. Detailed instructions on how to use the booking system can be found next to the kiosk in s and on the club website.

### Open Club Sessions

The Sunday evening Open Club Sessions (club nights) are great ways to meet new players and burn off some calories from lunch at the same time! Sunday Open Club Sessions from 5:45pm - 8.15pm and costs £1.00 per block of 15 minutes. Simply turn up and play, all standards of player are welcome.

### Squash Ladder

The squash ladder is a great opportunity to challenge and play other members in the club. Playing competitive games against different people can only improve your playing standard and your fitness level.

### Club Box leagues, squash and racketball

Apart from purely social play there is a very popular and well run internal box squash league. The box league has over eighty players spreading over a wide range of standards. This gives you the opportunity to play up to four competitive (and friendly!) games every calendar month. The box league is a highly recommended aspect of the club. It provides an excellent opportunity to meet other members of a similar standard.

There is also a monthly racketball box league and all standards of player are encouraged to join in.

### Inter Club Cup

The Club runs the very popular Inter Club Cup, all ASRC members are invited to sign up and play. Each team will have a mixture of players of differing abilities, levels and standards, you will be playing someone of a similar standard. The cost will be a £5 per player per match, which includes your game of squash and 1 free drink of your choice in our bar.

### Tournaments and Events

The club hosts several events every year including exhibition matches, county matches, county training and a number of tournaments also catering for all abilities.

### Coaching and training

Complete beginner to advanced level coaching sessions are provided for by the club professional Ben Rosec and his team of coaches. Ben is an experienced fully-licensed, advanced level squash coach and a qualified racketball coach. All players of any standard benefit from coaching, tailored lessons for individuals, pairs or groups are available. There are also regular junior group sessions:

#### **Tuesday Junior Club**

Coaching, all abilities welcome

Typical session content: Technical work, fitness, match play and fun!

#### **Friday Junior Club Night**

Aims to accommodate advanced / county standard players, as well as ideal back-up session for the Saturday morning advanced group

#### **Saturday Junior Club**

Coaching, all abilities welcome from 6 to 19 years old

Typical session content: Technical work, fitness, match play and fun!

Please see the [Junior Squash webpage](#) for dates, times and prices.

### Parking and Bike storage

There is ample parking space directly outside the club. The club also has a secure bike shed for members that cycle to the club; keys are available for a small deposit from the club bar.

### Website

The club website includes information about the club, hot news and upcoming team fixtures and tournaments. In the members area you can find the latest squash and racketball box leagues, the squash ladder plus minutes of committee meetings.

### Vacancies

We have many volunteers who help make the club run smoothly but we can always do with extra help. If you would like to volunteer or receive more information, please email us on [info@abingdon-squash.co.uk](mailto:info@abingdon-squash.co.uk)