



New Squash / Racketball Member Information 27/11/24

Welcome to Aylesbury Tennis, Squash and Racketball Club. Below you'll find a host of useful information to help get you up and on court. It covers;

1. **The Club**
2. **Equipment**
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5. **Playing**
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1. *The Club*

ATSRC is the largest combined racket sports facility in Aylesbury and the surrounding area. We boast four squash courts (one being glass backed), available from 7:00am all the way through to 9:30pm.

We offer a range of memberships to suit everyone, including Individual, Family, Couples, Juniors and Students, as well as offering discounted rates to serving 'blue light' workers. We also offer combined squash and tennis memberships for really keen players. Maxine can advise on the most suitable membership for you, and the current costs (Maxine can be contacted at gm@aylesburysquash.com)

2. *Equipment*

You don't have to spend a fortune to start playing squash, but you will need the following;

Non-marking shoes – non-marking court shoes are a must have (see Golden Rule (a) below). As you get more experienced you may find you prefer a sturdier shoe offering more stability and support, or a lighter, low profile shoe for the fleet of foot. For now though, they just need to be non-marking

Protective goggles – serious eye injuries can be caused by both wayward squash balls, which can travel at over 100mph, and flailing rackets. No-one wants that, so we have a Club policy that all under-19s **must** wear protective goggles whenever they're playing. We also recommend that **ALL** members wear goggles when playing. The Club has a small range of goggles for all ages available for purchase from the bar

Racket – Squash rackets are shorter and lighter than tennis rackets, since it's played in a smaller, enclosed space with smaller, lighter balls. Rackets can vary by material, weight, balance and string tension – as you develop, you'll discover your own preferences but to start with all you need is an entry level squash racket. A small number of rackets are available to hire for a small charge, from behind the bar, along with replacement grips for purchase.

Grip – If you intend on using a Racket you already own, please check the grip, they degrade over a short time and can flake off and leave marks all over the court floor which are difficult to remove.

Balls – A squash ball's a squash ball right? Wrong! There are four types of squash ball (denoted by the coloured dots), each with different bounce properties (as shown below). There is a link to an excellent article on balls on the last page, but very briefly;

1. **Blue** are the bounciest (and can also be slightly larger, depending on the brand). They're brilliant for beginners because the extra bounce provides more time not just to get to the ball but to prepare for the shot properly.
2. **Red dots** are recommended for improving and recreational players
3. **Single yellows** are recommended for regular, club level players
4. **Double yellows** are recommended only for 'pros, elite players, and strong club players'

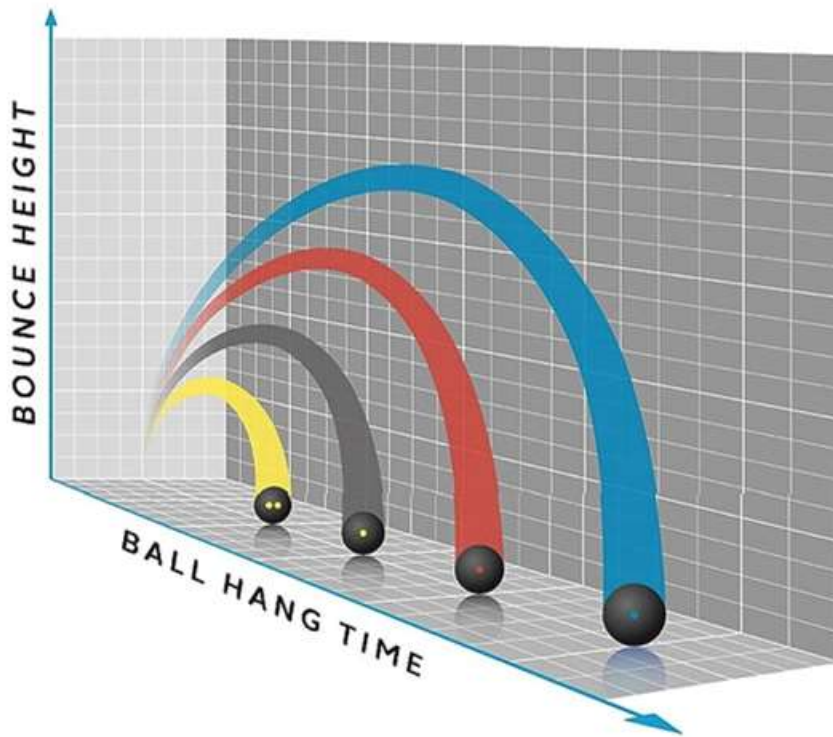
Playing with a ball that's too slow for your skill or fitness level will be no fun for you or your opponent; rallies will be 2 or 3 shots long and you'll be left thinking you're a terrible player and completely unfit. You're not, you're just using the wrong ball.

To help you get the most enjoyment and benefit from playing squash, we recommend that beginners and internal mixed league players from say box 16 downwards play with a red dot ball. For more experienced players, and internal league players from say box 8 to 15 we suggest playing with a single yellow dot. Only for team players, and those in internal leagues 1 to 7 do we suggest playing with a double yellow dot.

Balls can be purchased from the bar.

Clothing

Nothing more specific than a t-shirt, shorts and socks (and those all important non-marking shoes) is needed to get you on court and playing



3. The Golden Rules

We want your time on court to be an enjoyable, safe experience, whatever your level. To help us achieve this, we ask you to adhere to the fundamental club rules below;

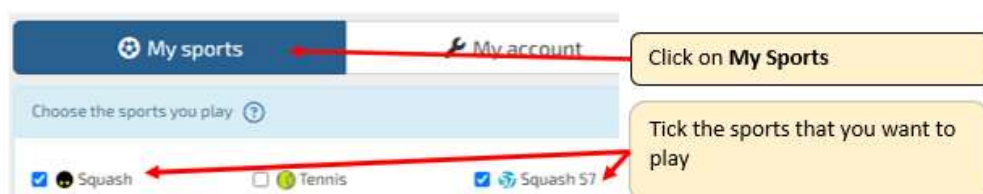
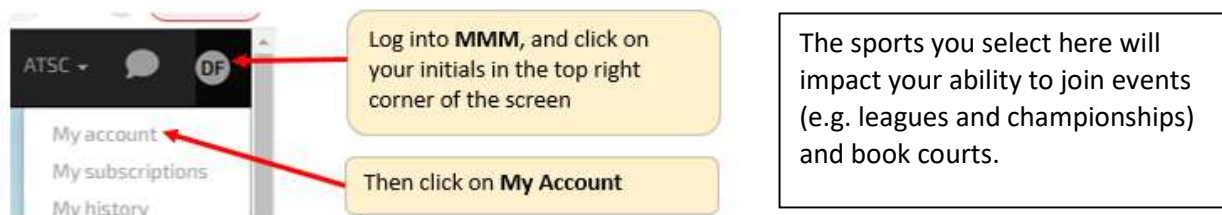
- a) **Footwear** - Players **MUST** change their footwear before going on court, and wear suitable non marking sports shoes. Wearing outdoor shoes will bring mud and stones onto the court, increasing the risks of slipping, scratching the floor surface, and leaving immovable shoe scuff marks
- b) **Food and Drink** - **NO** food or drink is to be taken on court. Drinks bottles can be left just outside the court, and there is a water fountain outside the changing rooms. Again this reduces the risk of slipping, and marking the floor
- c) **Under 19s MUST** wear protective squash glasses whenever they are on court, regardless of whether they are playing friendlies, internal league games, or club matches. High speed squash balls and flailing rackets can cause serious eye injuries
- d) **Under 16s MUST** have a parent / guardian in attendance whenever they are playing (other than coaching), regardless of whether they are playing friendlies, internal league games, or club matches

Players seen to be breaking these rules can expect to be challenged and asked to leave the court.

The Club's full **Code of Conduct**, and full rules for the squash and racketball leagues can be found on the club noticeboard in the corridor.

4. Selecting your sports

Once you're registered with MMM, you can select the sports that you'll be playing;

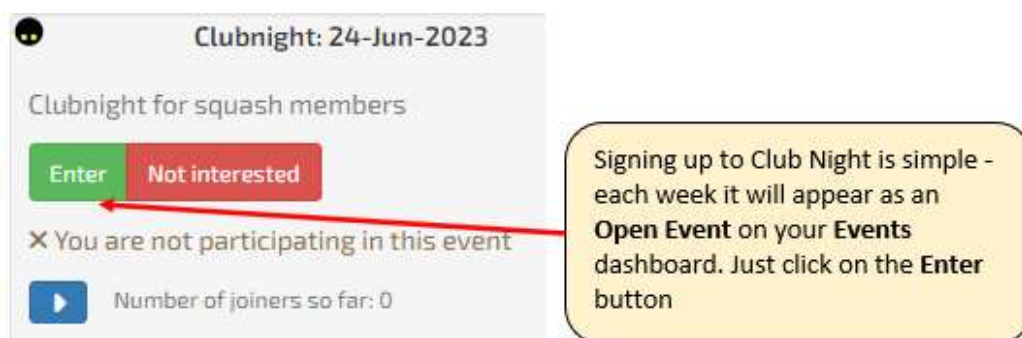


Note - if you're a non-playing family head, with family members who do play, you can leave these boxes blank and instead add your family members in My Account. You can tick the boxes for them.

5. Playing

a) Club Nights

The ideal way to meet, play and get to know fellow members. Each Saturday evening from 6pm, all four courts are opened up to members to play each other in a series of best-of-3 matches. It costs nothing, and you'll get to play against members of all abilities, pick up helpful tips and advice from more seasoned players, and enjoy a relaxed drink and chat in the bar afterwards. It's also a good way to get some new names for friendly matches. Juniors aged 14 and above are welcome, with parental supervision.



b) Friendlies against other members

Don't feel quite ready for the leagues yet? Or maybe you've played all your league matches and want to get a game in before the end of the month? Then Friendlies are the perfect opportunity to keep your fitness and technique honed. Using the booking

system on MMM you can arrange matches against your new Club Night contacts, or send invites to a number of members based on certain criteria e.g. similar ability level. See **'4. Booking Courts'** for details on arranging friendlies.

c) **Internal Leagues**

Once you've played a few matches and have an idea of your level, you'll want to test yourself against other members in the internal leagues. The club offers mixed, ladies and junior squash leagues, and mixed racketball leagues. To give an idea, the mixed squash league averages around 100 entrants each month, split into about 20 boxes. You're welcome to enter as many leagues as you're eligible for i.e. new adult lady members could enter the mixed squash league, the ladies' squash league, and the racketball league (time allowing!). These can be entered easily within MMM;

The image shows a sequence of three screenshots from the MMM system. The first screenshot shows the top navigation bar with icons for Home, Calendar, Events, Matches, Invite, Groups, and Teams. A red arrow points from a yellow callout box to the 'Events' menu item. The second screenshot shows a list of leagues under the heading 'Leagues: June 2023'. One league is visible: 'Aylesbury Squash Club Internal Racketball lea...'. It has three buttons: 'Enter' (green), 'Manage', and 'About'. A red arrow points from a yellow callout box to the 'Enter' button. The third screenshot shows the same league entry, but the 'Enter' button has been replaced by a blue 'Note' button, and a yellow callout box points to it. The status at the bottom of the league entry has changed from 'X You are not participating in this event' to '✓ You are entered for this event'.

From your dashboard, click on **Events**

On the left of the screen you'll see a list of events that you can enter (**Racketball** is shown here, but you could also see the **Mixed** or **Ladies Squash** leagues)

Click on **Enter**, which will enter you into the next month's event. A message will appear confirming this

The event box will now look like this. Click on **Note**

Note to organiser of Squash 57 Leagues: June 2023

Please indicate any additional information that the event organiser may find useful. For example your ability level or any availability restrictions

I'm a complete beginner, so please enter me into the bottom league

Entering a note here, like the example above, will help us set you at the right level in the leagues. Other examples could be "I've played at County level", "I used to play regularly for recreation but haven't played for a few years", or "I regularly play Another Member in friendlies and beat them". It all helps. Click Confirm once you're finished

Please confirm this note

Close

Confirm

Note – junior members (under 16s) are welcome to enter the mixed / ladies leagues as well as the junior leagues, but a parent / guardian *must* be in attendance during their games (see the Golden Rules).

d) Internal Tournaments

The club runs a number of inhouse tournaments throughout the year that members are encouraged to enter. These include;

Club Championships – held annually over a weekend (usually around March), a number of knock out competitions are organised such as mixed, ladies' and juniors, split according to ability levels. Finals are held on Sunday evening on the show courts 1 and



2, followed by trophy presentations. These are always good fun, and also useful experience if you're not used to playing in front of an audience.

This year's Club Championships winners and finalists

Chairman's Cup – held over the winter months, this is a team competition with team members ranked according to ability. Teams then play each other on a round-robin basis – so when team A plays team B, the 5th ranked players from each team play, then the 4th ranked players and so on. Points are awarded based on the match scores. Once all the teams have played each other, the top 2 teams play off in the final. For each match, one team will take on responsibility for providing food afterwards, and this makes it a really enjoyable evening with the chance to enjoy a drink and a chat with the other entrants.

Various other competitions are held throughout the year, such as the Racketball Club Championships, and past events have included the Red Dot Challenge, and the Wooden Racket Challenge.

e) **Club Teams**

The club runs a number of successful teams across mixed and ladies' squash and racketball, playing in the Buckinghamshire leagues. We're always keen to see members express an interest in playing for the club. Initial points of contact are **Dan Robinson** (dmr.z93@gmail.com) for the men's squash teams, **Julia Foster** (julia@fosterfamily.eu) for the ladies' teams, or **David Evans** (DavidE@pursuitnha.com)

6. **Booking Courts**

Click on the **Calendar** icon in the top menu, then click on the drop down **date** arrow and select the date you want to book for.

You can book courts up to 14 days in advance

	S1	S2	S3	S4
16:45 45 mins	Available +	Available +	Available +	Available +
17:00 60 mins	Available +	Available +	Available +	Available +
17:30 45 mins	Available +	Paul Arman Nicholas Ainger Squash 57 Friendlies	Available +	Available +
				16:35 45 mins
				17:20 45 mins

Scroll up or down to select the time you want to book for

Courts 1 to 4 are shown from left to right (S1 = court 1 etc)

Available courts are coloured blue and have an **Available** drop down button. (If the slot is pink it means that court is already booked, and if it's grey it means it's been reserved for team events or coaching). Click on the **Available** button

Booking court S2 at 17:50

Squash 57 Friendlies
Invite opponent...

Squash Friendlies
Invite opponent...

Squash Bubbles
September Bubble 1: Invite a player...

Invite anyone...

Book for solo or guest use only...

A list of the events you can book courts for will appear (e.g. leagues or friendlies). Click on **Invite Opponent** for the desired event

You can also send an open invite to other members, according to set criteria e.g. closely matched in skill, or your regular 'buddies'

Or you can book a court for solo use, or to play a guest

At all stages of the booking process a **Help** button is available in the bottom left of the screen

Squash 57 Friendlies match

Filter your choice of players from those involved in this event

Best buddies My buddies Other members

Who

Non-participants, non-members or guests

<input type="checkbox"/> Darren Franklin	<input type="button" value="Onside"/>
<input type="checkbox"/> Martin Campbell	<input type="button" value="Opponent"/>

Martin has agreed to play at 17:50

The court will be booked but Martin needs to accept the match

You can select opponents from your 'buddies' list, or search for a specific member. Click on their name and they'll appear as your opponent

You can then **Book & Invite**, in which case your opponent will need to accept the invite, or **Book With XXX** where you've already agreed the date and time

Once you've played the match, MMM will deduct the court fees from your account balance. If your opponent had accepted your invite, or you used the **Book With XXX** option because you'd agreed the match, the court fees will be split 50/50. As of 1st June 2023, court fees are £3.00 up until 5.40pm, and £5.00 thereafter (so £2.50 each if you're sharing the fees)

7. Coaching

Groups/One t One - At some point you may feel that you need some coaching to take your game to the next level. The club has a growing number of Level 1 to Level 3 qualified squash coaches who are happy to offer individual or group sessions. For more information contact gm@aylesburysquash.com

Ladies Squash/Coaching - A number of Ladies only coaching courses are also offered over the year. Led by Isabella Vasilescu these are proving very popular, with attendees going on to play in both the internal leagues and the Ladies team. For more information contact gm@aylesburysquash.com

Junior coaching - Finally the club runs a successful junior coaching programme on Saturday mornings during term time, with attendance averaging around 25 youngsters aged from 5 to 15. Organised and run by a dedicated team to developing players, these sessions help younger players learn new skills, improve their fitness levels, and raise their self-confidence. For more information contact gm@aylesburysquash.com

8. Useful contacts

The contacts below will be pleased to help with any questions, concerns or suggestions on most areas;

Area	Contact	Details
General, Club, Coaching	Maxine Major	gm@aylesburysquash.com
Safeguarding	John Gilmour	safeguarding@aylesburysquash.com
Data Protection Officer	Keith Cottenden	dpo@aylesburysquash.com
Squash Club Chair	Oliver Field	ofield@aylesburysquash.com
Internal Leagues	James Saker	
Ladies (all areas)	Isabella Vasilescu	
Squash Teams	Dan Robinson	dmr.z93@gmail.com
Racketball Teams	David Evans	davide@pursuitnha.com

9. Useful links

Address	Description
https://www.englandsquash.com	Website of the governing body for both squash and racketball (squash 57).
https://squashplayer.co.uk/index.asp	Lots of articles covering training drills and tips for improving both the physical and

	mental side of your game, as well as the latest squash news
https://www.squashlevels.com	Allows you to track your squash ranking, driven by your results in internal league games, club team matches and external competitions
https://www.cbltsc.com/squash-ball-choice	This is an excellent explanation of the different squash balls and their properties, hosted on the Chesham Bois Lawn Tennis & Squash Club website
https://www.youtube.com/@squashtv https://www.squash.tv/	Squash TV for those wanting to see the game in action across a number of platforms.