



## Welcome

We would like to take this opportunity to say a very warm welcome to you as a new member of our club. We pride ourselves on the enthusiasm with which we receive new members. We hope that this **Welcome Pack** will help you to get involved in the club from the beginning and ensure you enjoy to the fullest your membership of **Ballinlough Tennis Club**

## Getting Started

Irrespective of the standard at which you play the best way to "put your toe in the water" is to come along on a Tuesday night for our weekly **Club Night**. This is a night of fun tennis with an emphasis on getting players to mix and play with people with whom they mightn't normally play.

When you arrive just mention to the organiser that you are a new member - he/she will ensure that you get to know everybody

Occasionally we hold special **New Members' Nights** - if you are more comfortable you could start there. Details can be seen on the Noticeboard or ask any of the Committee members.

For our female members who's time is a bit more flexible then maybe the twice-weekly **Ladies Morning** (Tuesdays & Thursdays from 10 am) might suit. Again tell the organiser that its your first time and you will get special treatment. Enjoy some good tennis and a sociable cup of tea/coffee afterwards.

Now that - hopefully - your appetite for the game has been whetted you might like to get a bit of **Coaching**. There are a number of excellent coaches attached to the club who will give either individual or group coaching to senior players. Their contact details are in this pack, on the notice board (and on the website [www.ballinloughtennisclub.ie](http://www.ballinloughtennisclub.ie)). If you want any advice in regard to coaching have a chat with one of the more experienced players or any one of the General Committee.



The natural progression from playing in the club Nights and/or Ladies Mornings is that a group of you may wish to organise your own game. Unless you are going to play at one of the less popular times, you are advised to book the courts in advance. **Booking of Courts** takes place on a Tuesday night at 6.45. There are a number of rules regarding the booking of courts. These are included in the set of **Club Rules** with this pack. Again we suggest you go along on a booking night and someone will explain it all to you.

## *Later On ...*

When you are really making progress, you may be tempted to try your hand at competitive tennis. The club caters for all levels of ability in the competitions which it organises. These competitions include the **Internal Winter League** – this is run over 6 to 8 weeks from October to December. Each player plays a 45 minute match on a Thursday night as part of a team of 8 players of all abilities from novice to more experienced players. The **Internal Spring League**, similar to the Winter League but run from February to March. The **Veterans Closed Tournament** - usually held in April. All players over 35 years of age are eligible to play – ability (or lack of it) is no obstacle to taking part. The emphasis is on participation and fun. The **Closed Senior Tournament** (October) is similar in format to the Vets tournament except open to all members. (no age limit). There are **Turkey Tournaments** which are run during December on Tuesday nights. As you can see there is plenty competition for everybody – the best thing is to ask about it on Club Night or at the Ladies Mornings.

If you are feeling confident, you could consider playing in competitions outside of the club. Broadly speaking there are two types of external competition. **Open Tournaments** – these are held in other tennis clubs and anybody who wishes can enter them. **Inter – Club** competitions offer an opportunity for members to represent the club against other clubs in Munster.

To ensure that players only compete against players of similar ability in these external competitions, there is a player grading system operated by the Munster Branch of Tennis Ireland. You will need to be registered with the **Munster Branch Player Directory (M.B.P.D.)** A Coach will assess your ability and you will be registered at a particular grade (from grade 1 to grade 6). When you are considering taking this step we suggest you talk to some of the more experienced players in the club.



## *For the Kids*

To help the kids get started playing tennis, the club runs a very successful **Junior Coaching Programme**. It is run by a dedicated **Junior Committee** who are usually the nicest and friendliest people in the club! The names and contact numbers of the Junior Committee will be on the notice board and the website. They will give you all the details about times, costs etc.

In addition there are plenty of both fun and serious competitions organised for the junior players. Details are available from the Junior Committee. The kids love these competitions because again there is a huge emphasis on fun and participation.

In July the Club runs a **Summer Tennis Camp** for Juniors and it is recommended as a great introduction for new junior members. They make friends as well as getting a taste for tennis. The nice people on the Junior committee also organise other fun stuff for the juniors throughout the year.

## *Socialising*

The club runs a variety of social events – **Barbeques, Fundraisers, Annual Outing** and the social highlight the **Annual Dinner**. If you want to try out any of these you will be made very welcome and enjoyment is virtually guaranteed.

## *A little bit of History*

The Club was founded in 1980 with just one court, it has grown in leaps and bounds over the years with a fifth court being added in 2012. As well as the construction of each additional court, the other landmarks in the Club's history have included **Floodlighting** (1990), **Clubhouse** (1996) **Artificial grass surfaces** (1998) and the **Clubhouse Extension** in 2009. Since 2001 the club has run a very successful **Senior Open Tournament** which is held at the beginning of September each year. A **Junior Open Tournament** was added to the club calendar in 2008 which has grown in stature and reputation among other clubs over that period.



## The "Help"

All of these developments are funded almost entirely by the members' annual subscriptions. The cost of running the club has traditionally been kept low due to the huge input of voluntary work by the members. The club is run on a day to day basis by the **General Committee** – a group of 12 hardworking souls whose sanity has temporarily deserted them! In addition there are a number of Sub-committees who take responsibility for particular areas of activity – the Junior Committee for instance. Taking all these people into account there can be as many as 30 or 40 people helping to run the club. There is a strong tradition of members' volunteering to help out at some level – this is good for the club and members also benefit personally from getting involved. You might think about putting your name forward at some stage in the future.

## Information

There are a number of ways of getting information – the best way is to talk to other members. In addition – keep watching the **Notice Board**, browse the **Website** or **Facebook** page regularly for news of upcoming events etc. The Club has an excellent text messaging service for direct communication with members. There are links on the website to the Tennis Ireland and Munster Branch (of Tennis Ireland ) websites if you want to get information about tennis activities outside of the club.

Current information and contact details about the **General Committee, Sub-Committees, Board of Directors, the Caretaker** and **Coaches** is contained in a separate sheet included in this pack. The **Club Rules** and **Codes of Behaviour** are also included for your information.

Finally, we hope you enjoy your time in Ballinlough Tennis Club. Tennis is a game for life – just look at some of the fossils around the Club as proof of this! It can be played by at your own pace and ability.

**Welcome Aboard.**



## *Contact Details 2015 - 2016*

### **The General Committee**

Jim O'Connell (Chairman)  
Helen O'Leary (Hon. Secretary)  
Eleanor McSweeney (Hon. Treasurer)  
Fiona MacCarthy (Club Captain)  
Anne O'Driscoll (Children's Officer)  
Deirdre O'Connell (Membership Sec.)  
Martin Bourke  
Carmel Holland  
Kieran Daly  
Noel Frawley  
Anne Casey  
Jennie Hickey

### **The Board of Directors**

Noel Tummon  
Bernard O'Brien  
Niall Keeley  
Michael Haugh  
Cliff Carroll

### **Sub-Committees**

#### **The Tennis Committee**

*Fiona MacCarthy (chairperson),*

#### **The Junior Committee**

*Jennie Hickey (chairperson),*

#### **The Maintenance Committee**

*Noel Frawley (chairperson),*

#### **The Social Committee**

Other sub-committees are set up from time to time to work on particular projects - details of these are available from the Hon. Sec.



### **Club Caretaker**

Michael McCarthy *021 - 4 291433*

### **Club Approved Coaches**

Val O'Grady *087 - 3952092*

Jo-Anne Williamson *087 - 7758873*

Greg Morris *087 - 2063564*

Jason Preston *086 2525545*

Martin Higgins *087 - 7141935*





## Club Rules

The following rules shall govern the use of the premises of Ballinlough Tennis Club unless altered by the General Committee as it may see fit from time to time.

- 1 The rules of play shall be those issued by the International Tennis Federation.
- 2 Floodlighting must not be used after 10.00 p.m.
- 3 Any Junior member of the Tennis Club may use the tennis courts at any time between 10.00 a.m. and 6.00 p.m. The courts may be used by a Junior member who is accompanied by a Senior member of the club and who is playing with that Senior member on an unbooked court at any time between 6.00 p.m. and 7.00 p.m. provided there are no Senior members waiting for a court. They may play after 7.00 p.m. on a booked court only provided they are accompanied by the Senior member who booked the court and that they are playing with that Senior member.
- 4 The following conditions shall apply in relation to preference of use of the courts.
  - a. If a court is free and not booked the member(s) may occupy the court immediately.
  - b. The court must be vacated strictly on the hour unless there is no other member waiting to go on court. Where all five courts are due to be vacated on the hour they should be vacated by the members who have been playing longest. Where the occupants of each court have been playing for the same length of time they should be vacated in numerical order i.e. No. 1 vacated first, then court No. 2, then court No. 3 etc.
  - c. Preference shall be given to members who have pre-booked a court. Unbooked courts shall be occupied on a "first come first served" basis. This should be decided on the basis of the first full group waiting for the court to be vacated. A booked court which has not been occupied by 15 minutes past the hour shall be deemed unbooked.
- 5 Proper tennis attire shall be worn on court. Acceptable attire shall include shorts, T-shirts, tennis skirts, track-suits, non-marking tennis shoes.
- 6 There shall be no swearing on court.
- 7 There shall be no smoking on court.
- 8 Only appropriate food shall be consumed on court areas.
- 9 Bicycles shall not be allowed on court.
- 10 No animals allowed on court



- 11 No persons other than the players and, where necessary, an umpire shall be allowed on court while games are in progress.
- 12 Each member using the courts will take care not to cause any damage to the court surface, the nets or perimeter fencing by misusing them.
- 13 Entrance gates to courts shall be closed while courts are in use and closed when the courts are vacated.
- 14 Any Club member may bring a guest to play tennis on the Club courts subject to the following conditions :-
  - a. Each guest shall be allowed to be allowed to use the club on a maximum of 5 occasions in any one year
  - b. Each member and their guest shall be required to sign the Guest Register and pay the appropriate Guest Fee on arrival at the Club. The Guest Fees shall be as determined by the General Committee from time to time and displayed on the Notice Board. If the Guest Register is unavailable at the time of playing it shall be the responsibility of the member to sign it as soon as possible thereafter.
  - c. Each guest shall be required to comply with the Rules of the Club while on the Club premises. It shall be the responsibility of the host member to ensure that their guest is fully aware of and complies with these Rules.
- 15 The Courts may be booked at the Club-house on Tuesday night at 6.45 pm. Any court-times remaining un-booked may be booked at any time after 8.00pm by phone or in person at the club.
- 16 Any member may book a court for THREE separate hours of play during the following week. It is not permissible for any member to book more than one hour on any particular night.
- 17 No pairing or foursome may book a court for 2 or more consecutive hours.
- 18 Junior members may not book courts after 6.00 p.m.
- 19 Courts may be booked for particular events such as matches, tournaments, coaching sessions (subject to compliance with the club coaching protocol), club nights, ladies mornings etc. by either booking on the Tuesday night or by pre-booking by prior arrangement with the person appointed to oversee the booking. In general courts are not available on Club nights or Ladies Mornings for other events unless with the prior approval of the Club Captain. Matches as part of any external competition should be played on Saturday or Sunday unless in exceptional circumstances and then at the discretion of the Club Captain.
- 20 Members are required to take all due care when using the grounds at the Club. Litter should be put in the bins provided.
- 21 Cars should be parked in the adjacent carpark in the marked spaces and in such a manner as to avoid causing any nuisance or obstruction to other users of the carpark.





- 22 Bicycles may be brought on the Club premises but should be left in a tidy manner in the designated bicycle parking area. There shall be no cycling on the footpaths or grassed area.
- 23 There shall be no football, tennis etc. played on the grassed areas.
- 24 Members are required to take all reasonable care to use the Clubhouse in such a manner as to avoid causing any damage to same. Members are required to obey the Regulations contained in any notices which may be posted from time to time in and around the Clubhouse governing the use of same.
- 25 All members are obliged to carry out any reasonable request made of them by the club Caretaker or any Senior member of the Club acting in a supervisory capacity in the Clubhouse and Club premises.
- 26 No Club property may be taken from the premises without the permission of the General Committee.
- 27 Any question not provided for by these Rules shall be decided by the General Committee whose decision shall be final and binding unless otherwise decided by a General Meeting of the Club.
- 28 The General Committee are empowered to make and alter any rules for the regulation of the use of the Club premises.



## Child Protection Undertaking

I/We agree to abide by and support the **Ballinlough Tennis Club Child Protection Policy\*** and agree to abide by the guidelines as set out in the Policy and in particular to abide by the **Code of Ethics for Children in Sport.**

I/We understand and agree to abide by the rules of Ballinlough Tennis Club.

Name of Adult Senior/Family Member \_\_\_\_\_ (Signature 1)  
(please print)

Name of Adult Family Member \_\_\_\_\_ (Signature 2)  
(please print)

Name of Junior Member \_\_\_\_\_  
(please print)

Name of Junior Member \_\_\_\_\_  
(please print)

Name of Junior Member \_\_\_\_\_  
(please print)

Name of Junior Member \_\_\_\_\_  
(please print)

\_\_\_\_\_  
Signature 1

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature 2

\_\_\_\_\_  
Date

This Undertaking must be signed by the member or in the case of a family by both adults (where applicable). Signature 1 is deemed to be the adult signing on behalf of the family members under 18 years. (see note below) In the case of individual juniors (i.e. members under 18 years) the Undertaking should be signed (below) on their behalf by the parent or legal guardian having parental responsibility for the child. When a Junior reaches the age of 18 they must sign an Undertaking on their own behalf (whether or not they are still family members).

**Name** (if signing on behalf of Junior member) \_\_\_\_\_ (please print)

\* The Club's Child Protection Policy is available on the club website or in hard copy format at the clubhouse.