



Abingdon Squash & Racketball Club

New Members Information Pack



Peter Nicol and Mark Cairns enjoying their squash at Abingdon

Welcome to Abingdon Squash Club, this leaflet describes the facilities and services that are now 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.

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

Electronic Fob System

As a new member you will receive an electronic fob, this is used for entering the club and for the on site topping up of your account, booking courts and for activating the court lights.

How to book courts

The club has also introduced a state of the art booking system which conveniently allows members to book courts both at the club and on the internet. At the club there is an easy to use electronic booking unit behind the courts where, using your fob, bookings are processed. Here you can top up your account and book courts up to 14 days in advance.

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 upwards using pay-pal and book courts up to 12 days in advance. Detailed instructions on how to use the booking system can be found next to the unit in the club and on the club website or the club professional, Guy Tupper is often on hand to show how it works.

Finding someone to play

Special promotion for every new member!

One free 45 minute coaching lesson; individual, pairs or group.

Club nights

The Saturday and Sunday evening club nights are a great way to meet new players and burn off some calories from lunch at the same time! Saturday club night runs from 3.30 pm-6.30 pm and Sunday club night from 6pm -8pm and they only cost one pound! Simply turn up and play, all standards of player are welcome.

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 regularly 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 very friendly one and a highly recommended aspect of the club. It provides an excellent opportunity to meet other members of a similar standard.

Due to popular demand a new racketball box league has been successfully set up, again all standards of player are encouraged to join it.

Box league matches are arranged by the players in a time that is convenient to them.

Tournaments

There is also a popular annual graded club tournament for both squash and racketball catering for all standards which runs through the main part of the season. This begins in October and the entry fee is £5. Sign up sheets are on the club notice board and in the bar.

Coaching and training

Complete beginner to advanced level coaching sessions are provided for by the club professional, who is an experienced fully-licensed, advanced level squash coach and a qualified racketball coach. Tailored lessons for individuals, pairs or groups are available. There are also regular junior group sessions from beginner level upwards on a Saturday morning and Wednesday 4.45-6pm. Abingdon squash club has developed some of the best juniors in the county and juniors are actively encouraged, helping to produce a friendly, welcoming atmosphere.



Warm-up during Saturday morning junior training

Oxfordshire leagues

The Club has a number of squash teams in the Oxfordshire league. We currently have four men's teams over a range of divisions and two ladies teams. Team nights at the club often have a real buzz, with top level matches to watch and great supporters cheering us on. Our first team is often at the top of the league, our star player being Mark Cairns, an ex-British champion and ex-world top 10 player. New players are welcomed into the teams, as are supporters. To join a team contact our club professional, Guy Tupper.

Club bar/social area

The club has a newly refurnished bar area open on weekday evenings from 6.30pm-11pm and Sunday evenings from 7pm to 10.30 pm, as re-hydration is very important! Excellent bar food is also available on Tuesday, Wednesday and Thursday evenings. The bar area is equipped with a PC, WiFi connection and wide screen TV.

The bar area is also available free of charge to book for functions.

Pro shop

Due to demand the club has opened a brand new sports shop which provides the latest squash and racketball equipment and clothing at excellent prices. This is located behind court 3, please ask Guy Tupper for advice or for trying out a demo racket or to have a browse in the shop.

Parking and Bike storage

There is ample parking space directly outside the club. Or for those of you would be feeling really energetic, we have a secure, enclosed bicycle area for you to keep your bike safe in. Simply ask for a key at the club bar.

Useful Contact numbers

Abingdon Squash Club
Northcourt Road, Abingdon, Oxon, OX14 1NN, United Kingdom
Tel 01235 530374
Email: info@abingdon-squash.co.uk

Club professional:
Guy Tupper
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Membership secretary:
Jack Cheung
e-mail: info@abingdon-squash.co.uk
tel: 07881510188

Treasurer:
Alan Gilmour
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Club bar: 01235 530374
Club website: www.abingdon-squash.co.uk

