



On behalf of the Squash Section, the Committee would like to extend you a very warm welcome

We hope that you will enjoy the club, our facilities and our social life

Getting to Know the Club

If you already know somebody who regularly plays squash or racketball at the club, then you will probably not have any difficulty in finding someone to play.

If on the other hand you are new to the sport or have recently moved to the area, it can sometimes be tricky finding people to play.

One good way is to join the mini leagues. Each league comprises 4 or 5 players and runs for a period of 6-8 weeks, after which players move up, down or stay still depending on results. In this way you get to play against different players on a regular basis. (See more below)

Opening Hours

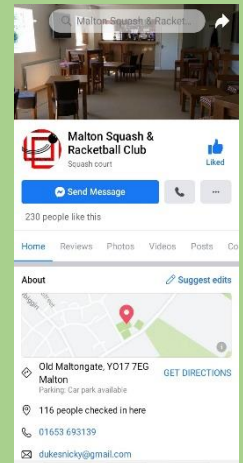
Members may access to the building from 7:00 a.m. until 11:00 p.m.

The bar is open from 6:30 until 10.30 Monday, Wednesday, Thursday & Friday evening.

Payment By Card is available.

Club Facebook Page

In addition to the Club Spark website, we have a Facebook page for news and events. Find our page at Malton Squash & Racketball Club and "like".



Booking and Paying for Courts

There is no fee for booking a court. Members may book courts up to 7 days in advance.

Members should not use a court without having made a reservation first on the booking system website.

Day members may not book peak-time courts (Monday - Friday from 5pm to 8pm).

Court Lights and Guest Fees

Although courts are free to book, there is a £3 charge for the lights. 3 x £1 coins in the light meters turns the lights on for 40 minutes. Playing partners usually share this cost.

Any member may bring a guest to the club to play (max 5 times) but a £2 guest fee is payable for the Guest. Please put £2 in the guest fee box underneath the light meters.

Late-Cancellations

If you are unable to use a court, please cancel the booking as soon as possible so that other members may re-book the court.

Mini-Leagues



The mini-league system is one of the best ways to meet other members of similar standards in the club.

The leagues are hosted on the Squash Levels website.

Each league typically comprises five players.

Each player in a league plays all the other players.

At the end of the league period (approx 6 weeks), players move between leagues depending upon their final position in the league and a new period begins.

After a few league periods, you will have played a number of different members in the club.

Club Tournaments

The club runs several different squash and racketball tournaments each year. These include individual, team, and handicap competitions, so there is very much something for everyone.

During tournament weeks, the club is a really good place for playing, watching exciting matches, and enjoying a drink at the bar.

Coaching

The club enjoys the services of excellent coaches. If you want to know the basics or if you want to hone your technique, individual or group coaching can be booked at very reasonable rates.

Ask at the bar for details.

Do's and Don'ts

Malton Rackets Club is a relaxed environment and there are not very many rules at the club.

However, there are one or two things that are very important within the squash club.

Please ensure that you wear clean, non-marking indoor court shoes. A marked floor makes the court-markings less easy to distinguish and the court becomes dirty and less pleasant to play in.

Even a small amount of dirt on the floor or the court can make it slippery which turns the court into a very dangerous place for a player stretching or turning quickly to get to the ball.

Always knock on the door before entering the court as the doors open inwards.

When playing, remember that you share a space with your opponent wielding a racket. "Thoughtless play may result in injury" so please ask for a "LET BALL" when necessary.

No drinks bottles are to be taken on court.

First Aid

The first aid box and accident book are located next to the watercooler outside court 2.

If the bar is open, we have ice packs behind the bar if needed.

Defibrillator

In case of an emergency there is a Defibrillator mounted on the outside wall of the building in the squash carpark. Call 999 and give the Cabinet Number, NCPAD1125 and postcode YO17 7EG. The ambulance service will give the code to open the box and talk through the procedure of use. The defibrillator can be used by anyone in an emergency situation.

In Case of Fire

Anyone discovering a fire should raise the alarm immediately, regardless as to how small the outbreak is.

The Fire & Rescue Service (999) should be called, with the name, address and full postcode of the property given clearly, along with any helpful information such as the fire type and location.

Evacuation should be prompt and calm, with everyone making their way to the designated assembly point. (Castellated wall in Squash car park).

Do not stop to collect any personal belongings, head directly to the nearest emergency fire exit.

Once you have exited the building, everyone should meet at the designated assembly point.

Squash Committee

The committee meets bi-monthly. Their job is to keep the squash & racketball section running smoothly and to make improvements.

Please don't let any dissatisfaction with the club go unnoticed, we are always ready to listen. Or if you prefer, leave a note for the committee in the Suggestion Book behind the bar.

The club is here for everyone to enjoy the game at whatever level they are.

We hope you enjoy your club!

Your squash & racketball committee members are:

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Sue Preston	Secretary/Ladies Captain	suepreston1@yahoo.co.uk
Kevin Goddard	Membership Sec/Competitions	kmgoddard@btinternet.com
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