

Club Rules

1. Adult members may play at any time.
2. Mini-Tennis Parents may play with their Mini Member child until 6.30pm Mon - Fri, and Sat & Sun from 1pm. They may book courts up until 6.30pm.
3. Teen members may play at any time, subject to court availability. They may book courts up until 6.30pm.
4. Junior and Mini members may play until 6.30pm and thereafter only when a court is free. They may book courts up until 6.30pm.
5. Adults have priority on court after 6.30pm and may ask under 18s to vacate courts if no others are free. This also applies to a child playing with an adult.
6. Members may book one court for up to 90 minutes per day.

Court Etiquette

1. Members and their guests are expected to conduct themselves in an orderly fashion at all times.
2. Appropriate sports clothing and footwear must be worn.
3. Do not hit the nets with your racquet, or tighten them too much.
4. Nets should be slackened at the end of play if no one is coming on to the court.
5. Do not walk past the end of a court when play is in progress. This is dangerous both to you and the players on court.
6. Please remove and dispose of any rubbish. Bins are provided at the courts for your use – please use them. Do not drop chewing gum on the courts.
7. In order to minimise uneven wear on the courts, when the courts are quiet, players should use courts 3 & 4 in preference to courts 1 & 2.

<https://linlithgowsportsclub.com/tennis-zone/>

Linlithgow Sports Club, Boghall, Linlithgow EH49 6AB
Tel. 01506 847480



Linlithgow Tennis Club



Handbook 2019-20

Welcome

Linlithgow Tennis Club offers a warm welcome to all members. The club provides a varied programme for players of all ages and abilities, and we encourage everyone to make full use of the facilities. The information in this handbook will give some idea of the activities available but if you need more information or have suggestions for improvements, please contact any committee member.

Keep in touch via Facebook www.facebook.com/linlithgowtennis or follow us on Twitter and Instagram @linlithgowtc or on our website: <https://linlithgowsportsclub.com/tennis-zone/>

Committee Members & Office Bearers

President	Graham Laidlaw grahamlaidlaw1@me.com Tel: 07458 648 148
Secretary	Marion Stevens secretary@linlithgowtennis.co.uk
Treasurer	Lesley Pettigrew lesley.pettigrew@blueyonder.co.uk
Junior TCS Rep	Danielle Harris Danielle-1-harris@hotmail.co.uk
Welfare Officer	Laurie McKerrow laurie.mckerrow12@hotmail.com
Ordinary committee members	Andy Bonnar Paddy Duffy Diane Mackie
Head Coach	Gordon Watson Tel: 07753 809122 gordonwatson@totaltenniscoaching.com
Board of Management Reps	Graham Laidlaw and Diane Mackie



Court Bookings

Courts may be booked using the link below (also on the club website).
<http://www.my-reservations.net/cgi-bin/scheduling/linlithgowtennis/schedule.cgi>

Members may book one court per day for up to a maximum of 90 minutes. Courts may be booked up to 8 days in advance. Under 18s may book courts until 6.30pm.

- Username format is *firstnamesurname* e.g. *joebloggs*
- Password is your clubhouse entry card number, e.g. *2590*

Cancellations - If you book a court but are then unable to play, please remember to cancel your reservation as a courtesy to other players.

Visitors

Members may introduce up to two visitors in any one-month. An individual guest may only play once in any month. Members playing with visitors should deposit the fee of £5 (adults) or £3 (under 18s) in the visitor box at the clubhouse or behind the bar. Envelopes are provided on the inside notice board.

Floodlights

Meters take £1 coins and are located in the clubhouse. Cost: £1 for 30 minutes. If lights are allowed to go out, there will be a delay of up to 15 minutes before they return to full strength. Lights requiring maintenance should be reported to a committee member as soon as possible.

Membership Cards

Lost cards should be reported to the Membership Secretary. Replacement cards cost £5. membership@linlithgowsportsclub.com

Ball Machine

May be hired (£5 per hour) by adult members who have attended an induction day. For induction dates contact Stuart Coe: stuart.coe@dsl.pipex.com



Teams

We have a number of adult and junior teams playing in the Tennis Central Scotland (TCS) leagues. Players interested in joining a team, please contact the relevant captain. Selection is based on merit and is at the captain's discretion. Match fixtures can be found in the TCS Handbook at: www.tenniscentralscotland.org

Senior Team Captains

Gents 1 st	Louis Theron	07903 824213
Gents 2 nd	Stephen Bell	07712 488801
Gents 3 rd	Andy Bonnar	07557 973564
Ladies 1 st	Diane Mackie	07769 263872
Ladies 2 nd	Anne Marie French	07887 760333
Ladies O45	Alison Dickson	01506 847670
Mixed O55	Brian Joy	07715 487550
Gillespie Cup	Diane Mackie	07769 263872
AL1	Diane Mackie	07769 263872
Winter League	Norrie Watson	07939 201649

Junior Team Captains

12U	Andy Bonnar	07557 973564
16U 1 st	Sheila Tait	07902 802309
16U 2 nd	Ian Shearer	07808 906665

Junior teams are open to boy and girl players.

Club Merchandise / Team Kit

A wide variety of junior and adult club kit items can be purchased from our online shop at: <http://www.linlithgow.merchandise.clothing>



Weekly Programme

Monday	3.45 – 6.30pm: Junior coaching 6.30 – 8.30pm: Club Night (adults)
Tuesday	3.45 – 6.30pm: Junior coaching 6.30 - 9pm Ladies' matches (Apr - July)
Wednesday	10.30am-12pm: O55 mixed doubles matches (Apr-June) 6.30 – 8.30pm: Club Night (adults and teens)
Thursday	4.00 - 6.30pm: Junior coaching 6.30 - 9pm Men's team matches (Apr-June)
Friday	9.00 – 10.30am: Club Morning (adults) 1.00 - 5.30pm: Junior coaching 7.00 - 9.30pm Matches (Apr-June)
Saturday	9.00am – 12.00pm: Coaching 1.30 – 3pm: Club Afternoon (adults and teens) 4.30 – 6pm: Junior matches (Apr-June)
Sunday	9.30 – 12.30: Coaching 4.00 – 6pm: Junior matches (Apr-June)

Courts are also used for LTA Team Tennis matches, Cup matches, open days and tournaments. Please check court availability online to avoid disappointment.

Social Tennis

Four club sessions take place each week. They are held on Monday and Wednesday nights from April to September, and year round on Fridays and Saturdays during the day. Times as above. Any standard of player is welcome. The Club funds floodlights. Play is free and is on a first come, first served basis. Games should be played as one short set (1st to 4 games) or 20 minutes, whichever is the shorter.



Coaching

The Club has contracted Gordon Watson as Head Coach to run and develop the Club's coaching programme. Gordon is a Level 4 Senior Performance Coach and has a team of LTA qualified coaches to assist with providing coaching. The following programme will operate between April 2019 and April 2020.

Junior Coaching Calendar

Block/Course Name	*Dates	Duration
Easter Camps	8 - 19 April	2 x 1-week courses
Spring / Summer Block	22 Apr - 30 June	10 week block
Summer Camps	1 July - 17 Aug	7 x 1-week courses
Autumn Block	19 Aug - 10 Nov	12 week block
October Camps	14-18 Oct	1 week course
Winter block	11 Nov - 20 Dec	6 weeks
*New Year	6 Jan - 4 April	13 weeks

*Subject to alteration

Winter coaching for juniors will continue outside for juniors depending on weather. Mini-tennis coaching will move indoors in winter. Dates are subject to confirmation. Full details and registration forms will be posted on the club website.

Adult coaching

Lessons for beginners and improvers will be advertised and blocks run according to demand, starting in April. One-to-one or small group private lessons may be arranged directly with Gordon.

Private lessons

Private lessons are available for juniors and adults. Court bookings for individual lessons are the responsibility of the Member(s) concerned.

Enquiries to Gordon Watson - Email gordonwatson@totaltenniscoaching.com



Competitions and Events

Tournament Day	Sat 16 March (age 8-16)
Ladies' Season Opener	Sat 30 March 1.30 - 4pm
Wimbledon Ballot	Sun 28 April at 1.30pm
Mixed Doubles Tournament	Sun 28 April 1.45 - 4pm
Quorn Family Cup (red ball)	Sat 27 April (age 10 + adult)
Road to Wimbledon	Sat 11 May - Boys' and girls' 14U singles
Nature Valley Open Day	Sun 19 May 1.30- 4pm
Club Championships	From 1 st June for 12 weeks
Linlithgow Mini Open	Sat/Sun 8-9 June; Grade 4 open singles for 8U 9U 10U Enter online via LTA website.
President's Day & BBQ	June - date tbc
Wimbledon social	July - date tbc
Central Development Events	Sat 20 July - all day (ages 8-16)
'Nature Valley' Open Day	Sun 21 July 1.30-4pm
Central Development Events	Sat 3 rd August - all day (ages 8-16)
Mini Club Championships	Sat 24 August
Finals Day	Sun 25 August
Linlithgow Junior Open	6-8 September (tbc); Grade 4 open singles for 12U 14U 16U 18U Enter online via LTA website
Ladies' End of Season Social	Sat 19 October 1.30 - 3.30pm
Hallowe'en tournament	Sat 26 th - junior social
Tinsel Tennis	Sat 14 th - junior social

Other events may be organised throughout the year. Volunteers are always needed and welcome! If you are prepared to help in any of the activities, please contact one of the committee.

