



## LINGS SQUASH CLUB, NORTHAMPTON

Established with its current constitution in 2004, Lings Squash Club is a separate entity to the Lings Leisure Centre, though we have a very good relationship with the Northants Leisure Trust who run all the public leisure centres in Northampton.

We are fully affiliated with England Squash and most of the Northants Squash Rackets Association committee is made up of Lings members.



### JOINING AND MEMBERSHIP FEES

Joining the squash club costs £20 per year for senior players (juniors are free). This allows you to play in the internal leagues and the club championships, and gets you membership of England Squash and [Squash Levels](#).

You can see the benefits of ES membership [here](#).

Membership fees are due annually on 1<sup>st</sup> May, so if you join in December, January or February we offer a pro-rata fee of £10; or £5 if you join in March or April.



Should you wish to also play for one of the Lings teams in the Northants county leagues, this then costs an additional £20 per year, payable before the season starts in October.

If you would like to join the club, please transfer your membership fees to our club account:

HSBC Bank  
S/C: 40 35 04  
Acc No: 92428652  
Ref: Membership 21/22

Our Treasurer, David Howard, is copied on new member responses so he knows where the funds might be coming from.

Please read on for further information about Lings Squash Club, and how the sport is run in Northants.

## INTERNAL BOX LEAGUES

Once you have paid your membership fee, you can enter the internal leagues. These are run on a calendar month basis and require you to play four, sometimes five, matches each month. Contact details for each player are available on the notice board and on the [Squash Levels](#) website (see attached poster which explains a little about this) so you simply get in touch with each of your opponents to arrange your matches. Normally, the top and bottom two players in each division will be promoted/relegated to the division above/below, although this sometimes changes with new players starting or others dropping out.



## TRILOGY MEMBERSHIP

If you aren't already a member of Trilogy, details can be found on the Trilogy memberships page of their website: [www.trilogyleisure.co.uk/memberships](http://www.trilogyleisure.co.uk/memberships)

Full membership is amazing value - you will get: unlimited swimming, gym, and classes; one free off-peak squash or badminton court per day; and unlimited use of the cinema. It is quite outstanding.



## COURT COSTS

Squash courts are available from 8am to 8pm in 45 minute slots. All racket sport court costs can be seen on the Trilogy site: <https://www.trilogyleisure.co.uk/health-fitness/racket-sports/>

It is worth getting a leisure card even if you don't want full membership, as this will give you the ability to book eight days in advance at a lower price than having no membership at all.

## ADULT SQUASH COACHING

We hold a couple of sessions a week for adults. On Monday evenings the ladies coaching starts at 6:30pm and goes on until 8:00pm - this is run by Toby Westall and Mike Broadbent.



Sarah Parkins is one of our junior coaches and arranges matches with other ladies in the county when possible. She also plays in the club and county leagues and is a stalwart member of Lings.

Also on Monday evenings we have general adult coaching that starts at 7:15pm and goes on until 8:45pm. This caters for a wide range of abilities and some of the ladies will join in for the second half. Mike Broadbent and Ray Chessum run this class, and it operates on a monthly payment in advance

system: depending on how many are involved, it tends to work out at £5 or £6 per week. One to one coaching is also available – see the notice board for details.

On Saturday mornings the ladies get together to train and play from 10:30am, after junior coaching: Sarah organises this.

## JUNIOR COACHING

We have a thriving junior section, with approximately 30 children on our books. Junior coaching takes place every Saturday morning from 9:00am – we coach until about 10:30 and then there are normally courts available for the kids to carry on playing through the morning. We also have an after-school club every Monday from 5:15pm until 6:45pm. If you are interested in getting your kids into squash, bring them along on a Saturday for a tryout – the first session is free and thereafter costs £4 on an ad-hoc basis, or £15 per six weeks.

All the Lings and county junior coaches are England Squash qualified, with relevant DBS and safeguarding in place.



## NORTHANTS COUNTY JUNIOR DEVELOPMENT

The county junior programme is available for any child who wants to improve and get involved in the sport – whether it is simply taking part in the local Grand Prix series (seven events from September to June), getting a bit of county coaching (six times over the season), or entering some sanctioned (ranking) competitions and joining the tournament circuit.



We have several juniors for whom squash is a way of life, and who are rising up the national rankings.

At Lings we have a boy's and a girl's regional champion and a few players in the England top 50, with a couple of them now in the top 30 and looking like candidates for top 10 and England development squads.

Within the county we are building a solid base of squash performance, and we have just started to hold sanctioned tournaments.

But irrespective of ambition or ability, our Northamptonshire community is very strong and supportive – for children and parents – no matter how involved they want to be. We also buck the national trend for female participation, regularly hitting a 50/50 mix of boys and girls at county events which is almost unheard of in other areas.



## EMAIL, INFORMATION, AND CONTACT

We keep everyone updated by email and our Facebook pages. Please indicate if you would like to join the mailing list (which is kind of necessary from a club perspective if you wish to play in the leagues) and you'll then automatically receive the information. We don't spam you and your details are never given out to a third party – we follow the GDPR regulations.

### Key Contacts:

**Mike Broadbent** – Chairman of Lings Squash, Northants Squash, and East Midlands Regional Forum, club coach at Lings, and Junior County Organiser: [Northants.Chairman@Squashclubs.net](mailto:Northants.Chairman@Squashclubs.net) and 07377 881616.

**Ray Chessum** – Junior County Development Officer, club coach at Lings, junior coach at Daventry Squash Club, and Junior County Co-Ordinator; also available for one-to-one coaching: [Ray.Chessum@gmail.com](mailto:Ray.Chessum@gmail.com) and 07368 389514.

**Sarah Parkins** – lady's rep on the NSRA and Lings committees, junior club coach and lady's coaching/team co-ordinator at Lings, lead female coach in Northants, and Junior County Co-Ordinator: [Sarah.Parkins@ntlworld.com](mailto:Sarah.Parkins@ntlworld.com) and 07910 671255.

**Toby Westall** – junior and lady's club coach at Lings: [TobyWestall1969@gmail.com](mailto:TobyWestall1969@gmail.com) and 07770 611830.

**WELCOME** 😊

It is always fantastic to meet new members, whether we are introducing you to the sport or if you are already playing. We hope that you enjoy belonging to our very friendly club where new members are warmly welcomed regardless of age, gender, standard, or experience.

If there's anything else you need to know please don't hesitate to get in touch with any of the people listed above.