



RLTC

**ROUNDHAY
TENNIS CLUB**

**WELCOME TO
YOUR RLTC
MEMBERSHIP!**



fb.com/roundhaytennisclub



[@roundhaytennis](https://twitter.com/roundhaytennis)



[@roundhaytennisclub](https://instagram.com/roundhaytennisclub)



WWW.ROUNDHAYTENNIS.ORG.UK

RLTC Code of Conduct

Court Etiquette

We are all keen to enjoy our sport so we have just a simple Ground Rule to make the playing experience more enjoyable for all and that is 'Keep it clean!'.

The 'it' being:

- the courts,
- your language and
- your play.

Don't cross the back of courts whilst a point is in play. If you're waiting off make sure it is in a safe place.

Leave the courts, clubhouse and grounds free of litter, collect in tennis balls for other players to use and don't let the frustrations of the game make you an unpleasant person to play with.

Social Tennis

There are many sessions through the week to join in playing social tennis. Please check the website to see which is the most appropriate sessions for you to attend.

New balls are provided by the club weekly for these sessions.

Juniors are welcome to social sessions by invitation of their coach or a committee member and have the same playing rights as adults.

If you are the last person to leave the clubhouse lock the door and gates. If you aren't the last person to leave make sure whoever is left has the means to lock up.

If you are playing with a non-member then you must contact roundhaytennis@gmail.com to pay a visitor fee for them.

Respect and Behaviour

All club members and parents of juniors must show tolerance, courtesy, good manners, fairness, honesty and integrity in their dealings with Club members, officials, playing and social visitors.

Equality

The club is opposed to discrimination in any form. All Club members have the responsibility to make everyone feel welcome and to ensure that membership of the club is a positive experience.

Safety and Responsibility

All Club members will act responsibly and look to protect and ensure the safety of everyone at the Club at all times. Particularly consider the well-being and care of junior players and visitors.

Fair Play

All Club members will respect the rules of tennis and address disputes with dignity and appropriate language.

Club Reputation

All club members should endeavour to protect and further the Club's good reputation at all times. When representing the Club, all players and officials will observe the principles in the Code of Conduct.



Playing Tennis At RLTC

Adults

There are many opportunities at RLTC to play both social and competitive tennis at a wide range of standards.

Social Tennis

There are 8 social tennis sessions per week which are mixed unless otherwise stated. You can sign up for a social session via the website or follow the QR code on this page. All sessions are free for members except Walking Tennis (price TBC) as this is coach led.

Monday 6:00pm - 8:30pm: All Standard Ladies Tennis

Wednesday 9am - 12pm: All Standards Mixed Tennis

Wednesday 6:00pm - 8:30pm: All Standards Mens Tennis

Thursday (3:00pm-4:00pm): Walking Tennis

Friday 6:00pm - 8:30pm: All Standards Mixed Tennis

Saturday 2pm - 4:30pm: Lower Teams and Improver Tennis

Sunday 9am - 11:30am: Higher Teams and Advanced Mixed Tennis

Competitive Tennis

For competitive tennis we have twenty four teams competing against other clubs in both local and county leagues. If you wish to play competitive tennis we will have a team to match your ability, and over the seasons we adjust the number of teams to cater for the number of players wishing to play club matches.





Playing Tennis At RLTC

Adults continued...

Organising Your Own Games

To book courts to play your own organised games you can visit the website and follow the links or scan the QR code on this page. If playing with a non-member then a guest fee will be charged. You can pay your visitor fee via the website or there are also posters you can scan to pay at the club.

Adult Coaching

There are also a number of adult coaching sessions available to attend. There are regular weekly group lessons, team practices and individual lessons available to book. Our coaching team led by Paul Johnson can help direct you to the most appropriate sessions for your standard.





Playing Tennis At RLTC

Juniors

There is a strong junior membership of over 100 players at RLTC. Most juniors attend weekly coaching with our coaching team. Paul Johnson can advise on the best sessions for your juniors.

As well as coaching juniors can book courts to play with other members of the club. If you're wanting to play tennis with your junior at the club then you too must be a member.

Courts can be booked via the links on the website.

Some juniors might be invited to join in the adult social tennis sessions or the adult teams when they reach the appropriate standard.

There are many junior teams that play in the junior local leagues, there are also tournaments arranged within the club and opportunities for match play.





Coaching At RLTC

We pride ourselves in high quality tennis lessons for players of all ages at every stage of development.

Adults

We have weekly lessons from beginner to Team standard. Weekly coaching sessions run on Tuesdays and Thursdays, these are Beginner to Intermediate level. There are also bespoke sessions available for the Team players, which are organised outside of these times through the team captains. There is also the option of Cardio Tennis on a Monday night, this is pay & play, and designed to give a great workout while having fun hitting tennis balls.

Juniors

This ranges from ages 3 to 18, split up into four age groups (Mini Red, Mini Orange, Mini Green, and Junior). The weekly sessions are for all levels, within each session players are split up based on ability, and with most sessions having at least two coaches the sessions are tailored to the players. On a Saturday afternoon we have invitation only sessions for those players showing higher levels of commitment and with the potential to go onto competitive tennis outside of the club. On a Sunday we have Matchplay sessions for all Mini Tennis players, designed to introduce the players to fun, informal competition, and to give them more time on court to speed up development.



Paul Johnson

Head Coach

LTA Senior Coach (Level 4)

Private Lesson Price - £30 per hour* - 07747 503338

Paul is passionate about passing on his knowledge and enthusiasm of tennis to others. He enjoys teaching all ages and abilities, and emphasizes enjoyment, while improving players tactical and technical understanding of the sport. His speciality is in helping players who are regularly competing to get to the next level.

When not at Roundhay he is U.9 Girls Captain/Coach for Yorkshire, and Assistant for U.18 Boys. He also coaches at Leeds Beckett University, where he did his Undergraduate and Masters degrees in Sport Business, as well as his LTA Senior Coach qualification.

He currently competes in LTA British Tour and Grade 3 events and is always working on improving his own game. His current LTA World Tennis Number is 9.0 and has been ranked top 70 in Great Britain. He was a hitting partner at Wimbledon 2018, working with Kyrgios, Monfils, Simon, Diatchenko, and Vekic.



Northern Coach of the Year
(Development) 2020/21

Tom Horsfall

Lead Coach & Programme Manager

LTA Instructor (Level 2)

Private Lesson Price - £24 per hour* - 07531 678459

He is currently studying Entrepreneurship and Business Development at Leeds Beckett while competing in both BUCS and National League. He is also Club Captain at Leeds Beckett and has enjoyed being a leading member of the Committee for the last 3 years.

Tom has taken up more coaching in the last few years at several clubs in the Leeds area and has also started coaching for Yorkshire at a variety of age groups. He enjoys helping players reach their full potential and loves when players come full of energy to learn and improve. He believes one of the most important aspects of playing is to test yourself competitively and loves to see players investing fully in their sessions.



Eleanore Lake

Lead Coach

LTA Coach (Level 3)

Private Lesson Price - £26 per hour* - 07512 764949

After playing tennis from the age of 6, Eleanore started on her pathway to coaching at the Hallamshire Tennis Club in Sheffield and progressed to achieve her Level 3 coaching qualification. She has worked as a coaching assistant for a variety of sessions including Blue and Red all the way up to Full Ball. Eleanore also gained experience volunteering in disability tennis sessions.

Eleanore has competed for many years and continues to play to this day. At the age of 14 she qualified to play at the Road to Wimbledon finals at Aorangi Park. Whilst working as a Tennis Coordinator at The Sheffield College she was nominated for The LTA Young Person of the Year award in which she reached the national finals as a runner up.

Eleanore is currently studying Sports and Exercise Therapy at Leeds Beckett University and continues to develop her own tennis skills as well as her coaching experience, hoping to pass on her passion for tennis on to the next generation.



LTA Young Person of the Year
(National Runner-Up) 2019/20

Harriet Chapman

Lead Coach

LTA Senior Coach (Level 4), Spanish Tennis Director (Level 3),
& USTA Performance Specialist (Level 3)

Private Lesson Price - £35 per hour* - 07581 143448

Harriet started coaching in the UK in 2002 having got injured playing for The University of Texas and on the WTA tour where she reached her highest NCAA ranking of 9 in singles and 17 in doubles.

Her coaching career began running a large talent ID program in over 100 schools and set up a big mini tennis programme from which came many county players, several national players, and it supported the 10 players aged 11-14 already on the regional pathway. She took her Level 4 Performance qualification during this time.

She decided to move on and take a full-time performance position in the Midlands. The club already had several good county players over the age of 10 who were from Yorkshire, Lincolnshire, and Nottinghamshire. The club needed a big grass roots programme building and she did a couple of big festivals of tennis inviting 40 schools at a time to talent ID which provided a constant stream of talent. After just 18 months she had her first LTA funded player.



Nathan Henry

Lead Coach

LTA Instructor (Level 2)

Private Lesson Price - £22 per hour* - 07957 492125

Nathan has great knowledge and ability of the game, he lives and breathes tennis having played it since primary school, he is highly ambitious and has plans to become a full-time coach in the future, he aims to give back to the community and inspire people from all walks of life to play the sport of a lifetime, tennis.

Being a highly competitive athlete, he enjoys pushing himself in a range of sports but none more so than tennis. He brings a positive, relaxed, yet intense vibe on and off the court, loves sharing his passion for tennis with others and finds the process of developing players highly rewarding.

He has come full circle, having been coached here for a while, establishing himself as part of the club, a stint at captaining, actively playing on both the men's and mixed teams, assisting and delivering in the junior and adult lessons. He is also part of the local councils' tennis community programme. He continues to take opportunities to further develop his knowledge, skills, and abilities.



Tom Cowdy

Lead Coach

LTA Instructor (Level 2)

Private Lesson Price - £24 per hour* - 07427 905740

Tom is currently studying Sports Performance at Leeds Beckett University alongside competing in the BUCS University tennis leagues. His goal is to continue competing in National events and to play some entry level professional tournaments.

He began coaching in 2020, and soon became the main coach at his local tennis club in Leek. He got great satisfaction from seeing his players improving and enjoying themselves on the tennis court. When he finishes university, his goal is to become a full-time performance coach.

Tennis has enriched Tom's life with many experiences and friendships that he would not have otherwise. Regardless of age or ability, he believes that playing tennis has a positive impact on people's life, and he hopes to be able to share this passion for the sport on court with you all!



Lewis Stirling

Lead Coach

LTA Instructor (Level 2)

Hitting Lesson Price - £15 per hour*

Lewis has been playing tennis at Roundhay TC since 2013 when he joined the coaching programme at the age of 7. He has since progressed on to have completed his Assistant and Instructor Qualifications in 2022/23 after first starting to coach at Roundhay in 2019. He has since coached a variety of age groups from red ball up to full ball, and has also enjoyed helping to run our Hearing-Impaired sessions.

As well as coaching at Roundhay Lewis also plays in the Men's teams and Mixed team's, whilst also still participating in the U18 and Men's National League squads. Alongside this he also plays in individual tournaments around Yorkshire.

Lewis also plays an active role on the club's committee as the Junior Coordinator. In doing this role he organises all the Junior teams whilst also coordinating events like the Junior Charity and Open Tournament. He encourages as many players as possible to get involved with teams and events as he believes it is essential to developing confident players. He also hopes to get more Full Ball players participating in the adult teams and events at the club so we can show everyone how great our Junior Players are!



LTA Young Person's Welfare
Ambassador

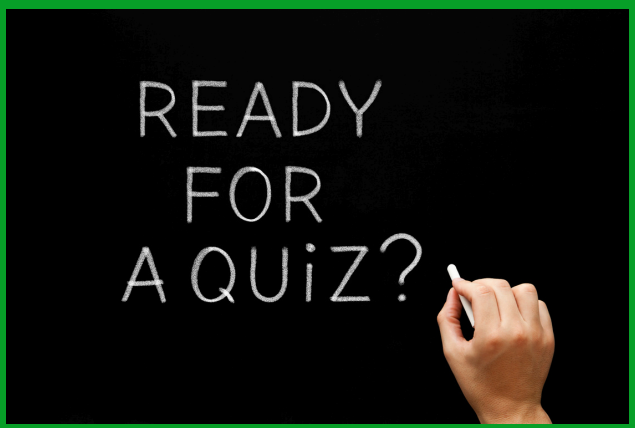
Coaching Contact
info.rtccoaching@gmail.com



Social Events At RLTC

We have regular social events throughout the year. These include curry nights, karaoke & quiz nights, charity tennis tournaments, club tournaments and the finals day events tied to them.

We are a friendly, social club and pride ourselves on trying to be inclusive of everyone. We always welcome any input for social events.





Safeguarding At RLTC

At RLTC we take safeguarding our members very seriously. We have two members of the committee who are qualified as Welfare Officers and all our coaches are LTA Accredited which means they have all the relevant first aid, DBS and safeguarding qualifications.

Our full policies can be found on the website but the following pages include a Statement regarding our safeguarding policy and details of our Welfare Officers and how to contact them.

The QR code below will take you to the safeguarding page of our website. Scan it with your phone camera.



Roundhay Lawn Tennis Club Safeguarding Policy Statement

Roundhay Lawn Tennis Club acknowledges the duty of care to safeguard and promote the welfare of children and adults at risk. The club is committed to ensuring safeguarding practice reflects statutory responsibilities, government guidance and complies with best practice and LTA requirements. A copy of the club's full safeguarding policy is available from the club website or Rosie Nicholl.

The club's safeguarding policy recognises that the welfare and interests of children and adults at risk are paramount in all circumstances. It aims to ensure that regardless of age, ability or disability, gender reassignment, race, religion or belief, sex or sexual orientation, socio-economic background, all children:

- have a positive and enjoyable experience of tennis at [insert name of club] in a safe and inclusive environment
- are protected from abuse whilst participating in tennis.

Roundhay Lawn Tennis Club acknowledges that some children, including disabled children and young people or those from ethnic minority communities, can be particularly vulnerable to abuse and we accept the responsibility to take reasonable and appropriate steps to ensure their welfare.

As part of our safeguarding policy Roundhay Lawn Tennis Club will:

- promote and prioritise the safety and well-being of children and adults at risk
- ensure everyone understands their roles and responsibilities in respect of safeguarding and is provided with appropriate learning opportunities to recognise, identify and respond to signs of abuse, neglect and other safeguarding concerns relating to children and adults at risk
- encourage and maintain a culture where people feel able to raise a genuine safeguarding concern and are confident that it will be taken seriously
- ensure appropriate action is taken in the event of incidents/concerns of abuse and support provided to the individual/s who raise or disclose the concern
- ensure that confidential, detailed and accurate records of all safeguarding concerns are maintained and securely stored
- prevent the employment/deployment of unsuitable individuals
- ensure robust safeguarding arrangements and procedures are in operation

The Club Welfare Officer can be contacted on: Lorraine Bowman - 07851686475

The club's policy and procedures will be widely promoted and are mandatory for everyone involved in Roundhay Lawn Tennis Club. Failure to comply with the policy and procedures will be addressed and may result in dismissal/exclusion from the club.

Whistleblowing

Anyone who does not feel comfortable raising a concern with the Club Welfare Officer should contact the LTA Safeguarding Team directly on 020 8487 7000, the Local Authority Designated Officer (LADO) or the NSPCC on 0808 800 5000. Further details about whistleblowing can be found in the club's safeguarding policy.

Monitoring

The club's safeguarding policy will be reviewed every two years, or sooner in the following circumstances:

- changes in legislation and/or government guidance
- as required by the Local Safeguarding Children Board or LTA
- as a result of any other significant change or event.



WELFARE *Officer*



Name Lorraine Bowman

Contact 07851686475

Email rllcwelfare@gmail.com

About Me

I have been a member of RLTC for over 15 years. I've played in the Ladies 1st team and Yorkshire League. I am semi-retired but have found myself working part-time in supporting schools around the school improvement agenda and improving outcomes for young people.





RLTC
ROUNDHAY
TENNIS CLUB

Deputy WELFARE *Officer*



Name Rosie Nicholl

Contact 07709338868

Email rltcwelfare@gmail.com

About Me

I have been a member of RLTC for over 10 years, captaining the 1st mixed team for a number of these. My day job is a combination of being a musician, teaching in schools and CPD for primary music.

TENNIS WALES | TENIS CYMRU | LTA

Tennis SCOTLAND



The Committee at RLTC

There are 16 members of the committee with various roles, but all of us are happy to help should you have any questions. Look out for us on court!



Rosie Nicholl
President & Deputy Welfare



Freddy Mills
Vice President



Katherine Stirling
Vice President



Graham Bottone
Tournament Secretary



Lorraine Bowman
Welfare Officer



Sash Rajendra
Committee Member



Sam Llewellyn
Men's Captain



Emily Langford
Ladies' Captain



Josh Collins
Treasurer



Joe Mellor
Grounds Person



Sarah Abbey
Volunteer Coordinator



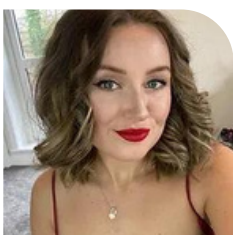
Usman Afzal
Membership Secretary



Alberto Rubalcava Segura
Social Secretary



Peter Brownrigg
Secretary



Kate Hill
Social Media



Lewis Stirling
Junior Representative



Contacting Us

For enquiries please email roundhaytennis@gmail.com and then we can direct your question to the relevant person.

For coaching enquires please get in touch with the coaching team via either info.rtccoaching@gmail.com or by phone 07747 503338. There is also lots of information on the coaching page of the website.

<https://www.roundhaytennis.org.uk/coaching>

For the clubs T&C's please visit the website or scan the QR code below.

