

## Southdown Sports Club – Squash Section

The Southdown Club is home to Lewes Squash Club and boasts four well-maintained courts and a spacious viewing gallery. We are a friendly club catering for players of all ages and abilities, and warmly welcome new members. We also offer Racketball/Squash 57.

### Club Night

We run a very popular, weekly club night on Wednesdays from 5pm-8pm. This is open to members and non-members. It gives players of all abilities a chance to meet and play one another. For visitors and prospective members, it is a great way to get to know other players. Come and join us in the café after the squash for a drink and a chat! Fee: Free for members, £10 non-members.

### Social events

We organise regular social events, including squash doubles evenings, barbecues, mini-tournaments and racketball evenings, followed by food and drink in the cafe. Details are posted regularly on the notice board in the squash balcony, on the club website and in the [WhatsApp community](#).

### Competitions

There is an annual Club Championship, open to all Squash and Platinum members, with categories for players of all ages and abilities. The event generally takes place in May, with prizes and recognition given to winners at a closing social event.

We also have an ongoing competition for members – the internal club box leagues. Participants challenge players in their respective boxes, with the two top players moving up a box and the bottom two players moving down. The boxes are updated roughly monthly and are posted on the notice board as well as shared on WhatsApp.

The club is proud to have five competitive external adult teams – four playing in the main Sussex Leagues, and one in the Sussex Business League. These teams range in ability from Development League up to Division I, and new members are encouraged to participate. Additionally, a schedule of home matches is posted on the notice board, and supporters are always welcome!

If you are interested in joining a team, or in taking part in one of the internal competitions, the contact details for the organisers are overleaf. Additionally, Club Night is an excellent way of getting to know other players and coaching staff, as well as getting feedback on participating in external and box leagues.

## **Women Only Squash**

**A Women Only squash session was introduced in late 2019 and was quickly fully subscribed. The session is open to all and ability level is immaterial. Our women's team entered the Sussex Squash Leagues in 2022/23 and now compete regularly throughout Sussex. Please contact Head Coach John Patterson for further information.**

## **Junior Squash**

**The club has a strong and growing Junior section which caters to young players aged 5-18. There are twice weekly coaching sessions, on Tuesdays and Saturdays, split into beginners, intermediates, and advanced. The best junior players in the club regularly reach county and national standard. The club runs teams in the Sussex Junior League. There are also regular social activities including trips to watch professional squash. A Junior Club Session on Wednesday afternoon runs for those looking to play more games.**

## **Racketball/Squash 57**

**There is a small but enthusiastic group of racketball players in the club. Racketball is played on a normal squash court, but with a softer, bouncier ball. It is particularly suitable for people who prefer something a little more relaxing than squash, and is a sport which many people take up in retirement. If you are interested in playing racketball, please contact Clive Bates or John Patterson, whose contact details are below. A new racketball league has also been established together with a ladder.**

## **Coaching**

**Head Coach John Patterson is responsible for coaching at the Southdown Club supported by assistant coach Fred Withers. Both coaches have England Squash Level 2 qualifications and hold up to date safeguarding, first aid and CPD certificates. John and Fred coach all levels of a squash from beginners to advanced players in both 1-1 and group settings. In addition to John and Fred, the club also has two members, James Hall and Helen Perris, who are Level 1 coaches and can support John and Fred with group coaching.**

**New members are encouraged to contact the coaching team with any enquires. The team are always happy to provide coaching to members old and new in addition to various group sessions offered above.**

**Please contact John Patterson at [Southdownsquash@gmail.com](mailto:Southdownsquash@gmail.com) or 07810645296**

## Booking courts

Members can book courts either [online](#) with their User ID and pin code, or by phoning the club reception desk on 01273 480630. Non-members should ring the club. Bookings are for 40 minutes and are free to members. A fee of £10.00 per person is payable by non-members.




Courts may be booked using only one name and up to four names are permitted for doubles. The use of only one name to book a court is allowed so that members have the ability to secure a court prior to finding an opponent. It is strongly encouraged that members add a second name during peak playing times in order to ensure that the maximum number of members can enjoy playing time.

The club has designated certain hours as peak times. They are as follows:

Courts 1 & 4: 17:20-18:00, 18:00-18:40 & 18:40-19:20

Courts 2 & 3: 17:40-18:20, 18:20-19:00 & 19:00-19:40

During peak times, it is club policy that members play only one 40 minute session. Members may book multiple playing times during off-peak hours and may book off peak courts immediately prior to and following a peak booking. Again, this is to ensure that the maximum number of members have court access during the busiest times.

Court 1	Court 2	Court 3	Court 4
16:40 Off-Peak	Off-Peak	Off-Peak	16:40 Off-Peak
17:20 Peak	17:00 Off-Peak	17:00 Off-Peak	17:20 Peak 
18:00 Peak	17:40 Peak	17:40 Peak	18:00 Peak
18:40 Peak 	18:20 Peak	18:20 Peak	18:40 Peak
19:20 Off-Peak	19:00 Peak	19:00 Peak	19:20 Off-Peak
20:00 Off-Peak	19:40 Off-Peak	19:40 Off-Peak 	20:00 Off-Peak
	20:20	20:20	

## WhatsApp Community

Lewes Squash Club has a growing community of groups catering to most aspects of membership, from social events to information about matches, leagues and court usage and maintenance. To join the community please [follow this link](#).

## The Squash Committee

As one of three sports represented at the Southdown Club, the Squash section elects a committee at its AGM to look after the interests of members.

**Chair: Tim Brill\***

**Secretary: Andy Gray**

**John Patterson: Head Coach (07810645296)**

**Benetta Adamson\*: [Welfare](#) and social media/marketing**

**Helen Perris: Coaching admin; women's team captain**

**Tom Hesmondhalgh**

**Spencer Prosser**

**James Hall: Special events**

**Bill Jeffries: Fixtures and premises**

**Clive Bates: Box leagues and racketball**

**David Rothera: First team captain**

**\*Also members of Club Council, the governing body of this members club.**