



# ***Member Handbook***

Constantia Sports Centre  
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## Your CTC Tennis Committee

<b>Committee members 2023-2024</b>	
Ray Stuart-Steer	<b>Chairman</b>
Vacant	<b>Vice-chairman</b>
Hugo Steyn	<b>Treasurer</b>
Claire Hoey	<b>Secretary</b>
Andrew Hunter	<b>Club Captain &amp; Match secretary (Men's)</b>
Claudia Harwardt	<b>Match secretary (Ladies)</b>
Chris Potterton	<b>Tennis school and coaching (TAST)</b>
Karen Tollman	<b>Ladies Morning League</b>
Ron Larsen	<b>Maintenance</b>
Mike Pilot	<b>Saturday Social</b>
Tim Colman	<b>Club Member Administration</b>
Brad Dore	<b>Operations Management including, Pro-Shop; Café &amp; Bar</b>



## **YOUR Tennis Club**

Congratulations and a warm welcome on becoming a member of The Constantia Tennis Club. The location is unmatched, in the beautiful Constantia Valley, in the southern suburbs of Cape Town. Enjoy the spectacular setting, camaraderie, fun, social and competitive tennis. We have a great venue, nine excellent hard courts, and tennis programs for all ages. We promise you will enjoy your tennis, and please join us later for a sundowner in our friendly Café and licensed bar. Browse for the latest Tennis apparel, rackets and accessories including a re-stringing service from the on-site Trio Pro-Shop (online Trio shop also a few clicks away).

## **Mission**

Constantia Tennis Club is here to provide a happy atmosphere for all members to enjoy the playing of tennis. It welcomes players of all ages and from all sections of the community. It provides competitive tennis and encourages the involvement of all members as well as embracing the greater community including schools, sporting bodies, businesses, and tourist outlets. It caters for morning and afternoon play and is affiliated to the wider tennis community of South Africa. It welcomes new members and encourages coaching at all levels. It provides entertainment and friendship for all its members with excellent facilities, on-line court bookings and administration.

## **Playing times and clubhouse hours**

With a court key, obtainable from our Operations Team at the clubhouse at a cost of R50, members can play at any time. The busiest times are Tuesday-Thursday from 4 pm until dusk, and Saturday social from 2 pm until dusk. Whenever the courts are full, doubles take preference. League competition takes place Saturday afternoons during league season (but social tennis continues for the rest of the members). The clubhouse is open six days per week from 9am until pub closing time (Café and bar closed only Mondays).

## **Social tennis**

We encourage you, as soon as possible and no matter your standard of play, to come to our Saturday Socials which run every Saturday from 14h00 to around 17h00. This is the best way to meet other members and for us to get to know you. The Club has a committee member(s), who convenes the Saturday social arrangements.

## **League tennis**

### **Men's/Ladies/Mixed Saturday League**

Constantia Tennis Club has one of the largest membership bases in the Western Cape and we usually submit the highest number of teams to play in the League(s).

League is a terrific way to improve your level of play and we encourage you to put your

name forward for one of our teams, even if as a replacement. Our coaches, under the **Tim Armstrong School of Tennis**, have an excellent reputation and are sure to help you iron out your game if you require.

CTC as a club participates in the Western Province Tennis (CTT) league(s), involving thirty nine different clubs.

The singles and doubles league for men's and ladies starts in August/September each year and runs for an 8-10-week period. The mixed doubles and doubles league begins in February each year, also for an 8-10-week period.

CTC enters and organizes several teams in these leagues. Teams cater for A, B, and C level players, and CTC competes in levels from Premier League to various competitive levels of league structures for Western Province Tennis (CTT).

New members who wish to participate must please contact :  
[admin@constantiatennisclub.co.za](mailto:admin@constantiatennisclub.co.za)

### **Ladies' Morning League**

The Ladies' Morning League tennis section is perfect for ladies who enjoy playing morning tennis during the week. Ladies play on Tuesday and Thursday mornings from 9am to 11am. Our league season runs from February-May and August-November. We currently have about fifty ladies playing. Tennis is competitive and fun.

### **Juniors**

The club has a strong junior section, which is actively supported by our professional coaches. The Junior Section has its own tennis structures, and of course as juniors improve, they are gradually integrated into the Senior Section. For playing times, please contact Chris Potterton (Junior Tennis Coordinator), at (mobile) 082 403 1916. For instruction, see "Coaching," below.

### **Veterans**

Many CTC members are regular players in the Cape Town Tennis veterans' tournaments. See [www.cttennis.co.za](http://www.cttennis.co.za) to register as a CTT Tennis player, or contact CTT Tennis headquarters, on 021 686 3055. CTT (Cape Town Tennis) hosts two tournaments a year, in January and May.

### **Visitors**

Non-members may play provided they register and have paid a R50 visitors' fee per player. Members who invite a visitor are responsible to collect the R50 visitors' fee. We do however limit the number of visits to three for any individual visitor before we request that the visitor joins the club as a full member.

### **Lights**

There are three courts under high quality LED floodlights. You may play on these courts, provided booking procedures are followed. The cost is R50 per hour per court.

## Court Keys

One key fit all our courts. For a deposit of R50, you will be issued with a key which will allow you to play at any time, subject to the standard booking rules. We do request that you **lock** the court again when you leave.



## Payment methods

Cash and electronic payments are accepted. Please refer to relevant signage at the club house entrance and/or at the Clubhouse.

## Balls

The club provides new balls for our league matches played in season. These balls must be returned along with scoresheets to the bar after play. Member Player contribution towards Balls and provision of eats/snacks for League matches is determined by the Committee from time to time.

At Saturday afternoon social tennis balls will be supplied for use per court occupied.



Members are requested to provide their own balls for any other play. The club does not lend out balls at all, but good Second-hand balls can be purchased from the bar at R50 per tin. New balls are also available for purchase from the Pro-Shop at competitive rates.

## Pub and treats

The club has a fully licensed cash bar and Cafe. (Trio Café & Bar)

Wines, liquors, soft drinks, sports drinks and light meals, deli items and snacks are available.

- Trio Bar and Café is open 6 days per week and services all requirements for events, league, social events and daily light meals, snacks, and great coffee.
- We also have braais and functions at the club house and all members are welcome.



## Club rules

Only non-marking tennis shoes are permitted on the court.

**Visitor's fees** are to be paid to the club, in advance before play. Members are responsible to ensure visitor fees are paid for their quest players.

Litter is to be removed from the court after playing.

No dogs allowed on the tennis courts.

Use only your booked court number.

If your booking is no longer required, members are required to cancel on the booking

system, to allow others access to the court availability.

Timeous arrival for booking is essential, and a no-show booking abandonment will apply after 10-15 minutes of booked time.

Court must be vacated on time at end of your booked session, to make way for next booking session.

Switch floodlights off after use. Floodlight use is subject to a hourly fee.

Respect fellow members and ensure ethical play.

CTC complies with TSA and any Government regulations, regarding COVID protocols.

Please familiarize yourself with any rules posted on the website and Notice Boards.

### **Court reservation procedure**

Members are required to book a court to play for an hour and a half. Please visit <https://constantiatennisclub.openactive.co.za/register/> and click on the court booking option to reserve a court. The web page is also smartphone friendly and therefore you may also book from your smartphone. Booking for the week opens one week ahead. Username is your email address, and the password is "booking"

### **Coaching**

The club strongly supports coaching for all members and particularly for junior players. We have an agreement with Chris Potterton who runs the junior group coaching and the club's Junior Section.

Our junior coaching runs for a 9-week cycle during the school terms. Fees are available on request from the Coaching team.

Ladies group coaching is available in the mornings as well as private lessons.

We have integrated our juniors into the Western Province Tennis mixed league which encourages our juniors to improve their games and gives them the wonderful experience of playing competitively with adults.

For more information, call Chris Potterton, at (mobile) 082 403 1916.

### **Partners**

To provide all members, visitors, and tournament players a holistic, convenient, and social lifestyle experience in our love for Tennis, we have partnered with various professional service providers. These include Coaching services available to all members, the greater community, including surrounding schools, foreign visitors, and all potential beginners / prospective new members.

In addition to this we offer a complete food & beverage service providing light meals and fancy treats from the **Trio Café** as well as having a fully licensed bar, open 6 days per week.

A Tennis Gear Pro-Shop at the Club (including an on-line shopping convenience), with professional guidance available, demo rackets to try before purchase and the one-stop availability of top branded quality tennis apparel, equipment, accessories, and re-stringing services that you are unlikely to find anywhere so conveniently in the current retail environment.



## Our Club Partners

### Club Café, Bar and Tennis Pro-Shop



### Coaching



### Open Active Booking System



