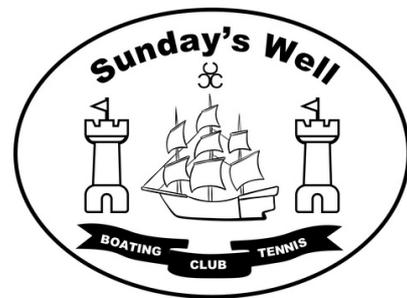


Sunday's Well Club Guide



MEMBER INFORMATION GUIDE



Sunday's Well Boating & Tennis Club Mardyke, Cork

About the Club

Founded in 1899, Sunday's Well Boating & Tennis Club is one of Cork's oldest clubs. The historic clubhouse is second to none, its unique riverside location means that it offers both tranquil riverside views along with a convenient city centre location.

Today, the main sporting activities include Tennis, Squash and Snooker and the club offers a range of social and top class competitive activities that caters for all ages and levels from Juniors to Veterans. It is also home to several national players in both tennis and squash.

Opening Hours

Office Hours:

- Monday-Friday: 9:30 am - 1pm, 2pm - 5:30 pm

Changing Rooms, Courts & Gym Hours:

- Monday-Saturday: 7:30 am – 11:00 pm
- Sunday: 8:00 am – 10:00 pm

Bar

- Monday-Friday: 9:00 am – 2:30pm, 5:30pm - 11:00 pm
- Saturday & Sunday: 8:30 am – 10:00 pm

Key Contacts 2022

As of 2022, contacts are

- Club Chairperson: Ms. Claire Fennell
- Tennis Captain: Ms. Debbie Dunlea
- Squash Captain: Mr. Johnny Hurley
- Snooker Captain: Mr. Martin Hurley

- Secretary/Manager: Mr. David Hannam
- Coaching Co-ordinator: Ms. Ger Flynn

Child Protection Officers:

- Mr Eoin O'Toole (CPO)
- Mrs Kalene Kenefick (CPO)
- Mr Keith O'Leary (DLP)

- General queries including functions - info@sundayswell.ie | 021 4272733
- Tennis queries - tenniscaptain@sundayswell.ie | 086 867 4525
- Coaching queries (tennis, squash, adult or junior) - juniortennis@sundayswell.ie | 086 815 8448
- Squash queries - squashcaptain@sundayswell.ie



Facilities

All adult members have access to the following facilities

- 8 floodlit tennis courts with online booking facility.
- 2 international level squash courts.
- An old world snooker room with two snooker tables.
- A bar and clubhouse in a tranquil, city centre location which includes an option to host private functions.
- Gym, with a suite of fitness classes and personal training option.

Membership System

Members have access to a membership system which includes a booking facility. Tennis, Squash, Snooker, and the Gym can all be booked through the system. There is a €2 fee for booking tennis courts. Membership fees can also be paid online through the online membership system.

A number of help guides on how to use the membership system are available on the [club website](#).

Lights

Tennis, Squash and Snooker all require lights. Lights for Tennis and Squash are turned on using the membership card at lightboxes. Those for tennis are near the water fountain while lights for squash are next to the squash courts. Snooker lights can be turned on by request at the bar. There is a fee for tennis lights, while indoor lights are free.

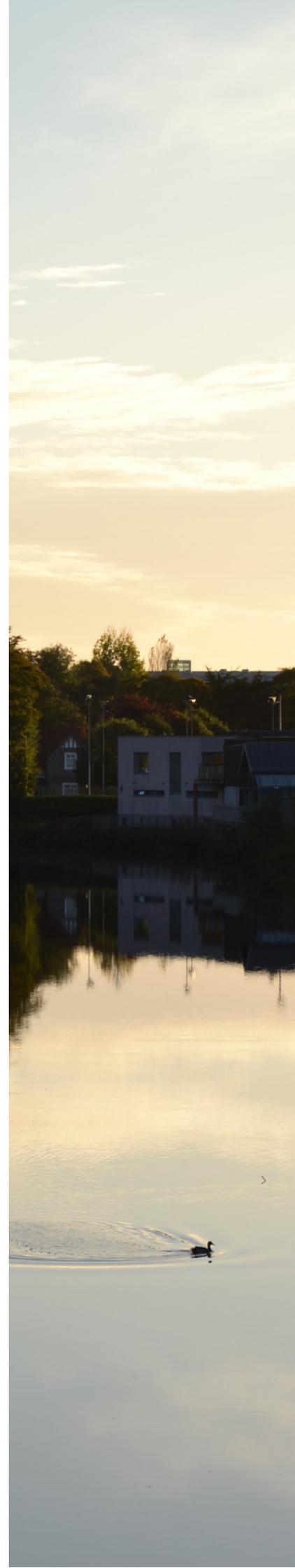
Bar

The clubhouse includes a bar and lounge area along with a conservatory and outside patio which provide a stunning view of the river. A full bar service is available on a daily basis per below and members are entitled to host private functions at no additional cost, more information is given on functions below.

The bar also sells a number of sporting items, such as tennis/squash balls and racket grips.

Opening hours:

- Monday-Friday: 9:00 am – 2:30pm, 5:30pm - 11:00 pm
- Saturday & Sunday: 8:30 am – 10:00 pm



Functions

All adult members are entitled to use the clubhouse to host private functions at no additional cost. The FAQ below answers questions relating to the use of club, if your question is not answered, please do not hesitate to email the club office.

How do I book the clubhouse for a function?

If you wish to book the clubhouse, you should get in touch with the club office at 021 4272733. The office is open Monday to Friday from 09:30am to 5:30pm. They will be able to assist you with any queries you may have regarding your party plans.

Can I book the clubhouse for any time of the day?

Yes, you can book the club for any time day or night as per normal licensed premises hours and any day of the week as long as there is no other event in the club already due to take place, you can check what dates are free by checking our events page.

What type of functions can I use the clubhouse for?

The club facilities are suitable for our members to enjoy a range of functions from Birthdays, Confirmations, Communion, and private dinners to family gatherings such as Christenings or Weddings (including the ceremony).

Can guests use the car park?

Yes, those attending functions can be given access to the car park. The car park facilitates 65 cars.

What is the maximum capacity for a function?

The club can hold up to approx

- 90 for a full sit-down meal,
- 100-110 for finger food or a BBQ,
- 90-100 for Buffet.

Numbers will vary depending on table plans.

Do I need to arrange bar/waiting staff?

The club has its own bar staff, waiting staff are supplied by the chosen catering company.

Can I organise a wine/Champagne reception?

Yes, a full wine list with prices is available from the Club office.

Can I organise for food to be served during the function?

Yes, the club can offer basic finger food such as sausages and chips etc. Alternatively, you can arrange for a caterer to come and prepare the food in the fully equipped kitchen. The club keeps a list of recommended caterers that are all HACCP certified and that are familiar with the club. Should you wish to provide your own caterer (not listed) this is possible also, the only prerequisite is that the caterer must be HACCP certified.



Club Discount List

Club members entitled to discounts with a number of businesses. In order to avail of discounts, members may need to show their club card or use a specific discount code, the exact instructions and details for each discount can be obtained by going to the club website.

- Arena Clinic: 10% discount
- Bare Foot Physio : 10% discount
- Bespoke Tailors: 10% discount
- Brooke Inn Bar & Restaurant: 10% discount
- Human + Kind: 25% discount on humanandkind.com
- Insight Insurance: 10% discount on home insurance, 5% discount on car insurance.
- Mizenhead: 10% discount on Mizenhead.com (includes brands such as North Face, Timberland and Vans).
- Keanes Jewellers: 10% off Jewellery and rings, 5% off watches excluding Patek Philippe and Rolex.
- Rebel Blinds: 20% off any range.
- Snap Printing: 25% discount for first-time customers, 20% discount for customers going forward.

Sponsorship Opportunities

The club very much welcomes sponsorship and offers a range of sponsorship and support opportunities, sponsors can choose to be associated with

- Tournament Sponsorship (e.g: Munster Senior Open)
- Court Sponsorship (Tennis or Squash)
- Event Sponsorship
- Friends of Sunday's Well Board
- Club Discount List

If you would like to get involved with sponsoring an event or court and would like further information please get in touch with the office by phoning 021 4272733 or emailing dave@sundayswell.ie

Gym & Fitness

Members have free access to a gym and fitness studio, located in the modern section of the clubhouse, upstairs from the changing rooms. The club offers a [fitness class timetable](#) and it is also possible for members to organise personal training, by contacting one of the gym instructors whose details are available through the club office.



Tennis

The club welcomes all levels and ages of tennis players. The club offers a mix of social and competitive events to suit. It has a very active junior scene that also boasts a large array of events. The event guide later in this document outlines the tennis activities that take place in the club during the year.

If you wish to find out more about tennis activities in the club please do not hesitate to contact the current Tennis Captain at tenniscaptain@sundayswell.ie

Squash

The club has active squash club, it has two international standard squash courts which include a viewing area. Every year, Sunday's Well teams participate across Munster Leagues, hosts the Neilly Sull Open and there are also. An internal ladder exists and a number of our members playing on Inter-provincial and Irish Teams.

In recent times, group coaching for both adult and juniors has also been introduced. Further information on this can be obtained by contacting the [Coaching Coordinator, Ger Flynn](#).

It is important to note that any member using the squash courts must wear non-marking shoes and junior squash players must wear squash goggles.

If you wish to find out more about Squash activities in the club please do not hesitate to contact the current Squash Captain at squashcaptain@sundayswell.ie and they will be able to add you to a squash whatsapp notification group.

Snooker

The Snooker room is a wonderful social haven for players of all ages and hosts regular social events including a club night on Thursdays and seasonal events like the Christmas 1 ball. More competitive singles and doubles tournaments are played throughout the year such as the famous Snooker Handicap Championship which dates back to 1928.

If you have any queries about the Snooker activities on offer in the club please do not hesitate to contact the current Snooker Captain, details available from the club office and they will add you to the Snooker whatsapp notification group.



Social Events

In addition to numerous sporting events, the club social committee regularly organises social events such as table quizzes, gin and beer night, wimbledon tea party etc... The best way to keep up to date with these is to keep an eye on noticeboards, website and social media.

Getting Involved

The club is run by a number of voluntary committees, the key ones are:

- General Committee
- Tennis Committee
- Squash Committee
- Snooker Committee
- Junior Committee
- Social Committee

In addition to these, there are a number project groups such as a group that looks at maintaining club archives, a gardening group etc.. We are always looking for new people to volunteer or join the committees/groups. Being involved with these is a great way of meeting people. If you would like to give some time to the club, the club office or relevant captain will be able to direct you to the relevant person.

Staying Informed

The Tennis Captain sends a monthly email that gives an update on recent and upcoming events. If you do not receive these emails, you should contact the club office.

While the email is sent by the Tennis Captain, it does sometimes include non-tennis information. In addition to this, both Snooker and Squash use whatsapp groups as a way to keep their members informed. Should you wish to join either of these you should contact the Captain in question. Finally, to keep informed of Junior events, keep an eye out for emails from the Coaching Coordinator.

The club website and social media pages will also often post updates on upcoming events.

Links are as follows:

- Facebook: <https://www.facebook.com/sundayswelltennis>
- Instagram: <https://www.instagram.com/sundayswelltennis/>
- Website: <https://sundayswell.ie/>
- Events Page: <https://sundayswell.ie/events>



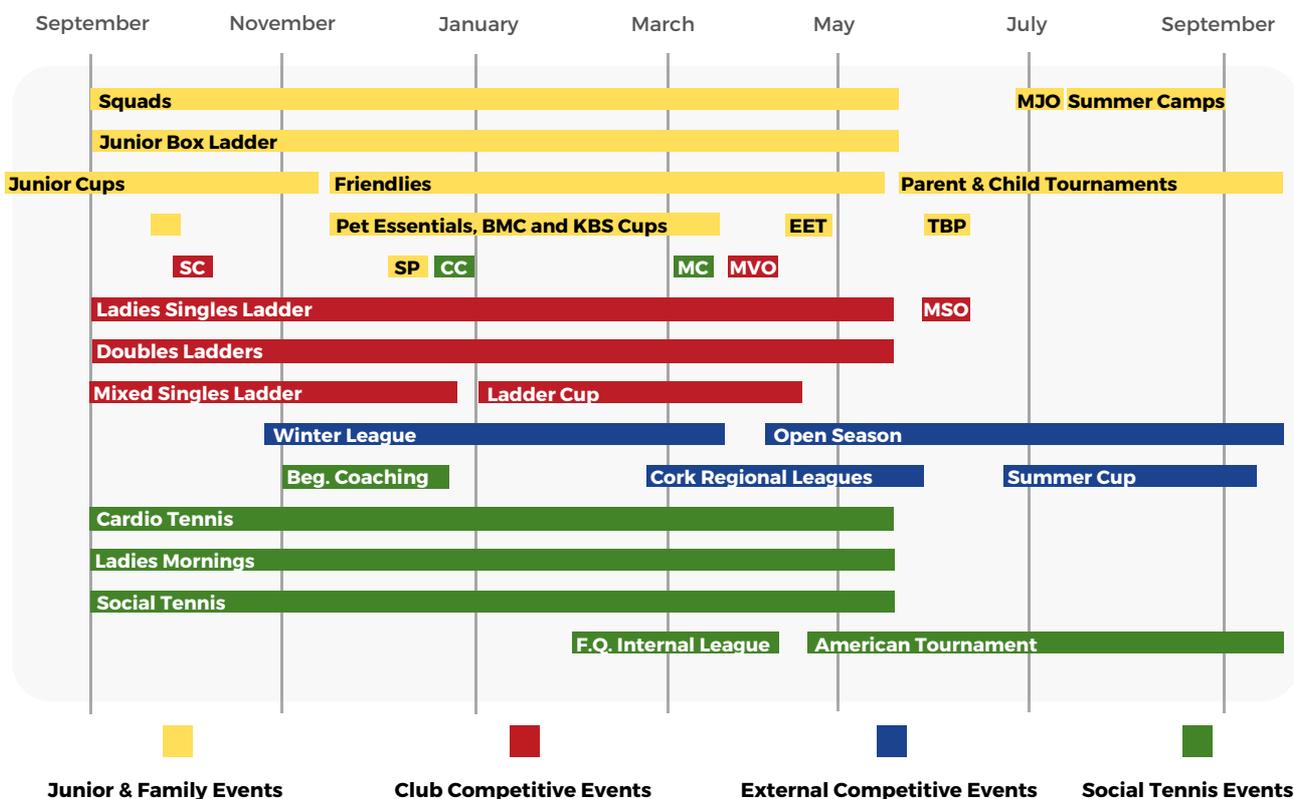
Events and Event Sign Up

In most cases, the simplest way to sign up for an event is to go to the club website:

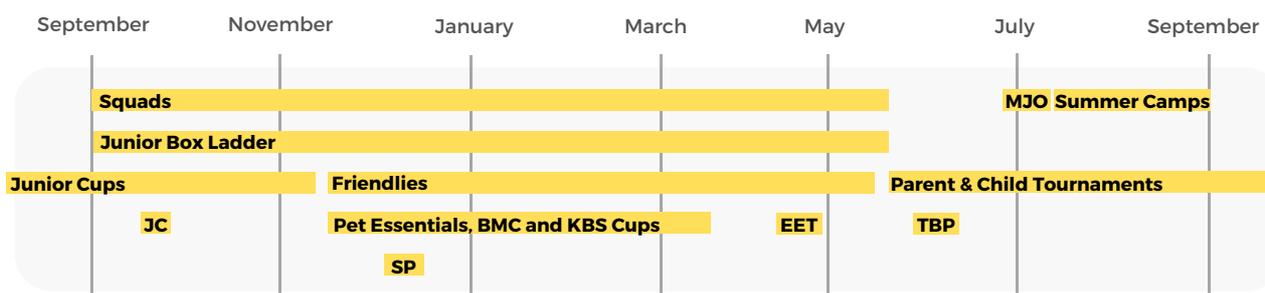
1. Go to <https://sundayswell.ie>
2. On the home page, the next 3 events will be listed on the home page.
4. **Click the event title.** This page will give you more information or a sign up sheet if there is one.

If the event you are searching for is not on the home page then click **View All Events** button.

The following pages outline the various tennis events that happen in the club throughout the year. Note that while most events happen every year, some events may not always be run.



Junior & Family Events



Junior Contacts

Coaching Co-ordinator:

Ms Ger Flynn,
086 815 8448
juniortennis@sundayswell.ie

Chair, Junior Committee

Ms Ciara Fry

Child Protection Officers:

Mr Eoin O'Toole (CPO)
Mrs Kalene Kenefick (CPO)
Mr Keith O'Leary (DLP)

Club Office:

021 4272733
info@sundayswell.ie

Secretary/Manager:

Mr David Hannam,
dave@sundayswell.ie

Junior Link

www.sundayswell.ie/juniors

Squads

Date: September - June

Ages: 6 - 18

Description: Coaching of different levels.

Entry Fee: Varies depending on number of days attended and group.

To sign up: Contact Coaching Co-ordinator

Junior Close

Date: Varies (often Autumn or Spring)

Ages: 8 - 18

Description: A 3-day competition with multiple events. It is open only to Sundays Well Members. When players enter singles, they are automatically entered into doubles events.

Entry Fee: Approx. €15 for two events

To sign up: Entry is online via tournament software website. Notices will be put around the club and on Facebook.



Parent & Child

Date: Some Sundays all year round.

Ages: 5 - 14

Description: Fun morning tournament for parents and children to team up. Followed by treats.

Entry Fee: €10 per term

To sign up: Online sign up

Teddy Bears' Picnic

Date: Afternoon in June

Ages: 5 - 8

Description: Meet in the club for a picnic in the park and some fun activities.

Entry Fee: Free

To sign up: No need to sign up, just come along on the day.

Santa Party

Date: A Sunday near Christmas

Ages: All ages

Description: A meet and greet with a special visitor

Entry Fee: Approx. €15 per child/€25 per family

To sign up: Sign up online once advertised.



Summer Camps

Date: July & August

Ages: 7+

Description: Multisport camps take place from 12pm - 4pm daily in the Summer.

Entry Fee: €80 per week for members/€90 per week for non-members (2022 prices)

To sign up: Contact Coaching Co-ordinator

Easter Egg Tournament

Date: Easter Week

Ages: 8 - 12

Description: A doubles or fun games competition for young players played in one afternoon (players should be able to rally)

Entry Fee: €3

To sign up: Contact Coaching Co-ordinator

Munster Junior Open

Date: Beginning of July

Ages: 8 - 18

Description: An 8-day competition with multiple events (singles and doubles). It is open to members and non-members. Social/Fun activities are held in the evenings.

Entry Fee: €15/€25/€35 for one/two/three events.

To sign up: Online via tournament software website.

Junior Box Ladder

Date: All Year Round

Ages: 9 - 17

Description: A competitive event where players are put in groups/boxes of approximately 5 players. All players in the same box play each other. Once all matches are played, groups are reshuffled with those that win the box being moved up to next box.

Entry Fee: €3 to cover prizes

To sign up: Contact Coaching Co-ordinator

Friendlies

Date: Varies (some Saturdays, November - May)

Ages: 8 - 12

Description: Friendly events are usually held on Saturdays for approximately 2 hours. The kids play players of their own level (and ball type) from another club. They play both home and away.

Entry Fee: Free, but players are asked to bring treats.

To sign up: Online Sign Up

Junior Cups

Date: Late August - Early October

Ages: U12, U14, U16, U18

Description: Club teams of 4 players are created per age category. The competition is a knockout format from the outset, so a team must win in order to continue through the competition.

Entry Fee: Free, club pays fee

To sign up: Coaches select teams from squad players

Pet Essentials, BMC & KBS Cups

Date: November – April (matches usually set at weekends)

Ages: U12, U14, U16, U18

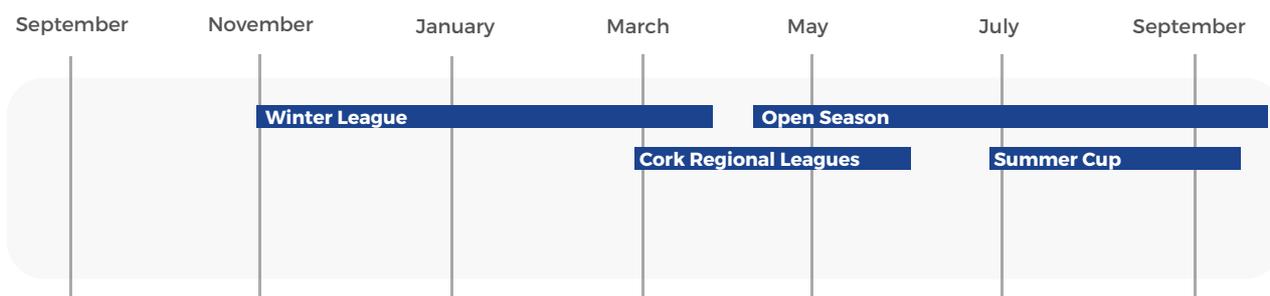
Description: Doubles event. Club teams of 4 players, in the first round, the team is in a group of 4 Munster clubs, it plays each of the other clubs home and away. Top teams go through to a knockout stage. Each pairing will play 1 match when playing another club.

Entry Fee: Free, club pays fee

To sign up: Coaches select team from squad players.



External Competitive Events



Tournaments & Grading

Tennis Ireland competitions are managed through Tennis Ireland's tournament software. This software will show the schedules and results of official competitions. It can be accessed at: <https://ti.tournamentsoftware.com>

A full calendar of all open events is available at <https://www.tennisireland.ie/competitions/calendars>

For several of the tennis competitions and events, senior players need to be officially graded. There are 2 steps to being graded:

1. You as a player must create a Tennis Ireland Pin number which you can do by registering as a player at <https://ti.tournamentsoftware.com/>
2. A coach must fill out a form which assigns a grade, this is then sent to Tennis Ireland. (The Coaching Coordinator or club office can help organise this).

Open Season

Date: April - end of September

Grades: All grades welcome

Description: From April to September there are a number of Open Weeks held in different clubs around Cork and Munster. The Club itself hosts the Munster Senior Open in June. Most opens will cater for all grades, some are singles/doubles only while others are a mixture. To play in any open, a player must be officially graded.

Players can earn points toward their grading.

Entry Fee: Approx. €16 for 1 event and €26 for two events.

To sign up: Entry for the opens is online via tournament software website. Tennis Ireland provides a Senior Calendar on their website which lists all the opens and their dates.



Summer Cup

Date: Mid-June – September (matches usually set at weekends)

Grades: All grades welcome.

Description: Format varies slightly depending on Grade, most grades are doubles events. Club teams of 4 players are created per grade. The competition is a knockout format from the outset, so a team must win in order to continue through the competition. Finals are usually held in September. Players can earn points towards their grading.

Entry Fee: Free, the club pays the fee, however, when the team plays at home, home players provide a light snack usually in the form of some sandwiches and cakes.

To sign up: A sign-up sheet is usually made available in May. Teams are then selected by a committee.

Spring League/Regional Leagues

Date: March – June (matches usually set at weekday evenings)

Grades: All grades welcome

Description: Mixed Doubles. Club teams of 6 players are created, and they combine a variety of grades, for example, team 1 is made up of 2 players from each Grade 1, Grade 2, and Grade 3. In the first round, the team is in a group of approx. 3 Munster clubs. The team plays each of the other clubs once. The top teams go through to a knockout stage, and the final is held in June. Players do not earn points towards their gradings.

Entry Fee: Free, the club pays the fee, however, when the team plays at home, home players provide a light snack usually in the form of some sandwiches and cakes.

To sign up: A sign-up sheet is usually made available in February/March. Teams are then selected by a committee.



Winter League

Date: October - January (Phase 1 - Mixed), January - May (Phase 2 - Mens/Ladies) (matches usually set at weekends)

Grades: All grades welcome

Description: Club teams of 4 players are created per grade. In the first round, the team is in a group of approx. 4 Munster clubs. The team plays each of the other clubs either at home or away. The top teams go through to a knockout stage. Each pairing will play 2 matches when playing another club. Players can earn points towards their grading.

Entry Fee: Free, the club pays the fee, however, when the team plays at home, home players provide a light snack, usually in the form of sandwiches and cakes.

To sign up: A sign-up sheet is usually made available in September. Teams are then selected by a committee.

Club Competitive Events



Tennis Contacts

Tennis Captain:
Ms Debbie Dunlea
tenniscaptain@sundayswell.ie

Coaching Coordinator:
Ms Ger Flynn,
086 815 8448
juniortennis@sundayswell.ie

Tennis Committee

The Tennis Committee is chaired by the Tennis captain. The Committee currently has 9 members who assist the Tennis Captain in organising the various events. The Committee is always looking for new members so if you are interested in joining simply email the Captain.

Senior Close

Date: End of September

Grades: All grades welcome

Description: This is a week-long competition with multiple events (including Singles & Doubles), it is open to members only. The exact doubles format can vary from year to year, this is decided and communicated in advance each year.

Entry Fee: €15 for 1 event and €20 for two events.

To sign up: The event is usually open for entry from beginning of September, entry is online via tournament software website. Notices will be added to the notice board and social media.

Ladder Cup

Date: January to April

Grades: All grades welcome

Description: Singles. Players play a minimum of 3 matches before a knockout stage begins. Matches are played in your own time

Entry Fee: €15 includes a ticket to the ladder cup dinner which takes place on the Finals day in April.

To sign up: The event is usually open for entry in December, instructions will be made available then via notice board or Facebook.



Munster Veterans Open

Date: End of March/Beginning of April

Grades: All grades welcome but players must be over 30.

Description: This is a three day competition with multiple events, it is open to members and non-members and is a ranking competition for Veteran players.

Entry Fee: €16 for 1 event and €26 for two events.

To sign up: The event is usually open for entry from beginning of March, entry is online via tournament software website. Notices will be added to the notice board and on Facebook once entry is open.

Munster Senior Open

Date: Beginning of June

Grades: All grades welcome

Description: This is a 10-day open competition with multiple events (including Singles and Doubles), it is open to members and non-members.

Players can earn points toward their grading.

Entry Fee: €16 for 1 event and €26 for two events.

To sign up: The event is usually open for entry from the beginning of May, entry is online via the tournament software website. Notices will be added to the notice board and social media

Mens/Ladies Doubles Ladder

Date: September – June

Grades: All grades welcome

Description: Players have a certain amount of time to play a number of matches. Results are recorded and players will move up/down the ladder accordingly. Players can enter with a partner or put in for a partner.

Entry Fee: No fee

To sign up: Contact Coaching Coordinator.

Mixed Singles Ladder

Date: September – December, April - September

Grades: All grades welcome

Description: Singles. Players are given a certain amount of time to play a number of singles matches. Results are submitted and players will move up/down the ladder accordingly.

Entry Fee: No fee

To sign up: Contact the Tennis Captain or Martin Hurley.

Ladies Singles Ladder

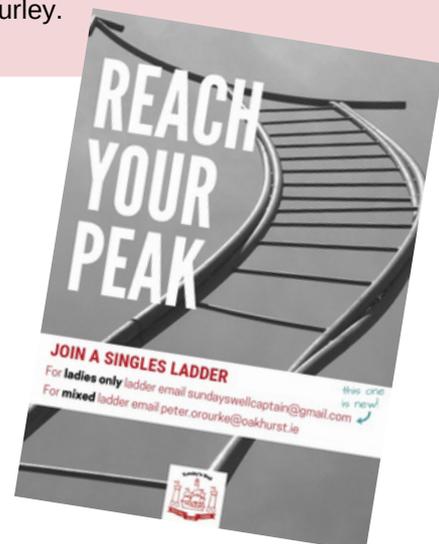
Date: September – June

Grades: All grades welcome

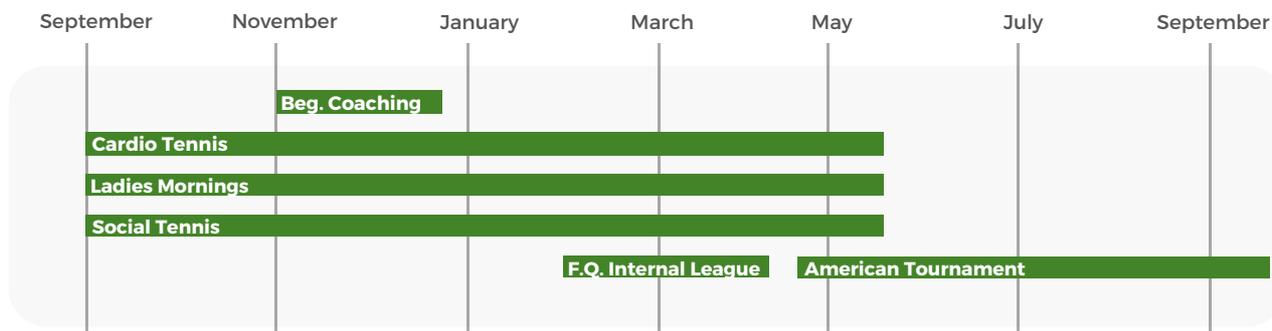
Description: Players are given a certain amount of time to play a number of singles matches. Results are recorded and players will move up/down the ladder accordingly.

Entry Fee: No fee

To sign up: Contact Coaching Coordinator.



Social/Fun Tennis Events



Tennis & Social Contacts

Tennis Captain:
 Ms Debbie Dunlea
tenniscaptain@sundayswell.ie

Chair, Social Committee
 Mr. Ron O'Mahoney

Coaching Coordinator:
 Ms Ger Flynn,
 086 815 8448
juniortennis@sundayswell.ie

Fionnuala Quigley Internal League

Date: Varies (usually mid-February to mid-April (matches usually set on Friday/weekend evenings))

Grades: All grades welcome

Description: Players are assigned to teams, the teams then play each other through a number of doubles matches. Each evening involves one mens/ladies doubles (two sets) and one mixed doubles (two sets). The top teams will play off for prizes on a finals day.

Entry Fee: €10

To sign up: Online Sign Up is available about 2 weeks before You can find it online on social media or on the notice board before every round.



Social Tennis

Date: Every Friday 7:15pm - 9pm most of the year (stops for the Summer).

Grades: All grades welcome

Description: Doubles. No need to bring a partner, just come along and you will be paired off with another player on the night. Partners will be changed throughout the night, where there are enough participants, the pairings will be done by grade. The aim is to meet new players, it is not a competitive event. This activity is particularly suited to newer members. The tennis is usually followed by finger food/pizza and a glass of wine.

Entry Fee: €5

To sign up: An online sign up sheet is made available in advance each week.

Cardio Tennis

Date: September – June
(Usually held Fridays 10:00-11:00am)

Grades: All grades welcome

Description: Cardio Tennis is a fun group activity for anyone, at any playing level, It is high energy fitness that combines the best features of the sport of tennis with cardiovascular exercise.

Entry Fee: €10 per week pay as you go

To sign up: Contact the Coaching Coordinator.

Christmas Cracker

Date: End of December

Ages: All grades welcome

Description: This is a fun doubles event held at Christmas time. It is a day event.

Entry Fee: €5

To sign up: A sign-up sheet is made available a week or two before.



Ladies' Mornings

Date: September – June
(Usually held Wednesday mornings).

Grades: All grades welcome

Description: Doubles, a coach organises matchplay and gives tips for playing doubles. A ladies lunch is held at Christmas and in June.

Entry Fee: €100 per term

To sign up: Contact the office

American Tournament & Super Seniors

Date: Varies. The American Tournament was previously held on Friday evenings of every month between April - October, while the Super Seniors was held monthly on Tuesday mornings.

Grades: All grades welcome

Description: The format for both events is the same, however the Super Seniors is for 55+.

Players are assigned a mixed doubles partner in a round and must play three matches. They swap partners during the evening so must keep their individual score. Best woman and best man will win a prize on the night and there is final held in October for top prize.

Entry Fee: €5 per round.

To sign up: A sign-up sheet is made available a week or two before.

Beginners Coaching

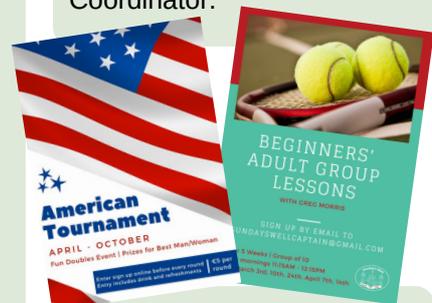
Date: Varies (November - December in 2022)

Grades: Beginners

Description: 1 hour coaching sessions for total beginners.

Entry Fee: €40 for 5 week term

To sign up: A sign-up sheet is usually made available in advance of new terms. Questions on this should be addressed to the Coaching Coordinator.



Mary Collins

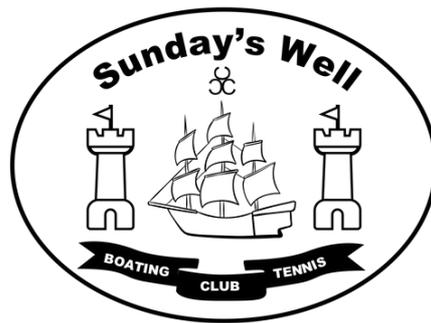
Date: Varies (previously March)

Grades: All grades welcome

Description: A fun ladies doubles day event which in honour of a past member. Players can enter with or without a partner. There are a number of trophies to be won.

Entry Fee: €20 per pairing, all proceeds go to Cork Cancer Charities

To sign up: Instructions will be made available then via notice board or Facebook.



info@sundayswell.ie

021 4272733

www.sundayswell.ie

[@sundayswelltennis](https://www.instagram.com/sundayswelltennis)