

## What is Padel

Padel is a fast-growing racquet sport that combines elements of tennis and squash, played mainly in doubles on a small enclosed court with walls that are part of the game

It has the same scoring system as tennis, but different rules. For example: the rackets are solid (without strings) and perforated. Balls are played off the court walls, similar to squash. A serve must place the ball at or below the waist level in the opposite court. Padel rewards strategy, teamwork and agility, making it accessible for newcomers and addictive for seasoned players.

## Why provide a Padel Court in Crowle

Having a Padel Court in the parish provides a further opportunity for fitness and wellbeing in the parish. It's an activity for all and can be a social event.

All courts are hired and the revenue from similar facilities in the area is high far more than paying for the facility itself. Competition in the area will increase over time but so are the expected players in the area. Assessments have been made and conservative estimates for the surplus income have been used in project cost planning, but it is hoped these will be exceeded reducing the need for funds from other sources.

### A Full-Body Workout

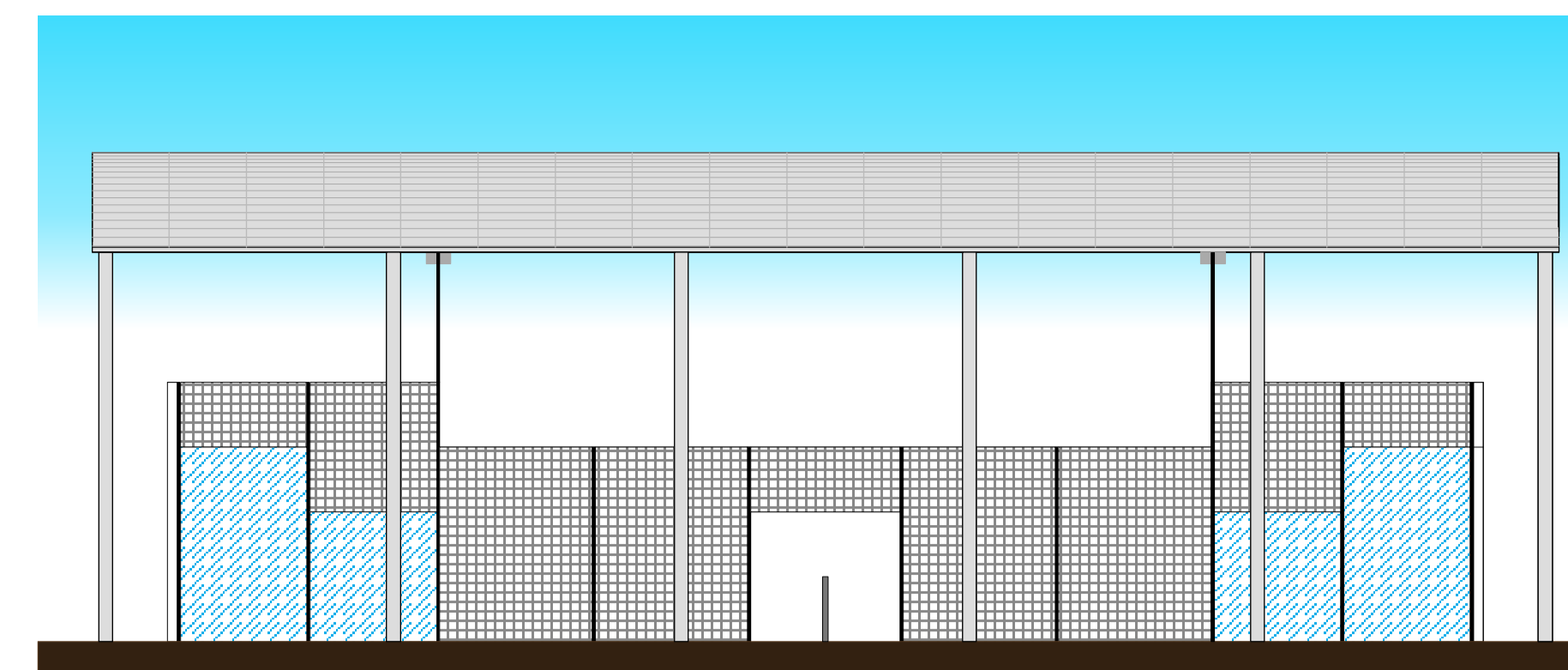
When you play padel, your whole body gets moving. You run, jump, turn, and stretch. All these actions work your legs, arms, and core muscles. Your legs get stronger from all the small, fast steps. Your arms and shoulders get a workout from swinging the racket. Even your stomach muscles work when you twist and move. Padel helps improve balance and posture too. Over time, you may notice your body becomes more toned and stronger. Best of all, it doesn't feel like hard exercise. You're playing and having fun, and you're also getting fit at the same time.

### Perfect for All Ages

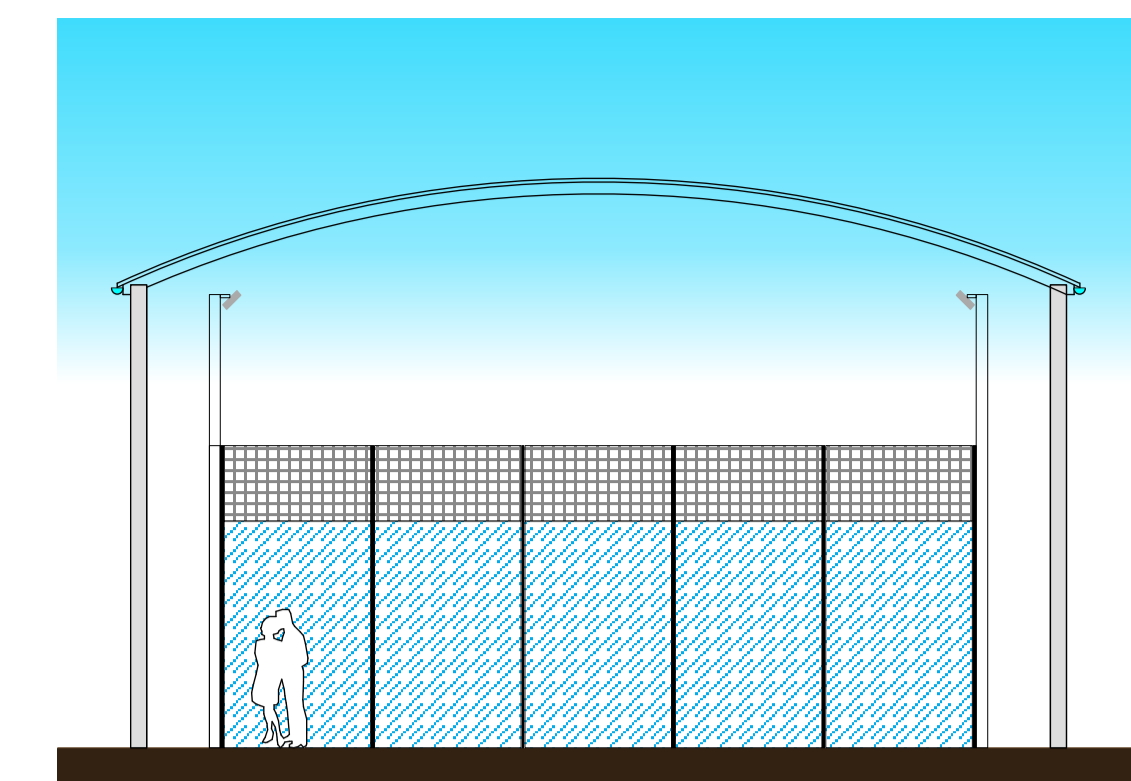
One of the best things about padel is that it suits everyone. Children, adults, and even older people can play. The game isn't based on strength or speed. It's about teamwork, movement, and fun. The court is smaller than tennis, so you don't have to run too far. This makes padel easier on the knees and joints. The soft ball and light racket also make it safe to play. Whether you're young or old, fit or just starting out, padel is a sport you can enjoy. And the more you play, the better you get – and the fitter you become.

### Good for Your Mind Too



Playing padel also helps your mental health. It's a fun way to switch off from daily stress. When you play, your body releases "happy" chemicals like dopamine, serotonin, and endorphins, which improve your mood and lower stress. After a match, many players say they feel more relaxed. If you're looking to improve your skills and get the most out of your sessions.

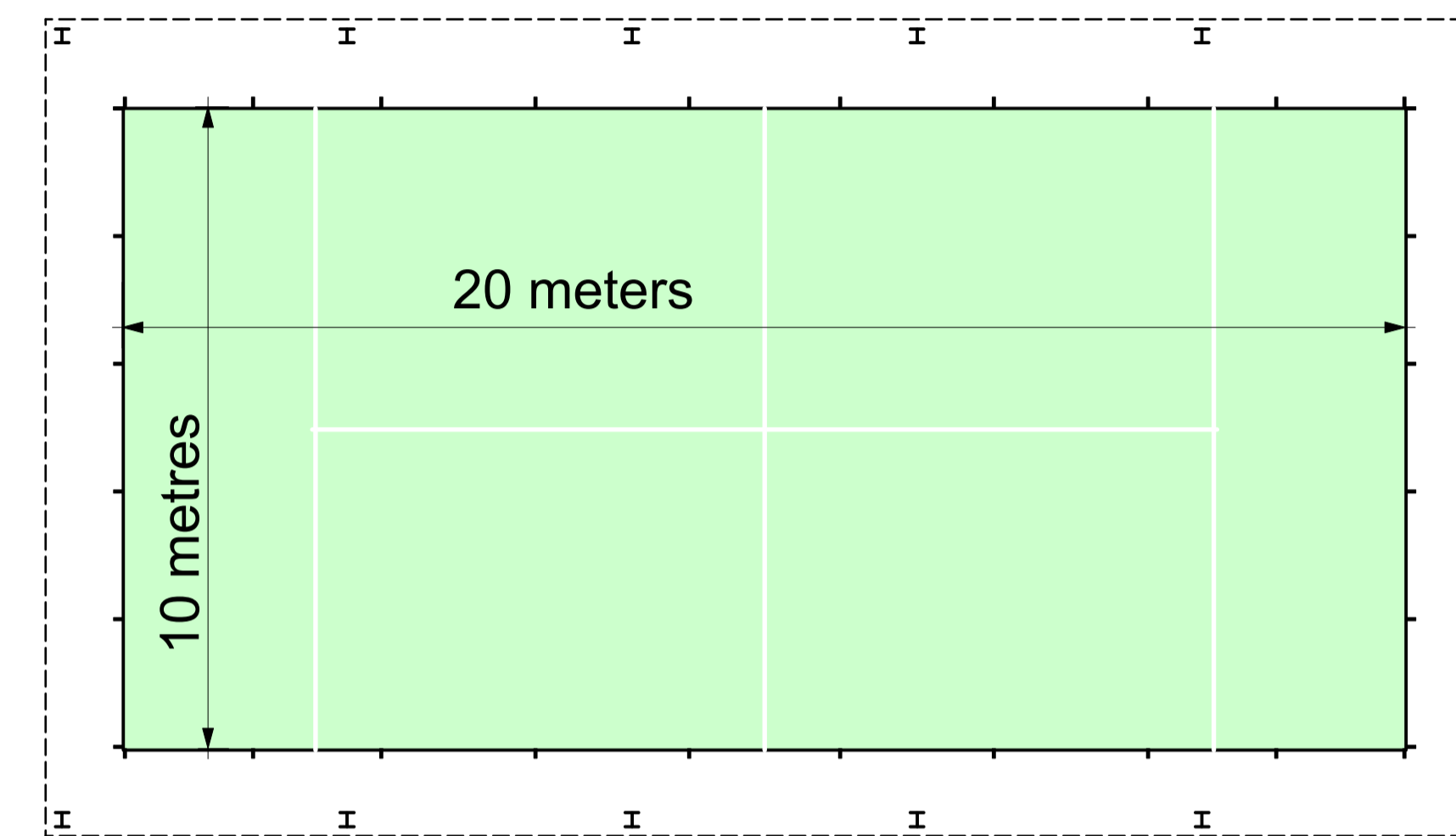


East and West Elevations



North and South Elevations

External Finishes	
	Metal mesh (approx 40x40mm holes) with coloured finish black or dark green
	Clear glass



Padel Court Plan

Edge of roof

The court is 20 x 10m on plan. There are 3m high glass walls to the back and 50% of the side walls. Metal mesh panels complete the enclosure apart from the access points which are open. There is a central net of about 1m high.

The court is located to the West of the Bowls Green and will be surrounded by a matching fence to control access. This location is more than 100m from any existing and proposed housing.

The roof is opaque allow sun light in but keeping rain out to enhance the facilities appeal and hiring.

The Courts come with 4 lighting columns which are about 6m high. The lights point down onto the court and have very little side and upward light spill.



Computer generated image of a court with a similar curved roof