



Newsletter

Autumn 2022

Editor and Production: Virginia Mitchell



Term Dates

Please see our website for term dates:
www.young-athletes.co.uk

Autumn Term 2022

2 sessions on Mondays and Fridays

11 weeks starts:

Monday 12th Sept

Friday 16th Sept

5.00 to 6.00pm

6.00 to 7.00pm

Half Term 2 weeks

Mon 24th Oct to Fri 4th Nov

Autumn Term 2022 Ends

Friday 9th December

Monday 12th December

(extra Monday due to Queen's funeral)

Our location:

Guildford, Spectrum GU1 1UP

Spring Term 2023

10 weeks starts:

Monday 9th January

Friday 13th January

5.00 to 6.00pm

6.00 to 7.00pm

Half Term 1 week

Mon 13th Feb to Fri 17th Feb

Spring Term 2023 Ends

Monday 20th March

Friday 24th March

Welcome to Autumn Term at Young Athletes Club !!

Autumn Term is always a busy time of year. We are pleased to welcome so many new athletes to join our the club.

Training Programme

Our training programme has been full on as we continue coaching the summer events right up to half term: sprints, long jump, high jump, hurdles, vortex, middle distance and of course we love to finish each session with relays

where the groups can come together and work in teams. Our dedicated and enthusiastic coaches are here to make sure everyone is challenged and that everyone enjoys their session.

Any questions? Virginia and Tony are our Head Coaches who are always present at each session to run the training and answer any questions you have about the club.

Clare our Membership Secretary handles all membership enquiries. Clare is your first contact when you submit an application to join. **Our Parent Helpers** are there in the stand to welcome new parents, give t shirts to new members and deal with your questions.

Parent Helpers: Monday 5pm Torea Bethel, Monday 6pm Katie Boots

Friday 5pm: Nikki Walker-Downie, Sally Gilby Friday 6pm: Lisa Linaker



Winter Cross Country Races for YAC athletes in U9, U11, U13

Winter means we have the excitement of cross country races to prepare for. The Border League is 4 cross countries for YAC athletes to take part in **Free of Charge** over the season:

2022 / 2023 Border League Cross Country Season —4 races:

Match 1 Sunday 6th November 2022 at Lightwater GU18 5RG

Match 2 Sunday 4th December 2022 again at

Lightwater GU18 5RG

Match 3 Sunday 12th Feb 2023 starts 1.30pm

Stoke Park, Home match!! GU1 1UP

Match 4 Sun ay 5th March 2023 Reigate RH2 7RL

How to enter Just email Clare on:

membership@yac-admin.co.uk

Please send us these KEY details: Your child's name and date of birth, school year group and which cross country races you are interested in. Please note: we will keep everyone informed by email about the race programme and how it all works.



Thank you to our sponsors:

LIBRA financial who helped us with medals for our Club Championships

Need new training shoes?
15% DISCOUNT for YAC athletes at Fitstuff in Guildford



Do you need water-based training or injury rehabilitation?



Contact Tony Mitchell on:

07771 995942

Sponsors - Can you help us with funding?

We want to provide better competition experience for our athletes. So we are looking to introduce technology to the events we run and this means quicker meeting results! We want to bring a new results system to our February cross country and electronic timing to our Summer Open meeting. We are looking to raise £500 to do this, so we are asking parents if you have company contacts who might offer support.

Can you help us provide a better race experience?

What we can offer you:

- exposure to a direct audience of 500 plus parents living in Guildford and the surrounding area
- Your name on our newsletters and website
- Your name on race numbers
- Your banners at meetings and on the programme

Anyone interested in becoming a sponsor, please contact us on:

membership@yac-admin.co.uk

THANK YOU!!



Check out our Website and social media

Our website is full of helpful information about our club. Have you checked it out?

- term dates and training times
- the coaching team
- competitions and results
- help with injury page
- training camp info

www.young-athletes.co.uk

We also have lots of great updates on Instagram and Facebook. Why not check out our reels featuring our athletes in action?



GDPR—we respect the privacy of our members and we only use photos for YAC purposes.

If you do not wish us to take photos of your child that may feature on our website or on our social media, please tell us. Thank you.

Athlete Groups How do they work?

Age and ability determine which group an athlete is in. Please talk to us if you wish to ask about the group your child is in.

Squad	Mixed	11/12yrs	Yr 5/6/7
Blue	Boys	9/10 yrs	Yr 4/5
Red	Girls	9/10 yrs	Yr 4/5
Green	Boys	7/8 yrs	Yr 3/4
Yellow	Girls	7/8 yrs	Yr 3/4
Development	Mixed	5/6/7 yrs	Yr 1/2/3

Katie Boots Monday parent helper —running the London Marathon and raising money for Diabetes Research

Katie Boots—our parent helper for YAC Monday 6pm session is running the London Marathon on Sunday 2nd October 2022. Following her son Eddie’s diagnosis for type 1 diabetes in February this year, she was inspired to raise money for the charity that has supported her son and helped him get through a difficult 6 months. Eddie started coming to YAC in Summer term and had to have his blood sugar carefully monitored by Katie during exercise so it did not fall too low and lead to a 'Hypo' which makes him feel shaky, disorientated and faint, and if not treated can be fatal.



Eddie now wears a continuous blood glucose monitor (on his arm) which means he can train with confidence as the monitor sounds an alarm if his levels become too low through exercise and treatment can be offered more quickly. With tweaks to the timing of his meals and snacks on Mondays, he can now get through the whole YAC session fuelled and feeling energetic. Meanwhile Katie has been following a regime of running that is more than she has ever done.

"Training for a marathon whilst studying, working and being a mum of 3 has been intense, exhausting but nothing compared to the load Eddie has had to deal with since his diagnosis. I've been busy clocking up 30+ mile weeks, working hard on getting my nutrition and hydration on point and will be aiming for a sub 5hr hour marathon this Sunday." We all wish Katie massive good luck from us at YAC!!

Here is Katie’s JustGiving page: <https://www.justgiving.com/fundraising/runeddiesmumrun>

Commonwealth Games scarves from Firehorse

Commonwealth Games Official Merchandise Scarves are now HALF PRICE on the Firehorse website. **Beautiful British made Firehorse silk or cotton scarves** would make a special Christmas present. Just go the website to browse the collection as worn by Denise Lewis. <https://firehorsefashion.com/2022-commonwealth-games/>



YAC club kit - order from our parent helpers or website!

Our T shirts are priced at £14, the running vests are £18 and now is the time to buy a our warm zip Hoodies just £22 ready for winter!!

Order or purchase at the track, or from our website. PLEASE put a NAME in your kit!!

LOST PROPERTY

Please ask us if you have left items of clothing. We collect everything left after a session. Lost property will go to charity at the end of term.

