



Term Dates

Please see our website for term dates:

www.young-athletes.co.uk

Autumn Term 2023 Ends

Monday 4th December

Friday 8th December

Spring Term 2024

10 weeks starts:

Monday 8th January

Friday 12th January

5.00 to 6.00pm

6.00pm to 7.00pm

Performance Mon 6.00pm to 7.00pm

Half Term 1 week

Mon 12th Feb to Fri 16th Feb

Spring Term 2024 Ends

Monday 18th March

Friday 22nd March

Easter Camp dates March 2024:

Mon 25th, Tues 26th, Weds 27th

March 2024 (dates tbc Spectrum)

Summer Term 2024

11 weeks starts:

Monday 15th April

Friday 19th April

5.00 to 6.00pm

6.00 to 7.00pm

Performance Mon 6.00pm to 7.00pm

Bank Holiday no YAC: Mon 6th May

Half Term 1 week

Mon 27th May to Fri 31st May

Summer Term last sessions:

Friday 5th July

Monday 8th July

YAC Open Meeting May 2024

Sun 26th or Mon 27th May (date tbc)

Need new training shoes or spikes?

15% OFF at Fitstuff Guildford



Specialist Running Shop & Sports Clinic

Do you need water-based training

or injury
rehabilitation?

Contact

Tony Mitchell
07771 995942



Young Athletes Club Teams win GOLD at Sportshall Nov 2023



Surrey Teams Sportshall 6 Surrey teams took part in the Sportshall on 13th Nov 2023. Our top year 6 athletes were selected following testing in YAC sessions for their ability to do both track and field events. Our YAC teams stole the show with speed and skill in the obstacle and race relays, good technique in the field events and a buoyant team spirit. YAC Boys and Girls both won Gold by a good margin!

BOYS COMPETITION

1st YAC	188 points
2nd Waverley	140 points
3rd Woking	124 points

GIRLS COMPETITION

1st YAC	180 points
2nd Waverley	156 points
3rd Woking	128 points

Boys Team Back left to right:

Thomas Living, Luke O'Sullivan, Milo Gordon, Finlay Harrison, Ollie Newton, Xander Roth, Jasper Bethell, Josh Bone, Piotr Watral, Oscar Lau, Thomas Kennerley, Seba Picasso-Parr

Girls Team Front left to right: Sophie Robertshaw, Grace Whitlock, Cherie Liu, Esme Wilkinson, Uzo Elechi, Matilda Radford, Bea Hyner Dring, Chloe Hillier, Annabel Ashby, Corliss Chan, Caitlin Hynes, Isabel Goodey de Diego

We look forward to the next Surrey Sportshall event on Sun 14th January 2024.

Winter Training at YAC—welcome to all new members this term!



Autumn Term has been one of our busiest ever with new members joining and two Border League Cross Countries for U9, U11, U13 and U15. Our training programme is varied and challenging to provide the winter building blocks of speed, endurance, agility and strength. We finish each session with relays where the groups work in teams. Our dedicated, enthusiastic coaches make sure everyone is working well and enjoying their session. **Any questions? Virginia and Tony are our Head Coaches. Clare our Membership Secretary handles all membership enquiries. Or ask our Parent Helpers in the stand.**



Border League Cross Countries at Maidenhead and Guildford

Maidenhead Sun 5th November 2023

Well done YAC teams! Success at the first cross country of the season!!

U11 Girls and U11 Boys came 1st team

U9 Girls and U9 Boys came 2nd team

Guildford Stoke Park—YAC hosted our home match on Sun 3rd Dec 2023

We had **65 YAC athletes** and a total of **300 athletes from 10 teams** taking part at Stoke Park in classic cross country conditions: drizzle, rain and mud!

Thomas Living was once again winner of U11 boys. He raced home in first with Ollie Newton in 2nd. Milo Gordon 9th and Finlay Palmer 10th made the

top 4 boys home for another team 1st. The U11 girls also came home in a tight pack with Jessica Easton 3rd, Chloe Hillier 5th, Isabel Goodey de Diego 7th, and Annika Everett in 9th. Well done girls! We await confirmation U11 girls were also 1st team. The U9 boys had a tough battle with athletes from Cleves. Our first two athletes home were Reuben Smith in 8th position and Jacob Carpenter 10th and Mo Farah gave his support! The U9 girls had to contest against Reigate. Our top 2 athletes were Abi Living in 2nd and Cara Junor in 6th. For full results go to the Border League website: <https://www.borderleaguexc.org/>



Check out our Website and social media

Our website is being updated with latest information and new photos. It is full of helpful information about our club. **Have you checked it out? Take a look.....**

- term dates and training times
- the coaching team
- competitions, camps, results
- injury, do you need a physio?

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? [Privacy policy](#)



We respect the privacy of our members. Please see our privacy policy on our website under "Club Information". We only use photos for YAC purposes. If you do not wish us to use photos of your child on our website or social media, you are asked to advise us when you join the club. 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.

Performance Mon 6pm	11 to 15 yrs	Yr 6/7/8/9/10
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

Performance Training Mondays at 6pm to 7pm

What is Performance Training? This is specialist training for our senior and competition athletes from Squad U11 up to U15.

These sessions operate like senior club sessions with athletes going to their preferred event to do more focussed and technical training in sprints, hurdles, middles distance, throws and jumps. If you are interested in these sessions for your athlete, please contact Clare our membership secretary for more information. **Email: membership@yac-admin.co.uk**



Spike swap at YAC

Do you have a pair of spikes you would like to swap for a bigger pair? Or a pair you wish to donate? Please bring second hand spikes to the track and swap for another pair by making a donation of £10 to club funds. See our parent helpers at the track!



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

Our **T shirts** are priced at £14. **Running vests** are £18 and now is the time to buy our warm zip **Hoodies** £22 for winter!!

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

LOST PROPERTY Please ask us if you have lost something! We collect everything left after a session. Lost property goes to charity at end of term!!



Happy Christmas to all our members!! See you for more great training in 2024! **Website: www.young-athletes.co.uk**

Email: membership@yac-admin.co.uk

Facebook: www.facebook.com/young-athletes.club

