



December 2019 Autumn Term 2019 at Young Athletes Club

Term Dates

Autumn Term 2019 ends

Monday 9th December

Friday 13th December 2019

Spring Term 2020

10 weeks starts:

Monday 13th January 2020

5.30pm to 6.30pm

Friday 17th January 2020

5pm to 6pm

6pm to 7pm

Half Term:

Mon 17th to Fri 21st Feb

Spring Term Ends:

Monday 23rd March

Friday 27th March

Easter Camp 2020 dates tbc:

Weds 8th and Thurs 9th April

Summer Term 2020

11 weeks starts

Monday 20th April

New time 6pm to 7pm!!

Friday 24th April

5.00 to 6.00pm

6.00 to 7.00pm

Monday 4th May Bank Holiday,
no YAC

Half Term 1 week Mon 25th

May to Fri 29th May

Summer Term Ends

Friday 10th July

Monday 13th July

Our venue:

Spectrum Track GU1 1UP



GOLD medals for YAC teams at Surrey Sportshall 17th Nov 2019

Congratulations to our YAC Sportshall team for an amazing afternoon of excitement to take gold medals for girls and boys at the first of season Sportshall competition at Sportsbox. Our girls team dominated the track and field events winning 10 out of 17 events and the boys were strong winning 8 out of 17 events.

Girls Team Isabella Akpoveta, Katie Love, Olivia Tufts, Keira Oxley, Ava Pring, Megan Williams, Flora Bayley, Emily Easton, Alyssa Gillies, Elise Christian, Emily Williams, Emily Milner

Boys Team Rory Barr, George Taylor, Joshua Brian, Louis Frost, Daniel Lambkin, Alexander Power, Denis Rapagnetta, William Roeser, Kameron Sam, Charlie Waters, Thomas Mansell, Ben Everett

Well done also to our athletes who were on loan to compete for Kestrels and for Dorking:

Hannah Pye, Lucy Flood, Maddie Few, Antonia Bednall, Sophie Jennings and Josh Cass.

These teams could not have taken part without you!!

Top 3 teams GIRLS: 1st YAC, 2nd, Epsom and Ewell, 3rd Woking **BOYS** 1st YAC, 2nd Cleves, 3rd Waverley

Next Sportshall Competition: Sunday 12th Jan 2020 from 1pm at Guildford Spectrum Indoor Hall

Thank you to Jonty for the great action photos. Thank you also to all our coaches who helped at this meeting!



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YAC Autumn Term Training—how it works!

What a busy term we have had this Autumn! The cross country season is well underway, we have had our first Sportshall and we are busy in our training sessions with new members joining each week.

Autumn is a transition time of year where we move from summer training into our winter programme. Our training provides circuit sessions with 5 stations involving mini hurdles, shuttle runs, medicine ball, skipping and jumping, and track runs. This alternates with our track and field sessions where we run track intervals plus throwing or long jump. We always finish with our popular relays and of course "Athlete of the Week".

Newbury Border League 2019/2020 Cross Country races: Aldershot 3rd Nov & Lightwater 1st Dec



U11 Girls start at Aldershot

To date, our teams have taken part in 2 Border league cross country races. Race 1 at Aldershot on 3rd November and the second at Lightwater on 1st December. The Lightwater race was run at the time of writing this newsletter so we do not have confirmed results for the this match. But we do know that Emily Easton has won the U11 girls at both races! Katie Ealden has come 3rd and 5th, Sophie Jennings 4th and 9th and Chloe Shipton 6th and 7th so all 4 girls have begun their campaign well. Here are top line results:

Aldershot results We are very proud to say that YAC teams came first in 3 age groups: U9 Girls, U9 Boys and U11 Girls!

U11 GIRLS – YAC Team 1st

1st Emily Easton, 3rd Katie Ealden, 4th Sophie Jennings, 6th Chloe Shipton, 16th Katie Love, 20th Hannah Pye

U11 BOYS—YAC Team 4th

4th Josh Cass, 8th Ben Everett, 9th Ben Lucas, 30th Jacob Bowyer, 43rd Blas Rivero-Stevenet, 47th Harry Sinnett

U9 GIRLS – YAC Team 1st

1st Jess Allen, 3rd Felicity Croucher, 4th Jamie Simons
6th Eliza Clarke, 11th Charlotte Allen, 14th Sienna Newlove, 18th Elsa Thomson, 22nd Isla Oxley, 23rd Lauren Gleich

U9 BOYS—YAC team 1st

8th Finley Williamson, 9th George Bone, 11th Dexter Pretty, 12th Sam Counce, 16th Daniel Neale, 19th Hugo Wilson, 24th Tobias Flood, 25th Isaac Middleton

Lightwater 1st Dec—Race headlines

This race saw the return of two key athletes to the YAC teams: Elise Christian came 2nd in U11 girls and Daniel Orbell finished 1st YAC for 5th place in U11 Boys.

NEXT RACE is our Home Match!

Sunday 2nd February 2020

Stoke Park Guildford GU1 1ER

First race 1.30pm

Final Border League

Sunday 1st March at

Reigate Priory

RH2 7RL

For quick results and match detail, check out the Newbury Border League Facebook page



U11 Boys start at Aldershot



Finley Williamson U9 Boys



U9 Girls start at Lightwater

Meet the Coaching Team - see website for more info!



We are a dedicated and enthusiastic bunch! Most are athletes too so we love what we do! Senior coaches are England Athletics qualified and DBS checked. Virginia is World and European Masters Champion at 400m / 800m in

W55. Husband Tony is British Champion 300m hurdles M60. Christine Sciberras is British Champion Triple Jump W40. Pat Logan is a World master sprint medallist, many of our students compete for club and county!

YAC club kit

Great moisture wicking T shirts £8, running vests £15 and warm zip hoodies £20 are available. Order or purchase at the track, or from our website. PLEASE put a NAME in your kit!! LOST PROPERTY will go to charity at the end of this term. Please check if you have lost something!!



FITSTUFF Specialist Running Shop & Sports Clinic

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Athlete Groups How do they work?

Age and ability determine which group an athlete is in. Please talk to us if you feel your child is not in the right group.

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

YAC Easter Camp 2020 - info to follow on website!



2 days of athletics at Spectrum Thurs 16th and Fri 17th April 2020, dates TBC 10am to 3pm
Our training camps offer two full days of athletics which are challenging and fun. We provide specialist coaching in:

sprints, hurdles, middle distance, throws, long and high jump and relays, team games and competitions! Check website for more info!



We wish all our athletes a Happy Christmas !!

See you in January 2020 for more great athletics!! Website: www.young-athletes.co.uk

Email: membership@yac-admin.co.uk Facebook: www.facebook.com/young-athletes.club

