



Term Dates

Note: all dates awaiting confirmation from Spectrum!

Autumn Term 2020 Ends

Mon 14th and Fri 18th Dec

Spring Term 2021

10 weeks starts:

Monday 11th January

Friday 15th January

5.00pm to 5.45pm

5.45pm to 6.30pm

Half Term:

Mon 15th to Fri 19th Feb

Spring Term last sessions:

Monday 22nd March

Friday 26th March

Easter Camp 2021 dates tbc:

April 2021

Mon 5th, Tues 6th, Weds 7th

Summer Term 2021

10 weeks starts

Monday 19th April

Friday 23rd April

Training times tbc

We aim to return to 1hour sessions if possible!

Bank Holiday:

Monday 3rd May—no YAC

Half Term is 1 week

Mon 31st May to Fri 4th June

Summer Term last sessions:

Friday 2nd July

Monday 5th July

Our venue: Spectrum Track GU1 1UP

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

Autumn Term at Young Athletes Club—November 2020



2020—What a year it has been!!

Who could have predicted what a different world we would be living in since the last time I wrote a YAC newsletter in Feb 2020?! Covid 19 meant we had to shut our track doors on 23rd March for the first Lockdown and we are now coming to the end of the second! Summer term was cancelled, we could not run our annual May Open meeting, our Squad teams did not compete in the Surrey Team Quadkids so instead we went ONLINE! Our garden (like for all of us) became our training ground and we sent you lots of home workout and Sportshall Challenge videos to keep you motivated and fit. These can still be found on our website under the **Competitions** tab!

BUT!!! We were the only club to run 3 days of Summer Camp at the end of August which was fabulous! We started Autumn term 2020 with a new structure, new timings, smaller group training and a Covid—safe environment for our athletes. We will get through this lockdown and be back on track very soon to provide more great training in December 2020!! (Note extra dates!!)



Autumn Term training at YAC—CONTINUES....EXTRA SESSIONS IN DEC 2020

We started the term on a very positive note with September and October sessions mostly in sunshine and a packed programme of training to follow right up to half term. Each week we ran 6 activities with each group doing a different activity in rotation so that every athlete will have had training in: Sprinting, hurdles, long jump, vortex throw or ball throw for the younger ones, high jump for the older ones and plenty of track running plus relays for everyone! Here are some of our athletes in action during training:



YAC athletes who have been busy in Lockdown

We know that many of our athletes with help from you the parents, have been brilliant at keeping fit over lockdown.



Here are just 2 examples:
William Newby Grant who is 12 years old, has run 5km EVERY day for 100 days and raised £1,158 for the World Wildlife Fund!! William started his challenge on 17th August and he finishes on 24th

Nov 2020!! William told us about his challenge when he came to our Summer camp and ran his 5km before training. He has steadfastly continued through Autumn in cold and rain and has not given up!! We commend William for his amazing determination to finish his 500km and for his fundraising beating his target of £1,000!! His Mum says he gets his enthusiasm from YAC which has given him the inspiration to take up this amazing feat!

Felicity Croucher



Felicity who is in Squad group on Mondays competed in 2 duathlons (run/bike/run). Here she is racing to WIN her age group at the Dagenham duathlon in October. She was in the Tristar 1 age category: 9 to 10 year olds. Felicity ran 3.27mins for 900m

then swapped to her bike for a 4km cycle and then ran 450m!! Felicity has kept her training up through lockdown and was keen to take up any opportunity to compete. She is looking forward to taking part in the ATW cross country race on 19th Dec. See info below.



ATW Cross Country Race series 19th Dec

Races for U11, U13 near Watford. Entry fee £12 for chip timing! Just Google Active Training World and book a place!

Competition dates—up and coming events!!

YAC Club Championships goes ahead in Jan 2021

Lockdown 2 meant we could not run our club championships in November. So we plan to run this event during our normal training sessions in



Photo by Jonty Mitchell

January 2021. We would like to offer all our members the chance to take part in our special Club Championships training nights! 2 events for every athlete:

YAC Club Champs - Run and Throw

Dates: Monday 25th January
 Friday 29th January
 Events: 1km (1000m) and Vortex - yrs 5/6/7
 500m and ball throw- yrs 2/3/4



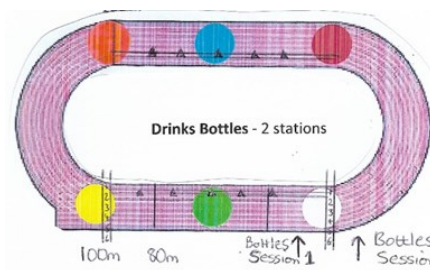
Medals! There will be medals for the top 3 club athletes in each event and in each age group: U7, U9, U11, U13 across boys and girls.

Border league cross country 2021

We are discussing plans with the Border League Committee for YAC to host a single large cross country event at Stoke Park on 21st February 2021. Much has to be agreed before we can confirm details but we will keep you posted!!

YAC new structure for our Covid-safe sessions

We have moved from 1 hour large sessions to two smaller 45min sessions on both Mondays and Fridays. We now keep our athletes in their colour-coded groups for the whole session. Each group has their own designated space marked out on the track and the athletes stay in groups for warm ups as well as the main session and relays. We have a one-way system for parents in the stand and we ensure that athletes in session 1 keep their kit and drinks bottles separate from session 2. We have improved the system along the way to ensure that we keep athlete well-being at the forefront of what we do as well as making sure the training stays challenging and fun!! Check the COLOUR of your child's group to know where they go for warm ups.



YAC Website

We have a great website with lots of information about our club! Don't forget to use it for term dates, latest news, coaching team, competitions and lots of great photos. We will also always use email to keep you informed of key information.

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 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 club kit - order from our website!

Choose from our popular T shirts at £10, vests £15 and warm zip hoodies £20 . 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 term. Please ask us if you have lost any clothing!!

