



### Term Dates

Note: dates awaiting confirmation from Spectrum!

#### Autumn Term 2021 Ends

Mon 6th and Fri 10th Dec

#### Spring Term 2022

10 weeks starts:

Monday 10th January

Friday 14th January

2 sessions Mondays and Fridays:

5.00pm to 6.00pm

6.00pm to 7.00pm

#### Half Term:

Mon 14th to Fri 18th Feb

#### Spring Term last sessions:

Monday 21st March

Friday 25th March

#### Easter Camp 2022 dates tbc:

April 2022

Mon 4th, Tues 5th, Weds 6th

#### Summer Term 2022

10 weeks starts

Monday 25<sup>th</sup> April

Friday 29th April

5.00pm to 6.00pm

6.00pm to 7.00pm

#### Bank Holiday:

Monday 2nd May—no YAC

Half Term is 1 week

Mon 30th May to Fri 3rd June

#### Summer Term last sessions:

Friday 8th July

Monday 11<sup>th</sup> July

Our venue: Spectrum Track GU1 1UP

#### Need new training shoes?

15% DISCOUNT for YAC athletes at Fitstuff in Guildford

**FITSTUFF**  
Specialist Running Shop & Sports Clinic

Do you need water-based training or injury rehabilitation?



Contact Tony Mitchell on: 07771 995942

### Young Athletes Club are Surrey Teams Sportshall winners!



Photos by Jonty Mitchell

Thank you @photographybyjonty

### YAC Boys and Girls teams both win GOLD at Sportshall 14th November 2021



After 2 years without indoor competitions due to Covid, we were excited to compete again at Sportshall **against 5 clubs**: Camberley, Dorking, Epsom and Ewell, Waverley and Woking on 14th November. Our two teams of **10 boys and 10 girls**, chosen from our top year 6 athletes after weeks of testing in training, both took **gold** medals in a full afternoon of action at Spectrum indoor hall.



**Sportshall involves a variety of team races** using the length of the indoor hall with obstacles, hurdles and baton relays.

It includes **9 field events** such as standing long and triple jump to soft javelin and speed bounce. Our athletes need skills at both track and field. There was a great atmosphere inside the hall as

our athletes showed determination and teamwork to take the win.

**Boys Team:** George Bone, Hugo Wilson, Leo Booth, Seb Moss, Toby Barr, Daniel Baker, Jack Lynch, Tobias Flood, Dexter Pretty

**Girls Team:** Bethany Staddon, Jess Allen, Adele Fitzsimmons, Alexandra Richardson, Florence Tyler, Freya Sebastian-Davies, Jamie Simons, Rebecca Milner, Jessica Gash, Lyla Rawlings.

#### NEXT Sportshall:

**Sunday 30th January 2022**

This is another opportunity to compete against more clubs AND a chance for our top athletes to get a place in the Surrey team!!



Boys	Club	Points
1st	YAC	156
2nd	Waverley	124
3rd	Camberley	96
Girls		
1st	YAC	146
2nd	Waverley	130
3rd	Camberley	90



### Border league cross country 2021/ 2022



#### 3 Race dates and venues:

**Sunday 5th December 2021 at 11am at Lightwater GU18 5RG**

**Sunday 13<sup>th</sup> February 2022 at 1.30pm Stoke Park GU1 1UP**

**Sunday 6<sup>th</sup> March 2022 at 12pm at Reigate RH2 7RL**

We are excited to have cross country back on the race calendar this winter after 2 years off due to Covid. The Border League is a cross country league for athletes from 14 clubs and schools in Surrey and Hampshire and has been going for over 20 years.

**Young Athletes Club** has 87 athletes entered for the first race round the paths of Lightwater country park. We are one of the biggest clubs alongside Cleves and Waverley. We can enter as many athletes as we like and entry is free to members, YAC pays the entry fee. Medals are awarded to the top 6 finishers in each age group after all 3 races have taken place. The first 4 athletes in each age group count towards the team result.

#### First Race Sunday 5th Dec at Lightwater

##### Starts 11am with U9 girls

Please arrive an hour before race time and see Virginia at the blue YAC flag to register and collect your race number!! All race information has been sent by email to members.

If you have not entered yet and your athlete would like to compete in the **next 2 races** please register with Tara. Contact Tara Oxley by email to provide her with your athlete details: [tara.oxley@googlemail.com](mailto:tara.oxley@googlemail.com)



### Autumn Term at Young Athletes Club



Our Autumn Term started with sessions in the September sunshine and a continuation of the summer training programme up to half term.

Now we have moved into the Winter programme and our training provides circuit sessions with 4 stations involving mini hurdles, shuttle runs, medicine ball or long jump and track runs. Squad group are doing a combination of longer track reps and throwing and long jump. We aim to ensure all athletes are working on the building blocks of speed, endurance, agility and strength so they are ready

for the track competition season next year. We always finish with our popular relays and of course "Athlete of the Week". Here are some of our athletes in action!!



### Events to look out for in 2022!!

#### Spring Term 2022

30th Jan 2022 Sportshall Final (selected Squad athletes only)

13th Feb 2022 BL Cross Country Home match at Stoke Park

6th March 2022 Last BL Cross country at Reigate

#### Dates to be confirmed:

4/5/6th April 2022 Easter Camp at Spectrum

28th May 2022 YAC Open Meeting for U7/U9/U11/U13

### YAC on Facebook and Instagram



We have over 200 followers but we would like more!  
Come and like our Facebook page and like our Insta posts. Your athlete may be featured on our social media. But if you would rather us not show your child, please let us know!



### YAC Website—check it out!!

We have a great website with lots of information about our club! Please use it for term dates, latest news, competitions and photos. We also use email to keep you informed of key info!



### 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.

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

### 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 check with us if you have lost any clothing!!**



**We wish all our athletes a Happy Christmas !! See you in January 2022 for more great athletics!!**

**Website: [www.young-athletes.co.uk](http://www.young-athletes.co.uk)**

**Email: [membership@yac-admin.co.uk](mailto:membership@yac-admin.co.uk)**

