



Newsletter

YOUNG ATHLETES CLUB

Autumn 2024 start of term



Spectrum Track Guildford GU1 1UP

Editor: Virginia Mitchell Head of Coaching

Term Dates

For all details, see our website!

Autumn Term 2024

11 weeks starts:

Monday 9th Sept

5.00 to 6.00pm

Monday Performance Training

6.00 to 7.00pm

Friday 13th Sept

5.00 to 6.00pm

6.00 to 7.00pm

Half Term 2 weeks

Mon 21st Oct to Fri 8th Nov

Autumn Term 2024 Ends

Monday 2nd December

Friday 6th December

Spring Term 2025

10 weeks starts:

Monday 6th January

5.00pm to 6.00pm

Monday Performance Training

6.00 to 7.00pm

Friday 10th January

5.00pm to 6.00pm

6.00pm to 7.00pm

Half Term: 1 week

Mon 17th Feb to Fri 21st Feb

Spring Term last sessions:

Mon 17th & Friday 21st March

Young Athletes Club— Welcome everyone to Autumn Term at YAC

We launched YAC 13 years ago in Sept 2011 with 60 members age 8 to 11 years taking part in 2 sessions per week.

Young Athletes Club now has over 400 members age 5 to 15 years and we run 4 sessions per week. We also work with local clubs to provide competitions all year round: cross country, Sportshall and Track and Field. We hold our own Open Meeting in Spring as well as running 3 day training camps in the Easter and Summer holidays.

We are proud to have coached 1000's of children over the years and helped them have the best start in athletics. We also have several athletes who have gone on to reach international standard. Elise Christian and Jess Howells now age 16 both achieved an England vest for javelin this year and competed at the Loughborough International. Bells Wilson now age 18 has gained GB selection racing 400m hurdles at Loughborough and in Brussels. Bella kindly came to our Open Meeting to present medals to our young winners on the podium. We are proud to be the club where young athletes can start their athletics journey and go on to achieve great things! It could be your child next!!



Bella Wilson, former YAC athlete now GB 400m hurdles Junior International presenting medals to our U9 girls Nahla, Olivia, and Megan at our annual Open Meeting May 2024

Young Athletes Club—what to look out for in Autumn Term !

Training Programme—we train outside on the track in all weathers!

Note to PARENTS!!

Please ensure your athlete always wears training shoes to each session.

Bring spikes if you have them and ask a coach when to put them on.

Wear suitable clothing to keep warm and please bring a drinks bottle to every session.

We provide event training for 6 weeks up to half term. After half term in November, we move to winter training. Event training offers sprinting, hurdles, throws, middle distance, jumps and relays so that each group will cover all these elements in the first 6 weeks of term.

Winter training involves fitness circuit based activities, track running, throwing and jumping.

Any questions??

Please email Clare your Membership Secretary on: membership@yac-admin.co.uk

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



Border League Cross Country 4 race dates over winter 2024/2025

For age groups: U9, U11, U13, U15

1. Stoke Park, Guildford 10th Nov 2024 - we are host club!!
2. Maidenhead 1st December 2024
3. Merrist Wood 2nd February 2025
4. Reigate 2nd March 2025

Please look out for the email which tell you how your athlete can take part in this race series—we will send you details very soon.

