



Newsletter

DECEMBER 2011

Issue 1

Spring Term 2012

Training Dates

Mondays 5.30 to 6.30pm
Start: Monday 9th January
Half term: 13th to 17th Feb
Last Session: Mon 26th March
Location: Spectrum
Athletics Stadium
www.guildfordspectrum.co.uk

Please note:

Summer Term 2012 will be
6 to 7pm for all sessions (due
to schools sports bookings)

Upcoming events

**Cross Country Border
League,**
Race 2.Sun 11th December
Lightwater
Race 3.Sun 29th January
Guildford
Race 4.Sun 4th March
Church Crookhan

Sports Hall, Indoor,
March 2012

Quadkids, Summer 2012

Contact Virginia via email on
[membership@
young-athletes.co.uk](mailto:membership@young-athletes.co.uk)

A big thank you to
our sponsor:

**Sweatshop
Woking**

for donating

£5

discount vouchers
off sports clothing
and shoes



Welcome to the Young Athletes Club

**Welcome to this first
edition of the Young
Athletes Club newsletter!**

This newsletter aims to give
you information about your
club, who runs it, how the
training works, dates for your
diary, competition results and
Athlete of the Week.

Going forward we will have
special athletics features on
coaching, competitions and a
run up to 2012.

We are delighted with how
the club has taken off since we
started in September.

We now have 76 signed up
members. Athlete attendance
is high and all athletes who



have trained regularly are
showing great improvement in
their athlete skills, speed and
fitness.

As coaches, we are loving
coaching such an enthusiastic
group and we hope the
athletes and parents agree!

A big thank you to our coach
assistants Sinead Millward,
Tim Connolly, Ellie Lane and
Stuart Embleton.

Young Athletes Club 'Who's Who?'

We have a great team of
experienced coaches. All our
senior coaches are CRB
checked and UKA qualified
and bring a great deal of
enthusiasm and dedication to
athletics for young children.
Our coach assistants ensure
that the coaches are well
supported.



Coach: Virginia Mitchell

Expertise: 10 years coaching
athletes all ages. Special
events; sprints and hurdles

Athletics experience:
Competed for Great Britain
as a Junior at 400m.

Still competing for Great
Britain Masters. Current
reigning British, European and
World Champion at 400m
hurdles Women 45.



Coach: Tony Mitchell

Expertise: 30 years teaching
and coaching athletes all ages

Athletics experience:
Competed internationally for
Great Britain Masters. Former
GB, European and World
Champion for GB Masters at
400m hurdles and 400m.



Coach: Susan Goode

Expertise: 16 years of
coaching 8 year olds up to
seniors in schools and with
the Star Track in school term
holidays.

Athletics experience:
Competed for Guildford from
the age of 11 to the mid 30's



Coach: Paul Kelly

Expertise: 7 years coaching
all ages specialising in throw-
ing events and conditioning.

Athletics experience: Still
competing in the Southern
Leagues. Won county titles in
Javelin, Hammer and is Surrey
Masters Hammer champion.



Coach: Simone Dill

Expertise: 2 years club coach
experience with 11 to 14 year
old athletes; sprints, hurdles

Athletics experience:
Won County championship
titles in the sprint hurdles as a
junior in Germany. Trained
with Olympic sprints team.

Congratulations to our Athletes of the Week

Every week we award athletes that excel in the training sessions with the best achievements and efforts.

Development Group

Daisy McGrail, Libby Chapman, Imogen Challis, Patrick Cockin, Oliver Hardman, Eva Day, Joe Connolly, Robbie Challis, Mollie Pattison

Green Group

Ben Tinker, Joe Ellis, Sean Weir, Tom Faulks, Sebastian Ellis, Thomas Hardman, Thomas Dennis, Eerik Cockin, Michael Noyau, Sean Hunt, Tom Dennis

Yellow Group

Matilda Metcalfe, Tilly Gough, Niamh Carey, Gemma Lees, Phoebe Gosling, Freya Ruddle, Isabella Summers plus all group athletes were nominated on 7th November

Blue Group

George Gervasio, Taylor Cook, Leon Flynn, George Mears, Eddie Morris, Alfie Waller, James Lillie

Red Group

Jodie Strettell, Grace Ellis, Rachael Connolly, Emily Robinson, Casey Elliott, Katie Ellis, Heather Pugh, Anna Wortley, Hasna Ould Dada

Squad Group

Ffiach Millward, Sid Adams, Melissa McCrow, Tallulah McKinlay, Kim McLennan, Olivia Metcalfe, Owen Rogers, Charlotte Summers, Jonty Mitchell, Ryan Lees, Oliver Edser



Our Training Programme

Training Programme

The programme of training aims to provide;

Event specific training in the summer and fitness-endurance based training in the winter to ensure that athletes have the skills to compete if they wish to do so.

Currently we are in the middle of the winter circuits. These involve hill runs, strength exercises, skips, mini hurdles, jumps and track and shuttle runs to improve strength, endurance and maintain speed and agility.

Groups

The groups are set by age and more importantly by ability to ensure every athlete trains with those of a similar level to help each individual develop and progress. Athletes are regularly assessed to ensure they are moved up as appropriate.

Development Group

Youngest athletes

Green Group

Boys – intermediate

Yellow Group

Girls – intermediate

Blue Group

Boys – advanced

Red Group

Girls – advanced

Squad Group

Mixed boys and girls – experienced



Squad Under 13s will be trained under the guidance of the more experienced coaches to build their skills, confidence and training ability to progress and compete in U13 teams for local clubs.

Competition Results and Events

On the 20th November, Young Athletes Club entered its first competition, the **Camberley Open Cross Country Races**.

Congratulations to the U9 boys who won the silver medals in the team event with Robbie Gardham, 2nd place, Spencer Cook 7th, Billy Bishop, 10th. In the U9 girls Isabella Summers came an excellent 5th and Kathryn Gooch from the U11 came a very good 14th .

Our U11 boys runners Thomas Dennis and Matthew Wibberley came a very good

5th and 24th. James Lillie came 6th place in the U13 boys' race, after missing the U11 run; an amazing result as James is only 10 years old.



In the U13 girls race Charlotte Summers ran well and came 10th. Well done to the boys and girls running very well over a tough course.

On the 13th November, the boys ran in the **Border League** at Lightwater. Eerik Cockin came a very good 46th out of 72 runners.

The YAC is looking to enter teams into competition such as Quad kids, Sports Hall. For upcoming events see listing on front page.

Our **Squad team** are our most advanced athletes and it is soon time to place these youngsters into local clubs. We will advise our Squad team how to join local clubs. Please look out for emails.

Spring Term Reminder

Please don't forget to renew your membership
Term starts 9th January 2012

If you have any questions please email
membership@
young-athletes.co.uk

Many thanks to
Stephen and Gillian Wilder
for providing us with
excellent IT and admin
support.

Contact us:

Chenies, Elmstead Road
West Byfleet
Surrey, KT14 6JB
Tel 01932 343632
or email
membership@
young-athletes.co.uk

Young Athletes Club Goals

To teach every child the key techniques in athletics so that they can develop their skills at running, hurdling, jumping and throwing. To encourage each child's participation in the sport of athletics to compete and have fun keeping fit.

Visit us on www.young-athletes.co.uk



YOUNG ATHLETES CLUB