



Newsletter

FEBRUARY 2014

Editor: Virginia Mitchell

Production: Simone Dill

Training Dates & Times

Spring Term 2014

Mondays 5.30pm to 6.30pm

February 24

March 3, 10, 17, 24

Fridays 5.00pm to 6.00pm

February 28

March 7, 14, 22, 28

Summer Term 2014

Starts: Monday 28th April

6.00 to 7.00pm **New time!!!**

Friday 25th April

5.00 to 6.00pm

Ends: Monday 14th July

6.00 to 7.00pm

Friday 11th July 5.00 to 6.00pm

Half Term w/c 26th May

Note: Training includes Mon

5th May Bank Holiday

Location: Spectrum

Athletics Stadium GUI IUP

www.guildfordspectrum.co.uk

Easter Camp 2014

Wed 9, Thu 10, Fri 11 April

See report for details



YOUNG ATHLETES CLUB

We are pleased to offer our athletes discounts from our

Young Athletes Club sponsor Sweatshop



Offering **25% discount** off running spikes

Discount Code TDC

Visit the nearest Sweatshop store in Woking Town Centre

Spring Term 2014 at Young Athletes Club

We welcome new members to Young Athletes Club!

Well done to our existing members who are helping the new ones fit in so well.

Spring Term is often the most challenging time of year for athletics training. It is dark and the weather has been wet, wet, windy and wet! However, we are pleased to see so many athletes turning out in all



conditions. We regularly have 90 plus athletes on a Monday and 80 athletes on a Friday.

It is amazing to coach so many enthusiastic children who try so hard in every session. The circuit has been developed over a number of years. The aim is to build the key components of strength, stamina, speed and agility so that athletes are ready to

compete in the outdoor season. It involves mini hurdles, strength work, shuttle runs, jumping and bounding, medicine ball throws and track runs.

We have already seen our teams compete successfully in 3 of the Border League cross country runs and at the Indoor Sportshall event in December so it is clear that this training is working well for our athletes.

See the reports on these events for more details.



Border League Cross Country Races

We have done extremely well in the first 3 Border League races.

Congratulations to all our athletes who have run in the wet, windy and muddy conditions for the last 3 races.

Race 1 Sun 3rd Nov 13

Lord Wandsworth

Race 2 Sun 15th Dec 13

Stoke Park, Guildford

Race 3 Sun 2nd Feb 14

Farnborough

Our U9 squads have excelled and we are currently leading in both the boys and girls teams.

Charlotte Burnham is currently in the lead at the top of the U9 girls after 3 races!

Our 11 squads have tough competition from Camberley, AFD, Basingstoke and Grey House School.



Top placers;

U9 Boys: Leon Lafreniere, Tom Elliott, Marcus Goulden, Connor and Fynn Tinker, Thomas Craig, Luke Stables, Stevie Barron, Jack Burke, Joseph Samson

U9 Girls:

Charlotte Burnham, Ayla Darcy, Katie Sakaria, Sara Duncan, Libby Daunter, Sophie Court,

Tilly Anderson, Emily Burke, Ella Cameron, Lana Darcy

U11 Boys: Adam Kirby, Oliver Hardman, Mats Lindstrom, Christopher Baker, Henry Moodie

U11 Girls: Susy Lecoutre, Phoebe Matravers, Daisy Bloxham, Millie Cant, Tabitha Hodges, Della Sakaria

NEXT RACE

Sunday 2nd March 2014 at Camberley. Please check the website for details and results. We do not send out individual emails to confirm venue or timings.

	Race 1	Race 2	Race 3
U9 Boys	1st	2nd	1st
U9 Girls	1st	1st	1st
U11 Boys	5th	7th	9th
U11 Girls	3rd	2nd	4th

Sportshall Results 8th December 13

A strong YAC team of 12 boys and 12 girls (mostly year 5 and year 6) was selected to compete in the first SSAN indoor Sportshall match against 7 other teams. We performed really well across the mix of events. Results; YAC Girls were 3rd and YAC Boys were 2nd! Well done to all those who competed, especially to Maisie, Tilly, Millie, Adam, Harry and Robbie who were selected to represent Surrey in an Inter Counties Sportshall on 12th January.

Easter Camp

You can now book your place for our Easter Camp 2014.

Dates: Wednesday 9th, Thursday 10th, Friday 11th April

Times: 10am to 3pm,
Venue: Guildford Spectrum Athletics Track
Cost: £35 per day, £95 for all 3 days (Sibling rate £30/£80)

For more information and to **apply on-line** visit our website www.young-athletes.co.uk (latest news)



Coaching Team

We are lucky to have such a keen and experienced coaching team. All our coaches are CRB / DBS checked and have England Athletics qualification. We also have a number of students working with us as part of their Duke of Edinburgh awards. They all do a great job helping our young athletes through their training programme.

We have new coaches to welcome too;

Rob has joined us from a rugby background where he is a Level 2 coach. Suzy has recently joined us. She has 2 young sons and runs Tigers Tae Kwon-Do classes. Both Rob and Suzy are taking their England Athletics Assistant Coach award in March 2014. Student Katie, age 13, at Tormead School and is an athlete at Guildford and Godalming AC. Katie is doing her athletics as part of the Tormead Young Achiever Award (like D of E).

Congratulations to our Athletes of the Week

Every week we award athletes of each group that excel in the training sessions with the best achievements and efforts. Nominations may be for technique, listening well or a great performance on track and field.



Development Group (mixed ages 6-7 years)

Mon: Isabella Deegan, Max Slevin, Ella Harris, James Read, Josh Mortimer, Ella Chapman, Esme Finch, Joe McSweeney, Tabitha Brown
 Fri: Jack Burke, Cory Coleman, Rebecca Gallagher, Matt Turner, Daisy Bennett, Sophia Craig

Yellow Group (girls ages 8-9 years)

Mon: Bobby Ann Cranfield, Madeleine Jones, Saskia McAllister, Cara Falconer, Ella Chapman, Connie Mortimer
 Fri: Emily Burke, Ebony Hooker, Zoya Yassini, Poppy Sykes, Katie Keiller, Lana Darcy, Hannah Sideeq

Green Group (boys ages 8-9 years)

Mon: Harry Eisinger, Harry Quinn, Ben Kingerlee, Marcus Goulden, Nicholas Didaskalu, Jago Taylor
 Fri: Thomas Craig, James Garner, Stevie Barron, Shea North, Duane Godfrey, Harry Bosman

Red Group (girls ages 9-10 years)

Mon: Issey Groves, Marlene Lange, Bryony Bovell, Franky Livingston, Rosie Neale, Maddie Glyn-Jones
 Fri: Sophie Walker, Gracie Coleman, Millie Cant, Lola Oke, Libby Daunter

Blue Group (boys ages 9-10 years)

Mon: Finn Taylor, Toby Finch, Jacob McCrow, Cassian Hodges, Henry Mortimer, Harry Eisinger
 Fri: Harry Mason, James Bridge, Freddie Deegan, Henry Perrin, Ben Banks

Squad Group (mixed 10-11 years)

Mon: Niamh Millward, Madeleine Broughton, Libby Chapman, Isla Niddrie, Harry Cheesman, Josh McCrow, Rosie Paige
 Fri: Tilly Gough, Adam Conway, Isla Miller, Romy Hewitt, Holly Preston, Risa Darcy, Tabitha and Cassian Hodges

Don't miss out!! Young Athletes Club t-shirts and hoodies!

We have ordered more YAC t-shirts and hoodies, stock is now available.

If you would like to buy a t-shirt or hoody for your child to wear for training or competing, please see Virginia at training to request and purchase or email secretary@yac-admin.co.uk
Sizes available; 7 to 9yrs, 9 to 11yrs, 11 to 13 yrs.
Cost: T shirts £5 each and Hoodies £20 each



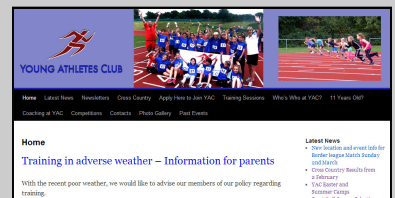
Young Athletes Club WEBSITE

We encourage all our members to use our website for information about forthcoming competitions, results, events and news, term dates, training camps etc.

but keep checking the website for any information you may need. If you can't find what you want, please contact Jane on secretary@yac-admin.co.uk

Thank you.

We are in the process of updating the way the website will function to make it easier for our users. Please bear with us while we make it more user – friendly



Visit and LIKE our Facebook page

With updates, photos, results and more!



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.



YOUNG ATHLETES CLUB

Visit us on www.young-athletes.co.uk or www.facebook.com/Young.Athletes.Club

