



Newsletter

FEBRUARY 2015

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Training Dates & Times

Spring Term 2015

Mondays

5.30pm to 6.30pm

Fridays

5:00 to 6:00pm Session 1

6.00 to 7.00pm Session 2

Last Sessions:

Friday 20th March

Monday 23rd March

Half Term w/c 16th Feb

Summer Term 2015

Starts Monday

20th April 6.00 to 7.00pm

Friday 24th April

5:00 to 6:00pm Session 1

6.00 to 7.00pm Session 2

Last Sessions:

Friday 10th July

Monday 13th July

Half Term

Mon 25th to 29th May 2015

Note: Mon 4th May is Bank

Holiday so Mon 13th July is last session

Location: Spectrum

Athletics Stadium GUI IUP



YOUNG ATHLETES CLUB

New Friday Session at 6pm!

Our double Friday sessions started on 7th November. So we now run two training sessions on Fridays: session one at 5pm and the new Friday session at 6pm. We now have around 40 athletes attending the second session on a regular basis and new trialists are joining each week.

If you have friends who are interested in joining, why not let them know we now have places available!

Spring Term 2015 at Young Athletes Club

This is always a tough time of year for our athletes!

The weather is at its worst; cold, windy, rainy, even snowy! Yet we have been impressed by the many newcomers who have joined us since January and by our regular young athletes who attend training in all conditions. Well done also to our coaching team for bringing their enthusiasm and words of encouragement to every training session. We have a busy Spring Term ahead of us.

YAC athletes in Surrey Sportshall team

Four of our top athletes; Daisy Little, Millie Cant, Joe Carpenter and Leo Blackwood were selected to compete for

the Surrey Sportshall team in the South East Inter Counties competition in early January. The amazing girl's team were overall winners getting gold



medals and the boy's team came 3rd for bronze so it was the best ever result for Surrey! Congratulations to our four athletes for doing so well.

Sportshall

We also have the excitement of another Sportshall event to look forward to. Following the success of the December competition which saw our girls and boys teams both win bronze medals against 9 other Surrey teams, the next Sportshall competition takes place on 15th March.

The competitors for this event are selected from our older athletes those in years 5 and 6. We will need to put out our strongest team to be up against the previous winners Camberley. So we have plenty to look forward to in the run up to the summer season. Please visit our website for updates.

Border League Cross Country Competitions

We had a fantastic turnout of 66 athletes for the 3rd Border league cross country at Stoke Park. We cannot mention all our athlete names in this report but we say a BIG well done to all those who took part on that cold day. See our website for the full set of results and photos!

U9 Girls

Our U9 girls have improved their team position in each successive race. In the first Border league they came third, then second and in this race we were first team. We are in strong contention to win the team trophy, but only if we have a good result in the last race. So, we need our best team out at Camberley.

Katie Sakaria has had a great season and was first yet again. She is set to win the individual trophy. She was followed in by a strong pack of YAC girls; 4th Emily Burke, 6th Arabella

Wilson, 7th Tabitha Brown, 8th Lana Darcy, 10th Connie Mortimer



U9 Boys

Myles Forster was our top finisher in 7th place with Jack Burke 10th, Toby Hart 11th and Connor Tinker 12th which meant the boys team came 2nd behind Basingstoke.

U11 Girls

In the biggest race of the day with 116 taking part, we had 17 girls competing. We came 4th team overall. Millie Cant, having a busy weekend of sport managed to come 2nd, with Charlotte Burnham 15th and Ayla Darcy 21st and Charlotte Black 42nd. We can take pride from the fact that G&G are winning this

event because all their best girls have come from our Young Athletes Club!

U11 Boys

This was another big field with 95 athletes. Oliver Hardman was first home for YAC in 15th place with Leon Lafreniere hot on his heels in 16th. Michael Gar came next in 20th, Henry Moodie was



24th. YAC was 4th team overall. The last Border league race takes place on;

Sunday 1st March 2015 at Camberley

Sign up now for your chance to run in the team! Email Sue on susan.goode@talktalk.net

Coaches corner

Our student coaches have also been in training.

Ben Edwards, Katie Ellis, Tallulah McKinlay, Jasmine and Jonty Mitchell all took part in an Athletics Leader Course run by England Athletics on 10th January at Camberley. Coaching at YAC has prepared them well. They all found it quite easy and were helping to instruct the other course members as they went along.



Jasmine Katie Tallulah

Athlete Groups - How do they work?

Here is a reminder about how our groups are set up. BUT, please note that both age and ability determine which group an athlete is in. We will move an athlete up when they need to be challenged further and if we feel they are mature enough to manage the move.

	Age	School Year
Squad	Mixed 10/11 yrs	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 3

YAC Easter Camp

Dates are out now!
We are taking bookings.
We will be running two Easter Camps in April this year
**Thurs 2nd and Friday 3rd April 2015 and
Thurs 9th and Friday 10th April 2015**



Our Easter Camps are always popular. Athletes get the chance to train with our most experienced coaches. We provide in-depth learning of all

the key events in a relaxed and competitive atmosphere. There are master classes in sprints and starts, hurdling, middle distance, long jump and high jump plus throwing. We also run mini competitions each day and team events including relays. Check our website for more details.

Young Athletes Club Goals

Young Athletes Club provides quality athletics coaching for young athletes aged 6 to 11 years. Our club goals are;

- To teach every child the techniques of key athletics events so that they have the skills to be able to sprint, run middle distance, hurdle, jump and throw
- To encourage each child's participation in the sport of athletics to have fun training and competing

Visit our website www.young-athletes.co.uk
or www.facebook.com/Young.Athletes.Club

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: Hannah McAllister, Calum McKenzie, Cameron Clark, Percy Fisher, Max Mulooly, Julie S-Legagneur, Holly Young, Lottie Hardman
Fri: Natasha Udebhulu, Joshua Clark, Abel Davies, Abbie Bushell, Charlotte Holmes, Sienna Matewu, Luke Watson, Alex Styche-Patel

Yellow Group (girls ages 8-9 years)

Mon: Ellen Yates, Connie Mortimer, Tabitha Brown, Lilly Walters, Orlaith Byrne, Abigail Veldsman, Carina Mankabady, Jasmine Kandlekar

Fri: Jessica Howells, Sibella Colton, Amelia Thomas, Annabelle Wilson, Lana Darcy, Miriam Cooper, Daisy Bennett

Green Group (boys ages 8-9 years)

Mon: Colin Bubeck, Aiden Roe, Toby Chedzoy, Temi Awojobi, Ben Walsh, Toby Finch

Fri: Ben Cadge, Oscar Day, Harry Bosman, Matthew Bennett, Charlie Morgan, Duane Godfrey, Louis Simmons

Red Group (girls ages 9-10 years)

Mon: Tilly Spary, Poppy Sykes, Josephine Bache, Jodie Mandeville, Jessica Harris, Charlotte Black, Holly Ellis

Fri: Otilie Farley, Cariad Norris, Sophie Court, Emma Chedzoy, Maddie Broughton, Annabelle Duggan, Ebony Hooker, Sarah Darley, Sarah Hamilton-Wilkes

Blue Group (boys ages 9-10 years)

Mon: Sam O'Driscoll, Ben Mitchell, Freddie Deegan, Toby Finch, Ruairi Byrne, Ben Kingerlee

Fri: Luca Sugunasingha, Matthew Blackman, Louis Chaverri, Spencer Whitfield, Sam Hinton, Jem Keen, Jack Trice

Squad Group (mixed 10-11 years)

Mon: Ellie Slevin, Jacob McCrow, Millie Cant, Marlene Lange, Eleanor Craig, Hannah Kingerlee, Joe Carpenter
Fri: Eliza Sutton, Adam Thackstone, Abbie Garner, Rosie Paige, Silvia Harrop-Lopez, Megan Davies, Lucy Firth, Freddie Downes, Leo Blackman

YAC membership fees increase

From 20th April 2015, the start of Summer Term, we will be putting up our fees from £60 to £65 per term, an increase of £5. This is to cover cost increases including track hire.

The sibling rate will be £55 per term.



YOUNG ATHLETES CLUB

