

## Dates for the diary

### Training Dates & Times

#### Spring Term 2016

##### Ends:

Friday 18<sup>th</sup> March  
Monday 21<sup>st</sup> March

#### Summer Term 2016 11 weeks

##### Starts:

**Mondays** 18th April

##### Note New Time

6:00pm to 7:00pm

**Fridays** 22nd April

Session 1: 5.00pm to 6.00pm

Session 2: 6.00pm to 7.00pm

##### Bank Holiday:

Monday 2nd May - no YAC

##### Half Term: 1 week

30th May to 3rd June

##### Ends:

Friday 8th July  
Monday 11th July

##### Easter Camp

Tuesday 29th March,  
Thursday 7th, Friday 8th April  
10:00am to 3:00pm

##### YAC Open Meeting

Sunday 29<sup>th</sup> May from 1pm  
For U7, U9, U11 and U13

##### Location:

Guildford Spectrum  
Athletics Stadium GU1 1UP  
[www.guildfordspectrum.co.uk](http://www.guildfordspectrum.co.uk)

**FITSTUFF**   
Specialist **Running Shop & Sports Clinic**

##### Discounts for YAC athletes

Don't forget to check out the sports kit and shoes at our sponsors **Fitstuff** the independent sports retailer supplying athletics clothing and shoes in Guildford.

Young athletes get 15% discount off shoes and clothing.

Adults get 10% discount.  
22 Chapel Street, City Centre,  
Guildford GU1 3UL

## February 2016

Issue 15

### Start of Spring Term 2016 at Young Athletes Club

#### What an exciting start to the year!

**Young Athletes Club** has had huge success competing in Sportshall and cross country.

Our girls team won gold medals and the boys team won silver medals in our first Sportshall indoor competition against 8 other Surrey clubs at Spectrum the end of January.

Nine of our top athletes have been chosen to go through to the Surrey trials on Monday 15<sup>th</sup> February in the hope of



being selected for the Surrey team. The Surrey team will compete at the inter-counties regional final on Sunday 28<sup>th</sup> February at Burgess Hill.

On Sunday 7th February our

U9 and U11 teams took part in the final Border league cross country races. We finished



the season by taking the U9 girls trophy for the 3<sup>rd</sup> year running. Several of our girls also got medals for being in the top 6 over 3 races.

Take a look at the full reports for both these competitions on the back page

#### Sport Relief Video

YAC athletes are in the Sport Relief video!

As many of you know, the BBC came to film at our Monday session on

5<sup>th</sup> October 2015.

Our athletes did a great job following what the film crew wanted in terms of shots.

As a result, many of our athletes now feature as part of the Sport Relief video which will be shown on TV at the end of March 2016. We have seen it and we love it!!

We have links to the video on our Web site and Facebook page.

It is a lot of fun, the music is catchy and it has many clips of children from all over the country doing sport especially running! Well done YAC!



### Easter Camp

We are now taking bookings for this year's Easter Camp.

There will be 3 days:  
Tuesday 29th March,  
Thursday 7th April,  
Friday 8th April

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 and to make on-line bookings.

### YAC membership fees increase

From 18<sup>th</sup> April 2016, the start of Summer Term, we will be increasing our fees from £65 to £70 per term, an increase of £5. This is to cover cost increases including track hire. The sibling rate will be £60 per term. Your renewal email will remind you of the change.

## Training at YAC



Not only have we competed hard but we have also trained hard. Spring term training has been varied and challenging combining a mix of track and field and circuit activities:

- intervals from 50m to 150m for the younger athletes and 100m up to 300m for the Squad athletes
- shuttle runs from 20m up to 40m in relay format
- strength and conditioning with medicine balls, and circuit exercises
- agility activities with mini hurdles, skipping ropes and speed bounce mats
- plus maintaining our skills at throwing the vortex and long jump

Of course not forgetting our fabulously competitive relays at the end of each session.

Attendance levels for this time of year are always down on the rest of the year due to the cold and rainy weather in Spring Term. However, our sessions are the highest they have ever been for Jan/Feb. Here are the numbers of athletes taking part in each of our sessions;

Monday 5.30pm	90 to 100
Friday 5.00pm	70 to 90
Friday 6.00pm	60 to 70

New athletes come and have a free starter session with us every week and we have welcomed new coaches to us for Spring Term. Read on to find out more....



## Coaches Corner

We are pleased to welcome the following new members of our coaching team:

### Julie Newsam

Julie is mother of Elliott and used to run for Basingstoke AC as a sprinter. She now runs 10K as well as half marathons and marathons. Julie is keen to gain coaching experience with YAC and has already been a great help on our Friday late sessions.

### Student Coaches

We are lucky to have so many student coaches eager to help at YAC. Some are doing the coaching for their D of E and some are doing it for their GCSE PE. Either way, we thank you for your coaching support.

### Friday sessions

**Aimee Darley** whose Mother, Angela, is our Friday parent helper on session one.

**Abigail Valentin** who graduated from YAC to go to Guildford and Godalming AC in December and her brother Finn is still with us.

**Lara Davies** who is also an athlete at G&G and her sister Zoe is in Squad.

### Monday

**Lucy West** who is doing her D of E at Guildford High and is an athlete at G&G.



### Other coach news

#### Jay Claydon Florida Distance Challenge in January

Jay coaches our second session on Fridays and his son Joe is in Development. Joe is also a talented distance runner. Here is his latest exploit!

Joe undertook a series of distance races called the 'Dopey' Challenge at Walt Disney World in Florida. This involves 4 races over 4 consecutive days; a 5k, 10k, Half-Marathon and a Marathon, making a total of 48.6 miles.

His times for each of the races were:

- 5K (25 mins)
- 10K (49:44)
- Half-Marathon (1:54:47)
- Marathon (3:34:55)

Here is what Joe had to say:

"I took it steady for the first 3 and targeted the marathon, in which I achieved a PB by about 2 mins. My total time for the 4 races was 6:44:26 which put me at **158th out of the 6,323 runners** who completed the challenge, so really pleased with that.

I also managed to line up next to Paula Radcliffe at the start of the half-marathon!"

Congratulations Joe for your extraordinary achievement!



## YAC Athletes Selected for Surrey Sportshall Team

Following the trials on Monday 15th February we are delighted to congratulate the following athletes who have been selected to represent Surrey at Burgess Hill on 28th February.

Best wishes to them and to their team mates from other Clubs.

YAC representatives will be:

Chloe Gibney	Spencer Whitfield
Zoe Davies	Freddie Deegan
Lucy Taylor	
Sophie Court	



## Athletes of the Week - Congratulations to All of Them



### **Mondays Development**

Ollie Robinson, Beatrice Meehan, Percy Fisher, Nathaniel Blakesley, Ashton Walker, Hannah McAllister

### **Yellow**

Lottie Hardman, Alexa Adams, Isabelle Groom, Maddie Pirie, Sophia Craig, Jennifer Underdown, Esme Finch, Tabitha Brown

### **Green**

Morgan Wills, Reuben Franklin, Raphael Payne, Toby Stonehouse, Jacob Jacques, Max Mullooly, Owain Osmond-Gillam

### **Red**

Lola Fraser, Maddisun Fagioli, Abigail Veldsman, Lalita O'Mahoney, Julia Latin, Lizzy Chapman, Meg Miller

### **Blue**

Ben Mitchell, Nehemiah Attoh -Ammah, Zack Young, Toby Young, Aiden Roe

### **Squad**

Ben Kingerlee, Zac Tinkler, Eva Fisher, Charlotte Black, Max Meehan, Lily Fisher, Nicholas Bubeck, Jodie Mandeville, Ellen Yates, Oliver de Gentile-Williams, Freya Ward

### **Fridays—Early Session Development**

Robin Simmons, Zac Darcy, Catherina Hamilton-Wilkes, William Barnes, Sam Cadge, Thomas Barron, Amy McLoughlin, Elliott Rawlings, Alfie Walker, Martha Stanley

### **Yellow**

Breanna Ahmah, Molly Churchwell, Rosie Quirk, Dolly McKinlay, Jessica Howells, Leah Caszo, Natasha Udebhulu, Gabriella Udebhulu, Rebeca Amaris

### **Green**

James Wells, Thomas Fowler, Tom Lecoutre, Matthew Frankland, Johnny Hay, William Thackstone, Oliver Billingham, Freddie Barklam, Finn Valentin

### **Red**

Emma Booth, Katie Keiller, Olivia Munden, Amelia Thomas, Sarah Darley, Katie Bauer

### **Blue**

Ben Cadge, Harry Bosman, David Gilbert, Hayden Christian, Duane Godfrey

### **Squad**

Chloe Gibney, Stevie Barron, Henry Perrin, Noah Gibson, Zoe Davies, Ayla Darcy, Freddie Deegan, Olivia Thompson, Daniel Gilbert

### **Friday—Late Session Development**

Joseph Bennett, Annabelle van Helsdingen, Isabel Wolfenden, Oliver Revitt, Deacon Maynard, Joshua White, Stamatis Athanasoulas, Emma Hawes

### **Yellow**

Nicole Hynes, Nia Watson, Niahm Richardson, Poppy Hayward, Elise Christian, Abigail Bushell

### **Green**

Abel Davies, Oliver Sung, Callan Dilworth, Theo Kapsalis, Alex Kapsalis

### **Red**

Miriam Cooper, Sophie Hayers, Emily Barnard, Olivia Munden

### **Blue**

Toby Hart, Ben Cooper, Tristan Dewarin, Barnaby Bridges, Matthew Bennett, Jamie Quirk

### **Squad**

Ben Howell, Aimme Suddaby, Cariad Norris, Chloe Gibney, Cassian Hodges, Darcy Revitt, Sam Sherlock, Lucy Taylor, Darcie Moss Brown, Kay Davies, Jemima Bowen



## Reminder about what to wear for training

Just a reminder that ALL athletes must wear training shoes (not spikes) for Spring training.

We are happy for athletes to bring spikes which may be used for sprints and long jump only – please check with your YAC coach

first. Training shoes must always be worn for warm ups and are essential for all our sessions.

Please also ensure that your athlete has a YAC hoodie or tracksuit top and trousers for colder weather. Plus always bring a drinks bottle.



## Athlete Groups—How do they work?

We are regularly asked 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

## Competitions Update - Some Great Performances by YAC Teams

### Surrey Athletics Network Sportshall Competition for Under 11s - Sunday 31st January

We had our best ever Sportshall result with **GOLD for the girls** and **SILVER for the boys** in this exciting full-on afternoon of indoor athletics.

Our top athletes from Squad, who were chosen following rigorous testing for the first 4 weeks of term, competed in a closely fought event involving 8 track events and 9 field events:

- Indoor relays: lengths of the indoor arena, mini hurdles, obstacle races, sprints plus longer distance
- Standing long and triple jump, speed bounce, balance and agility, foam javelin, medicine ball, target throw



We competed against 8 other Surrey clubs: Camberley, AFD, Dorking, Reigate, Holland Sports, Woking, Epsom, Haselmere and Waverley

We congratulate our medal winning athletes:

#### Girls

Ayla Darcy  
Cariad Norris  
Connie Mortimer  
Jemima Bowen  
Lucy Taylor  
Sophie Court



Charlotte Black  
Chloe Gibney  
Isabella Cooper  
Jodie Mandeville  
Saskia McAllister  
Zoe Davies

#### Boys

Ben Howell  
Freddie Deegan  
Luke Stables  
Sam Hinton  
Spencer Whitfield  
Ben Kingerlee  
Kay Davies  
Noah Gibson  
Samuel Sherlock  
Thomas Craig

#### Surrey Trials 15<sup>th</sup> Feb 2016

We are delighted that 9 of our athletes were chosen to go through to trials for the Surrey team: Charlotte Black, Chloe Gibney, Lucy Taylor, Sophie Court, Zoe Davies, Freddie Deegan, Luke Stables, Sam Hinton, Spencer Whitfield

#### Next Sportshall Competition Sunday 13<sup>th</sup> March 2016

We are asking our top 12 boys and top 12 girls to take part in this last Sportshall competition of the season.

### Border League Cross Country - Race 4 at Lightwater Country Park Sunday 7th February

Our final cross country of the season was in bright sunny conditions on the sandy, undulating terrain at Lightwater. Well done to all our cross country runners who have braved the cold and wind in each of the 4 races this season!

Thank you to Sue Goode our team manager who has been a brilliant organiser of the registration and warm ups for all the athletes at every race.

Plus thanks to our coaches and parents who have helped look after our athletes and who have made the season a successful one for YAC: Debs Kandlekar, Julie Newsam, Kostas Didaskalou, Kerry Darcy

#### U9 Girls – 1<sup>st</sup> Team

Our fantastic U9 girls won the trophy for the 3<sup>rd</sup> year running. This is definitely our strength and we always have about 15 girls taking part in this age group.

Arabella Wilson won the U9s race and having shared the lead with Lana Darcy all season came out on top as the overall winner across all 4 races – well done Arabella! Lana had to fight to get herself back into contention after falling and losing a shoe and came 9<sup>th</sup> in the race but 3<sup>rd</sup> overall across the 4 races – a creditable performance.

Tabitha Brown came 5<sup>th</sup> overall and Esme Finch came 6<sup>th</sup> so they received medals. A mention must go to Robin Simmons for coming 8<sup>th</sup> in the race consistently in the top 10 during the season.

11 Annabel Bailey  
17 Fran Long  
22 Aneira Norris  
29 Nicole Hynes  
30 Emily Bokor-Ingram  
37 Millie Harries  
38 Lottie Hardman  
39 Emma Hawes  
42 Layla Gurney  
47 Jasmine Kandlekar  
48 Grace Pill

#### U9 Boys – 4<sup>th</sup> Team Overall

Kian Hooker and Jack Burke have been our top two boys all season and this time it was Kian who finished ahead in 6<sup>th</sup> place with Jack in 8<sup>th</sup>. Alexander Didaskalou came 14<sup>th</sup> and has been improving all season with Sam Allen 20<sup>th</sup>.

43 Zac Darcy  
49 Joe Claydon  
52 Ollie Robinson  
55 Ezra Knott  
75 San Harris  
76 Elliott Newsam



#### U11 Girls – 5<sup>th</sup> Team Overall

Ayla Darcy who has come in the top 5 for every race finished the race in 5<sup>th</sup> and also claimed a medal for 5<sup>th</sup> in the series. Well done to Ayla! The Darcy family are really proving to be strong distance runners!

Jemima Bowen came ninth and Julia Latin our next finisher in 22<sup>nd</sup>. There were 89 finishers, the biggest field of the day.

33 Jodie Mandeville  
52 Miriam Cooper  
53 Megan Ross  
56 Lucy Taylor (tbc)  
56 Lauren Pill  
63 Eloisa Latin  
66 Jessica Harris

#### U11 Boys – 6<sup>th</sup> Team Overall

The U11 boys had 85 boys in the field, again a high turn-out. Toby Long has been our first boy home for YAC in each of the four races and was consistent again in 14<sup>th</sup> place with Barnaby Bridges 20<sup>th</sup> and Nicholas Didaskalou in 30<sup>th</sup>

42 James Garner  
59 Kay Davies  
63 Aiden Roe

