

Newsletter

Issue 18

Editor and Production: Virginia Mitchell



Term Dates

Spring Term 2017 ends

Monday 20th March
Friday 24th March

Summer Term 2017

11 weeks

MONDAYS start

24th April **NEW TIME!!**

6.00pm to 7pm

Mon 1st May Bank Holiday,
no YAC

FRIDAYS start

28th April

5.00pm to 6.00pm

6.00pm to 7.00pm

Half Term week

29th May to 2nd June

Summer Term Ends

Friday 14th July

Monday 17th July

Easter Camp dates

10am to 3pm

April 2017

Tues 4th and Weds 5th

Thurs 13th and Friday 14th

Check website for details

Our location; Guildford

Spectrum Track GU1 1UP

Thank you to our Sponsors



Body Mechanics

Physiotherapy in Walton

01932 253500

Specialist sports treatment.

See the link on YAC website



15% DISCOUNT on sports shoes for YAC athletes

Guildford GU1 3UL

February 2017

Spring Term 2017 at Young Athletes Club

What an exciting start to the year for our young athletes!

Our YAC teams have been claiming success in both Sportshall and the Border League cross country competitions.

On 8th January, our Squad team of 10 boys and 10 girls competed in the first of two **Surrey Indoor Sportshall** events. Our girls team won gold medals and the boys team won silver medals against 7 other Surrey clubs at Spectrum indoor hall. Ten of our top athletes were selected to go through to the Surrey trials for the Inter-Counties Regional final on 11th February at Burgess Hill.

On Sunday 5th Feb our U9 and U11 teams took part in the third **Border league cross country** at Reigate. We are lying in first place in the U9 girls aiming to win the trophy for the fourth year running. Amazing, well done girls! The U11 girls also did well, coming first team overall.

The U9 boys are currently in 4th place. The U11 boys need more athletes to make up the team!



Training at YAC in Jan/Feb

Well done to all athletes who have braved the freezing cold and wet weather that has hit us hard this term.

We even had to cancel our first Friday session of the term due to ice and snow on the track.

However, Spring term training has been varied and challenging combining a mix of track and field and circuit activities.

Spring term training;

Track runs: 50m to 150m for the younger athletes 100m up to

300m for the Squad athletes.

Shuttle relays over 20m, 30m, 40m
Strength and conditioning with medicine balls, and circuit exercises

Agility activities with mini hurdles, skipping ropes
Throwing the vortex and long jump

Of course not forgetting our fantastic competitive relays at the end of each session. Even though our numbers are down due to the bad weather, we are still seeing new athletes join and we have welcomed new student coaches to the coaching team.

Please read on to find out more....

2017 Sportshall success!



Surrey Athletics Network Sportshall Competition for U11s Sunday 8th January 2017

Our Sportshall teams were chosen following a tough selection process which involved training throughout December and a final two hour testing session indoors just before

Christmas. The result was **GOLD** for the girls who won by 46 points and **SILVER** for the boys in a dead heat with Woking in this exciting full-on afternoon of indoor athletics involving 8 track events and 9 field events. We competed against 7 other Surrey clubs; Camberley, Epsom, Dorking, Reigate, Holland Sports, Woking and Waverley. We congratulate our medal winners:



YAC Girls Team—gold medals

Sara Hamilton Wilkes, Connie Clifton, Abigail Veldsman, Darcy Revitt, Connie Mortimer, Gracie Butler, Lola Fraser, Amelia Thomas, Emily Frankland, Gemma Lyon, Neve Howson, Lizzy Chapman.



YAC Boys Team—silver medals

Ben Mitchell, Harrison Dabiri, Max Slevin, Temi Awjobi, Harrison Kingston, Forbes Margrave, Oliver Faithful, Ben Cooper, Samuel Sanders, Paul Usaha.

Border League Cross Country Results Race 3 Reigate Priory 5th February 2017

Our third cross country of the season was held in muddy conditions at Reigate Priory Park. We had 35 athletes taking part. Full results are on the YAC website and Facebook page. Here are the headlines;



U9 Girls – 1st team

With Natasha Udebhulu, Katie Pye, Elise Christian and Emmeline Orbell coming 2nd, 3rd, 4th and 5th there is no question that we will once again win the U9 girls trophy for the 4th year in a row! We are also taking the top individual placings after 3 races; Katie

is 1st, Natasha is lying 2nd and Elise 3rd overall, with Fran in 5th and Lara in 6th place. So, take it to them girls for the last race!! We are so strong in our U9 girls; Robin Simons, Fran Long and Lara Dolling came in 7th, 10th and 12th places with Gabriella Udebhulu 15th and Flora Bayley making it home in 18th for her first cross country!

U9 Boys – 4th team

Alexander Didaskalou and Oscar Sinnett have been our top two boys all season with Alex coming in 5th and Oscar 8th. Alex is currently lying in 4th place overall and Oscar is 7th. More results: 19th Zac Howson, 23rd Edward Wilson, 25th Abel Davies



U11 Girls – 1st team

Tabitha Brown has run consistently well this season and took 4th place but is lying 3rd overall in the series. Abigail Bushell has gained in confidence with each race and came 6th and is also lying 6th overall after 3 races. Arabella Wilson was 8th and Poppy Martin 14th so a first team place for our U11 girls. More results: 20th Esme Finch, 22nd Neve Howson, 24th Lana Darcy



U11 Boys – 8th team

Forbes Margrave has been our best finisher this season and came 18th with Ray Runnicles in 22nd. More U11 boys needed for last race please!!

Well done to all our cross country runners who have braved the cold in each of the 3 races so far this season! Thank you to Sue Goode our team manager who has been a brilliant organiser for all the athletes at every race. Thanks also to our coaches who have helped with the warm ups and looked after our athletes; Kerry Darcy, Beth Davies, Debs Kandlekar, Julie Newsam, Jay Claydon and Sharon Garner.

If you would like to race at the next cross country and you have not yet registered, please contact Sue Goode on; s_goode@talktalk.net Last cross country of the season is:

Sunday 12th March 2017 at Haslemere, Here are race times and distances:

11.00 am	Under 9 Girls	Max 1400m
11.10 am	Under 9 Boys	Max 1400m
11.20 am	Under 11 Girls	About 1700m
11.35 am	Under 11 Boys	About 2500m

YAC Athletes in Surrey Team!!



The Inter-Counties Sportshall final took place on Sat 11th February at Burgess Hill. We congratulate the following YAC athletes who competed for Surrey;

Lola Fraser, Gemma Lyon, Lizzie Chapman, Harrison Kingston Ben Mitchell, Emily Frankland (reserve)

The competition was fierce but, Surrey boys came third for bronze medals behind Berkshire and Kent whilst our Surrey girls came in 4th place. We say a massive well done to those who competed. For most this was their first experience of County representation so a great experience for the athletes involved who were praised for their determination and exemplary behaviour.

YAC membership fees increase April 2017

From Monday 24th April 2017, the start of Summer Term, we will be putting up our fees from £70 to £75 per term, an increase of £5. This is to cover cost increases including track hire.

Get ready for the season with new club kit!!



NEW style t shirt £8 Hoodie £20 Running vest £15
Order from our website . You can also order or purchase at the track!

Athlete Groups, how do they work?

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 ready . By all means come and talk to us if you feel your child is not in the right group.

		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

Easter Camp April 2017

Dates are out now! We are taking bookings. Cost is £40 for first day, £35 for each additional day. We will be running 4 days of Easter Camp;

April 2017

Tuesday 4th and Wednesday 5th April
Thursday 13th and Friday 14th April (Good Friday)

Book NOW at: www.young-athletes.co.uk/Eastercamp2017