



# Newsletter

JULY 2014

Editor: Virginia Mitchell

Production: Simone Dill

**Training Dates & Times**

**Summer Term 2014**

**Mondays** 6.00 to 7.00pm

Ends 14th July

**Fridays** 5.00pm to 6.00pm

Ends 11th July

**Autumn Term 2014**

**Starts: Monday** 8th Sept

**Note New Time:** 5.30 to 6.30pm!

**Friday** 12th Sept

Time: 5.00 to 6.00pm

**Ends: Monday** 1st Dec

Friday 5th December

**Half Term is 2 weeks;**

Monday 20th October to

Friday 31st October

**Location:** Spectrum

Athletics Stadium GUI IUP

[www.guildfordspectrum.co.uk](http://www.guildfordspectrum.co.uk)

**Summer Camp 2014**

**July: Weds 23rd, Thurs**

**24th, Fri 25th July 2014**



YOUNG ATHLETES CLUB

We are pleased that **Sweatshop** will continue to sponsor **Young Athletes Club**.



Offering **25% discount** off running spikes

**Discount Code TDC**

Visit the nearest Sweatshop store in Woking Town Centre

## Summer Term 2014 at Young Athletes

It is hard to believe we are coming to the end of the Summer Term at Young Athletes Club.

It has certainly been a busy and competitive one! Many of our athletes have competed in school sports days, District Sports and of course our Young Athletes Open meeting and the SSAN Surrey teams meeting which are covered in more detail in this newsletter.



We are delighted to hear all the success stories that have been passed to us by proud parents! Our athletes are certainly showing others the way by achieving new personal bests and setting new records at school and District level. Bryony Bovell achieved a 4.09m long jump to set new school record! Daisy Little broke the GHS school

records for 75, 150m and long jump. At District sports, Isla Niddrie and Sara Duncan both broke their age group 150m records and Katie Sakaria broke the yr 3 records for 50m, 600m and long jump!

There are more stories to report I am sure, and no doubt from our boys too! so please send me an email if you would like us to feature your child's results on our Face Book page or the website.



## Training Sessions

In the meantime, our training sessions have attracted more athletes to the club. We now have up to 120 athletes on a Monday and up to 100 on a Friday. As always, we make sure we have the right number of coaches to manage these numbers. We aim to have a ratio of one coach to 10 athletes and to have a mix of both experienced and new coaches within the groups. We are pleased that our newly qualified coaches; Kerry, Suzy and Rob are showing plenty of initiative in dealing with the challenges of coaching children across the age and ability spectrum and across the range of events too. We are also lucky to have many new student coaches working with us; Jemma, Eleanor, Tallulah, Jonty are all Guildford and Godalming athletes, along



with Fiach an ex YAC member, who bring great enthusiasm and talent to the younger side of our coaching team joining our more experienced student coaches Ellie, Ben, Jasmine, Lizzy and Nia.



## Groups

Here is a reminder about how our groups are set up. BUT, please note that 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.

- Squad Mixed 10/11 yrs  
School age Yr 6
- Blue Boys 9/10 yrs  
School age Yr 5
- Red Girls 9/10 yrs  
School age Yr 5
- Green Boys 8/9 yrs  
School age Yr 4
- Yellow Girls 8/9 yrs  
School age Yr 4
- Development Mixed 6/7 yrs  
School age Yr 3

# Young Athletes Open Meeting 18th June 2014

Nearly 130 young athletes aged 7 to 12 years competed in our third annual Open meeting. Most were from YAC but also a number of children from our South Surrey clubs such as SJAC, Camberley, Walton.



All children competed in 4 events across 3 age categories; under 9s, under 11s and under 13s. The events were a sprint, throw, middle distance and long jump to get a total Quadkids points score.

The **Sweatshop** sponsored the meeting and provided medals for the top 3 in each age group.

The largest number of athletes (75) was the under 11s who put in some excellent performances and nearly all the top performers were from Young Athletes Club.

Outstanding amongst the girls was our winner Eliza Sutton who's best performance came in the 600m with a time of 2.02mins. Eliza was also the best in the vortex with a 28.90m throw. The best sprinter was Gracie Coleman in 11.2s for 75m.

In the under 11 boys, the overall winner was Billy Blake from SJAC Spellthorne Club. Billy ran the fastest 600m of the day in a blistering 1.55mins. However, the Young Athletes Club boys were not far behind with Leo Blackwood and Alistair Platt the fastest sprinters in 11.2s.



In the U13s group, the top girl overall winner was Tabitha Hodges who was consistently strong in all 4 events.



The fastest girl was Eva Day with a time of 14.4s over 100m and a great long jump of 3.58m for the silver medal only one point behind Tabitha. Ellie Sakaria was 3rd girl overall taking the fastest time for 600m in 2.41mins.

The U13 boys showed some amazing sprint and middle distance times;

Mats Lindstrom ran 13.6 for 100m and the bronze overall while Thomas Hardman achieved the fastest 800m of the day in 2.30mins and won the gold for top boy. The silver medal went to Ross Forrest who jumped 3.85 for long jump and had

the furthest throw with 32.90m.

The youngest competitors in the U9 age group had everyone cheering as they ran, jumped and threw.

In the under 9 girls the bronze medal went to Bobbie-Ann Cranfield who had the furthest throw of all the girls. There was a tie for first place with Connie Mortimer and Katie Sakaria both taking gold medals and both running the fastest sprint times for 50m in 8.5s.

In the under 9 boys, Kai Din proved his strength across all the events to take the gold with an outstanding throw of 26.50m! Second place went to Harrison Kingston who nearly matched Kai's performances across the events. Duane Godfrey won the bronze medal with the best standing long jump of the day.



## Results

U13s	Girls	PTS	Boys	PTS	U11s	Girls	PTS	Boys	PTS	U9s	Girls	PTS	Boys	PTS
1st	Tabitha Hodges	193	Thomas Hardman	243	1st	Eliza Sutton	229	Billy Blake	245	1st	Connie Mortimer	185	Kai Din	216
2nd	Eva Day	191	Ross Forrest	220	2nd	Isla Niddrie	195	Leo Blackwood	233	1st	Katie Sakaria	185	Harrison Kingston	210
3rd	Ellie Sakaria	189	Mats Lindstrom	218	3rd	Phoebe Matravers	194	Alistair Platt	224	3rd	Bobby Ann Cranfield	174	Duane Godfrey	196



**Sport**

## Athletics Budding Gs fast improvers

NEARLY 130 children, aged seven to 12 years, competed in the third annual open meeting run by the Young Athletes Club at Guildford Spectrum, sponsored by The Sweatshop.

The Quadkids competition also featured four events - sprint, throw, middle distance and long jump - for youngsters in three age categories, U9, U11, U13.

Virginia Mitchell, who runs the club with her husband Tony and their team of qualified coaches, was delighted "to see so many of our young athletes getting personal bests", she said.

and making their training all worthwhile."

Fastest U11 girls sprinter was Gracie Coleman, who clocked an impressive 11.2 while Phoebe Matravers ran a superb 2:05 for the 600m, a second ahead of Francesca Livingston.

The performer though was Eliza Sutton, whose total score of 229 earned her the gold medal across the age group. Leo Blackwood took silver and Matravers the bronze.

Leading U11 boys were Spellthorne's Billy Blake but there were good Guildford performances from Leo Blackwood, Alistair Platt, Josh Bennett, Christopher Blake, Adam Brand and Harrison Kingston who won

overall U13 girls winner with Eva Day was quickest over 100m with a time of 14.4sec, also recording 3.58m in the long jump earning her silver overall. Ellie Sakaria was third after recording the fastest 600m time in 2:41.

For the boys, Thomas Hardman was the gold medalist with Ross Forrest taking silver and Mats Lindstrom bronze.

Katie Sakaria and Connie Mortimer tied for gold in the U9 girls group, with Bobbie-Ann Cranfield taking bronze.

Kai Din was top boy, showing his strength across all the disciplines, led by an outstanding throw of 26.50m. Harrison Kingston was second

[www.gulf.co.uk/GulfOnline/4-Young-Athletes-Club-are-all-improvers-at-Surreys-12-Creek-Meeting](http://www.gulf.co.uk/GulfOnline/4-Young-Athletes-Club-are-all-improvers-at-Surreys-12-Creek-Meeting)

We were pleased to have an article about our Open meeting in the Surrey Advertiser printed 27th June.

The headline should have read "Young Athletes Club" not "Budding G's" which refers to Guildford and Godalming AC.

The editor has been told! But we did get a nice picture.

## SSAN Surrey Clubs qualifying round 18 June 2014

Two teams from YAC competed in the first round of the South Surrey teams competition aiming for a place in the final. They met with tough competition from some of the best young athletes including 2 teams from Camberley and Reigate and one each from Epsom and Haslemere.

The second round takes place amongst another 8 teams on

9th July and the top 8 teams go to the final.

It was a sunny evening and all athletes competed well in the 4 Quadkids events. Camberley A were the winning team as expected with Camberley B in second place but our YAC "A" team came 3rd. So we have every confidence that they will go through to the final being held on 16th July.



Good luck for the final YAC!

### A team

Leo Blackwood, Mats Lindstrom, Ned McKinlay,

Alistair Platt, Cassian Hodges, Eliza Sutton, Isla Niddrie, Phoebe Matravers, Susie Lecoutre, Daisy Little

### B team

Adam Thackstone, Joe Carpenter, Oliver Hardman, Freddie Deegan, Sam Hinton, Gracie Coleman, Rosie Neale, Franky Livingston, Abbie Jacques, Violet Street

Reserves: Joe Fuller, Thomas Hardman and Eleanor Craig

## SSAN Final on 16th July 2014

As we go to press, we are just in the process of sending out the selections for the Final of the Surrey teams competition on 16th July at Spectrum.

We are able to compete with Year 6 athletes so we have put our most senior and experienced team forward for this final. However, we realise that those athletes who were part of the



qualifying team or had good Quadkids scores but did not quite make the A team for the final, will also wish to take part.

So we invite 3 boys and 3 girls from the qualifying round to compete as reserves which means they still get their times and distances. Good luck for the final YAC!

### A Team Boys

Leo Blackwood, Oliver Hardman, Mats Lindstrom, Alistair Platt, Jake Rumble, Ned McKinlay (res), Joe Carpenter (res), Freddie Deegan (res)

### A Team Girls

Eliza Sutton, Isla Niddrie, Tilly Gough, Holly Preston, Eva Day, Phoebe Matravers (res), Susie Lecoutre (res) and Daisy Little (res)



## Competition!!!

Win.Win.Win.

LIKE US ON FACEBOOK AND YOU CAN WIN A YAC T-SHIRT .



We have already 100 followers on our facebook site but we want to achieve 120 LIKES .

**How:** Go to [www.facebook.com/Young.Athletes.Club](http://www.facebook.com/Young.Athletes.Club) and **click LIKE.**

We will randomly select one of the next 20 people that LIKE our page as the winner.

A big Thank you to our current facebook followers.

## YAC Summer Camps

We are pleased to offer all Young Athletes Club athletes priority booking for our 2 Summer Camps one in July and one end of August.

### July Summer Camp

**Dates:** Wednesday 23rd, Thursday 24th, Friday 25th July

**Times:** 10am to 3pm (early 9am drop off available – places limited)

**Venue:** Guildford Spectrum Athletics Arena GUI IUP

**Cost:** £35 per day, £95 for all 3 days (Sibling rate £30 per day, £80 for all 3 days)

We have an exciting programme of athletics for all 3 days with quality coaching in sprints and starts, hurdles, middle distance, throwing events, high jump and long jump.

Our Senior coaches will offer master classes each day in key events to help each athlete improve their technique and performance.



There will be mini competitions, team relays and the chance to do time trials over race distances from 75m up to 800m.

We look forward to seeing as many as possible taking part at our Young Athletes Club Summer Camp 2014.

### August Summer Camp

**Dates:** Wednesday 27th, Thursday 28th, Friday 29th August 2014

**Times:** 10am to 3pm (early 9am drop off available – places limited)

**Venue:** Guildford Spectrum Athletics Arena GUI IUP

**Apply:** On-line at; [www.young-athletes.co.uk/](http://www.young-athletes.co.uk/)

## Be part of the YAC team

**We need 2 new Parent Liaison Officers -**

**Are you interested?**

We are looking for 2 parents (one for Monday evenings and one for Friday evenings) to take up the role of Parent Liaison Officer.



This will involve welcoming new members to the track, dealing with parent queries or passing them to the coaches and selling YAC kit on a Monday or a Friday.

The role involves little further work beyond being at Spectrum regularly and on time on training evenings in a liaison capacity although you do need to be contactable by email for information as required. The bonus is that your child attends YAC free of charge!

## Thank you Jane

Jane Armitage who has been the welcoming face at the track for Young Athletes Club for a year is looking to move on to take up a different role.



We will be sorry to lose Jane as a membership secretary who had helped make our new athletes feel at home and has been there come rain or shine to sell t-shirts and help with parent queries.

We will miss Jane's friendly face and wish her well in her new job!

## NEW Young Athletes Club running vests! Don't miss out!

Many of our athletes are now wearing our **New vests** which are made of synthetic material and are perfect for training and competing. They can also be worn with a long sleeved top underneath for the winter.

**Cost: £15 each**

**Sizes available;**

28" for age 6 to 7 years

30" for age 8 to 9 years

32" for age 10 to 11 years

We have also our YAC t-shirts and hoodies available.



Please see Virginia at the track to request and purchase or email [secretary@yac-admin.co.uk](mailto:secretary@yac-admin.co.uk)

## 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: Jennifer Cane, Sophia Craig, Tabitha Brown, Alexander Didaskalou, Harry Caulton, Alex Didaskalou, Dolly McKinlay, Joe Blandrage  
Fri: William Thackstone, Robbie Barron, Jessica Howells, Dylan Hursthouse, Emilia Ward, Hollie Tappin, Joshua Dodds, Aylish Twist, Natasha & Gabriella Udebulu

### ● Yellow Group (girls ages 8-9 years)

Mon: Ella Cameron, Bobbie Ann Cranfield, Ella Harris, Connie Mortimer, Tamara Curren, Cara Falconer, Sophie Price, Poppy Sykes, Lauren Baker, Tabitha Platt  
Fri: Sarah Darley, Esme Finch, Yusra Mosobbir, Olivia Thompson, Lana Darcy, Otilie Farley, Amelia Thomas

### ● Green Group (boys ages 8-9 years)

Mon: McKenzie Niddrie, Tyler Short, Max Lafreniere, Max Slevin, Finley Adams, Jude Wardell, Tyler Short, Peter Lochlan  
Fri: Michael Gar, James Garner, Sam Hinton, Luca Sugunasingha, Nicolas Didaskalou, Max Lafreniere, James Garner, James Aldwinckle, Cory Coleman

### ● Red Group (girls ages 9-10 years)

Mon: Violet Street, Abbie Moodie, Lily Powell, Grace Wilkinson, Marlene Lange, Tamara Curren, Zara Tydesley, Ellie Slevin  
Fri: Rebecca Boddington, Ayla Darcy, Frankie Livingston, Abbie Jacques, Briony Bovell, Chloe Gibney, Imogen Kingston, Funtso Olatokun, Sophie Court

### ● Blue Group (boys ages 9-10 years)

Mon: Ned McKinlay, Josh Bennett, Zack Young, Oscar Manners, Joe Carpenter, Cameron Munroe, Josh Bennett  
Fri: Christopher Parks, Henry Allen, Henry Perrin, Harry Mason, Ben Banks, Sam Hinton, James Bridge, Oliver and Sandy Frizzell

### ● Squad Group (mixed 10-11 years)

Mon: Henry Moodie, Tabitha Hodges, Libby Chapman, Ellie Slevin, Jake Rumble, Alistair Platt, Joshua McCrow  
Fri: Adam Conway, Eliza Sutton, Izzy Turner, Megan Davis, Risa

## Young Athletes Club WEBSITE



the website will function over the summer make it easier for our users.

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

We will be updating the way

Please bear with us while we make it more user – friendly but keep checking the website for any information you may need.

If you can't find what you want, please email [secretary@yac-admin.co.uk](mailto:secretary@yac-admin.co.uk).

## 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 us on [www.young-athletes.co.uk](http://www.young-athletes.co.uk)  
or [www.facebook.com/Young.Athletes.Club](https://www.facebook.com/Young.Athletes.Club)



YOUNG ATHLETES CLUB

