

### Dates for the diary

#### Term dates

#### Autumn Term 11 weeks

##### Mondays

Starts 7<sup>th</sup> September

5.30pm to 6.30pm

Note new time!

##### Fridays

Starts 11<sup>th</sup> September

5pm to 6pm

6pm to 7pm

#### Half Term 2 weeks

19<sup>th</sup> to 30<sup>th</sup> October

##### Ends

Monday 30<sup>th</sup> November

Friday 4<sup>th</sup> December

#### Spring Term 2016

##### 10 weeks

##### Fridays

Starts 8<sup>th</sup> January

5pm to 6pm

6pm to 7pm

##### Mondays

Starts 11<sup>th</sup> January

5.30pm to 6.30pm

#### Half Term 1 week

15<sup>th</sup> to 19<sup>th</sup> Feb

##### Ends

Friday 18<sup>th</sup> March

Monday 21<sup>st</sup> March

## End of Summer Term 2015 at Young Athletes Club

### It has been an amazingly successful summer for Young Athletes Club!

We have seen our young athletes compete in our annual Open Meeting on 31<sup>st</sup> May where 160 athletes took part in 4 events across 4 age groups from the under 7s to under 13s. There were lots of super performances and lots of medals for our top athletes. We were featured in an article in the Surrey Advertiser!

In June, we were thrilled that both our Young Athletes Club teams made up of the top 10 boys and top 10 girls, qualified for the final of the Surrey Athletics Network Quaddkids Tournament. We had trained our athletes hard to make sure we improved in the areas that we knew needed improving, especially the field events: throws and

long jump.

The result was that we took our first ever victory in this competition and beat our main rivals Camberley, AFD and Walton. We were also the first team to achieve a team score of over 2,000 points which was outstanding!

After 3 years of being part of this competition this was quite an achievement and gives us the top spot amongst the 10 competing clubs in the Surrey Area Network. See details below.

As well as these highlights, many of our athletes have performed well on an

individual basis at school sports, District sports and at IAPS, the independent schools championships.



### 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.

**FITSTUFF**   
Specialist Running Shop & Sports Clinic

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Guildford GU1 3UL



### Surrey Quaddkids Champions - 1<sup>st</sup> July at Spectrum

We wish to congratulate those athletes who trained with determination and who

competed so well to help YAC take the trophy and gold medals. There were a record number of UKA Quaddkids Gold standards achieved by our athletes.

It is worth mentioning that whilst AFD had the top performing boy out of the whole competition (Harry Hyde scored an unbelievable 292 points), we had the top 2 girls and the second best boy out of all 90 athletes who took part in the final.

Eliza Sutton took first place with a score of 250 points closely followed by Susie Lecoutre who was second overall on 235 and Funto came 6<sup>th</sup> overall with 222 points.

## Surrey Quadkids Champions - 1<sup>st</sup> July at Spectrum (continued)

### Surrey Teams – final results

YAC A	2006
Camberley A	1936
AFD	1908
Walton	1877
YAC B	1808
Holland Sports	1766
Dorking MV	1657

Our top boy was Jude Wardell with 261 points. A much improved Alistair Platt came 4<sup>th</sup> boy overall with 256 and Oliver Hardman was 10<sup>th</sup> on 250 points.

### YAC A team

Jude Wardell, Spencer Whitfield, Alistair Platt, Freddie Deegan, Oliver Hardman

Eliza Sutton, Susie Lecoutre, Funto Olatokun, Phoebe Matravers, Ayla Darcy

### YAC B team

Leo Blackwood, George Williams, Joe Carpenter, William Leprince-Daniel, Jacob McCrow, James Bridge, Abigail Valentin, Sophie Court, Emily Burke, Cariad Norris

We also wish to thank;

Leon Lafreniere, Sam Hinton, Isla Niddrie and Silvia Harrop-Lopez who competed for YAC in the qualifier and helped us get to the final.

## Summer Camp

We will be running two days of Summer Camp at Spectrum:

- Monday 20<sup>th</sup> July 2015
- Tuesday 21<sup>st</sup> July 2015

Check our website for details on how to apply.

We realise that some state schools do not break up until 21<sup>st</sup> July so these dates do not work for many of our athletes. When we went back to Spectrum to change the dates, we were told we could not have the use of the track from Wednesday 22<sup>nd</sup>. Due to summer commitments, we as coaches are not able to run another camp in August. We apologise for any disappointment.



## Coaches Corner

We have some very exciting news about our coaches who are having their own success on the track.

### Student Coaches

Following wins at the Surrey Schools Championships, Jasmine Mitchell and Jemma Wood have been selected to run for Surrey at the English Schools Championships in Gateshead on 10<sup>th</sup> and 11<sup>th</sup> July.

The English Schools is the most prestigious event for an athlete of their age. They will compete against the best in the country and this represents a fantastic achievement for both athletes.

Luke Kelly won a bronze medal at 200m at the Surrey Schools Championships and has been selected to run for Surrey at the Inter Counties match at Marlow on 19<sup>th</sup> July.



Jasmine Mitchell	400m hurdles	U20 girls 65.24s
Jemma Wood	300m	U17 girls 40.58s
Luke Kelly	200m	U17 boys 22.8s

### YAC Head Coach Goes to World Championships

Our head coach, Virginia, competes as a Masters athlete as well as competing for GGAC in league matches against athletes half her age. Earlier this year, she won the British Indoor Masters Championships 400m in 63.7s and improved her time to 62.98s at the Surrey Championships. Virginia will be racing in Lyon for GB at the World Masters Championships. Virginia has won gold many times at British, European and World Championships for Masters at 400m and 400m hurdles.

She has just been selected by the IAAF to run for Great Britain in an exhibition 400m event for the top 8 women in the world in the 50 years plus category which will be staged for the first time at the World Championships in Beijing! Husband and head coach Tony will be accompanying Virginia on the trip to China.

So make sure you are watching the TV on 29<sup>th</sup> August when Virginia will be racing 400m at the Birds Nest Stadium.



**A Big Thank You** goes to some Coaches who are moving on at the end of Term:

We sadly say goodbye to Nicola Bridge whose son James is moving on to GGAC. Nicola took her Athletics Leader course in Nov 2013 and has since been a valuable member of our coaching team helping at training sessions as well as at cross country, Sportshall and track competitions. We will miss her valuable contribution to YAC.

## Coaches Corner (continued)

We also lose Ellie Lane who was our first student coach and is now going to University. As a young athlete Ellie has made a valuable contribution to YAC and we wish her the very best for both her studies and her sport.

Rachel Dukes is leaving us temporarily as she is about to become a mother for the first time. We look forward to welcoming her back soon and send best wishes to her and her new family.

## Athletes of the Week—Very Well Done to All of Them

### **Mondays Development**

Max Mullooly, Pietro Scanavini, Mia Reeves, Grace Robertson, Milly Harris, Isobel Wolfenden, James Read, Scarlet West, Jude Harris

### **Yellow**

Lizzy Chapman, Orlaith Byrne, Esme Finch, Katie Bauer, Lottie Hardman, Katie Blackman, Jasmine Kandlekar

### **Green**

Jude Robertson, Jacob Jakes, Harry Widdowson, Temi Awojobi, Jack O'Driscoll, Nathan Vuong

### **Red**

Ellen Yates, Bobby Ann Cranfield, Sofia Sherratt, Charlotte Burnham, Sophie Price, Jessica Harris

### **Blue**

Luke Stables, Sam O'Driscoll, Zaccari Schaller, Jude Robertson, Oliver de Gentile-Williams, Max Slevin

### **Squad**

Silvia Harrop-Lopez, Emma Chedzoy, Diego Callans, Ruairi Byrne, Matthew Blackman, Freddie Deegan, Spencer Whitfield, Eleanor Craig, Nicolas Bubeck, Jacob McCrow

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

Rushil Singh, Jasmine Taylor, Ethan French, Jacob Brown, Finn Valentin, Ella Garner, Robin Jacob, Ryan McLoughlin, Annabelle Jagger

### **Yellow**

Rebecca Pugsley, Layla Gurney, Natasha Udebhulu, Molly Churchwell, Breanna Ahmah, Annabel Bailey, Arabella Wilson, Daisy Bennett, Hollie Tappin, Lana Darcy, Emily Frankland

### **Green**

Robbie Barron, Ben Cadge, Toby Hart, Hayden Amiss, Ertan Holt, Jayden Simpson, Harry Bosman

### **Red**

Olivia Thompson, Emma Booth, Sara Hamilton-Wilkes, Annabelle Duggan, Grace Clare, Lydia Woodhouse, Cariad Norris, Tamara Curran, Emily Burke

### **Blue**

Luca Sugunasingha, Evan Amiss, Henry Allen  
**Squad**  
Stevie Barron, Ned McKinlay, Jack Trice, Leo Blackwood, Phoebe Matravers, Abigail Valentin, Funto Olatokun, Sam Hinton, Abi Garner

**A Warm Welcome** goes to the parents who have recently agreed to become actively involved in our training sessions. We hope they will decide to follow in Nicola's steps to become qualified coaches.

We also hope that more parents will decide to follow their example and we will be organising some more "Parent Taster" sessions next term.

We are also looking to recruit young athletes of 14 years plus to train as Student Coaches and hope to welcome some more talented young athletes to the YAC Coaching Team.

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

Lewis Boyle, Joe Claydon, Aaron Clark, Sydney Ridgwell, Sienna Matewu, Rosie Bennett, Thomas Ashworth, Niamh Richardson, Elise Christian, Joseph Bennett, Abel Davies, Lucas Stephens, Emma Hawes

### **Yellow**

Kate Everitt, Miriam Cooper, Rosie Quirk, Amelie Covele, Abigail Bushell, Ellen Sydenham, Poppy Hayward, Melissa Beaghan, Jamie-Ella Summers, Megan Ross

### **Green**

Jayden Simpson, Jamie Quirk, Reece Barton Lake, Oliver Faithful, Theo Kapsalis

### **Red**

Isabel Cooper, Amy Sung, Emily Owen, Ella Everitt, Lucy Taylor

### **Blue**

Hayden Christian, George Williams, Ben Cooper, Muhammed Rashid, Kay Davies

### **Squad**

Calvin Williams, Jude Wardell, Charlie Ridgwell, Alice Sydenham, Aishah Rashid, Samuel Sherlock, Lucy Firth, Thomas White, James Bridge



## Membership Renewals for Next Term

Parents of current YAC Members will soon receive an email asking if they want to renew for the Autumn Term. We give priority to existing Members who want to renew before offering places to athletes on our Waiting List. If we haven't received a reply to our email message by 24th August we will assume that you do not wish to renew. So watch out for the email and if you haven't received one before the end of July please contact Gillian ([membership@young-athletes.co.uk](mailto:membership@young-athletes.co.uk)). The email will explain how to renew your membership.

## 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.

	<b>Age</b>	<b>School Year</b>
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

## Some Reminders of Summer Term at YAC (Photos by Jonty Mitchell)

Find more pictures on our web site

### The Open 31st May 2015



### SAN Quadkids Tournament 1st July 2015



#### Happy Holidays

from Virginia, Gillian, Tony and All the YAC Team  
Watch your emails for the Membership Renewal Invitations

[www.young-athletes.co.uk](http://www.young-athletes.co.uk)

**Email** [membership@young-athletes.co.uk](mailto:membership@young-athletes.co.uk)

**Facebook** [www.facebook.com/young.athletes.club](http://www.facebook.com/young.athletes.club)

**Twitter** Follow us @YACTweets

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