

## Dates for the diary

### Training Dates & Times

#### Summer Term 2016

**Ends:**  
Friday 8th July  
Monday 11th July

#### Summer Camp

Monday 25th and Tuesday 26th July  
Tuesday 30th and Wednesday 31st August

#### Autumn Term 2016 11 weeks

**Starts:**  
**Mondays** 5th September  
**Note Different Times for Autumn**  
5:30 to 6:30pm

**Fridays** 9th September  
Session 1: 5.00pm to 6.00pm  
Session 2: 6.00pm to 7.00pm

**Half Term:** 2 weeks  
17th October to 28th October

**Ends:**  
Monday 28th November  
Friday 2nd December 2016

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

Thank you to the Sponsors of our Open Meeting this year:

**Body Mechanics Physiotherapy in Walton** – if you require specialist sports treatment, please see the link on our YAC website home page.



**BODYMECHANICS**  
PHYSIOTHERAPY

Physiotherapy | Sports Massage | Women's Health  
Tel. 01932 253 500  
[www.thebodymechanics.co.uk](http://www.thebodymechanics.co.uk)

**Fitstuff** – Sports shoes & athletics retailer in Guildford



**FITSTUFF**  
Specialist Running Shop & Sports Clinic

#### Sports of Addlestone

Medal and trophy supplier in Addlestone



**SPORTS OF ADDLESTONE**

# June 2016

Issue 16

## Summer Term 2016 at Young Athletes Club

Our busiest time of the year!

Summer term training at YAC is in full swing. The focus this term is on preparing all our athletes for summer track and field competitions. Our exciting programme of events is well underway. We have also welcomed many new athletes to the club this term.

Our Monday training sessions are regularly over 100 athletes and our Fridays sessions are between 70 and 90 athletes. Our fantastic team of over 30 coaches and student coaches is of course there to teach the athletes and bring their enthusiasm and dedication to every session.

### The training

We are in our favourite time of the year when we coach all the key track and field events with tailored sessions to suit athletes of each age group.



The events are rotated each week.



Each group covers all events over a 6 week period.

For Squad group the focus currently is on the Quadkids events; 75m sprint, 600m run, standing long jump, vortex throw which they will compete in for the YAC team.

However, we make sure that there is variety and challenge for all our athletes.

These are the events we train for during summer:

- Sprints and starts
- Hurdles
- Middle distance
- Vortex throw
- Long Jump
- High Jump
- Relays

If you have any queries about the programme or the groups or which events are being taught, please feel free to come and see me, Virginia or Tony at the track. Or ask one of our parent helpers



See page 3 for details



## Summer Camp 2016

We are now taking bookings for this year's **Summer Camps**.

There will be 2 Camps:

**July** - Monday 25th and Tuesday 26th

**August** - Tuesday 30th and Wednesday 31st

10:00am to 3:00pm each day

Check our website for more details and to make on-line bookings.

Our Summer 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 run mini competitions each day and team events including relays.

We look forward to welcoming lots of our athletes to Summer Camp!



## YAC to host SAN Quadkids Final on 6th July

Two teams from YAC have qualified for this year's Final which will start at 5:30pm on 6th July at the Spectrum. All supporters will be welcome.

The 8 teams who qualified, based on their results in qualifying rounds on 8th and 22nd June, are shown below.

More information about YAC's performance in their qualification round on 22nd June is on the back page of this Newsletter.

Team members for the Final will receive details via email. Good Luck to the YAC Teams.

Team	Points
Walton AC A	1,984
YAC A	1,948
Camberley & District AC	1,912
YAC B	1,847
Epsom & Ewell Harriers A	1,832
Aldershot, Farnham & District A	1,814
Waverley Legends	1,798
Reigate Priory AC A	1,703

## Coaches Corner

Several of our coaches have been competing on the track themselves and have achieved impressive results at County and National level.

### Virginia Mitchell – Head Coach

Virginia is well known for her achievements as an international Masters athlete who competes for GB at 400m and 400m hurdles.

Following her success last year when she raced at the Bird's Nest Stadium in Beijing at the World Championships in China coming second in the world at 400m in W50, she again put on her GB vest in April 2016 at the European Indoor Championships in Ancona, Italy coming 2<sup>nd</sup> at 400m in 62.2s.

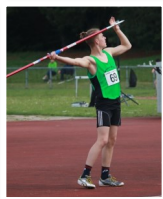
### Tony Mitchell – Head Coach



Tony, former British, European and World Masters champion made his return to competitive athletics after an 8 year break by winning Gold at 4 events at the Surrey Masters Championships in June. The 4 events being 400m hurdles, long jump, discus and javelin.

### Jasmine Mitchell

Jasmine has been racing over 400m hurdles in the U20s age group and had a superb result at the Surrey Championships coming second in a new personal best time of 64.18s which gained her selection for the English Schools Championships at Gateshead in July.



### Jonty Mitchell

Jonty also competed at the Surrey Championships coming 4<sup>th</sup> in javelin in U17 boys with a throw of 36.13m. Jonty is also a sprinter at 100m and 200m and is part of the club record breaking 4x100m relay squad for GGAC.

### Lucy West

Lucy has been focussing on her throws and competed at the Surrey Schools Championship where she came 3<sup>rd</sup> in Javelin with a new PB of 26.85m. She is competing for GGAC U15



## Happy Child Sponsored Event

With the RIO Olympics 2016 taking place this summer, YAC is pleased to be asked to support HAPPY CHILD, the charity which works to help the street children of Brazil.



### Young Athletes Club

#### Special training days

**Friday 1<sup>st</sup> July 5pm to 6pm and 6pm to 7pm**

**Latest News - £542 raised on Friday!!**

**Monday 4<sup>th</sup> July 6pm to 7pm**

We will run our Team Competition Event in these sessions. Please help your athlete to raise sponsorship money to take part.

All athletes will be organised into mixed teams to compete in 3 different events; mini hurdles relays, vortex throw and shuttle relays. There will be a small prize for each athlete at the end of the session.

It does not matter how little you can give, it all counts towards making a difference.

Please bring your sponsorship form and the money in an envelope to YAC on either of the 2 days so we can show our support to this charity.

Girls where she is currently top in the club at Javelin and hammer, 2nd for discus and 3rd for shot.

### Luke Kelly

Luke is a top sprinter at U20 and has competed at the Surrey Championships coming 3<sup>rd</sup> at 200m in 23.0s.

He followed this up with a gold medal in the 200m at the Surrey Schools Championships and has improved his 200m time to 22.7s. Luke has just run a new PB in his 100m in 11.0s which is national standard in his age group.

### Claudia Lance-Jones

Claudia has joined our coaching team for work experience at the end of term.

Claudia is coached by our middle distance coach Sue Goode and is currently ranked 6<sup>th</sup> in UK at 3,000m.

She competed at the Surrey Championships and at the Surrey Schools to win both events and got a PB at the Schools of 9.51.92mins. Claudia is also selected to race for Surrey at the English Schools Championships in July.

### George Mears

George coaches with us on a Monday and is a talented sprinter and 400m athlete for U17 boys.

He competed at the Surrey Championships and won the 400m in a time of 51.27s which took 2secs of his best from last year.

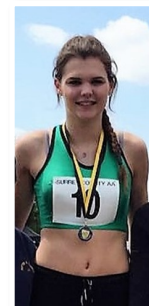
### Lara Davies

Lara races 75m hurdles for U15 girls and came 2nd at the Surrey Schools Championships. She was then picked to represent Surrey at an Inter-counties competition in the hurdles & relay.

### Jemma Wood

Jemma has had an amazing come-back from injury earlier in the year.

She competed at 200m to win gold at the Surrey Championships for U20 in May. She has just achieved a new personal best of 24.98s coming 5<sup>th</sup> at the South of England U20 Championships at Lee Valley. Jemma has also been selected to run at the English Schools in both the 200m and the 4x100m relay.



## English Schools Championships Gateshead 8<sup>th</sup>/9<sup>th</sup> July 2016

We wish Jasmine, Jemma and Claudia the very best of luck when they compete for Surrey at the English Schools on 8<sup>th</sup> July. This is the top competition for the best athletes of school age in the country. We know they will be proud to do their best at this prestigious championship event.

## Competition Update

### Young Athletes Club Open Meeting - Saturday 28th May 2016

On Saturday 28 May we hosted our annual Open meeting which was a "Quadkids" competition which means each athlete does 4 events;

Sprint, throw, long jump and 600m or 300m for athletes in the following age groups: Under 9, Under 11, Under 13. We even had special 50m and 150m races for the U7s.

This is our 5<sup>th</sup> year of running this event and it was our best ever!

We had nearly 200 athletes taking part from YAC as well as from many clubs across Surrey, the sun shone, the atmosphere was friendly and competitive and the audience cheered the youngest to the oldest.

We were delighted to receive so many nice messages from parents telling us how well it was organised and how much they enjoyed the event.

There were medals for all the top athletes and we were impressed with the high standard of performance.

#### Top YAC athletes

##### U11 Girls

Winner of the U11 girls was Connie Mortimer from **Young Athletes Club** with an impressive set of results across all 4 events to give her a score of 207 points which is a UKA gold standard. Connie had the fastest time for 600m in 2.01 mins as well as the fastest sprint time of 11.2 secs.

In 5<sup>th</sup> was Tabitha Brown again from YAC who gained 199 points with her best events being the 75m sprint in 11.8s and her throw was the best of all the U11 girls with 26.85.

##### U11 boys



Hayden Christian from **Young Athletes Club** came second to take the silver medal and had the best throw of the day with a fantastic 34.77m in the vortex (similar to javelin) plus the second fastest 600m of the day in 1.58mins.

Ben Mitchell from YAC was only 5 points behind Hayden for bronze. Ben scored evenly across all 4 events with his best result being the 600m in a time of 2.06mins. Harrison Kingston also from YAC came a solid 4<sup>th</sup> with a fast sprint time of 11.1s and the third best throw overall of 33.29m.

##### U13 girls

In bronze position was Lucy Taylor from **Young Athletes Club** who had the quickest 100m sprint time of 14.5s. Chloe Gibney from YAC was 4<sup>th</sup> in 208 points and was delighted to achieve good scores in all 4 events especially with 14.7s in the 100m. Jemima Bowen from YAC was in 6<sup>th</sup> place having run the fastest 800m of all the U13 girls in



2.46mins.

##### U9 girls

There was one clear winner. Elise Christian from YAC took the gold with an outstanding score of 193 points. Elise was strong in all event but showed great determination by winning the 300m in 57s.



Third place went to Gabriella Udebhulu who scored well in her standing long jump and throw. Her twin sister Natasha came 4<sup>th</sup> equal with Madeleine Edgington from Waverley. The 6<sup>th</sup> place went to the fast improving Robin Simmons from **Young Athletes Club**.

##### U9 boys

Tom Lecoutre from YAC was the outright winner on 209 points with an amazing throw of 27.45m and the fastest 50m sprint in 8.3s.



Only 1 point separated two **Young Athletes Club** boys in 5<sup>th</sup> and 6<sup>th</sup> with Ryan McLoughlin on 186 points gaining his best score in the 300m and Alexander Didaskalou on 185 points who also ran his best race in the 300m and was the fastest U9 boy over this distance in 55 secs.

##### U7 boys and girls

The youngest competitors in the under 7s age group were given a huge cheer by the enthusiastic crowd of parents when they competed in their 50m and 150m races.



Even at the age of 5 and 6, these young athletes showed great talent for the future and they were a pleasure to watch. Alyssa Gillies from YAC won the 50m sprint from Amy McLoughlin who ran her a close second. The two girls were very close in the 150m with Alyssa just taking it from Amy by 0.1 of a second and both girls ran smiling down the home straight clearly enjoying the competition experience. Catherine Hamilton Wilkes was 3<sup>rd</sup> in the 50m with Amelia Pocock coming 4<sup>th</sup> and the potions were turned in the 150m with Amelia 3<sup>rd</sup> and Catherine 4<sup>th</sup>.

The boys under 7s group was a more clear-cut affair with the same 3 boys coming first, second and third in both races. Jack Amos was a strong winner taking gold in the 50m and went on to win the 150m. Lucas Newton had to take second to Jack on both races. Young Daniel Amos, brother to Jack and still only 4 years old was 4<sup>th</sup> in the 50m sprint also running with a smile on his face!



See our article in the Surrey Advertiser!

### Surrey Athletics Network Quadkids Competition - Final 6th July 2016



On Wednesday 22<sup>nd</sup> June, we hosted the second qualifying round of the Surrey Athletics Network team competition. This is the major track and field event of the year for our top 20 Squad athletes.

We won the event in 2015! Naturally we want to try and win it again.

The competition gets stronger every year.

YAC entered 2 teams. We had a brilliant result!! Our A team came first and our B team came 2<sup>nd</sup>! Congratulations to our fab Squad athletes:

#### Qualifier Team

##### Boys

Spencer, Hayden, Sam, Harrison, George, Ben, Luca, Oliver, Stevie, Noah, Thomas (Max reserve)

##### Girls

Chloe, Cariad, Funto, Jemima, Lucy, Sophie, Emily, Charlotte, Connie, Sara (Libby reserve)

So now we can put 2 teams through to the final and we will once again select from the best athletes in Squad, for the final on Weds on 6<sup>th</sup> July. We look forward to competing against Walton, Camberley, Epsom and Reigate who were the first 4 teams from the other qualifying round.

Good luck to our athletes. We really need some extra special performances from you all!!

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

### Mondays

#### Development

Lily Johnson, Ollie Robinson, Ashton Walker, Scarlett Cass, Jessica Stonehouse, William Jones, Libby Harries, Lewis Boyle, Alyssa Gillies, Harry Taylor, Alice McKenzie, Harry Jenkinson, Matilda Mills, Toby Osmand-Gillam, Noah Veldsman, Rosie Forbes-Wilson

#### Yellow

Lottie Hardman, Maddie Hallam, Sophia Craig, Emily Bokor-Ingram, Holly Young, Sophie Robinson, Isabelle Groom, Rachel Allen, Beatrice Meehan, Louis Wong, Caitlin Pye

#### Green

Ben Vigrass, Ezra Knott, Oliver Herbert, Archie Johnson, Alex Didaskalou, Max Mullooly, Charlie Guest, Eddie Wilson, Toby Stonehouse



#### Red

Abigail Veldsman, Sophie Bourke, Esme Finch, Priya Taylor, Emily Anderson, Tabitha Brown, Jasmine Kandlekar, Rebecca Pugsley, Arabella Wilson, Lana Darcy, Gracie Butler, Connie Clifton

#### Blue

Harrison Dabiri, Paul Usaha, Ben Mitchell, Luke Stanley, Morgan Cook, Max Slevin, Barnaby Bridges, Jacob Allen, Hugh, Temi Awojobi, Finn Tinker, Toby Chedzoy, Ethan Pegler

### Squad

Ellen Yates, Nicholas Didaskalou, Ben Kingerlee, Saskia McAllister, Josh Taylor, Olivia Walsh, Zack Young, Ben Warner, Max Meehan, Matt Blackman, Ayla Darcy, Eva Fisher, Thomas Craig, Hannah Underdown

### Fridays—Early Session

#### Development

Mia Reeves, Sophie Pugsley, William Bailey, Thomas Barron, Rory Barr, Ben Sullivan, Cormac Sharp, Sam Cadge, Lucy Bennett, Niamh Wells, Jack Harrison

#### Yellow

Jessica Howells, Ella Chapman, Dolly McKinlay, Natasha Udebhulu, Leah Caszo, Emily Hawthorn, Breanna Ahmah, Norah Harrop-Lopez, Gabby Udebhulu, Robin Simmons, Orla Johnson

#### Green

Ben Walsh, Rafe Cook, Ertan Holt, Tobin Knowles, Alfie Walker, Dylan Fuller, Matthew Frankland

#### Red

Amelie MCGovern, Annabelle Duggan, Hollie Tappin, Molly Butler, Lalita O'Mahoney, Alice Moodie, Ebony Hooker, Emily Burke, Amelia Thomas, Katie Bauer, Molly Churchwell



### Blue

Jack Burke, Luke Stanley, Morgan Cook, Henry Haynes, Ollie Billingham, Finlay Thompson, William Thackstone, Ben Walsh

### Squad

Luca Sugunasigha, Olivia Thompson, Lauren Pill, Josh Thompson, Olivia Walsh, Stevie Barron, Cariad Norris, Sara Hamilton Wilkes, Chloe Gibney, Emma Booth, Sophie Court, Lawrence Duggan, Josh Thompson

### Friday—Late Session

#### Development

Olivia McCreath, Alice Mackenzie, Oliver Keetch, Aaron Clark, Tom Cooper, Annabelle van Helsdingen, Oscar Hodges, Sydney Hughes, Francesca Simmons, Joseph Penfold, Lola Barrett-Young, Zuri Tyler, Soham Datta

#### Yellow

Poppy Hayward, Nicole Hynes, Niamh Richardson, Abigail Bushell, Emily Hayers, Elise Christian, Emma Hawes, Sienna Matewu, Isabel Wolfenden

#### Green

Joe Claydon, Jude Harmes, Oliver Simpson, Joseph Bennett, Tom LeCoutre, Abel Davies, Joe Claydon, Joshua White, Elliott Newsam

#### Red

Melissa Beaghan, Lola Waczkow, Anna Robertson, Megan Ross, Gemma Lyon, Elin Roberts, Charlotte Vernon, Leha Dawas



### Blue

George Poole, Oliver Faithful, Matt Bennett, Louis Simmons, Jasper Allen, Raymond Runnicles, Ben Cooper, Tristan Dewarin, Matthew Webb

### Squad

Hayden Christian, Zoe Davies, Tilly Anderson, Darcie Moss Brown, Noah Gibson, Jemima Bowen, Kay Davies, Lucy Taylor, Aimee Suddaby, George Williams, Alex Dolling



### 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.

**YAC** athletes get 15% discount off shoes and clothing. Adults get 10% discount. 22 Chapel Street, City Centre, Guildford GU1 3UL  
Tel: 01483 533133

## Reminder about what to wear for training

Just a reminder that ALL athletes must wear training shoes for all sessions.

We are happy for athletes to bring spikes which may be used for sprints and long jump – 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 water or a suitable drink.

## Athlete Groups—How do they work?

We are regularly asked about how our groups are set up.

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. 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

**We wish all our athletes a wonderful Summer! Stay fit and we will see you at Summer Camp or in Autumn Term**

[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 @YACtweets