



Newsletter

MARCH 2012

Issue 2

Summer Term 2012

Training Dates & Times

Mondays 6pm to 7pm
Except 16th & 23rd April our
'Try Athletics Day'
runs from 5.30pm to 7pm

Term Start: Mon 16th April
Last Session: Mon 9th July
No training on:
7th May & 4th June due to
Bank holidays

Location: Spectrum

Athletics Stadium
www.guildfordspectrum.co.uk

Upcoming events

YAC U11s Inter Club Competition

A Quadkids competition with
each athlete competing in
4 events; sprint, torpedo
throw, long jump, 600m.
Teams from local clubs will be
invited.

Provisional dates:

Saturday 26th May
Saturday 7th July

For further details please see
our website or contact us on
membership@young-athletes.co.uk

**A big thank you to
our sponsor:**

**Sweatshop
Woking
for donating
£5**

**discount vouchers
off sports clothing
and shoes**



Spring and Summer Programme

Spring 2012

Training Programme

Well done to all our athletes
for training through what are
usually the toughest months
of the year; November
through to February when we
aim to build fitness and
endurance to give the athletes
a good base for the summer
season. The current winter
workout that includes
running, agility and speed over
hurdles, strength exercises
with skipping and bounding
plus hills and shuttle runs has
given them all a great
background to build on.

The training is set to change.
All groups are now doing
more track running as we
move towards summer.

Summer 2012 Training

This usually starts in April.
But we like to start it early if
we can.

So, as soon as we have more
light and warmth ie in the
next 3/4 weeks, we will move
to the summer event training.

This is where each group does
training on one event in an
evening and the next week
they do a different event.

Over a 6 week period each
group will have completed
training in 6 different events:

- ⇒ Sprints
- ⇒ Hurdles
- ⇒ Long jump
- ⇒ High jump
- ⇒ Middle distance
- ⇒ Throws; Shot/ Javelin



Competitions and Joining a local club

U11s age group

At Young Athletes Club we
offer competitions and
training for **Under 11s**.

We will be looking to run one
or two **Quadkids**
competitions for U11
athletes in the summer at
Spectrum where our U11s
can compete against other
U11 teams from local clubs in
4 events.

Our summer training will
prepare athletes for these
events. Provisional dates are:
**Saturday 26th May and
Saturday 7th July**

For further details please see
our website.



U13s age group – joining local clubs to compete

When athletes turn 11, they
are eligible to run for a local
club in the U13s age group.

We have had several meetings
with local clubs to sort out
the transition process for this
to happen.

Parents of athletes in the
Under 13's age group have
been sent an email advising
how to join a local club if your
athlete wishes to compete in
an under 13's team.

Athletes can join for instance
Guildford and Godalming AC
or Woking AC.

If you do not wish to join
another club to compete and
even if you do, athletes may
continue training with us at
YAC and we will be happy to
continue coaching these
athletes.



Open meetings

We will also send out a list of
open competitions for YAC
athletes to compete in U13s
and U11s events to run for
themselves without having to
be part of a team.

Upcoming events are on
Sunday 1st April at Crystal
Palace and 7th April in Basing-
stoke. Events include 100m,
600m, 1000m and 1500m, plus
prize money to be won.
Entry forms and more info will
be on our website soon.

Try Athletics Day and Easter Training Day

Try Athletics Days –
100 days to Olympics 2012
Free session for new athletes!
This is a chance for YAC
athletes to bring a friend to
training.

If you know someone age 7 to
12 years who might like to try
athletics training, bring them
along on **Mon 16th or 23rd
April 2012, 5.30-7pm**

Please let us know the name of
the friend you would like to
bring.



Easter Athletics Training Day on 10th April

During Easter holiday we are
running a full training day on
10th April from 10am to
3.30pm at the Spectrum.
Our own YAC coaches will
deliver fun-filled and
challenging sessions in various
track and field events.
Perfect for children with some
experience of athletics training
who wish to focus on and
improve their skills.
Look out for our leaflet or
visit our website.



Congratulations to our Athletes of the Week

Every week we award athletes that excel in the training sessions with the best achievements and efforts.



Development Group

Cormac Millward, Zara Tyldesley, Susi Lecoutre, Patrik Cockin, Ned McKinley, Jacob McCrow, Kirsten Wood, Franky Livingston

Green Group

Dan Lecoutre, Joe Ellis, Remy Belamy, Aymeric Goransson, Oliver Hardman, Joe Ellis, Spencer Cook

Yellow Group

Gemma Lees, Libby Chapman, Niamh Millwall, Tilly Metcalfe Daisy McGrail, Tilly Gough, Eva Day

Blue Group

George Gervasio, Eddie Morris, Taylor Cook, Matthew Wibberley, George Mears, Michael Noyau, George Gervasio, Thomas Hardman

Red Group

Kathryn Gooch, Katie Ellis, Isabella Day, Heather Pugh, Daisy Corbett, Heather Pugh, Niamh Carey

Squad Group

Kim Mac Lennan, Ffiach Millward, Alfie Johnson, Tallulah McKinley, Isabelle Tinkler, Bethany Wilton, Ryan Lees, Jonty Mitchell

Competition Results and Events

The 3rd race in the **Border league** took place at Stoke park, Guildford on 29th January 2012.

It was a very cold day on a park land course. All the boys and girls ran very well, the U9 boys had an excellent result in being 1st team.

U9 boys, Robbie Gardham came 5th, Spencer Cook came 11th, Billy Bishop came 12th, Patrik Cockin came 46th.

Well done to all the boys, especially to Patrik on his first cross country.

U11 boys, Ben Tinker came 24th and Eerik Cockin came 43rd, well done boys.

In the **U11 girls** race Freya Ruddle ran very well.



The 4th **Border league** race on 4th March also took place in very wet and windy conditions. Well done for Ben Tinker and Bill Bishop to run well in such bad weather.

A fantastic finish for Robbie Gardham who came 6th in his **U9's** race and also won a bronze medal for coming 3rd overall, that's 3rd highest over best 3 of 4 races. Congratulations to a great result.

The website will be updated about future competitions. So, keep a look out for more info.

Woking AC

U13s wishing to join Woking AC are now offered the chance to do Trackers Plus on Tuesdays as well as Thursday evenings from 6.30pm. This will start from 17th April 2012. We will be sending out more information soon.

Summer Term Reminder

Please don't forget to renew your membership

Term starts 16th April 2012

If you have any questions please email
membership@
young-athletes.co.uk

Contact us:

Chenies, Elmstead Road
West Byfleet
Surrey, KT14 6JB
Tel 01932 343632
or email
membership@
young-athletes.co.uk

Young Athletes Club Goals

To teach every child the key techniques in athletics so that they can develop their skills at running, hurdling, jumping and throwing. To encourage each child's participation in the sport of athletics to compete and have fun keeping fit.

Visit us on www.young-athletes.co.uk



YOUNG ATHLETES CLUB