



**YOUNG ATHLETES CLUB**

# Newsletter

**MAY 2015**

## Training Dates & Times

### Summer Term 2015

**Mondays** 6.00pm to 7.00pm

**Fridays**

**Session 1:** 5.00pm to 6.00pm

**Session 2:** 6.00pm to 7.00pm

**Half term:**

Monday 25th May to Friday

29th May

**Summer term continues:**

Monday 1st June

Friday 5th June

**Ends:** Friday 10th July

Monday 13th July

### Autumn Term 2015

**Starts:**

**Monday** 7th September

**Friday** 11th September

**Half term:** 2 weeks Monday

19th October until Friday

30th October

**Location:** Spectrum

Athletics Stadium GUI IUP

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

## Summer Term 2015 at Young Athletes Club

Summer training at YAC is in full swing! We love this time of year and we know our athletes love it too!

Our numbers always grow in Summer term and we now have over 300 members training regularly.

Monday is still our most popular session but Fridays are filling up.

Our Friday 6pm session which started in November now has between 60 and 70 athletes.

The better weather allows us to coach all the key disciplines including the more technical events like hurdles and high jump. In our warm ups we do regular drills that help each athlete to improve coordination, technique, speed and running style.



It is rewarding for the coaching team to see the improvements week by week in our athletes.

The training programme this term is designed so that each group does one event per session.

The events are rotated round so that by half term, each group will have had coaching on nearly all these events:

Sprints and starts, Long Jump, Middle distance, Throwing the vortex, Hurdles, High Jump.

Our Development group does 2 events per session and their training is tailored to meet the needs of our younger athletes; standing long jump as well as jumping into the pit, mini hurdles, and shorter runs.

We will also be doing work on relays and changeovers. The athletes always show great determination in the end of session relay where we mix up the teams. It is super to see how much effort they put in when they work as a team!



## Summer competitions 2015

As we progress, we will focus on preparing for competition. We know that many of our older athletes have District Sports and schools competitions to look forward to. BUT, we also know that our athletes want to compete - even the very youngest! So, at YAC we hold a meeting every year especially for our young athletes to give them the chance to test themselves against others in their age group. YAC is the only club that offers competitions for U7s up to U13s.

### Sports of Addlestone

165 Station Rd, Addlestone  
KT15 2BA,

They are supporting us by providing the engraving of our medals free of charge.

So if you need medals or trophies for any occasions please call them on Tel 01932 849333



### YAC Open Meeting 31st May 2015

So if you have an aspiring athlete who wants to try and win, hurry and enter our YAC Open meeting on Sunday 31st May at Spectrum. There are medals for the top athletes in each age group and 4 events to take part in (2 events for U7s). Here are the details;

**Date: Sunday 31st May**  
Age groups: U7, U9, U11, U13  
Clubs: YAC members plus athletes from other clubs

**Sorry but there are no more places for Under 9s and Under 11s. For Under 13 or Under 7 entry email [secretary@young-athletes.co.uk](mailto:secretary@young-athletes.co.uk)**

### SAN Meetings

We also have the SAN (Surrey Athletic Network) team competitions for the older athletes. We will be entering 2 teams of 10 boys and 10 girls for this event. It is for those who are U11 (age as at 31st August 2015) in year groups 5 and 6. We will be up against the top U11s teams in Surrey including, Camberley, Epsom, Reigate, Walton, Holland Sports.

This is a Quadkids event where each athlete has to compete in 4 events to score points; 75m sprint, 600m run, Vortex throw, Standing Long Jump. Total scores are added up to give a team score.

Top 8 teams go to the Final on 1st July.

The YAC team is by selection only. Invitations will be sent out to our top athletes in Squad, Blue and Red groups.

**Date: Weds 17th June**  
**Event: SAN QuadKids Qualifier**

Age groups: U11 year groups 5/6  
Top 20 athletes only, Team by selection

Clubs: YAC team event against 10 Surrey clubs

**Date: Weds 1st July**  
**Event: SAN Quadkids FINAL**  
Age groups: Team by selection as for Qualifier

Clubs: YAC teams that qualify



## Coaches corner

We welcome three new coaches to our Summer sessions;

### Monday

**Deborah Kandlekar** ; Former athlete and Mum to Jasmine

**Lil Roe**; from Active Surrey , Trained PE teacher and EA level 1 plus Leader in running Fitness

### Friday

**Sharon Garner** ; Mum to JJ, Abi and Ella, coaching University netball team, Triathlon level 1, Leader in Running Fitness and synchro-swimming coach!

They join our 2 dads **Richard Maher** and **Jay Claydon** who have been with us since the Autumn term.

They bring a wealth of experience between them and have already shown how capable they are in assisting our senior coaches with the sessions. We are glad to have them join the YAC coaching team and we hope they enjoy working with us.

## 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.



	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 2/3

## Summer Camp

Dates are out now!

We are taking bookings.

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

**Monday 20th July 2015**

**Tuesday 21st July 2015**

Our Training 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 also run mini competitions each day and team events including relays. Check our website for details.

## Medals – thank you to a parent who wishes to remain anonymous!

We have been amazed by the generosity of one of our parents who is so delighted with her daughter's progress at YAC that she has offered to fund the medals for our Open Meeting. Thank you!



## 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 our website [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)

Congratulations to our

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## 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: Edward Widdows, Sam Jackson, Emily Wilkinson, Norah Harrop-Lopez, Scarlett de Gentile-Williams, Jimmy Priday, Josh Armstrong, Percy Fisher, Toby Stonehouse

Fri 1: Robin Simons, Sophie Pugsley, Ailish Twist, Finn Valentin, Edward Wilson, Thomas Barron, Alex Dudley, Stevie Barron, Dylan Hursthouse

Fri 2: Niamh Richardson, Elise Christian, Rosie Quirk, Jamie Ella Summers, Kate Everett, Tallulah Acton, Joseph Bennett, Abel Davies, Aaron Clark, Khalid Rashid, Joshua White, Soham Datta

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

Mon: Esme Finch, Katie Bowers, Tabitha Brown, Tabitha Platt, Orla Byrne, Hollie Young

Fri 1: Daisy Bennett, Jessica Howells, Arabella Wilson, Eloise Thomas, Imogen Maher, Holly Tappin Fri 2: Abigail Bushell, Amelie Covele, Ellen Sydenham, Melissa Beaghan, Miriam Cooper, Poppy Hayward, Sienna Footer

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

Mon: Max Slevin, Toby Stonehouse, Harrison Dabri, Toby Chedzoy, Harry Widdowson, Charlie Priday, Temi Awojobi

Fri 1: Ertan Holt, Charlie Morgan, Harry Bosman, Caspar Curran, Ben Cadge, Kian Hooker Fri 2: Oliver Faithful, Ben Cooper, Jamie Quirk, Jasper Allen, George Poole

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

Mon: Ellis McKenzie, Sorcha Richardson, Freya Ward, Holly Ellis, Cara Falconer, Hannah Underdown, Connie Mortimer

Fri 1: Molly Butler, Sophie Court, Amelia Thomas, Chloe Gibney, Cariad Norris, Tamara Curran, Molly Butler, Sarah H-Wilkes Fri 2: Lucy Firth, Isobel Cooper, Didi Cardwell, Emily Owen

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

Mon: Luke Stables, Oliver de Gentile-Williams, Colin Bubeck, Zack Young, Ben Mitchell

Fri 1: Jem Keen, Joshua Thompson, Luca Sugunasigha, Louis Chaverri Fri 2: George Williams, Ibrahim Margan, Muhammed Rashid, Kay Davies

### Squad Group (mixed 10-11 years)

Mon: Joe Carpenter, Jodie Mandeville, Nicholas Bubeck, Jacob McCrow, Alastair Platt, Eleanor Craig

Fri 1: Megan Davies, Harry Mason, Abigail Valentin, Funto Olatokun, Henry Allen, Freddie Deegan Fri 2: Samuel Sherlock, Jude Wardell, Alice Sydenham, Freddie Hay, Aisha Rashid, Zara Barton-Lake

## Sponsorship News

We are delighted to announce that we have a new sponsor.

Fitstuff the independent sports retailer supplying athletics clothing and shoes in Guildford is offering to give our junior members **15% discount for junior shoes and clothing. 10% discount for adult shoes and clothing**

They will provide a special Fitstuff membership card for use in their store. They are also

providing the numbers for our Open meeting. Visit Fitstuff at 22 Chapel Street, Guildford GU1 3UL or call Tel: 01483 53133

