

## Dates for the diary

### Training Dates & Times

#### Autumn Term 2015

##### Ends:

Monday 30<sup>th</sup> November  
Friday 4<sup>th</sup> December

#### Spring Term 2016

##### 10 weeks

##### Starts:

**Fridays** 8th January  
Session 1: 5.00pm to 6.00pm  
Session 2: 6.00pm to 7.00pm

**Mondays** 11th January  
5:30pm to 6:30pm

**Half Term:** 1 week  
15th to 19th February

##### Ends:

Friday 18th March  
Monday 21st March

#### Summer Term 2016

##### 11 weeks

##### Starts:

**Mondays** 18th April  
New Time 6:00pm to 7:00pm

**Fridays** 22nd April  
Session 1: 5.00pm to 6.00pm  
Session 2: 6.00pm to 7.00pm

##### Bank Holiday:

Monday 2nd May - no YAC

**Half Term:** 1 week  
30th May to 3rd June

##### Ends:

Friday 8th July  
Monday 11th July

##### Location:

Guildford Spectrum  
Athletics Stadium GU1 1UP

**FITSTUFF**   
Specialist **Running Shop & Sports Clinic**

#### 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.  
22 Chapel Street, City Centre,  
Guildford GU1 3UL

## November

Issue 14

## Start of Autumn Term 2015 at Young Athletes Club

**What an eventful term we have had so far! Young Athletes Club has been making headlines in more ways than one.**

### England Athletics CEO visit

On 21<sup>st</sup> September we were visited by Chris Jones the CEO of England Athletics who came to our evening session with his colleague and media manager Andy Barber, plus Peter Crawshaw EA board member.



Chris and his team were clearly impressed by how YAC is run and how the sessions are organised and how we have good communication links with

parents. It was felt that our club represents a sustainable model which other clubs might learn from. The full report of the visit was published on the EA website and Facebook page with a background to how we started the club in 2011 with 60 athletes to its current membership of 350. The summary from Chris Jones was very complimentary. We were delighted to have such good press from our governing body!

### Film Crew comes to YAC

Then on Monday 5<sup>th</sup> October we had a film crew come to the session aiming to take pictures and film which will be used for a big national charity event in March next year. We were not allowed to say exactly what it was for but we are pretty sure you all could guess! All our athletes were

asked to wear red sports gear from different sports.



As well as filming everyone in the warm up, some athletes were singled out for certain shots which we hope will be used in a video to promote the health benefits of running to children of all ages.

Once again, Young Athletes Club set an excellent standard in terms of the level of discipline and good organisation from our athletes. The film crew were very happy with the footage they got despite the rainy, dull conditions.

Well done YAC for performing so well in front of the cameras!

## Athletics update

So, if that was not enough, we have also done lots of athletics! Our training sessions on a Monday are the busiest with 90 to 100 children taking part. The Friday sessions at 5pm and at 6pm are both running at a similar level with between 70 and 90 children. We have been joined by new parents wishing to become coaches and we will be pleased to see more new student coaches starting after half term.

We have already competed in the first Border League cross country of the season at Lord Wandsworth School in Fleet.

Our Under 9 Girls team, which is always our most successful group, once again leads the field after the first event with the U11s girls currently 2<sup>nd</sup>. Our boy's teams were missing some athletes due to football commitments. So far, the U9 boys are coming 5<sup>th</sup> and the U11 boys 4<sup>th</sup>.



Come on YAC boys, let's see more of you for the next race!

All in all, it has been a very exciting new term for YAC. Please read on to find out more.

## Training at YAC



For the first 6 weeks of term we have made the most of the good weather by working on event based sessions.

Each group has been coached in all 6 key events; sprinting and starts, long jump, throwing, middle distance, hurdles and high jump.

Since half term we have moved into our winter training schedule where each group does a combination of track intervals and circuit training involving mini hurdles, jumps, skipping, shuttle runs, throws, and hill runs. The winter training is designed to improve strength and conditioning, endurance

for cross country and to maintain speed and agility so that our athletes have the background work done ready to build towards competing in the summer.



## Coaches Corner

We are pleased to welcome the following new members of our coaching team:

**Susie McLoughlin**- Mother of Ryan and Amy in Friday Development group and World Masters 400m Champion 2015 in W35. Susie is a fabulous athlete and is 400m training partner to Virginia and Tony and is already making a great impact to Friday coaching.

**Dave Thomas**-- Father of Amelia and former decathlete who brings plenty of natural ability and experience to the Friday group.

**Christine Sciberras** - who recently completed her Assistant Coach course. As a former sprinter and jumper Christine was keen to revisit her interest in athletics. It is great to have Christine's enthusiasm and active involvement on our Monday sessions.

**Dawn Quirk** - Mother of Jamie and Rosie on Friday early session. Dawn has been a primary school teacher for 15 years and a PE coordinator throughout her teaching career so has always had an interest in sport and teaching young children. .

**Marielle Duggan** - Mother of Lawrence and Annabelle on Friday early session and has also just started helping our coaching sessions. Marielle used to do ice skating and has always had an interest in athletics. She is "revisiting old goals" by getting involved in coaching since she had a former wish to be a sports teacher.

**George Mears** - a talented 200m/400m athlete with G&G and has just joined Monday sessions doing coaching for his D of E.

### Other coach news

**Congratulations to Sharon Garner** - Mother of JJ, Abi and Ella who has just completed her EA Coach Level 1 Course and will continue her mentored hours at YAC. Sharon already had lots of experience as a coach in netball, triathlon and synchronised swimming before she came to YAC in Summer Term. Sharon can now make the most of her new athletics qualification at our Friday sessions.

All our parent coaches are have been undergoing mentored coaching and once they have their DBS checks in place will be fully involved in taking groups this winter.

### Coach Workshop

On Sunday 4<sup>th</sup> October Virginia and Tony ran a "coaching for coaches" workshop. The aim was to cover coaching for sprints and long jump and to provide key teaching points for our coaches to use in YAC training. The session was well attended in sunshine at Spectrum and everyone felt they had picked up some good coaching tips.

### Rachel Dukes has had a baby!

Congratulations to Rachel on the birth of baby Freddie on 26th October 2015

We hear that Freddie, Mum Rachel and Dad David are doing well.

Rachel has been our specialist high jump coach at YAC since we started in 2011 and we are delighted to have followed her progress though marriage and now her first baby. We hope that Rachel and baby Freddie will visit YAC very soon!

### Tony scoots 60 miles for Charity

Tony took on a most unusual challenge to raise money for a special little boy called Christian from West Byfleet School where Tony and Virginia run the athletics. Christian is having an operation to help him to walk. On a sunny 26<sup>th</sup> September Tony scooted 60 miles on a foot scooter from West Byfleet to Tunbridge Wells the home of Christian's charity "Tree of Hope" which helps people with cerebral palsy. Christian is now scheduled to have his operation in December! The fundraising continues with an auction taking place next year.



Well done Tony for a super-human effort helped by his outriders on bikes and Virginia, Jasmine and Jonty providing back up and supplies in the support car!

[www.justgiving/smileofinspiration.com](http://www.justgiving/smileofinspiration.com)

## Athletes—what to wear for winter training

Just a reminder that ALL athletes must wear training shoes (not spikes) for winter training.

We are happy for athletes to bring spikes which may be used for sprints and long jump only – please check with your YAC coach first. Training shoes must always be worn for warm ups and are essential for all our winter 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.



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



### Mondays

#### Development

Pietro Scanavini, Scarlett de Gentille-Williams, Percy Fisher, Isabella Akpoveta, Jessica Mellor, Reuben Franklin, Millie Harries, Sam Harris, Lara Pearson, Martha Stanley, Isabella Clift, Harry Jenkinson

#### Yellow

Orla Byrne, Isabelle Groom, Gracie Butler, Tabitha Brown, Esme Finch, Sophie Robinson, Emily Bokor-Ingram, Francesca Long

#### Green

Nathan Vuong, Harrison Dabri, Toby Woodhouse, Alex Didaskalou, Luke Stanley, Zac Tinkler, Brandon Burr, Sam Allen, Oliver Herbert

#### Red

Charlotte Black, Sophie Price, Abbie Veldsman, Miriam Cooper, Ellen Yates, Annabelle Duggan, Sarah Darley, Charlotte Burnham, Esme Spary, Annabel Mullooly

#### Blue

Sam O'Driscoll, Ben Mitchell, Aiden Roe, Nehemiah Attoh-Ammah, Zac Young, Oscar de Gentille-Williams, Max Slevin, Harrion Dabiri

#### Squad

Nicolas Bubeck, Jodie Mandelville, Lily Fisher, Luke Stables, Saskia McAllister, Imogen Kingston, Nicholas Didaskalou, Stevie Barron, Lisa Pearson, Holly Ellis, Freya Ward, Jacob McCrow

#### Fridays—Early Session Development

Ryan McLoughlin, Martha Mann, Emma Sherratt, Zac Darcy, Thomas Barron, Edward Wilson, Ethan French, Ellie Dobson, Robin Simons

#### Yellow

Baye Hoctor-Duncan, Isabella Dash, Lana Darcy, Dolly McKinley, Breanna Ahmah, Rebecca Pugsley, Norah Harrop-Lopez, Wren Hoctor-Duncan, Molly Churchwell

#### Green

Joshua Parkinson, Matthew Frankland, Ertan Holt, Finlay Thompson, Kian Hooker, Thomas Fowler

#### Red

Cariad Norris, Jemima Bowen, Molly Butler, Poppy Smithson, Jessica Howells, Katie Bauer, Katie Keiller, Sofia Sherratt

#### Blue

Duane Godfrey, Daniel Gilbert, Harry Bosman, Laurance Duggan, Duane Godfrey, Joshua Croxford, Luca Sugusingha, Jack Burke

#### Squad

Abi Garner, Sam Hinton, Chloe Gibney, Spencer Whitfield, Emma Booth, Cariad Norris, Sophie Court, Abigail Valentin, Freddie Deegan

#### Friday—Late Session Development

Sydney Ridgwell, Tom LeCoutre, Niamh Richardson, Aaron Clark, Tom Cooper, Emily Hayers, Rosie Bennett, Emma Hawes, Francesca Simmons, Sebastian Revitt

#### Yellow

Miriam Cooper, Sienna Matewu, Charlotte Black, Abigail Bushell, Elise Christian, Charlotte Vernon, Nia Watson, Jamie-Ella Summers

#### Green

Matthew Bennett, Max Towers, Dougal Craig Wood, J J Hale, Matthew Rollings, Theo Kapsalis, Jude Harmes, Elliott Newsam

#### Red

Lucy Taylor, Connie Mortimer, Ella Everitt, Megan Ross, Didi Carswell, Tilly Anderson

#### Blue

Oliver Hester, Jasper Allen, Jayden Simpson, Hayden Christian, Keion Ellis - Vassell, Tristan Dewavrin, Kay Davies

#### Squad

Jude Wardell, Ben Howell, Jemima Bowen, Isabella Cooper, Libby Daunter, Lucy Taylor, Lauren Dekker, Henry Mortimer



## Wanted - Parent Helper for Fridays Session 2

We need a Parent Helper for the 6:00 to 7:00pm Friday Session.

The role involves helping greet and brief parents of new members; liaising with other parents either to answer queries or to pass questions on for the YAC Team to answer; taking orders for clothing and distributing Newsletters and other information leaflets as required.

Free YAC Membership for your child.

## 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 3

## Competitions Update

Dates for your Diaries - further information will be posted on the web site as it becomes available

### Border League Cross Country

**Sunday 29<sup>th</sup> November 2015** – Ravenscote School, Camberley, GU16 9RE

**Sunday 13<sup>th</sup> December 2015** – Stoke Park (opposite Spectrum) hosted by G&G and YAC

**Sunday 7<sup>th</sup> February 2016** – Lightwater Country Park GU18 5RG

We hope to see more athletes running in the next race at Camberley on 29<sup>th</sup> November and of course we expect a big turn-out for our home match on 13<sup>th</sup> December 2015.



### SAN Sportshall (indoor competition)

Top 10 boys and girls selected from Squad to compete for YAC against 10 local clubs for both competitions

**Sunday 31<sup>st</sup> January 2016** – Spectrum (Teams will be selected from across competing Clubs based on the results of this event for the Regional Final which will be held on 28th February)

**Sunday 13<sup>th</sup> March 2016** - Spectrum



## Border League Cross Country—Race 1 Report

### Sunday 18<sup>th</sup> October 2015

Lord Wandsworth School, Hook, RG29 1TB

The first race was held in dry and sunny conditions. YAC had a good turn-out for the first race of the season with 42 athletes taking part. For many of our young athletes, this is their very first cross country race so well done to all those who competed.

As in previous years, Young Athletes Club is strongest in U9 girls with YAC finishing the top club in this age group. We have won the trophy in the U9 girls for the last 2 years so the girls have made a good start to retaining the trophy this season.

Full results can be downloaded from the Club's web site. In summary they were:

#### YAC Under 9 Girls - 1st (40 competitors)

With the first 4 to count on points, the YAC girls packed top placings:

Arabella Wilson	5 <sup>th</sup>
Esme Finch	6 <sup>th</sup>
Tabitha Brown	7 <sup>th</sup>
Robin Simons	8 <sup>th</sup>
Annabel Bailey	9 <sup>th</sup>
Sophie Robinson	10 <sup>th</sup>
Hollie Tappin	11 <sup>th</sup>
Fran Long	13 <sup>th</sup>
Baye Hoctor-Duncan	19 <sup>th</sup>
Lottie Hardman	21 <sup>st</sup>
Aneira Norris	27 <sup>th</sup>
Layla Gurney	28 <sup>th</sup>
Sophia Craig	31 <sup>st</sup>
Jasmine Kandlekar	36 <sup>th</sup>
Wren Hoctor-Duncan	37 <sup>th</sup>

#### YAC Under 9 Boys – 5th (62 competitors)

Jack Burke was the first YAC finisher in 11<sup>th</sup> place and Sam Allen and Kian Hooker came 21<sup>st</sup> and 22<sup>nd</sup>.

Alex Didaskalou ran well for 25<sup>th</sup> with Joe Claydon in 30<sup>th</sup> and Ben Cadge in 51<sup>st</sup> place.

#### YAC Under 11 Girls - 2nd (73 competitors)

The YAC girls did very well to come 2<sup>nd</sup> team with Ayla Darcy leading way in 3<sup>rd</sup> and Charlotte Burnham close behind her in 5<sup>th</sup> place. The next finisher was Libby Daunter in 17<sup>th</sup> and Cariad Norris in 20<sup>th</sup>.

We then had a spread of athletes through the field:

Jodie Mandeville	27 <sup>th</sup>
Lucy Taylor	31 <sup>st</sup>
Sofia Sherratt	33 <sup>rd</sup>
Hannah Underdown	39 <sup>th</sup>
Megan Ross	47 <sup>th</sup>
Miriam Cooper	51 <sup>st</sup>
Tilly Spary	70 <sup>th</sup>

#### YAC Under 11 Boys – 4th (80 competitors)

In the largest field our YAC team ran well to take 4<sup>th</sup> place. Nicholas Didaskalou came first for YAC in 7<sup>th</sup> place with Toby Long and Luke Stables having their own battle in 16<sup>th</sup> and 17<sup>th</sup>. The next two close together were Aiden Roe in 26<sup>th</sup> and Connor Tinker in 28<sup>th</sup>.

Other results were:

James Garner	47 <sup>th</sup>
Fergus Atkinson	52 <sup>nd</sup>
Fynn Tinker	57 <sup>th</sup>
Kay Davies	61 <sup>st</sup>