

Term Dates

Autumn Term 2016

Last sessions!!

Monday 28th November
Friday 2nd December

Spring Term 2017

10 weeks

MONDAYS start

9th January

5.30pm to 6.30pm

FRIDAYS start

13th January

5.00pm to 6.00pm

6.00pm to 7.00pm

Half Term week

13th to 17th February

Spring Term Ends

Monday 20th March

Friday 24th March

Easter Camp dates

10am to 3pm

April 2017

Tues 4th and Weds 5th

Thurs 13th and Friday 14th

Not yet available. Website will be updated for applications

Our location; Guildford

Spectrum Track GU1 1UP

November 2016

Autumn Term 2016 at Young Athletes Club

We are already at the end of Autumn term 2016!

It is not too late to say a welcome to all the new members who have joined this term and a welcome back to our regular members at Young Athletes Club.

What a busy term it has been! We are pleased to say that our numbers are still on the increase. Monday training sessions are now around 110 athletes and our Fridays sessions are between 80 and 90 athletes. Our experienced team of coaches has been providing their expertise and enthusiasm at every session to ensure that our athletes from the youngest to the oldest are guided through the training sessions and of course we make sure to keep it challenging and fun.

Winter training at YAC

We are well into our winter training which involves a



combination of circuit and event based training.

The circuit is a full-on mix of 6 stations with track runs, agility over mini hurdles, strength work, medicine ball throws and jumping exercises. We also continue to coach all the key track and field events; sprints, middle distance, vortex throw and long jump with tailored sessions to suit athletes of each age group. Plus of course our relays which

always provide a competitive finale to each session. This means that our athletes should be well equipped to handle the series of Border League cross countries this winter. For the Squad team we also have the first Sportshall event coming up in January 2017. So, plenty to look forward to and lots to train for!

If you have any queries about the programme, the groups or which events are coming up, please feel free to come and see Virginia, or Tony your lead coaches at the track.

Thank you to our Sponsors



Physiotherapy | Sports Massage | Women's Health
Tel. 01932 253 500
www.thebodymechanics.co.uk

Body Mechanics
Physiotherapy in Walton

01932 253500

Specialist sports treatment.

See the link on YAC website



Specialist Running Shop & Sports Clinic

15% DISCOUNT on sports shoes for YAC athletes

Guildford GU1 3UL

2016 Club Success

2016 review of Club success

At this time of year, we can look back with a great sense of achievement on what we as a club achieved in 2016! YAC teams have become highly successful at winning U11s events and **Young Athletes Club was thrilled to win the SAN Quadkids trophy** against 10 local clubs for the second year running at the final held in July 2016 – see main picture (as featured in Athletics Weekly in Sept 2016). Camberley were 2nd and Aldershot came 3rd.

YAC Open Meeting 2016

We run our annual Open meeting in May and it gets bigger every year. In May 2016, we had 200 athletes taking part in track and field events for U7s, U9s, U11s and U13s. There were medals for first 3 places.



Sportshall competitions Jan & March 2016 Indoors

YAC teams had their best ever result here too! YAC Girls team won gold at both competitions and the Boys team took gold and silver. 6 YAC members were selected to be part of the Surrey team at the South East Inter County Competition with girls and boys winning gold!!

Border League Cross Country Results Race 1 Basingstoke 13th November 2016

The first race of the season was held in bright sunny conditions at Basingstoke over grass and playing fields. YAC had a good turnout with 46 athletes taking part.

FULL RESULTS are available on FACEBOOK!

Go to Newbury Border League Cross Country League

Plus videos of each race. Top line results as follows:

U9 Girls

Fantastic racing from our U9 girls who have won the trophy for the last 3 years and look set to win it again if they keep this up! We took the first 4 places!!

- 1st Robin Simmons
- 2nd Katie Pye
- 3rd Natasha Udebhulu
- 4th Elise Christian
- 7th Lara Dolling



U9 Boys

Good run for Alex

Didaskalou who came 6th!

Our next placer was Oscar Sinnett in 14th and Harry Taylor in 20th, then 42nd Zack Howson, 43rd Joe Claydon. We aim to pack it tighter next time boys!

U11 Girls

First girl home for YAC was Tabitha Brown in 4th then fast improving Abigail Bushell came 14th with Poppy Martin close in 16th.

Arabella Wilson 23rd and Neve Howson 27th.

U11 Boys

This is the toughest age group for us and we need more U11 boys to support the team. So, well done to Raphael Payne for coming 24th. Our next finishers were together, 50th was Henry Driver, 51st was Morgan Wells.

NEXT RACE is Sunday 11th December 2016, GUILDFORD!

We look forward to seeing even more YAC athletes competing in the next race at Stoke Park on Sunday 11th Dec. See timetable and race distances. Please be there 1 HOUR before your race!

Queries? Contact Team Manager Sue on s_goode@talktalk.net



11.00 am	Under 9 Girls	Max 1400m
11.10 am	Under 9 Boys	Max 1400m
11.20 am	Under 11 Girls	About 1700m
11.35 am	Under 11 Boys	About 2500m

Sportshall 2017



Sunday 8th January 2017

Our top athletes from Year 6 will be taking part in the first Spring Sportshall competition at the indoor arena in Spectrum on 8th Jan 2017.

We are currently assessing the Squad athletes in order to select the top 12 boys and 12 girls in year 6 to compete against 10 other Surrey clubs including

Camberley, AFD, Walton and Woking.

Last year our girls won gold and our boys won silver at this competition so we hope to do as well this year!

Not only that, but we had 6 athletes from YAC chosen to represent Surrey and they went on to win gold at the Inter counties competition.

Team training session Weds 21st December 2016

4pm to 6pm at Spectrum

The top athletes from year 6 will be invited to team training and final selection on Weds 21st Dec 4pm. Please check your email w/c 28th Nov

Next Sportshall for Year 5 athletes is on

Sun 28th March 2017



Club kit—perfect Christmas presents!

NEW technical T-shirts only £8, plus our cosy hoodies £20 and running vests £15, can be ordered via your Parent Helper at training or on our website. Check out the order forms and samples. **Please remember to collect your orders!!**



Athlete Groups, how do they work?

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 Christmas! Stay fit and we will see you in January 2017!

Website www.young-athletes.co.uk **Email** membership@young-athletes.co.uk

Facebook www.facebook.com/young.athletes.club **Twitter** @YACTweets

