

## Term Dates

### Autumn Term 2017 ends

Monday 4th December

Friday 8th December

### Spring Term 2018

#### 10 weeks starts;

Monday 8th January 2018

5.30pm to 6.30pm

Friday 12th January 2018

5.00 to 6.00pm

6.00 to 7.00pm

#### Half Term week

Mon 12th to Fri 16th February

### Spring Term 2018 Ends

Monday 19th March

Friday 23rd March

### Easter Camp dates 2018 (tbc)

Tues 3rd and Weds 4th April

Mon 9th and Tues 10th April

Check website for details

### Summer Term 2018

#### 11 weeks

Mon 16th April 6.00pm to 7.00pm

Fri 20th April 5 to 6pm 6 to 7pm

#### Our location; Guildford

Track GU1 1UP

## Thank you to our Sponsors

### Body Mechanics

#### Physiotherapy in Walton



01932 253500

Specialist sports treatment.



See link on YAC website  
15% DISCOUNT on sports shoes for YAC athletes

Guildford GU1 3UL



Financial Planning Call: Franco on  
01483 751400

# November 2017

## Autumn Term 2017 at Young Athletes Club



### Young Athletes Club - Surrey U11s Sportshall Champions!!

Young Athletes Club has had a very exciting term so far with our Sportshall team winning gold for both the girls and boys teams on Sat 11th November against a host of Surrey clubs at the first of winter indoor event at Surrey Sports Park. See below for more detail. Our cross country teams have also started the season with excellent results at the first Border League held at Lightwater Country Park on 5th November. We have won the U9 girls trophy for the last 4 years and we look set to win this one again with our U9s in the lead after the first race. Our YAC training sessions have been busy with over 100 children on Mondays and Friday 5pm with the Friday 6pm session running at around 70 children. We have now moved into winter training which involves a fitness based programme with track intervals to maintain speed and endurance, mini hurdles for technique and agility, medicine ball work and jumps for strength and of course our fantastic relays to finish a session. We are also mixing this with track runs, long jump and throwing to build and maintain skill levels on these events.

### YAC Sportshall success Sat 11th November 2017

The YAC team of 11 girls and 11 boys who were selected mostly from year 6 Squad athletes following trials in training, both won gold medals in a very exciting match against 6 local teams at Surrey Sports Park. YAC girls beat Woking by 54 points and the boys team was ahead of runners up Camberley by 20 points in a competition which tests the athletes in track events with races over hurdles and tunnels and sprints as well as 9 different field events including standing long and triple jump, soft javelin, medicine balls and agility. Well done to our athletes!!



**GIRLS team:** Lana Darcy, Esme Finch, Tabitha Brown, Orlaith Byrne, Isabelle Groom, Alice Moodie, Iris Atkinson, Arabella Wilson, Breanna Ahmah, Jessica Howells, Abi Bushell.

**BOYS team:** Morgan Wills, Frankie Dods, Ollie Billingham, Kian Hooker, James Wells, Jayden Northrop, Jack Passingham, Louis Simmons, George Christmas, Dylan Lawler, Oscar Flood



## Border league Cross Country first race at Lightwater Sun 5th November 2017



The first cross country of the season was held in bright sunny conditions at Lightwater Country Park. For many of our athletes, this was their first cross country and the coaches were impressed with the level of determination and enjoyment from all taking part. The full results are on our website and we do not have space here to mention everyone. The top finishers for YAC are listed in each age category.



Congratulations to Elise Christian who won the U9 girls., amazing Elise! Also to Tabitha Brown who was second in the U11 girls, Joss Cass who was second in the U9 boys and to George Christmas who was 4th in the U11 boys. Well done to you and to all our fabulous runners who made this such a successful start to the season!

**U9 girls YAC 1st Team (42 raced)** 1st Elise Christian 3rd Antonia Bednall 6th Sophie Hawthorn 7th Keira Oxley 8th Flora Bayley 10th Eve Webb 11th Jasmine Christmas 18th Hannah Pye 19th Ami Jones 20th Rosie Bennet

**U9 boys YAC 1st Team (30 raced)** 2nd Josh Cass 3rd Oscar Sinnett 5th Daniel Orbell 6th Ben Everett 9th Toby Silvester 10th Edward Wilson 15th Alfred Sabourn

**U11 girls YAC 2nd Team (87 raced)** 2nd Tabitha Brown 5th Abi Bushell 8th Arabella Wilson 12th Natasha Udebhulu 16th Lana Darcy 17th Emmeline Orbell

**U11 boys YAC 3rd Team (85 raced)** 4th George Christmas 23rd Luca Lupi 26th Oscar Flood 32nd Jack

Passingham 33rd Kian Hooker  
34th William Marthaler

**NEXT RACE is Sun 10th December 2017**

**Venue: Lightwater again!**

**Race times have changed!! U9s go first!**

Please ensure you arrive at least 1 hour before your race to report to the YAC blue flag for numbers and warm up. Race times for 10th December:

11.00 am	U 9 Girls	Max 1400m
11.15 am	U 9 Boys	Maxi 1400m
11.30 am	U11 Girls	About 2000m
11.45 am	U 11 Boys	About 2400m



## YAC and Mini Athletics working together



We are pleased to announce that **Mini Athletics** and **Young Athletes Club** are working together to provide athletics for children age 2 to 12 year olds in Surrey. We already have two children

who have joined YAC from Mini Athletics. If you have very young children, check out this **SPECIAL OFFER** for YAC parents:

**Mini Athletics for 2 to 5 year olds SPECIAL OFFER!!**

**FREE taster session plus FREE t shirt together worth £16!!**

Contact Mark or Emma Hadley: [ehadley@miniathletics.com](mailto:ehadley@miniathletics.com)

## YAC club kit SPECIAL CHRISTMAS OFFER!



+



Bought together:

Only £25!!

Saving £3!

Normal price T shirt £8

Hoodie £20

Order from our website. You can also order or purchase at the track!

**PLEASE remember to NAME your clothing !!**

We collect lost property after every session—please ensure you ask your child to collect all their belongings! Please see us if you have lost anything!

## 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 ready. **By all means come and talk to us if you feel your child is not in the right group.**

		Age	School Year
<b>Squad</b>	<b>Mixed</b>	10/11 yrs	Yr 6
<b>Blue</b>	<b>Boys</b>	9/10 yrs	Yr 5
<b>Red</b>	<b>Girls</b>	9/10 yrs	Yr 5
<b>Green</b>	<b>Boys</b>	8/9 yrs	Yr 4
<b>Yellow</b>	<b>Girls</b>	8/9 yrs	Yr 4
<b>Development</b>	<b>Mixed</b>	6/7 yrs	Yr 2/3



We wish all our athletes, parents and coaches a wonderful Christmas! See you in 2018  
**Website** [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