



Newsletter

OCTOBER 2013

Editor: Virginia Mitchell

Production: Simone Dill

Autumn Term 2013

Training Dates & Times

Mondays 5.30pm to 6.30pm

November 4, 11, 18, 25

December 2

Fridays 5.00pm to 6.00pm

November 8, 15, 22, 29

December 6

Half term is 21st October to 3rd November 2013

Location: Spectrum

Athletics Stadium GUI IUP

www.guildfordspectrum.co.uk

Spring Term 2014 Starts

Monday 13th January 2014

Friday 17th January 2014

Half Term w/c 17th February



YOUNG ATHLETES CLUB

Autumn Term at Young Athletes Club

Welcome to Autumn Term 2013 at Young Athletes Club! We are pleased to see so many athletes at our training sessions. Well done to our new members who have settled in so quickly. Thank you to our experienced athletes for helping the new ones feel at home.



We still have some spaces on Mondays. If you have not yet renewed your membership and you still want to join please go to the website and complete the form on the membership page.

While we still have daylight and reasonable weather, we will continue to run our summer programme of event based training so that each group does a different event each week.



Monday and Friday sessions now both have well over 80 children attending.

The aim is to ensure all groups learn the specifics of sprints and starts, throws, middle distance, hurdles, long jump, high jump and relays. After half term, we will move to winter training which means fitness circuits and track running. For the benefit of new parents, here is an explanation of how the groups work. To start with, your child will be placed in a group according to their age.

However, we also look at a child's ability to determine which group they are in. So we will move an athlete up if they show signs of needing to be in a more challenging group, as long as also they also are mature enough for the move to the new group.

SPECIAL OFFER FOR YAC members!

Cosmic Kids at Spectrum

We have teamed up with the Leisure Centre Spectrum to offer our young athletes reduced rates at many of their fantastic Spectrum facilities and activities!



COSMIC KIDS is FREE to YAC members and means you can;

Swim in the pool for £1

£1 off skate hire

£1 off a game of bowling

Plus a number of other offers giving a discounted rates off the leisure facilities.

Telephone Spectrum on; 01483 443322 for more information or enquire at Customer Services.

Cross Country Season

Border League Cross Country Races

Looking ahead to the second half of Autumn term, we have the Border League coming up!

This is a series of 4 locally run cross countries involving teams from other clubs at all age groups.

We enter teams in the U9 and U11 girls and boys. The first 3 athletes score for the club and if you are in the top 3 in at least 3 out of 4 races, you can win a medal.

We know many of our athletes are a very keen to compete so here are the dates for your diary;

Sunday 3rd Nov 2013
at Lord Wandsworth

Sunday 15th Dec 2013
at Stoke Park, Guildford

Sunday 2nd Feb 2014

at Farnham Park



Sunday 2nd March 2014

at Lightwater Country Park.

We already have quite a number of athletes wishing to compete. Please email me virginia.mitchell@young-athletes.co.uk to ensure we have your name on the list. No limit to numbers. More details on the YAC website and NEW facebook page.

We are pleased to offer our athletes discounts for our **Young Athletes Club sponsor Sweatshop**



Offering **25% discount** off running spikes
Discount Code YATDC

Visit the nearest Sweatshop store in Woking Town Centre

Coaching Team

We are proud of our fantastic team of experienced coaches, all are UKA qualified and CRB checked. Most are parents and athletes who run and many still compete and want to ensure the children get the best coaching so they have got involved themselves. We are lucky to have coaches who also coach at Guildford & Godalming AC and bring their expertise to help our young athletes. Plus, we have enthusiastic students who are athletes themselves. Please see our website for more information about our coaches.



Parent Coaches

Following the success of our "Parent Helper Days" during the summer, we are delighted that so many parents have taken helping out at YAC one step further. We have 5 parents and one student already signed up to take England Athletics coaching courses this November. This means that we are expanding our coaching base so we can ensure an even better focus on how each athlete learns and progresses in training. Our aim is to have a ratio of 1 coach to maximum 10 athletes. At the moment we are doing much better than that and we mostly have 2 coaches per group. Good luck to our parent coaches for their training courses; Elvera Neale, Lucy Lindstrom, Nicky Bridge, Kerry Darcy, David Paige and to our student Ellie Lane!

YAC T-shirts only £5 Body Massage

If you would like to buy a t-shirt for your child to wear for training or competing, please let us know.



We are ordering more t-shirts and will be selling them on training nights. Just see Jane or email Jane to reserve your t-shirt in advance. Sizes available; 7 to 9yrs, 9 to 11yrs, 11 to 13yrs.

Are there times when you would really like a good massage to ease aching muscles. Or do your children get sore muscles and need a massage after training? Sue Livingston, Mum to Finn and Rudy is a BTEC trained clinical sport and remedial massage therapist with a studio in Woking. She is already looking after some of our coaches and athletes who have benefitted from her soothing and sometimes robust massage techniques! If you are interested, please contact Sue on; sue.livingstone68@gmail.com

Congratulations to our 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: Lorcan Millward, Callum Harding, Emilia Ward, Joshua Mortimer, Gus Oborn, James Read, Alexa Adams
Fri: Harry Bosman, Jessica Mellor, Lana Darcy, Sarah Darley, Lacey Allan, Finn Weeks, William Thackstone, Dylan Hursthouse
- 🕒 **Yellow Group (girls ages 8-9 years)**
Mon: Rosie Sara Duncan, Bobby Ann Cranfield, Ella Chapman, Alis Kelly, Saskia McAllister, Esme Finch, Jemima Francks
Fri: Poppy Sykes, Eliza Sutton, Hannah Siddeeq, Zoya Yassini, Meg Miller
- 🕒 **Green Group (boys ages 8-9 years)**
Mon: Freddie Deegan, Zack Young, Shea North, Connor Tinker, Tom Elliott
Fri: Freddie Deegan, Louis Chaverri, Thomas Craig, Sandy Frizzell
- 🕒 **Red Group (girls ages 9-10 years)**
Mon: Tess Taylor, Georgia Sutcliffe, Freya Harrison, Olivia Benjamin, Violet Street
Fri: Phoebe Matravers, Holly Preston, Millie Watson, Daisy Bloxham, Jasmine Weeks, Madelaine Broughton, Megan Davies, Susie Lecoutre
- 🕒 **Blue Group (boys ages 9-10 years)**
Mon: Jacob McCrow, Jake Rumble, Joe Connolly, Josh Bennett, Thomas Leacock, Ryan Bowdler, Joe Carpenter
Fri: Matthew Oneill, Christopher Baker, Leo Blackwood, Adam Thackstone, Henry Allen, Joe Fuller, Thomas Carter
- 🕒 **Squad Group (mixed 10-11 years)**
Mon: Libby Daunter, Max Chitty, Isla Niddrie, Adam Kirby, Mollie Long, Erin Hansen, Tilly Gough
Fri: Maisie Abel, Emma Keiller, Emily Menezes, Isla Miller, Romy Hewitt

Meet Jane - our new YAC Membership Secretary

We are pleased to welcome to YAC Jane Armitage our new membership secretary. Jane is dealing with all the new members, ensuring their details are put on the database and is already adept at handling queries from parents about the club.



At the same time, we wish to say a big "thank you" to Gillian Wilder who managed the membership job for 2 years from the start-up of the club and who has set a precedent in terms of how well she looked after our members; both parents and children. We are glad to say that Gillian is not leaving us completely. She will be helping on the coaching side and using her expertise in IT to continue to support the club.

For all membership renewal and enquiries contact Jane on secretary@yac-admin.co.uk

Come and see our **NEW Facebook page** With updates, photos, results and more!



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.



YOUNG ATHLETES CLUB

Visit us on www.young-athletes.co.uk or www.facebook.com/Young.Athletes.Club

