



Newsletter

OCTOBER 2014

Editor: Virginia Mitchell
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Training Dates & Times

Autumn Term 2014

Mondays 5.30pm to 6.30pm

Fridays 5.00pm to 6.00pm

New Friday session!
6 to 7pm starting from
7th November 2014

Half term:

Monday 20th October to

Friday 31st October

Last Sessions:

Monday 1st December

Friday 5th December

Spring Term 2015

Starts: Friday 9th January

5:00 to 6:00pm Session 1

6.00 to 7.00pm Session 2

Monday 12th January

5.30pm to 6.30pm

Last Sessions:

Friday 20th March

Monday 23rd March

Half Term w/c 16th Feb

Location: Spectrum

Athletics Stadium GUI IUP

www.guildfordspectrum.co.uk



YOUNG ATHLETES CLUB



Autumn Term 2014 at Young Athletes Club

Welcome everyone to a new term at Young Athletes Club. Training has certainly got off to a flying start!

The weather for the first 3 weeks was more like summer which has been perfect for our training programme.

We continue to coach track and field events up to half term. This ensures that all athletes get a taste of how to sprint and do starts, how to do long and high jump, how to throw the vortex and run middle distance and how to hurdle before we move into our winter programme.



The sunshine has also been a bonus in helping introduce our new members to the fun of athletics training with Young Athletes Club. We are pleased to see so many new athletes at training. We are also happy that so many of our existing members have re-joined.

YAC is growing!

When we started YAC three years ago in September 2011 we had 60 athletes. We are proud to say that our membership is now over 250 athletes. Since the start of term, our attendance at each session both Monday and Friday is now regularly around 110 children. We have 70 children on our waiting list.



Border League Cross Country Competitions

We have 4 races over the winter. The first one is on Sunday 9th November 2014 after half term.

The information has been sent out by email to all athletes eligible to compete.

Sun 9th November 2014
at Lightwater Country Park
GUI18 5RG (NOT Lord
Wandsworth as previous)

Sun 7th December 2014
at Lightwater, Country Park
GUI18 5RG (NOT 14th Dec
as previous)

Sun 1st February 2015
at Stoke Park hosted by
GGAC and YAC

Sunday 1st March 2015
at Camberley

All matches to be on Sundays,
with the first race at 11am

There will be separate races
for all age groups, boys U9s



and U11s plus girls U9s and U11s.

Age groups are determined by
age as at 31st August 2014.

Sue Goode is our Cross
Country team Manager.
Please email Sue if you would
like to compete;

Email: susan.goode@talktalk.net

Note; Athletes must arrive at
the course 1 hour before the
start of their race. Look out for
the YAC flag. This gives the
athlete time to go round the
course before the race and
helps reduce race nerves!

New Friday session 6 to 7pm after half term!

In order to remove our
waiting list, we are starting a
second Friday session which
will run from 6pm to 7pm
straight after the 5pm to 6pm
session.

**The first 6pm session will
start after half term on
Friday 7th November
2014.**

Emails have gone out to all
athletes on our waiting list
inviting them to join.
We also offer our existing
Friday members the chance to
change from the earlier
session to the later one if that
is suitable.

Our aim is to ensure that we
have a balance of athletes
each session so that there is a
mix of ages and experience.

Coaches corner

Our coaches have also been in training!

To ensure we offer the best standard of coaching at each training session we have been running coaching sessions for our coaches. All of our adult coaches are England Athletics qualified and CRB checked.

Our most senior coaches; Virginia, Tony and Sue organised Sunday morning sessions in September to enhance the knowledge of our coaching team on sprints and starts, long jump, throwing the vortex and middle distance.

We all benefitted from sharing coaching tips and advice amongst the group.



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

YAC Athletes enjoy Orienteering!

Several young athletes from YAC also run in another active sport. Orienteering is an exciting sport, running in woods and navigating round a course using a map and compass. "Orienteering is really good fun" says Adam



Conway from the YAC Squad. Adam along with Aimee and Sarah Darley competed in September at the British Sprint & Middle Distance Orienteering Championships near Cannock. Adam won gold, coming first in his 11-12 age group in the Middle distance. Sarah won bronze medal in her U10 category at the sprint event. The local club Guildford Orienteers is organising a new junior programme during 2014/15. To find out more information, go to

www.guildfordorienteers.co.uk

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 or www.facebook.com/Young.Athletes.Club

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: Scarlet West, Oliver Herbert, Lottie Quinn, Isabel Wolfenden, Jacob Jacques, Millie Haries, Elvis Elliott-Stuart
 Fri: Alex Hamilton-Wilkes, Jessica Mellor, Bethan Taylor, Natasha Udebhulu, Zac Darcy, Sophie Porter, Matthew Gibney, Thomas Barrow, Willow Lampart

Yellow Group (girls ages 8-9 years)

Mon: Connie Mortimer, Eva Fisher, Ellis McKenzie, Sophia Craig, Esme Spary, Tabitha Brown
 Fri: Emily Frankland, Emily Burke, Otilie Farley, Sara Hamilton-Wilkes, Sara Duncan, Katie Sakaria, Katie Keiller

Green Group (boys ages 8-9 years)

Mon: Peter Hamilton, Colin Bubeck, Max Slevin, Aidan Roe, Nehemiah Attah-Ammah, Toby Chedzoy
 Fri: Finlay Thompson, Jack Burke, James Aldwinkle, James Garner, Robbie Barron, Oscar Day, Ben Cadge, Gabriel de Groot

Red Group (girls ages 9-10 years)

Mon: Issey Groves, Saskia McAllister, Lily Fisher, Tilly Spary, Sophia Sherratt, Cara Falconer
 Fri: Sylvia Harrop-Lopez, Chloe Gibney, Libby Daunter, Ayla Darcy, Denise Faraji, Lily Powell, Emma Booth

Blue Group (boys ages 9-10 years)

Mon: Benjamin Kingerlee, William Leprince-Daniel, Toby Finch, Jacob McCrow, Ben Mitchell, Freddie Deegan
 Fri: Matthew Blackman, Spencer Whitfield, Harvey Stiff, Sam Hinton, Ralph Pomeroy

Squad Group (mixed 10-11 years)

Mon: Ellie Slevin, Millie Cant, Nicholas Didaskalou, Chris Baker, Eleanor Craig, Oliver Hardman
 Fri: Isabel Bull, Maddie Broughton, Franky Livingston, Della Sakaria, Holly Preston, Adam Thackstone

Young Athletes Club WEBSITE

Please check our website for more **Cross country information** as we get it. We will not always send out notes to parents but we will keep the website updated with race information. So check it out!! We have updated club information on the website. We encourage all our members to use our website for information about forthcoming competitions,

results, events and news, term dates, training camps etc.

If you can't find what you want, please contact us on secretary@yac-admin.co.uk



YOUNG ATHLETES CLUB



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