



## Term Dates

### Spring Term 2019

Venue: Sportsbox

### Spring Term 2019 ends

Mon 25th March

Fri 29th March

### Easter Camp dates 2019

2 days of athletics at Sportsbox  
Book early to guarantee a place!

Mon 8th, Tues 9th April

from 10m to 3pm

Apply online see YAC website

### Summer Term 2019

Venue: Sportsbox until further notice. No date for return to Spectrum (we hope May 2019)

10 wks starts

Monday 29th April

5pm to 6pm

Friday 3rd May

5pm to 6pm and 6pm to 7pm

Bank Holiday Mon 6th May No YAC!!

Half Term: Mon 27th to Fri 31st May

### Summer Term 2019 ends

Friday 12th July

Monday 15th July

### Summer Camp dates 2019

Thurs 25th and Fri 26th July tbc

### YAC OPEN MEETING 2019

Sat 25th May 12pm to 5pm

### Autumn Term

Starts Monday 16th Sept

## Bodymechanics

### Physiotherapy

FREE consultations at YAC

Mondays at Sportsbox 5 to 6pm

Call: 01932 253500

for special rates



Do you need water-based training or rehabilitation?



Contact  
Tony  
Mitchell  
on:  
07771  
995942

www.aquatone-mitchell.co.uk

## March 2019

### Spring Term 2019 at Young Athletes Club

Spring Term has been exceptionally busy with cross country races as well as Sportshall competitions for our athletes.

#### Newbury Border League Cross Country 2018/19

We finished the cross country season with a fine set of individual and team wins. Here is a summary of the results covering the four cross country races held over the winter: Lighwater, Reigate, Guildford Home match and Farnborough (full details on our website)

#### YAC TEAMS

**U11 GIRLS** YAC won the trophy!  
**U9 BOYS** YAC won the trophy!  
**11 BOYS** YAC 2nd  
**U9 GIRLS** YAC 3rd



U11 Girls trophy winners

No. 884 Katie Pye 1st in U11 girls

**INDIVIDUAL RESULTS** We are very proud of our top performers who had to score over 3 races to win a medal. **U9 Girls:** Chloe Shipton 1<sup>st</sup> **U11 Girls:** Katie Pye 1<sup>st</sup>, Elise Christian 2nd, Emmeline Orbell 3rd, Natasha Udebhulu 6th, Kaie Ealden 7th. **U9 Boys:** Daniel Orbell 1<sup>st</sup>, Jacob Bowyer 6th, Tobias Flood 7th, Jake R-G 16th, Bligh Mcdonal 17th **U11 Boys:** Oscar Flood 13th



Chloe Shipton  
U9 girls Winner



Daniel Orbell  
U9 boys winner



U9 Boys trophy winners

### YAC Athletes selected for Surrey U11 Sportshall Team

Following the January Sportshall competition where our YAC teams

won silver medals, 8 of our athletes were selected to compete for Surrey at the Inter-Counties Sportshall on Sun 10th March at Burgess Hill. These top athletes made it to the Surrey team after extensive testing by the Laura the Surrey Team manager: Elise Christian, Katie Pye, Tasha Udebhulu, Jessica Howells, Emma Hawes, Ollie Counce, Oscar Flood, Cade Tierney.

We were very pleased that our YAC girls helped the Surrey team to come home with bronze medals. The boys came in a creditable 4th.



## Surrey Teams Sportshall Competition at Spectrum Sunday 13th January 2019

Congratulations to our YAC Boys and Girls who competed in the second of the season Sportshall. Both teams came away with silver medals. We trained hard for this and did well against tough teams from Waverley who took gold.

**Boys Team** Joseph Bennett, Finn Valentin, Matt Gibney, Micah Silvester, Ollie Counce, Kameron Sam, Joe Claydon, Abel Davies, Oscar Flood, Thomas Holloway, Ben Linaker, Cade Tierney

**Girls Team**

Brinley Protheroe, Jessica Howells, Tasha and Gabby Udebhulu, Norah Harrop-Lopez, Katie Pye Emmeline Orbell. Robin Simons, Annabelle Wey Rosie Muddle, Elise Christian, Emma Hawes



Athletes in action: From top left Katie, Elise, Cade, Oscar, Jess and Emmeline baton change



## National Biathlon Championships Crystal Palace 16<sup>th</sup> March 2019



This year we had a higher than ever contingent of athletes who competed at Crystal Palace in the 50m swim / 800m event. Several of the girls did extra training under the guidance of Virginia who helped coach them for their 800m run. Special congratulations go to Robin Simons who won the U12 girls and got a new PB in her 800m. Katie Pye came in 4th place overall. Also very well done to Emily Milner who was 4th in the U11s. Eve Webb, Emily Easton and Kitty Mumford won the U11s team silver medal. Francesca Weal came 11th in the U9s event and got a team bronze!

- U12s** Robin Simons 1<sup>st</sup>, Katie Pye 4<sup>th</sup>
- U11s** Emily Milner 4<sup>th</sup>, Team 2<sup>nd</sup>, Eve Webb 19<sup>th</sup>, Kitty Mumford 43<sup>rd</sup>, Emily Easton 52<sup>nd</sup>
- U10's** Keira Oxley 10<sup>th</sup>, Hannah Pye 12<sup>th</sup>, Katie Ealden 13<sup>th</sup>, Lily Johnson 33<sup>rd</sup>
- U9s** Francesca Weal 11th (swim 25m/ run 400m) Team 3<sup>rd</sup> bronze

## Young Athletes Club EASTER CAMP 2019

**Easter Training Camp 2019**  
2 days of athletics!!  
Monday 8th and Tuesday 9th April 2019  
10:00am to 3:00pm at Sportsbox Track, Woking GU22 0AF

Quality athletics coaching for ages 6 to 13 years:  
Sprints, jumps, hurdles, Middle distance,  
Throws, Relays, games and competitions  
Cost: £40 first day; £35 for each additional day  
Sibling rates: £35/£30  
Where: Woking Sportsbox GU22 0AF  
Apply: [www.young-athletes.co.uk/eastercamp2019](http://www.young-athletes.co.uk/eastercamp2019)

**Mon 8th & Tues 9th APRIL**  
**Sportsbox 10am to 3pm**  
Action-packed sessions that are fun and challenging for children age 6 to 13 years.  
You do not need to be a member of our club to take part!  
**Sibling rates!**  
**Apply on our website!**  
[www.young-athletes.co.uk](http://www.young-athletes.co.uk)

## YAC club kit

Great moisture wicking T shirts £10, running vests £15 and warm zip hoodies £20 are available. Order or purchase at the track, or from our website. PLEASE put a NAME in your kit!! LOST PROPERTY will go to charity at the end of this term. Please check if you have lost something!!



**FITSTUFF** Specialist Running Shop & Sports Clinic  
Need new training shoes? **15% DISCOUNT** for YAC athletes  
Training shoes or spikes  
Tel: 01483 533133  
23A Chapel Street Guildford

## Athlete Groups How do they work?

Age and ability determine which group an athlete is in. Please talk to us if you feel your child is not in the right group.

<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



**YAC Coaches competing for GB**  
Head Coach Virginia Mitchell and Senior Coach Pat Logan are off on Fri 22nd March to compete at the World Masters Indoors Championships in Torun, Poland. Virginia is going for gold in the 400m and 800m and Pat is aiming for success at the 60m and 200m. We wish them both GOOD LUCK!!



We wish all our athletes a wonderful Easter holiday!

See you in April 2019 for more great athletics!! 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)

