



Editor and Production: Virginia Mitchell

Term Dates

Spring Term 2020

Last sessions of term:

Mon 23rd March

Fri 27th March

Easter Camp dates 2020

2 days of athletics at Spectrum

Thurs 9th, Friday 10th April (Good Friday) from 10m to 3pm

Book early to guarantee a place!

Applications are OPEN on our website!!

Summer Term 2020

10 wks

Mondays start::

20th April

6pm to 7pm NEW TIME!!

Fridays start::

24th April

5pm to 6pm and 6pm to 7pm

Bank Holiday Fri 8th May - YAC IS ON!

Training is on this Bank Holiday

Half Term: Mon 25th to Fri 29th May

YAC OPEN MEETING 2020

Sat 23rd May 12pm to 5pm

Check website for entry details

Summer Term 2020 ends

Monday 6th July

Friday 10th July

Autumn Term 2020

Starts Monday 14th Sept

Our Venue: Spectrum Track

Guildford GU1 1UP

Do you need water-based training or rehabilitation?



Contact

Tony

Mitchell

on:

07771 995942

www.aquatone-mitchell.co.uk

Spring Term at Young Athletes Club—Feb 2020



Training in all weathers!

Spring Term has been exceptionally busy with training for Sportshall competitions as well as cross country races for our athletes. The weather has been testing on many occasions and we are impressed with the resilience of our athletes and indeed our coaches turning up in all weathers to be part of our training sessions. Training has been full on with our multi-activity sessions involving track intervals, throwing the vortex, long jump, plus our circuit with 5 stations to work round: agility over hurdles, skipping, track runs, medicine ball, jumps and shuttle runs. Plus our fabulous end of session relays of course!

YAC Sportshall Teams win again!!

We started term with the Surrey Teams Sportshall competition on Sun 12th Jan at Spectrum, the second of the season indoor event. Our best year 6 athletes are selected for the YAC team following testing in our training sessions.

Congratulations to our YAC Boys and Girls A teams who won GOLD medals yet again following our win at the November meeting. Our Girls B team came 5th which was also brilliant.. This is our most successful Sportshall season EVER.

We do most of our training outdoors, so this is quite an achievement.

Boys Team: Rory Barr, George Taylor, Josh Cass, Louis Frost, Daniel Lambkin, Alexander Power, Denis Rapagnetta, William Roeser, Kameron Sam, Charlie Waters. Thomas Mansell, Ben Everett

Girls A Team: Isabella Akpoveta, Katie Love, Keira Oxley, Ava Pring, Megan Williams, Antonia Bednall, Emily Easton, Maddie Few, Elise Christian, Emily Williams, Emily Milner

Girls B Team: Sophie Jennings, Amelie Auckland, Flora Bayley, Alyssa Gillies, Martha Stanley, Hannah Pye, Lucy Flood, Katie Ealden, Lily Johnson, Isabella Moss. Well done all!



YAC Athletes selected for Surrey Sportshall Team!!

We have 8 athletes selected for Surrey to compete at the Inter Counties on 22nd March: Isabella, Ava, Elise, Emily W, Olivia Tufts, Rory, Thomas, Kameron, George as reserve!! We wish you all very good luck!!



Border League Cross Country at Stoke Park Sunday 2nd Feb 2020



U9 Boys

Young Athletes Club hosted the 3rd cross country of the season at our home ground Stoke Park. The first 2 matches pre Christmas at Aldershot and Lightwater saw many fine performances from YAC

athletes. A key feature of the Stoke Park course was the MUD! With such wet conditions recently, the start line and the finish area soon became very boggy to the dismay of some parents. It IS cross country after all! The rest of the course was perfectly firm underfoot! Stoke Park is a popular course with gentle hills, even grass underfoot and is easy to see round the whole course. Well done to YAC for great organising for 16 clubs and nearly 500 athletes.

Young Athletes Club teams won 3 AGE GROUPS.

YAC 1st Team in:

U9 Girls, U9

Boys, U11 Girls,

U11 Boys 2nd

Top line results:

U9 Girls:

1st Jess Allen,

2nd Felicity Croucher, 4th Jamie Simons, 7th Eliza Clarke, 8th

Eliza Jameson, 16th Charlotte Allen, 21st Isla Oxley

U9 Boys : 2nd Daniel Amos, 6th Daniel Baker, 7th Dexter

Pretty, 9th Daniel Neale, 18th George Bone, 19th Tobias Flood

22nd Finley Williamson, 23rd Toby Barr

Our U9 teams and U11 girls team are potential trophy winners

so we wish them well for the end of season match at Reigate.



U9 Girls

U11 Girls : 2nd Emily Easton, 5th Katie Ealden
7th Elise Christian , 12th Hannah Pye, 13th Matilda Kotcheff , 14th Izzy Wheeler, 25th Amy Mcloughlin, 28th Nassia Koukoutsidou, 29th Amelie Auckland, 32nd Keira Oxley, 33rd Fran Weal
U11 Boys: 6th Joshua Cass, 10th Ben Everett, 11th Rory Barr, 31st Jacob Bowyer, 35th Blas Rivero-Stevenet, 43rd Jack Lynch



U11 Girls



U11 Boys

NEXT and final cross country match is at :
Reigate Priory RH2 7RL
Sunday 1st March 2020

Would your athlete like to take part and has not yet done cross country with YAC? Contact Tara to register: tara.oxley@googlemail.com

YAC new website!! Plus club information!

Have you seen our new YAC website?? We now have a new –look site, easy to navigate and full of info about the club. Apply to be a member, check out SUMMER term 2020 dates, apply for Easter Camp, meet the coaching team and get your YAC kit all from the website. Having spent many a happy hour on the re-design...I hope you like it!

Date for the diary!

YAC Open Meeting

Sat 23rd May 2020 12pm

This is our annual open track competition for U7, U9, U11 and U13s.

Featuring run, jump throw events and medals for age group winners.

April 2020 Price Increase The cost per term will go up by £5 to £85 per term from April 2020. Please talk to us if you have any queries.



Young Athletes Club EASTER CAMP 2020

YOUNG ATHLETES CLUB
Easter Training Camp 2020
2 days of athletics:
Thursday 9th and Friday 10th April
For young athletes age 6 to 13 years



2 Days of ATHLETICS!!

Thurs 9th and Fri 10th APRIL (Good Friday) 10am to 3pm

Action-packed sessions that are fun and challenging for children age 6 to 13 years.

YAC members can bring a friend!! **Sibling rates!**

Apply on our website!

www.young-athletes.co.uk

Applications are OPEN NOW!!

All welcome! No need to be a club member to apply.
Spectrum Track, Guildford GU1 1UP
10am to 3pm
Thursday 9th and Friday (Good Friday) 10th April 2020
Quality athletics coaching that is fun and challenging!
Sprints, Jumps, Hurdles, Throws, Middle distance, Relays
Games and Competitions
Cost: £40 first day; £35 for each additional day
Sibling rates: £35/£30
Apply: www.young-athletes.co.uk/trainingcamps

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.**

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 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 ask us if you have lost any clothing!!



FITSTUFF
Specialist Running Shop & Sports Clinic

23A Chapel Street Guildford

Need new training shoes?

15% DISCOUNT for YAC athletes

Training shoes or spikes

Tel: 01483 533133



We wish all our athletes success in the events coming up!

Website: www.young-athletes.co.uk

Email: membership@yac-admin.co.uk Facebook: www.facebook.com/young-athletes.club