



Term Dates

Spring Term 2023

Last sessions of term:

Mon 20th March

Fri 24th March

Easter Camp dates 2023

3 days of athletics at Spectrum

Weds 5th, Thurs 6th, Friday 7th

April from 10am to 2pm

Applications are OPEN on our website!

www.young-athletes.co.uk

Summer Term 2023

11 weeks

Mondays start:

17th April

5.00pm to 6.00pm

Performance 6.00pm to 7.00pm

Fridays start:

21st April

5pm to 6pm and 6pm to 7pm

Bank Holiday:

Mon 1st May No YAC

Mon 8th May YAC is ON

(King's Coronation)

Half Term:

Mon 30th May to Fri 3rd June

Summer Term 2023 ends

Friday 7th July

Monday 10th July

Autumn Term 2023

Starts Monday 11th Sept

Friday 15th Sept

Need a physio?

Barry Walsh comes highly recommended by **Young Athletes Club**.

Contact Barry on:

07791 611717



- 27 years experience
- Runs his local clinic in Burpham

Need athletics kit and shoes?

Try **Alton Sports** in Farnham

They are offering:

Discounts on training shoes and 30% off clothing

Call:

01252 734999



YAC Boys win Gold & Girls win Silver at Surrey Sportshall 29th Jan 2023



Spring Term has been one of our busiest ever with our athletes taking part in weekly training, Sportshall competitions, Cross Country and National Biathlon Championships. **Surrey Teams Sportshall** 8 Surrey teams took part in the Sportshall on 29th Jan 2023. Our top athletes were primed for this match which also involved Surrey selections. There was a lot at stake! Our YAC athletes gave their all against fierce opposition from Waverley and Cleves. Top honours went to YAC Boys who won Gold and our YAC Girls team took the Silver medals to Waverley. As a bonus, Mo Farah presented the medals.

BOYS COMPETITION

| | |
|-------------|------------|
| 1st YAC | 214 points |
| 2nd Cleves | 208 points |
| 3rd Dorking | 196 points |

GIRLS COMPETITION

| | |
|--------------|------------|
| 1st Waverley | 240 points |
| 2nd YAC | 230 points |
| 3rd Cleves | 202 points |



Boy's Team (main pic left to right):

Eli Robery, Louis Vardy, Ben Smith, Edward Wilson, Farley Wright, Logan Richards, Conor Junor, Finlay Boulby, Zac White, Jared Efedje, Ethan McEwan, Elijah Okesola

Girl's Team: Isla Oxley, Emily Davenport, Harriet Kingscott, Kaiah Coombes, Kimberley Kelly, Isla Duncan, Edie Bayley, Hope Kalfoss, Elle Morris, Emily Thomas, Sylvie Holden, Lottie Morrow



10 YAC athletes selected for Surrey team at South East Inter Counties!

10 YAC athletes achieved their first Surrey vest and were selected for the Surrey Sportshall team. **Surrey girls:** Sylvie, Harriet, Kimberley, Isla Duncan, Emily Davenport



Surrey boys: Farley, Logan, Edward, Jared, Zac. Surrey competed against 6 counties. **Girls won gold** while the **Boys took silver** medals. Our athletes did YAC and Surrey proud!!

Border League Cross Country, end of season results

YAC athletes have raced in 4 cross countries over the winter season: 2 races at Lightwater in Nov and December. Our home cross country at Guildford Stoke Park was in Feb and the final race took place at Reigate in March. It has been a most successful season for YAC teams. Here are the final results after 4 races showing athletes in top 8 :

U9 Girls 1st Team won Trophy

- 1st Emily Walmsley
- 2nd Annika Everett
- 5th Isobel Davies
- 6th Martha Ward
- 7th Evie Jones

U11 Girls 1st Team won Trophy

- 1st Emily Davenport
- 2nd Edie Bayley
- 5th Isla Oxley
- 8th Niamh Davies

U9 Boys 2nd Team overall

- 4th Paul Lukas
- 7th Alexander Margetts
- 8th Noah Yeboah

U11 Boys 2nd Team overall

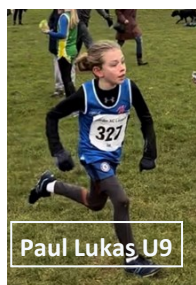
- 2nd Thomas Living
- 5th Ben Smith



U9 girls: Skyla, Emily, Carys, Abbie, Millie



U11 girls medal winners: Edie and Emily



Paul Lukas U9



Thomas Living U11

National Biathlon Championships

Young Athletes Club athletes competed in the National Biathlon Championships at Redditch on 12th March. Whilst we do not enter YAC teams in this swim/run event, many of our athletes competed in their school teams and we played a big role in setting up 2 coaching sessions to help prepare our athletes specifically for the track races which are 400m, 800m and 1600m depending on age group. We are delighted to say that YAC athletes absolutely smashed it and were on the podium in every age group. Here are some of the highlights:

U8 team St Hillary's School 1st, **GHS 2nd** Emily Stacey 1st, Darcie Pottinger 2nd, Jocelyn Croucher 3rd

U9 GHS team 5th, Emily Walmsley 5th

U10 GHS Team 1st (Isabel Goodey de Diego, Chloe North, Sophie Robertshaw) **U11 GHS team 1st** - Harriet Kingscott 2nd, Alice Stanton 3rd, Aila Coletta 4th, Isla Oxley 5th, Emily Davenport 9th, Sophie Keeble 10th, Edie Bayley 12th, Hope Kalfoss 15th, Isla Duncan 20th.



YAC Open Meeting Sunday 28th May 2023

Date for the Diary!! We invite all our athletes to take part in our **YAC Open Meeting** to take place on **Sun 28th May 2023**.

Applications will be open early April. This will be a very exciting event featuring electronic timing, medals for U7, U9 and U11 Quaddkids winners

Events by age group:

- U7 track: 50m and 150m
- U9 Quaddkids 75m sprint, 300m, vortex, Std long jump
- U11 Quaddkids 75m sprint, 600m, vortex throw, long jump
- U13 : 100m, 800m
- U15: 300m 800m

We will keep you posted when entries open. We look forward to seeing all our athletes taking part!



Young Athletes Club EASTER CAMP 2023

Easter Training Camp 2023
3 days of athletics:
Weds 5th, Thurs 6th, Friday (Good Friday) 7th April
For athletes age 6 to 13 years

Bring a friend!! Athletes from other clubs/schools are also welcome!
Book early to secure your place!!

Spectrum Track, Guildford GUI 1UP
Time: 10am to 2pm for all 3 days
Quality athletics coaching that is fun and challenging!
Sprints, Jumps, Hurdles, Throws, Middle distance,
Games and Competitions
Cost: £45 per day, £40 for each additional day
Sailing rates: £40/£35
Apply: www.young-athletes.co.uk/trainingcamps

3 Days of ATHLETICS!!
Weds 5th, Thurs 6th and Friday 7th April (Easter Friday) 2023
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!!

Athlete Groups - How do they work?

Age and also ability determine which group an athlete is in. **Please talk to us if you wish to ask about your athlete.**

| | | | |
|--------------------|--------------|-----------|---------|
| Squad | Mixed | 10/11 yrs | Yr 6 /7 |
| 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 | 5/6/7 yrs | Yr 2/3 |

YAC club kit

Great moisture wicking **T shirts £12 (free to new members)** vests **£18** and warm zip hoodies **£22**.

Order or purchase at the track, or from our website. **PLEASE NAME 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**

Need new training shoes?
15% DISCOUNT for YAC athletes Training shoes or spikes

23A Chapel Street Guildford

Tel: 01483 533133

We wish all our athletes an enjoyable Easter break!

Website: www.young-athletes.co.uk

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

