

# Newsletter



Editor and Production: Virginia Mitchell

## Autumn Term 2019

**11 weeks starts:**  
Monday 16th Sept  
5.30pm to 6.30pm  
Friday 20th Sept  
5pm to 6pm  
6pm to 7pm

### Half Term 2 weeks!

Mon 21st Oct to Fri 1st November

### Autumn Term Ends:

Monday 11th December  
Friday 13th December 2019

## Spring Term 2020

**10 weeks starts:**  
Monday 13th Jan  
5.30pm to 6.30pm  
Friday 17th Jan  
5pm to 6pm  
6pm to 7pm

**Half Term:** Mon 17th Feb to Fri 21st Feb

### Spring Term Ends:

Monday 23rd March  
Friday 27th March

### Easter Camp dates tbc:

Mon 6th and Tues 7th April 2020  
Our venue: Spectrum Track GU1 1UP



## September 2019

### Autumn Term 2019 at Young Athletes Club

#### We welcome all athletes to a new term!!

We have a very exciting term to look forward to with cross countries for all age groups and the first Sportshall competition for our Squad athletes in November. Please add the dates to your diary if you would like your athlete to take part. We will keep you Informed by email of all competition details where relevant. Please check our website and Facebook page for regular updates.

#### Autumn Term Training

While the weather is good we run our summer training programme up to half term. From November as it gets colder, we move into our popular winter circuit training with track reps, mini hurdles, agility, upper body work, throws and jumps. We aim to train our athletes for cross country races, to prepare for Sportshall and to build strength and conditioning for next year's track season.

### Border League Cross Country Races for athletes age U9, U11 and U13

YAC athletes are invited to take part in this series of 4 races. Most races take part in the morning starting at 11am with the U9 girls, followed by U9 boys, U11 girls, U11 boys. **If you wish to take part, please email Tara Oxley** our Cross country Sec with: Athlete name, dob and the date / venue. Please email: [tara.oxley@googlemail.com](mailto:tara.oxley@googlemail.com)



Julie Newsam is our Cross Country manager and she will look after the teams.

#### Dates and Venues

- Match 1 Sunday 3rd November 2019 starts 11am at Aldershot GU11 1QA**
- Match 2 Sunday 1st December 2019 starts 11am at Lightwater GU18 5RG**
- Match 3 Sunday 2nd Feb 2020 starts 1.30pm at Guildford, Home match!!**
- Match 4 Sunday 1st March 2020 starts 11am at Reigate**

### Virginia, Tony and Pat win medals at the European Championships, Italy

**Do you use our website?**  
Always check our website for term dates, information about competitions and club news.  
[www.young-athletes.co.uk](http://www.young-athletes.co.uk)



Welcome to our young athletics club in Guildford

Is your child age 6 to 12 years old and interested



YAC Senior Coaches Virginia and Tony Mitchell and Pat Logan returned from competing at the European Championships for Masters in Venice with a clutch of medals. As many know, Virginia, Tony and Pat compete for GB Masters. Virginia won 2 golds earlier this year at the World Indoors in March. Now she has added to that tally with 3 golds at European level with a win in her favourite event the 400m. She then raced to a superb victory in the 800m and completed her triple gold with a 4 x 400m team relay win in a new World record for her age group W55. Tony suffered injury in his 300m hurdles but came back to take a bronze medal in the 4x100m relay in his age group M60. Pat Logan gained an unexpected bronze in the 100m M55, he came 5th in the 200m final and was delighted with 4 x 100m relay silver

