



Term Dates

For all details, see our website!

Summer Term 2024 ends

Friday 5th July

Monday 8th July

Summer Camp July 2024

Weds 24th, Thurs 25th, Fri 26th

July from 10m to 2pm

BOOK NOW for your place!

All are welcome, no need to be a club member. See **Training Camps** on our website: www.young-athletes.co.uk

Autumn Term 2024

11 weeks starts:

Monday 9th Sept

5.00 to 6.00pm

Monday Performance Training

6.00 to 7.00pm

Friday 13th Sept

5.00 to 6.00pm

6.00 to 7.00pm

Half Term 2 weeks

Mon 21st Oct to Fri 8th Nov

Autumn Term 2024 Ends

Monday 2nd December

Friday 6th December

Our location: Guildford, Spectrum GU1 1UP

Young Athletes Club—where champions are made!

We launched YAC 13 years ago in 2011 and in that time we have coached 1000s of athletes to help them enjoy the sport of athletics. We are proud to say that 4 athletes who started their athletics journey at YAC have achieved GB and England vests this summer. Bella, Jess, Elise and Katie competed for YAC back in 2016 and now have international selection.

Look out for these super stars! **Bella Wilson:** GB Junior 400m Hurdles, competed at the Loughborough International and came 9th at the British Championships in Manchester in July

Jess Howells: England Javelin competed at Loughborough International in May

Elise Christian: England Javelin competed at Loughborough International in May

Katie Pye: GB Junior will race 3000m at U18 European Championships in Slovakia 18th July 2024



Young Athletes Club retains the trophy at Surrey Quaddkids Championships

Surrey Teams Quaddkids Championships on Weds 3rd July 2024

Young Athletes Club top squad team competed against 9 Surrey clubs to **win gold medals and retain the trophy** There were some outstanding performances and championship bests:

Thomas Kennerley threw 50m with the vortex and was the top boy in the competition with 306 points. Ollie Newton was 2nd boy with 273 points and Thomas Living raced a championship best 1.44mins in his 600m and was 4th boy with 263 points. Esme Wilkinson was the top in the girls 239 points. **YAC team:** top 5 boys and 5 girls plus reserves competed in 4 events and relay: 75m sprint, Vortex, Standing long Jump, 600m. Here's the team:

Girls: Bea Hyner Dring, Uzo Elechi, Chloe Hillier, Matilda Radford, Esme Wilkinson

Boys: Thomas Living, Piotr Watral, Ollie Newton, Jasper Bethell, Thomas Kennerley

Competing reserves: Nina Thomson, Joshua Bone, Henry Beckett

We thank Jonty Mitchell for all the great action shots jontymitchell@outlook.com

Thank you to our sponsor LIBRA financial who gave us medals for our Open Meeting May 2024



Need new training shoes?
15% DISCOUNT for YAC athletes at Fitstuff in Guildford



Do you need water-based training or injury rehabilitation?



Contact Tony Mitchell on: 07771 995942



Young Athletes Club Open Meeting 27th May 2024— Fabulous photos by Jonty Mitchell



We held our annual **Young Athletes Club** Open meeting on Monday 27th May and what a fantastic meeting it was! A total of 230 athletes took part from clubs all over Surrey in age groups U7, U9, U11 and U13 and U15. For many this was their first proper athletics competition with names and results on the electronic scoreboard and presentations with medals on the podium for the winners. We are delighted to have lovely feedback from parents and athletes alike with many athletes achieving new PBs at the event. The hosts, Virginia and Tony and the YAC team of coaches were pleased see so many fine performances from athletes across the events and even though the weather proved challenging with a couple of downpours in between sunshine, the mood at the meeting was buoyant with music and announcements to keep everyone entertained.

Meeting highlights:

- Athlete names and results on the Justiming scoreboard—so many PBs!!
- Medal presentations on the podium—so many YAC winners
- GB Junior International 400m hurdler Bella Wilson was our guest presenter



Summer Training Camp 2024
3 days of athletics:
Weds 24th, Thurs 25th, Friday 26th July
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 GU1 1UP
Time: 10am to 2pm for all 3 days
Quality athletics coaching that is fun and challenging!
Sprints, jumps, hurdles, throws, middle distance,
Relays and Competitions
Cost: £40 per day, £80 for each additional day
Selling from £60/£55
Apply: www.youngathletes.co.uk/trainingcamps

YAC Summer Camp July 2024

**Book now: 3 days of athletics:
Weds 24th, Thurs 25th, Fri 26th July
www.young-athletes.co.uk**

Our camps are always popular and full of activity. Bring a friend—not just for YAC members!

YAC Performance Training for U13, U15 on Mon 6pm

Performance on Mondays 6pm to 7pm
Performance sessions provide technical training for **U13 and U15 athletes**. We offer seniors the opportunity to work

with our qualified coaches to improve their chosen event: sprints, jumps, hurdles, throws, middle distance. See **Performance** on YAC website: <https://young-athletes.co.uk/performance-training/>

YAC price increase from Sept 2024

We are seeing our track hire and coaching costs increase and we aim to keep this increase to a minimum. For our normal weekly sessions, the price goes up by £10 per term to £120 with the sibling rate at £100. Full details will be sent by email.

Athlete Groups How do they work?

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

Squad	Mixed	11/12yrs	Yr 5/6/7
Blue	Boys	9/10 yrs	Yr 4/5
Red	Girls	9/10 yrs	Yr 4/5
Green	Boys	7/8 yrs	Yr 3/4
Yellow	Girls	7/8 yrs	Yr 3/4
Development	Mixed	5/6/7 yrs	Yr 2/3



We wish our members a wonderful Summer break!!

Website: www.young-athletes.co.uk

Email: membership@yac-admin.co.uk

Facebook: www.facebook.com/young-athletes.club

