What an exciting start to the year for our young athletes!

Our YAC teams have been claiming success in both Sportshall and the Border League cross country competitions.

On 8th January, our Squad team of 10 boys and 10 girls competed in the first of two Surrey Indoor Sportshall events. Our girls team won gold medals and the boys team won silver medals against 7 other Surrey clubs at Spectrum indoor hall. Ten of our top athletes were selected to go through to the Surrey trials for the Inter-Counties Regional final on 11th February at Burgess Hill.

On Sunday 5th Feb our U9 and U11 teams took part in the third Border League cross country at Reigate. We are lying in first place in the U9 girls aiming to win the trophy for the fourth year running. Amazing, well done girls! The U11 girls also did well, coming first team overall.

The U9 boys are currently in 4th place. The U11 boys need more athletes to make up the team!

Spring Term 2017 at Young Athletes Club

Training at YAC in Jan/Feb

Well done to all athletes who have braved the freezing cold and wet weather that has hit us hard this term.

We even had to cancel our first Friday session of the term due to ice and snow on the track.

However, Spring term training has been varied and challenging combining a mix of track and field and circuit activities.

Spring term training;
Track runs: 50m to 150m for the younger athletes 100m up to 300m for the Squad athletes.
Shuttle relays over 20m, 30m, 40m
Strength and conditioning with medicine balls, and circuit exercises
Agility activities with mini hurdles, skipping ropes Throwing the vortex and long jump

Of course not forgetting our fantastic competitive relays at the end of each session. Even though our numbers are down due to the bad weather, we are still seeing new athletes join and we have welcomed new student coaches to the coaching team.

Please read on to find out more....

2017 Sportshall success!

Christmas. The result was GOLD for the girls who won by 46 points and SILVER for the boys in a dead heat with Woking in this exciting full-on afternoon of indoor athletics involving 8 track events and 9 field events. We competed against 7 other Surrey clubs; Camberley, Epsom, Dorking, Reigate, Holland Sports, Woking and Waverley. We congratulate our medal winners:

Surrey Athletics Network
Sportshall Competition for U11s
Sunday 8th January 2017

Our Sportshall teams were chosen following a tough selection process which involved training throughout December and a final two hour testing session indoors just before
Border League Cross Country  Results Race 3  Reigate Priory  5th February 2017

Our third cross country of the season was held in muddy conditions at Reigate Priory Park. We had 35 athletes taking part. Full results are on the YAC website and Facebook page. Here are the headlines;

YAC Athletes in Surrey Team!!

The Inter-Counties Sportshall final took place on Sat 11th February at Burgess Hill. We congratulate the following YAC athletes who competed for Surrey;

Lola Fraser, Gemma Lyon, Lizzie Chapman, Harrison Kingston  
Ben Mitchell, Emily Frankland  (reserve)

The competition was fierce but, Surrey boys came third for bronze medals behind Berkshire and Kent whilst our Surrey girls came in 4th place. We say a massive well done to those who competed. For most this was their first experience of County representation so a great experience for the athletes involved who were praised for their determination and exemplary behaviour.

Get ready for the season with new club kit!!

NEW style t shirt £8  Hoodie £20  Running vest £15

Order from our website . You can also order or purchase at the track!

Athlete Groups, how do they work?

Both age and ability determine which group an athlete is in. We will move an athlete up when they need to be challenged further and if we feel they are ready. By all means come and talk to us if you feel your child is not in the right group.

Easter Camp April 2017

Dates are out now! We are taking bookings. Cost is £40 for first day, £35 for each additional day. We will be running 4 days of Easter Camp; April 2017

Tuesday 4th and Wednesday 5th April  
Thursday 13th and Friday 14th April  (Good Friday)

Book NOW at:  www.young-athletes.co.uk/Eastercamp2017

Athlete Groups, how do they work?

<table>
<thead>
<tr>
<th>Age</th>
<th>School Year</th>
</tr>
</thead>
<tbody>
<tr>
<td>6/7 yrs</td>
<td>Yr 3</td>
</tr>
<tr>
<td>8/9 yrs</td>
<td>Yr 4</td>
</tr>
<tr>
<td>9/10 yrs</td>
<td>Yr 5</td>
</tr>
<tr>
<td>10/11 yrs</td>
<td>Yr 6</td>
</tr>
</tbody>
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YAC membership fees increase April 2017

From Monday 24th April 2017, the start of Summer Term, we will be putting up our fees from £70 to £75 per term, an increase of £5. This is to cover cost increases including track hire.

U9 Girls – 1st team

With Natasha Udebhulu, Katie Pye, Elise Christian and Emmeline Orbell coming 2nd, 3rd, 4th and 5th there is no question that we will once again win the U9 girls trophy for the 4th year in a row! We are also taking the top individual placings after 3 races; Katie is 1st, Natasha is lying 2nd and Elise 3rd overall, with Fran in 5th and Lara in 6th place. So, take it to them girls for the last race!! We are so proud of you girls.

U9 Boys – 4th team

Alexander Didaskalou and Oscar Sinnett have been our top two boys all season with Alex coming in 5th and Oscar 8th. Alex is currently lying in 4th place overall and Oscar is 7th. More results: 19th Zac Howson, 23rd Edward Wilson, 25th Abel Davies

U11 Girls – 1st team

Tabitha Brown has run consistently well this season and took 4th place but is lying 3rd overall in the series. Abigail Bushell has gained in confidence with each race and came 6th and is also lying 6th overall after 3 races. Arabella Wilson was 8th and Poppy Martin 14th so a first team place for our U11 girls.

More results: 20th Esme Finch, 22nd Neve Howson, 24th Lana Darcy

U11 Boys – 8th team

Forbes Margrave has been our best finisher this season and came 18th with Ray Runnicles in 22nd. More U11 boys needed for last race please!!

Well done to all our cross country runners who have braved the cold in each of the 3 races so far this season! Thank you to Sue Goode our team manager who has been a brilliant organiser for all the athletes at every race. Thanks also to our coaches who have helped with the warm ups and looked after our athletes; Kerry Darcy, Beth Davies, Debs Kandlekar, Julie Newsam, Jay Claydon and Sharon Garner.

If you would like to race at the next cross country and you have not yet registered, please contact Sue Goode on; s_goode@talktalk.net

Last cross country of the season is:

Sunday 12th March 2017 at Haslemere, Here are race times and distances:

<table>
<thead>
<tr>
<th>Time</th>
<th>Group</th>
<th>Distance</th>
</tr>
</thead>
<tbody>
<tr>
<td>11.00 am</td>
<td>Under 9 Girls</td>
<td>Max 1400m</td>
</tr>
<tr>
<td>11.10 am</td>
<td>Under 9 Boys</td>
<td>Max 1400m</td>
</tr>
<tr>
<td>11.20 am</td>
<td>Under 11 Girls</td>
<td>About 1700m</td>
</tr>
<tr>
<td>11.35 am</td>
<td>Under 11 Boys</td>
<td>About 2500m</td>
</tr>
</tbody>
</table>

Website  www.young-athletes.co.uk  Email  membership@young-athletes.co.uk
Facebook  www.facebook.com/young.athletes.club  Twitter  @YACtweets