



Term Dates

Please see our website for term dates:

www.young-athletes.co.uk

Autumn Term 2025 ends

Monday 1st December

Friday 5th December

Spring Term 2026

10 weeks starts:

Monday 5th January

5.00 to 6.00pm

Performance Mon 6.00pm to 7.00pm

Friday 9th January

5.00 to 6.00pm

Performance Fri 6.00pm to 7.00pm

Half Term is one week

Mon 16th Feb to Fri 20th Feb

Spring Term 2026 ends

Monday 16th March

Friday 20th March

Easter Camp April 2026:

(provisional dates tbc)

Weds 8th, Thurs 9th, Fri 10th April

Summer Term 2026

11 weeks starts:

Monday 20th April

Friday 24th April

5.00 to 6.00pm

Performance Mon 6.00pm to 7.00pm

Bank Holiday Monday 4th May

Please NOTE No YAC

Half Term 1 week

Mon 25th May to Fri 29th May

Summer Term 2026 Last sessions:

Friday 10th and Monday 13th July

YAC Open Meeting May 2026

Sat 30th or Sun 31st May tbc

Spectrum bookings

YAC Girls & Boys Teams win SILVER at U11s Sportshall on 16th Nov 2025



Surrey U11 Sportshall 8 Surrey clubs took part in the first of season Sportshall competition at Spectrum. YAC lead the organisation and the event was seen as a big success for athletes and parents alike. Following weeks of testing, we selected the top 18 boys and top 18 girls in year 6: The **YAC team** with 12 boys and 12 girls plus a **Mixed team** of 6 boys and 6 girls with Impact Weybridge. Each athlete had to do a minimum of 2 track and 2 field events to get points for the team. YAC teams were clear silver medal winners showing speed on the track races, agility in obstacle and hurdle relays, and good technique in the field events.

YAC Boys Team:

Fabian Higgins, Spencer Boorman, Ethan Hadley, George Jackson, Arlo Seaman, Hugo Hyner-Dring, Guy Holden, James, Kennerley, Ted Harris-Proctor, Max Stewart, Leo Short, Robin Burt.

YAC Girls Team:

Aurora Reith-Smith, Abi Living, Millie Bicknell, Georgia Armstrong, Olivia Beveridge, Cara Junor, Annalisa Bone, Olivia Clarke, Daisy Wignall, Lucille Bartolini, Matilda Ayton, Meital Mor

YAC / Impact Team:

Ethan Poole, JJ McGraw, Henry Joyce, Elliot Evans, Robert Craig, Bailey Koka, Elsie Paul, Phoebe Bosley, Jess Cowan, Vivi Bartolini, Lexi Wynne Morgan, Lia Roggero.

BOYS COMPETITION

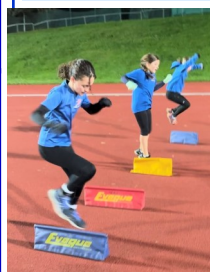
1st Impact	284 points
2nd YAC	242 points
3rd Waverley	232 points

GIRLS COMPETITION

1st Impact	272 points
2nd YAC	210 points
3rd Waverley	198 points



Winter Training at YAC— welcome to all new members this term!



Autumn Term has been our busiest ever! Our training programme is varied and challenging and provides the winter building blocks of **speed, endurance, agility and strength**. We finish each session with our popular team relays. Our dedicated, enthusiastic coaches make sure everyone is working well and enjoying their session. **Any questions? Please ask Virginia and Tony our Head Coaches.** Or speak to **Clare our Membership Secretary** who handles all membership Enquiries. Clare is also at the track on a Monday as parent helper. If you are interested in being a Friday parent helper, please get in touch.

Need new training shoes or spikes?
15% OFF at Fitstuff Guildford

FITSTUFF
Specialist Running Shop & Sports Clinic

Do you need water-based training
or injury
rehabilitation?



Contact
Tony Mitchell
07771 995942

Performance is Specialist Coaching for athletes in U11, U13, U15, U17

Monday and Friday 6pm to 7pm

The aim of **Performance** Training is to provide specific coaching to prepare athletes to compete in their chosen event. Performance offers COACHING, not club competitions.

How is this different to normal 5pm Junior sessions?

Performance is different to our Junior sessions as follows:

- It is for older athletes in year 6 upwards who want to specialize in their event
- Athletes decide which event or events, they wish to train for
- Athletes go to the group of their choice based on their event and train with the specialist coach for that event, this is how training at senior level works at most clubs.
- Athletes CAN change their group for example, try sprints one week and jumps the next
- Athletes should know their preferred event and want to compete in that event

What do we coach at Performance? Sprints and block starts, 100m/200m.

Middle distance endurance 800m/1500m/3k, Speed endurance 300m/400m/800m

Throws: javelin, shot, discus

Hurdles: short and long: technique and stride pattern.

Jumps: long jump, high jump approach and run ups

Is your athlete interested in joining **Performance**?

We require a separate application form to join. See the [Performance page on our website: young-athletes.co.uk/performance-training/](http://young-athletes.co.uk/performance-training/) Or contact Clare our membership secretary for more information.



Check out our Website and Insta / Facebook

Our website is regularly updated with latest information and new photos. It is full of helpful information about our club.

Have you had a look? www.young-athletes.co.uk

- Term dates and training times
- How to Join: Juniors and Performance
- Competitions, camps, results
- Meet the coaching team, need a physio, club kit

Check out our [Young Athletes Club Instagram](#) / [Facebook](#)

Competition dates for the diary Spring Term 2026

Sportshall U11 for selected athletes in year 6

Team selections tbc

Next event: Saturday 17th January 2026

Cross Country is back!!

Downs League Epsom for U11, U13, U15 Next races:

Sunday 1st February 2026

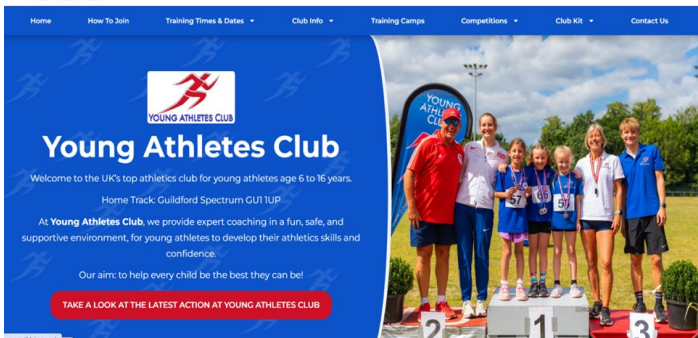
Sunday 8th March 2026

NEW ! YAC Open Cross Country Meeting Sun 8th Feb 2026

Stoke Park. U9, U11, U13, U15 Medals for top 6 athletes in each age group, boys and girls. More information very soon!

YAC team competed at the Downs League Sun 30th Nov 2025

Congratulations to the small but mighty team who competed for the first time at the Downs League! Great course and sunny conditions made for happy athletes. Well done Katie Palmer our team manger for helping to set this up.



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.

Performance Mon 6pm	11 to 15 yrs	Yr 6/7/8/9
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	6/7 yrs	Yr 1/2/3

YAC club kit - Blue and Purple!

Blue and Purple T shirts £15.
 Purple Running vests £15
 Warm zip Hoodies £25 Ideal Christmas presents! Order on our website: See tab "CLUB KIT"
PLEASE NAME your kit!! LOST PROPERTY
 Please ask if you have lost an item.



Happy Christmas to all our members!! See you for more great training in 2026! Website: www.young-athletes.co.uk

Email: membership@yac-admin.co.uk

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

