

TRAINING WORKSHOPS FOR U14 / U16 ATHLETES

WEDS 27TH MAY 2026 (HALF TERM)
2:00PM TO 3:30PM
SPORTSBOX WOKING GU22 0AF



STEEPLECHASE
INCLUDES WATER JUMP PRACTICE



SPRINTS
BRING YOUR OWN BLOCKS OR
BLOCKS PROVIDED



LONG JUMP
RUN UPS

EXPERT COACHING FROM QUALIFIED COACHES IN 3 EVENTS

Choose your specialist event and join the coaches at Young Athletes Club to develop your skills

CHOOSE YOUR EVENT

01 STEEPLECHASE

Including the chance to practice into the water jump!

02 SPRINTS

Including block starts with expert technique coaching

03 LONG JUMP

Including setting your run-up for consistent performance

WHAT TO BRING

ALL ATHLETES

- + Spikes (if you have them) + Water bottle
- + Sun cream / sun protection + Athletics kit

STEEPLECHASE ATHLETES

- + Towel + Change of clothes
- + (you will get wet at the water jump!)

SAFEGUARDING — PARENTS & GUARDIANS

- + Parents and guardians are asked to be at the track or readily contactable on the contact number provided for the duration of the session.

HOW TO TAKE PART

Please email us with your athlete details on:

membership@yac-admin.co.uk

Please email the following info:

Athlete Name: Age:

Year Group: Health issues:

Which event:

Parent Contact:

Name: Mobile:

YAC Athletes only:

YAC session: Monday Performances or Friday Performance

PAYMENT — £10

Pay by bank transfer to:

Young Athletes Club Ltd t/a YAC Guildford

Sort Code: 30-98-97

Account: 69679168

Use your athlete's name as the payment reference

 Deadline:

Tuesday 26th May 2026