



Young Athletes Club – FAQs

If you are new to YAC or just want a reminder of who we are and what we do then these notes are for you.

Who are YAC?

We are an athletics club specifically set up to meet the needs of young (under 13 years) athletes of all abilities and aspirations.

What does YAC aim to do?

To encourage each child's participation in the sport of athletics to compete and have fun keeping fit.

To help all Members develop the Foundation skills of athletics and, where appropriate, help them start to make the transition to Event specific training.

Where and when do YAC meet?

We meet at the Spectrum Athletics Track in Guildford on Monday evenings during school term times. Additional sessions on Friday evenings are also planned. Check our web site for details as times vary at different times of the year.

How much does it cost?

Our fees are £60 (from September 2013) per term per athlete with a 50% sibling discount for the 3rd (or subsequent) member of the same family. Fees are payable at the start of each term.

How do I pay?

We prefer members to pay by Bank transfer to Sort Code: 30-99-80 Account No: 46587160 with the Athletes Name as Reference. Failing that cheques can be made payable to Young Athletes Club and handed to the Secretary at a training session or sent by post to 3 Redcourt, Woking, Surrey GU22 8RA.

Who runs YAC?

Training sessions are run by a team of UK Athletics Qualified Coaches and Coaching Assistants under the direction of Senior Coaches Virginia Mitchell and Paul Kelly. Profiles for the Coaches are on our web site.

How is YAC Organised?

We organise our athletes into 6 Training Groups which reflect their ages, abilities, genders and aspirations. We know that children vary widely in terms of physical and emotional development within the same age group and we take this into consideration when allocating them to training groups. This helps to avoid some of the issues which arise at school where year groups are strictly based on dates of birth. We are committed to an Athlete Centred approach to coaching.

*We accept members from the age of 6 years and they join our **Development Group** where they learn to develop the Fundamental skills required for athletics but which are also relevant to any sport. The*

key fundamentals are Agility, Balance and Co-ordination (the ABCs) and we then work to develop skills in Running, Jumping and Throwing which form the basis of all athletics events. The Development Group is a mixture of boys and girls.

When a young athlete is ready we move them into either the **Yellow** (girls) or **Green** (boys) group. This move will normally take place around the age of 7/8 years but as all parents know different children develop at different rates so the move is made when the athlete is ready to start to develop what we term Foundation skills. We also take into account that boys and girls develop at different rates hence the split into male and female groups. In these groups we move the training focus very much towards the running, jumping and throwing skills and the athletes start to get experience of these skills being used in different events such as long jump, hurdling and throwing using equipment suitable for their ages.

The next stage of progression is into the **Red** (girls) and **Blue** (boys) groups at around 9 years and in these groups the focus starts to move towards gaining competitive experience by participating in events for Under 11 athletes. We offer opportunities to participate in Inter-Club and Open competitions mainly based on the Quadcids format but in the wintertime we may also participate in Sportshall events. The emphasis is still on encouraging the athletes to experience a range of events and activities.

From the age of 11 we encourage and support our Members to join a Senior Athletics Club as an Under 13 athlete. Some Clubs do not take members until they are 11 but some do have Under 11 sections. However, just because a young person has reached 11 does not necessarily mean they are immediately ready to make the move to a Senior Club or indeed want to do so.

We therefore provide coaching for 11 and 12 year olds who wish to continue their Membership with us. They may not be emotionally ready to cope with a Senior Club environment or may have decided that their athletics will be school based or they just want another evening's athletic activity. Members in this age group may continue to train in the Red and Blue Groups or may move into the **Squad** Group where we offer more focused Event based training opportunities. We will always try to do what is in the best interests of the young person in question.

We expect all Members to move on from YAC at the end of the year in which they reach 13.

What if I would like to become a Coach?

YAC is committed to assisting people participate in athletics not just as Athletes but also as Coaches and Volunteer Helpers. If you would like to know more about the training and coach development pathways please go this address at UK Athletics website.

<http://coaching.uka.org.uk/qualifications/coach-education-and-pathway/>

If you are interested by what you read or would like to discuss how it might apply to you please contact coaching@young-athletes.co.uk and we will get back to you to discuss the opportunities available. All trainee Coaches and Volunteers will require a CRB check.

How do I contact YAC?

You can stay in touch with the latest Club News on our web site www.young-athletes.co.uk and you can contact us by e-mail at membership@young-athletes.co.uk. We are also on Twitter @YACTweets or you can telephone our Secretary, Gillian Wilder on 01932 355775 or 07809 523207.