



**2018 BOLAND ATHLETICS COACHING SYMPOSIUM
SATURDAY 15 SEPTEMBER 2018
AT DAL JOSAFAT ATHLETICS STADIUM, PAARL**

Boland Athletics is hosting a Coaching Symposium at Dal Josaphat Athletics Stadium, Paarl on Saturday 15 September 2018.

All **Level 2 coaches** who wish to apply for ASA Level 3 in 2019 must attend the symposium. Presentations at this Boland Athletics Symposium on 15 September 2018 will be done by coaches who will do presentations at the 2018 ASA National Coaches Symposium to be held at Free State University from 5-6 October 2018.

Coaches attending this Boland Athletics Symposium on 15 September 2018 will get preference when coaches are appointed to represent Boland Athletics at national events. This Symposium will empower coaches with the skills to enhance the performance of athletes at club and school level up to provincial level.

The Programme of Activities for this Symposium is attached in the enclosed form on page 2. Please fill out the required details on page 2 and send the form to the relevant Fax/Email addresses indicated.

Please contact Brandon du Plessis at 084 698 6860/bduplessisathletics@gmail.com for more information.

Boland Athletics Development Programme.



Mike Fraser
Boland Athletics Office
Office: 021 868 0007
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Email: office@bolandathletics.com
Website: www.bolandathletics.com

**2018 BOLAND ATHLETICS
COACHING SYMPOSIUM**



BOLANDATHLETICS

SATURDAY 15 SEPTEMBER 2018

**PLEASE INDICATE IF YOU WILL ATTEND THE COACHING SYMPOSIUM
FAX TO BOLAND ATHLETICS OFFICE AT 021 868 0009/ EMAIL –
bduplessisathletics@gmail.com
BEFORE OR BY 17:00 ON WEDNESDAY, 12 SEPTEMBER 2018**

Name & Surname:		2018 Licence Number	
COACH/ TEACHER:		CLUB/ SCHOOL/ INSTITUTION	
Programme	NO FEE WILL BE CHARGED FOR THE SYMPOSIUM	<p align="center">BANKING DETAILS Boland Athletics Standard Bank, Paarl Branch Code: 050210 Account Number: 072179503 Payment Reference: Name – Sym 18</p>	
09h30 – 10h00 - Registration	The following is optional		
10h00 – 10h10 – Opening and Welcome	Boland Athletics Provincial Coach Golf Shirt (s, m, l, xl, xxl, xxxl) R180.00		
10h10 – 10h30 – Presentation 1	ID Card (Please email PDF ID photo) – (The Card will give you access to all Boland Athletics Competitions for 2019) R50,00		
10h30 - 10h50 – Presentation 2			
10h50 – 11h10 – Presentation 3			
11h10 – 11h30 – Presentation 4			
11h30 – 12h00 – Presentation 5			
12h00 – 12h40 - Lunch			
12h40 – 13h00 – Presentation 6			
13h00 – 13h20 – Presentation 7			
13h20 – 14h00 – Presentation 8			
14h00 – 14h20 – Presentation 9			
14h20 – 14h45 - Break			
14h45 – 15h45 – BA Coaching Structure			
15h45 – 16h00 - Closing			



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