



NEWSLETTER – 30 JANUARY 2018 2018 BOLAND ATHLETICS COACHING SYMPOSIUM AND CLINIC

Boland Athletics hosted another successful coaching symposium and clinic at the Freek Stander Sports Complex, Swartland High School in Malmesbury on Friday 19 and Saturday 20 January 2018.

The course was presented by coaches who have produced athletes that achieved success at provincial, national and international level.

This symposium and clinic forms part of Boland Athletics Rural Development and Research Programme to ensure that athletes and coaches prepare well for the 2018 season and the new Olympic cycle that runs until the 2020 Olympics.

The theme of this symposium was to introduce The Ultimate Goal of the Boland Athletics Rural Development and Research Programme: To produce Two Boland Olympians at the 2024 Olympic Games.

The aim of the symposium and clinic is:

- To equip athletes, coaches, teachers and parents with the skills to enhance the performance of athletes at club and school level up to provincial and national level.
- To give talented athletes the opportunity to receive coaching from experienced coaches
- To assist coaches with practical methods to develop their own skills



The first session of Friday's Symposium was opened by Boland Athletics Head Coach Seef Le Roux with a presentation of the new proposed Boland Athletics Coaching Structure. This session generated very critical but constructive inputs from the coaches in attendance on how we can improve the various aspects of development and high performance in the province

A unanimous point of agreement of the coaches is that Boland Athletics urgently needs to establish a High-Performance Centre at the newly upgraded Dal Josaphat Stadium. The Head Coach also used his session to establish a Boland Athletics Coaches Committee.

In Session two Wimpie Nel shared his impression on Coaching a Champion. Wimpie is a National Hurdles Coach who has produced National Youth and Junior athletes, and SA Champions.

Tersius Liebenberg presented session three with the important topic of Athlete Preparation: Strength and Power. Tersius is an International Hurdles Coach of Olympic athlete Sunette Viljoen.

Our local coaches gained quite a lot from these experienced and successful coaches.

The Saturday session was focused on the coaching of basic techniques to athletes in the various disciplines of athletics, namely sprints, middle distance, hurdles, high jump, discuss, shot put, javelin and long jump. One hundred and twenty coaches and eighty athletes from all over the Boland Region attended the Saturday session. This session was very popular with the athletes and coaches displayed quite a lot of excitement and enthusiasm for the practical coaching.



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