



1992-2019

CONTACT DETAILS

t: +27 (0) 11 880 5800
f: (+27) 11 442 3091
@: DurellJ@athleticssa.co.za
www.athletics.org.za

POSTAL ADDRESS

P O Box 2712
Houghton Estate
2041

STREET ADDRESS

Athletics House
No. 3, 11th Avenue
Houghton Estate
Johannesburg 2198

BOARD MEMBERS

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VICE-PRES: Dr Harold Adams
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RR: Mr. James Moloj
CC: Mr. Jakes Jacobs
Ath : Ms. Dorah Mngwevu
ADD: Ms. Motlatsi Keikabile
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SA Sports Trust

MISSION

To make a contribution towards Nation Building and Healing of our land, South Africa, and the Transformation of our Society, through the Development of Athletics, from Grassroots to the highest levels of Excellence

To	ASA Members
From	ASA Office
Date	08 October 2019
Subject	Notice of 2019 ASA National Coaches Symposium
No pages	3

ELECTRONIC TRANSMISSION

CIRCULAR 88 OF ASA 2019 NOTICE OF 2019 ASA NATIONAL COACHES SYMPOSIUM

The 2019 ASA National Coaches Symposium will take place from 29 Nov. to 1 Dec. 2019 at the High Performance Institute in Potchefstroom.

1. Who are invited?

The following Coaches are invited to the 2019 ASA National Coaches Symposium:

- 1.1. Coaches with athletes in provincial or national teams the past 4 years in the age group 15 years and older.
- 1.2. Coaches with athletes ranked on the ASA National Top 10 Youth; Junior and Senior Ranking Lists, the past 4 years
- 1.3. NB: Coaches who want to qualify as an ASA National Coach (ASA Level 3), must complete the relevant section on the application form.

2. Symposium Objective:

The primary objective of the 2019 ASA National Coaches Symposium is to equip coaches with the skills to prepare their athletes for the:

- 2.1. 2020 Olympic Games
- 2.2. 2020 IAAF World Junior Championships
- 2.3. 2020 ASA National Championships

3. Expenses:

- 3.1. Entry Fee: Subsidized by ASA
- 3.2. Food and Refreshments during Symposium: Subsidized by ASA
- 3.3. Accommodation during Symposium: Own expense

4. The following documents are attached to this ASA Circular:

- 4.1. Programme for 2019 ASA National Coaches Symposium
- 4.2. Entry Form for 2019 ASA National Coaches Symposium

5. Attendees of Symposium will receive:

- 5.1. Attendance Certificate for all Coaches
- 5.2. Registration card to Coaches who passed the Level 3 evaluation
- 5.3. Level 3 Coaches will receive entry card to 2020 ASA events

6. Closing date to enter

- 6.1. Friday 31 October 2019 latest
- 6.2. Only the 1st 150 entries will be accepted. First come; first served.

Athletics greetings

Richard Stander
ASA CEO

Not signed due to electronic sending



ASA COACHES SYMPOSIUM
29 NOV. – 1 DEC. 2019
HIGH PERFORMANCE CENTRE, POTCHEFSTROOM
DRAFT PROGRAMME

MAIN THEME – PREPARING FOR 2020 OLYMPIC GAMES AND/OR 2020 IAAF WORLD JUNIOR CHAMPS

DAY 1 of 3

14:00 – 18:00	Registration at High Performance Centre, Potchefstroom
18:00 – 19:00	Dinner
19:00 – 20:00	Welcome; Opening; Introduction of LOC and Facilitators - Auditorium
20:00 – 22:00	Breakaway sessions – Thesis Presentations of Level 3 Candidates
22:00	Retire for the evening

DAY 2 OF 3

08:30 – 10:30	Breakaway sessions – Thesis Presentations of Level 3 Candidates
10:30 – 11:00	Refreshment and comfort break
11:00 – 12:00	Key note by Mr Aleck Skhosana - President of ASA
12:00 – 13:00	Guest Speaker on main theme
13:00 – 14:30	Lunch and comfort break
14:30 – 16:00	Breakaway sessions – Topic: main theme
16:00 – 16:30	Refreshment and comfort break
16:30 – 18:00	Guest Speaker on main theme
18:00 – 19:00	Panel Discussion on main theme
19:00 –	Dinner and retire for the evening
20:00 – 22:00	Breakaway sessions – Thesis Presentations of Level 3 Candidates

DAY 3 of 3

08:30 – 10:00	Guest Speaker on main theme
10:00 – 11:00	Guest Speaker on main theme
11:00 – 12:00	Conclusion and closure
12:00 –	Departure



ENTRY FORM
ASA NATIONAL COACHES SYMPOSIUM
29 NOV. TO 1 DEC. 2019
HIGH PERFORMANCE INSTITUTE, POTCHEFSTROOM

CLOSING DATE FOR ENTRIES: 31 OCTOBER 2019 LATEST
Please forward entry form to ceo@athleticssa.net

SURNAME

FIRST NAME

HIGHEST COACHING QUALIFICATION

ARE YOU AN ACTIVE COACH	YES	NO	LEVEL	SCHOOL	SENIOR	NATIONAL
	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

2019 ASA License number T-shirt size

EVENTS THAT YOU COACH

SPRINTS/HURDLES	THROWS	JUMPS	DISTANCES
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Only to be completed by applicants who want to qualify as National Coaches Level 3:

ARE YOU AN ACTIVE COACH	YES	NO	LEVEL	SCHOOL	SENIOR	NATIONAL
	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

EVENT YOU WANT TO QUALIFY IN:

SPRINTS/HURDLES	THROWS	JUMPS	DISTANCES
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AREA OF SPECIALIZATION:

e.g. 100m:	e.g. SP:	e.g. SP:	e.g. 800m:
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Disclaimer: I understand that my application is subject to the approval of ASA. The decision of ASA is final. I declare that I am a bona fide Coach. I confirm that all the information provided on this application is true and correct. I understand that my participation in an athletics related event is subject to the ASA Constitution, its rules and regulations. I understand that my participation in the ASA Coaches Symposium is conditional, and can be retracted should I violate the ASA Constitution, its rules and regulations, as well as the rules and regulations of this event. I hereby accept that I participate in this event of ASA entirely at my own risk. I indemnify ASA and its members, sponsors and organisers of the event against all and any action of whatever nature which may arise out of my participation and I agree that it is my responsibility to be medically fit to participate in this event.

Member of which club or Institution	ASA Lic. No:	Which ASA Province/Associate
Name of medal winner in past 4 years	Year of achievement	In which item e.g. 100m
Cell phone number:	e-mail address:	
Signature of candidate:	Date signed:	