



COACHING SEMINAR AND COACHING CLINIC 17 & 18 JANUARY 2020 REPORT AT SWARTLAND HIGH SCHOOL, FREEK STANDER SPORT COMPLEX, MALMESBURY

Boland Athletics hosted another successful Coaching Seminar and Coaching Clinic at the Freek Stander Sports Complex at Swartland High School in Malmesbury on Friday 17 and Saturday 18 January 2020. This year marks the 24th consecutive presentation of this very popular and successful coaching clinic. The course was presented by coaches who have produced athletes that have achieved success at provincial, national and international level.

This coaching clinic forms part of Boland Athletics Rural Development and Research Programme to ensure that athletes and coaches prepare well for the 2020 season and the 2020 Olympic Games in Tokyo, Japan

The theme of this coaching clinic was to share The Ultimate Goal of the Boland Athletics Rural Development and Research Programme: To produce Two Boland Olympians at the 2024 Olympic Games in Paris.

The aim of the 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 coaching skills.



The coaching clinic 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. 110 Coaches and 204 athletes from all over the Boland Region attended this coaching clinic.

The coaching clinic is very popular with athletes, coaches and parents.

Thanks to Mr Freek Stander for this initiative, and to his very enthusiastic team at Swartland High School for their generosity.

Keynote Speakers Kaai Prellor and Elana Meyer entertained the 83 coaches present at the Coaching Seminar on Friday 17 January 2020 with a Master Class in the preparation of athletes for competition at the highest level.

Kaai Prellor shared his insights on The Preparation Structure for coaching athletes for high performance. Kaai is a World Athletics (IAAF) Level 5 Master Coach and has conducted many coaching courses on behalf of the IAAF in almost all continents of the world. He was the Head Coach of South African Teams over the past 20 year to all the major Championships around the world, including the Olympic Games. Kaai was also the Head Coach of the South African Team to the 2014 Commonwealth Games.

Elana Meyer shared her very riveting and inspiring story of her athletics career and her rise to highest level of competition on the world athletics stage.

Elana Meyer won the Gold medal at the 1994 IAAF World Half Marathon Championships and set world records in that event in 1991, 1997, 1998, and 1999.





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