



2020 TECHNICAL OFFICIALS COURSE LEVEL 1 AND 2
FRIDAY, 24 JANUARY 2020
/
COACHING CLINIC AND TALENT IDENTIFICATION
SATURDAY, 24/ 25 JANUARY 2020

OVERBERG HIGH SCHOOL
CALEDON

ATTENTION:

Boland Athletics/ Western Province Athletics/ South Western Districts Athletics Clubs, Principals of Schools, Boland High Schools and Primary Schools Athletics, Athletics Organizers at Schools and Clubs, Athletics Coaches

Boland Athletics have embarked on a massive development programme to ensure that we reach our goal for 2024.

“To ensure that we produce a minimum of two Olympians for the 2024 Olympics”

As part of this role out plan we have identified our school districts to ensure that we identify our best coaches, technical officials and athletes.

On **Friday, 24 January 2020** we will present a **ASA Level 1 and 2 Technical Officials Course** starting at 15h00. All technical officials are welcome to attend the Level 1 course, but only Technical Officials who have passed an ASA level 1 course and officiate for two or more years at a Boland Primary – or High Schools competition can enter for the level 2 course.

Saturday, 25 January 2020 we will present a **Coaching Clinic**. The course will be presented by coaches whom delivered athletes that achieved success at inter-national - and national level. Athletes from all age groups are welcome to attend the clinic. This clinic form part of Boland Athletics development program to ensure that athletes and coaches prepare well for the 2020 season and the new Olympic cycle.

Events that will be presented:

Sprints
Hurdles
Middle Distance
Long Jump/ Triple Jump
High Jump
Discus
Shot Put
Hammer Throw
Javelin

- 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 experience coaches
- To assist coaches with practical methods to develop their own skills

For more information, contact Brandon Du Plessis (bduplessisathletics@gmail.com)



**PROGRAM AND ENTRY FORM
TECHNICAL OFFICIALS COURSE**

**FRIDAY, 24 JANUARY 2020
TECHNICAL OFFICIALS COURSE (LEVEL 1 AND 2): R150.00**

15h00 – 15h30	Registration
15h30 – 15h40	Opening and Welcome
15h40 – 19h00	Course Presentation
19h00 – 19h30	Supper
19h30 – 20h30	Exam

PLEASE INDICATE IF YOU WILL ATTEND THE TECHNICAL OFFICIALS COURSE					
School/ Club:			Name and Surname		
Accommodation	YES	NO	LEVEL	1	2
Telephone Number			Email		

FAX TO BOLAND ATHLETICS: 021 8680009 OR EMAIL TO: bduplessisathletics@gmail.com/ BEFORE OR ON WEDNESDAY, 22 JANUARY 2020
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BANKING DETAILS Account Name: Boland Athletics, Bank: Standard Bank, Paarl, Acc. Nr: 072179503, Branch: Paarl, 050210 Payment Reference: Name – Techover 2020 REGISTRATION CAN ALSO BE DONE ON THE FRIDAY OR SATURDAY
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PROGRAM AND ENTRY FORM

COACHING CLINIC AND TALENT IDENTIFICATION

SATURDAY, 25 JANUARY 2020
R100 Coaches/ R60 Athletes – Includes

08h00 – 08h45	Registration (Coaches and Athletes)
08h45 – 09h00	Welcome
09h00 – 11h00	Session 1
11h00 – 11h30	Break
11h30 – 13h30	Session 2

PLEASE INDICATE IF YOU/ SCHOOL/ CLUB WILL ATTEND THE COACHING clinic				
School/ Club:	Coaches Total		Athletes Total	
Accommodation	Coaches Total		Athletes Total	
Telephone Number:	Contact person:			

Refreshments will be sold at the tuck shop

<p>BANKING DETAILS Account Name: Boland Athletics, Bank: Standard Bank, Paarl, Acc. Nr: 072179503, Branch: Paarl, 050210 Payment Reference: Name – Coachingover 20 REGISTRATION CAN ALSO BE DONE ON THE FRIDAY OR SATURDAY</p>

<p>FAX TO BOLAND ATHLETICS: 021 8680009 OR EMAIL TO: bduplessisathletics@gmail.com/ BEFORE OR ON MONDAY, 17 JANUARY 2019</p>
