



**TECHNICAL OFFICIALS WORKSHOP & COACHING CLINIC
AT OVERBERG HIGH SCHOOL, CALEDON
ON FRIDAY 24 AND SATURDAY 25 JANUARY 2020**

The Overberg District gained 15 new ASA Level 1 Technical Officials at the Technical Officials Workshop hosted by Boland Athletics at Overberg High School on Friday 24 January 2020.

The main objective of the workshop to equip Boland Athletics Technical Officials with the latest information required to host incident-free athletics events that enable our athletes to perform at their best potential.

The most important topics covered at the Boland Athletics Technical Officials Workshop are:

1. Understanding changes in the World Athletics (IAAF) Rule Book 2020 – 2021.
2. The ASA Domestic Competition Rules and Regulations 2020 – 2021.
3. Ensuring the Safety of Athletes and Technical Officials on the Athletics Track and Field Arena.
4. Legal Challenges arising from Technical Officiating at athletics events.

Technical Officials who attend the Boland Athletics Technical Officials Workshops and Symposiums will enjoy preference when Technical Officials placement is done for Boland Athletics, ASA National Events and the ASA National Technical Officials Symposium.

The Technical Officials Workshop was followed by a Coaching Clinic and Talent Identification meeting at the same venue on Saturday 25 January 2020.

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

This Technical Officials Workshop and Coaching Clinic forms part of Boland Athletics Rural Development and Research Programme to ensure that athletes, coaches are well prepared for the 2020 domestic 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 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.



We were very honoured to have Victor Hogan at the coaching clinic.

Victor Hogan is the current South African discus champion.

Victor has a personal best of 67.62m thrown in Stellenbosch at the South African Championships making him 7 time South African Champion, and 3 time African Champion.

The 67.62m is the furthest distance ever thrown at a South African Track and Field Championships.

Our thanks to Overberg High School and their dedicated staff members for generously making their facilities available for this athletics development programme.





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