



BOLAND ATHLETICS LEVEL 1 AND 2 COACHING COURSE AT DAL JOSAPHAT STADIUM, MONDAY 23 AND TUESDAY 24 SEPTEMBER 2019

Boland Athletics hosted a successful coaching course for Level 1 and 2 coaches at Faure Street Stadium on Monday 23 September, and at Dal Josaphat Stadium, Paarl on Tuesday 24 September 2019. The course was presented by coaches who have produced athletes that have achieved success at provincial, national and international level.

This coaching course forms part of Boland Athletics Rural Development and Research Programme to ensure that athletes and coaches prepare well for the 2020 season and the new Olympic cycle that runs until the 2024 Olympic Games in Paris, France.

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 school and club 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 course focused on equipping school and club coaches (Level 1), and Provincial Coaches (Level 2) with the coaching of basic techniques and skills for athletes in the various disciplines of athletics, namely sprints, middle distance, hurdles, high jump, discuss, shot put, javelin and long jump. This course added 21 Level 1 Coaches and 22 Level 2 Coaches to the Boland Athletics Coaching structure. 35 youth athletes attended the course to sharpen their skills and technique over the two-day course.

A very pleasant feature of the course was the number of Women Coaches who enrolled for and completed the Course successfully. We also had coaches from Western Province, and a coach all the way from Jeffreys Bay completing the course.

Hawston Primary School from the Overberg District enrolled 10 Teachers from their school for the Level 1 course.

Justine Palframan, the Boland Provincial, National and International athlete also successfully achieved her Level 2 coaching certificate at the course. Justine was selected for the Athletics South Africa Team for the IAAF World Athletics Championships to be held in Doha, Qatar at the renovated multi-purpose Khalifa International Stadium between 27 September and 6 October 2019.

Unfortunately, Justine had to withdraw due to injury. We commend her for using her rehabilitation and recovery time to acquire an ASA Level 2 coaching qualification.

This is a clear indication of where her athletics career is heading.

A huge thanks to Boland Athletics partners Drakenstein Municipality, the Western Cape Sports Academy and the National Lotteries Commission for their valuable contribution towards the Coaching Course.



Level 1 Coaches

Level 2 Coaches



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