



2021 BOLAND ATHLETICS LEVEL 1 & 2 COACHING COURSE ATHLETE COACHING CLINIC, DALJOSAFAT STADIUM, PAARL

Boland Athletics will host a Level 1 & 2 Coaching Course and Coaching clinic for athletes at Daljosafat Stadium. The Level 1 & 2 Coaching Courses will equip athletes, coaches, teachers and parents with the skills to enhance the performance of athletes at club and school level up to provincial level. The course will be presented by coaches whom delivered athletes that achieved success at national- and inter-national level.

The following disciplines will be presented: Sprints/ Hurdles, High Jump, Long Jump, Discus, Shot Put, Hammer, Javelin, Middle Distance, Walk. Only coaches in the Boland region who attended and successfully completed the ASA Level 2 course will be nominated in the following year for the ASA Level 3 course. More detail will be given at the course. Please select the correct link below.

1. Level 1 Course - Saturday, 02 October 2021 (Coaches Only)

This course will only take place on the above date. Please click on the link for information and to register for the course.

Contact Person : **Hendry Mathews** – hmathews79@gmail.com

Closing date for entries : **Wednesday, 29 September 2021 at 15h00**

Venue : **Daljosfat Stadium**

https://docs.google.com/forms/d/e/1FAIpQLSdP8SggswKY_EyB-4QPzMdNah96qkb1EH7vsZALgMK-SXpeiA/viewform?usp=sf_link

2. Coaching Clinic – Monday, 04 October 2021 (Athletes Only)

This clinic will only take place on the above date. Please click on the link for more information and to register for the clinic.

Contact Person : **Reagan Julius** – reganjulius@yahoo.com

Closing date for entries : **Wednesday, 29 September 2021 at 15h00**

Venue : **Daljosfat Stadium**

https://docs.google.com/forms/d/e/1FAIpQLScP98q2pyT9d2Qr02oWc_y0-R2MsZ8ep5RikaZnSL2u-Q186A/viewform?usp=sf_link

3. Level 2 – Course – Monday/ Tuesday, 04/ 05 October 2021

This course will only be open for coaches who have completed the Level 1 course and can give evidence of coaching in 2019/20/ 21. Please click on the link for more information and to register for the course.

Contact Person : **Seef Le Roux** – 6kathletics@gmail.com

Closing date for entries : **Wednesday, 29 September 2021 at 15h00**

Venue : **Daljosfat Stadium, Paarl**

https://docs.google.com/forms/d/e/1FAIpQLSeTr1eoYyWs-VuFEhcmR1SQRVaMgKkw1HxfoaND9grZix9dNQ/viewform?usp=sf_link

BA Du Plessis
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