



BRIEFING DOCUMENT FOR THE BOLAND TEAM

2023 ASA – u/16, u/18 and u/20 NATIONAL CHAMPIONSHIPS

23 March – 25 March 2023

KWAZULU- NATAL, PIETERMARITZBURG

Dear: ATHLETE/ MANAGER/ COACH (See attached list)

Congratulations on your selection for the team attending the above-mentioned Championships. You are selected to represent Boland Athletics in the following event(s):

(See attached list)

TEAM MANAGEMENT

For more information, please contact:

1. Snr Manager: Francois van Schoor
(0718961705 – francois2@gmail.com)
2. Assit: Snr Manager: Elmarie Marais:
elmarais62@gmail.com

TRAVEL ARRANGEMENTS

Boland Athletics will travel by bus. We will leave on Tuesday, 21 March 2023 at 14h00 from Daljosaphat stadium.

Any athlete who wish to travel with their own transport will be allowed to do that. You will be responsible for your own expenses. Please inform us by Wednesday, 08 March 2023 in order for us to make the necessary arrangements.

ACCOMMODATION ARRANGEMENTS

Accommodation will be at the Anew Hilton Hotel – formally Protea Hotel Hotel, Pietermaritzburg. ALL team members must stay at the team accommodation. You will ONLY be allowed to leave the accommodation venue after you have competed in your last event. Athletes must be signed out by parent or guardian. Please make contact with your respective manager (Boys/Girls)

MEALS

The following meals will be catered for:

- Breakfast, Supper

Each Athlete will receive a stipend to buy their own lunch.

EXPENSES

Athletes Traveling by Bus

R2000.00

Athletes Making use of own transport

R1000.00

All gold medal winners in 2022

R0.00 (No travel and accommodation expenses)
Only individual gold medals. No relay gold medals.

BOLAND ATHLETICS BANKING DETAILS:

Account Name: Boland Athletics

Account Number: 07 217 9503

Bank: Standard Bank

Paarl Branch: 05 02 10

Other

Team Kit – Own Account

(Please see ordering form attached)

WITHDRAWALS

Athletes who do not confirm by Wednesday, 08 March 2023 at 20h00 that they will participate as required on page 2, will automatically be withdrawn from the team and will be reported as such at the ASA Technical Meeting on Wednesday, 22 March 2023. Withdrawals must be made at the mentioned meeting to avoid penalties.

REPORTING AT TEAM MANAGEMENT

All team members must report on Wednesday, 22 March 2023 at 20h00 at the hotel to receive the final timetable and arrangements. No exceptions.

COMPETITION RULES

The ASA - All Ages (u/16, u/18 and u/20) Champs takes place in accordance with WA competition rules, as athletes will be qualifying for ASA national teams.

PERSONAL COACHES

BA are allowed accreditation for only 15 personal coaches for the tournament. Please note all affiliated coaches to ASA/ BA will get preference. Please apply on the form that is attached. Personal coaches will be responsible for their own expense.

CONDITIONS TO PARTICIPATE

1. The Boland Team is selected with the expectation that all members of the team will perform at their best during the Championships. If it becomes clear that an athlete does not have the same objective, the athlete will be withdrawn from the team with immediate effect.
2. Training sessions and personal training programmes must be followed as long as the team is together.
3. Athletes that carry an injury or any form of sickness must withdraw from the team. Withdrawal must be by means of a medical certificate only.
4. The athlete must always carry a legal form of identification.
5. The conduct of all members of the Boland team must be exemplary at all times and must adhere to the general ethic values of society.
6. The rules of Team Management must be adhered to. Team Management will have the right to conduct hearings for those who do not adhere to the rules and their decisions will be binding.
7. No alcohol or any other illegal substances may be in the possession of a team member for the duration of the championships.
8. Team members are not allowed to smoke, drink alcohol or take in any illegal substance while wearing Boland Athletics gear.
9. Male members of the team are not allowed in the rooms of female members of the team and vice versa.
10. Team members must at all times contribute to the team spirit.
11. Be punctual for all events/ activities.
12. The appearance of the Team, both collectively and individually, must be neat at all times. The wearing of excessive jewellery or clothing that is not socially acceptable is not in the spirit of the sport and will not be tolerated.
13. Be cautious when taking in any fluids, Substance or medicine that is not cleared by the Team Doctor
14. The intake of any medicine prior to the team gathering must be declared.
15. Athletes who used illegal medicines or substances prior to the Championships will be withdrawn from the team with immediate effect.
16. Athletes who take medicines prescribed by a doctor must be able to present the doctor's prescription at all times during the competition.
17. Team members must take responsibility over their own personal belongings. Neither team management or the Federation will be held accountable for any lost goods.
18. Members of the team found guilty of misconduct such as stealing, damage to property, any form of discrimination, intolerance against their fellow human beings, etc. will be withdrawn from the team with immediate effect and disciplinary action will follow later.
19. The interest of the team is always more important than that of the individual.
20. Due to practical reasons the team must remain together for the duration of the competition. Members of the team not adhering to this rule will be withdrawn from the team.
21. If any of the team members have any medical conditions prior to the competition he/ she must please isolate and inform the team management, in order for them to do tracking.
22. Team members who have symptoms during the competition must please inform the team management.

23. PROGRAMME

The final programme will be available after the technical meeting.