

24TH November 2011

FREE STATE ATHLETICS

ATHLETIC TRAINING CAMP and COACHES and TECHNICAL OFFICIAL COURSES ASA LEVEL'S 1 and 2 JANUARY 2012

The above mentioned training camp and courses will be held from the 9th of January to the 13th of January 2012 at the FREE STATE ATHLETICS STADIUM

TRAINING CAMP, COACHES AND TECHNICAL COURSES

1. All coaches, athletes and technical officials that has an interest in the sport off athletics
2. The camp and courses will start on Monday 9th January at 09:00 Athletics Free State Officials Hall and will end the 13th January 2012 at 13:00 or soonest there after
3. The cost for the camp will be R 650.00 (SIX HUNDRED AND FIFTY RAND) per attendee and is payable before or on the closing date 4TH January 2012. **The Club/School/ individual will be held liable for the cost of an athlete/attendee when entered, and fails to pitch up for the camp. Irrespective if entrance fees is paid or not.**
4. Each attendee MUST provide for:
 - Own transport to and from the stadium
 - Accommodation
 - Meals and refreshments
 - Starting blocks/ equipment
 - Running/training gear
 - Events that will be catered for:
 - i. Sprints and hurdles
 - ii. Middle and long distance running
 - iii. Javelin
 - iv. Discus and Shot put
 - v. High jump
 - vi. Hammer throw
 - vii. Long and Triple jump
5. Closing date: WEDNESDAY 4th JANUARY 2012 (Futher details on entry list

6. **PLEASE BOOK WELL IN ADVANCE AS ONLY 160 ATTENDEES CAN BE CATERED FOR**

7. **ACCOUNT DETAILS:**

**ATHLETICS FREE STATE
NEDBANK PRELLER PLAIN:
ACCOUNT NUMBER:**

Please fax proof of payment to: 0514303264 or 0862117318

**GERRIT COETZER
GENERAL MANAGER ATHLETICS FREE STATE**

COACHES COURSE and TRAINING CAMP CO-ORDINATOR:

DUP DU PLESSIS

TECHNICAL COURSE CO-ORDINATOR:

ANDRE DU PLESSIS

COACHES COURSE LEADERS:

J P R DU PLESSIS

IAAF LEVEL 3

HURDLES AND RELAYS

YOLANDA VILJOEN

ASA level 2

Long jump & triple Jump

RETHA DE LANGE

ASA level 2

High jump

HENK PRETORIUS:

ASA LEVEL 2

Middle and long distance running

KAAI PRELLER

IAAF LEVEL 4

Discus/ Shotput/ Hammer

FRANS HUMAN:

ASA level 3

Javelin

STEVEN SWARTS

ASA LEVEL 2

SPRINTS

DR LOUIS HOLTZHAUSEN

SPORT INJURIES

PROGRAMME\PROGRAM

DATE DATUM	TIME SLOT TYDSKEDULE	AKTIWITEIT ACTIVITY	PRESENTER AANBIEDER
Monday Maandag 9 TH JAN 2012	09:00	Registration Registrasie	ATHLETIC FREE STATE Free State Stadium: Officials hall
	09:30 Officials room	Introduction of the course and course leaders Voorstelling van die kursus en kursusleiers	JANKIE THELETSANE PRESIDENT ATHLETICS FREE STATE
	09:45	COACHES and TECHNICAL devide into separate groups	Kursus leiers Course leaders
	09:45	Coaches Code of ethics Technical officials Code of Ethic Level's 1 & 2 Coaches & T/o's	Dup du Plessis Andre du Plessis
	10:30	Theoretical & Practical warm up per event Teoretiese en Praktiese opwarming per item	Dup du Plessis Kursus Leiers Course leaders

		All athletes. Alle atlete/ afrigters coaches “ THE NEW WAY FORWARD”	
	11:30	BREAK (Own Account; eie rekening)	
	12:00	Event specific warm up Spesifieke opwarming per item: all athletes/alle atlete Level one coaches:	Kursus leiers Course leaders Dup du Plessis
	13:00 / 14:00	Middag ete/ lunch own account/ eie rekening	
	14:00	Introduction to the event Level one coaches : HAMMER	Course Leaders Kursus leiers
	16:00	Cool down and feed back	
Dinsdag Tuesday 10 th Jan.	08:30	Theoretical and Practical Training: all events Teoretiese en Praktiese in-oefening Alle items All athletes. Alle atlete Level one coaches: DISCUS	Kursus Leiers Course leaders
	10:30	Tea/Tee	For own account Vir eie rekening
	11:00	All athletes. Alle atlete /Coaches/afrigters Level’s 1 & 2 The importancy of PERIODIZATION Die belangrikheid van PERIODISERING Macro- meso- and Micro cycles Training Program	DUP DU PLESSIS COURSE LEADERS
	12:00	All athlete’s /coaches. Atlete en afrigters The Bio-motor abilities of athletes	Dup du Plessis Course leaders
	13:00	Lunch /Middagete	For own account Vir eie rekening
	14:00	Theoretical and practical training all events Teoretiese en praktiese in-oefening alle items Level one Coaches High JUMP	Kursus Leiers Course leaders
	16:00	Feedback and cool down session All Athletes and coaches Terugvoer en afwarm sessie Alle Atlete	Kursus leiers Course leaders

		en afrigters	
Woensdag Wednesday 11 th Jan.	08:30	First aid and the handling of injuries Eerste hulp en die hantering van beserings	Dr Louis Holtzhausen Kovsies
	09:30	Theoretical and practical training all events Teoretiese en praktiese in-oefening alle items Level one Coaches: Long and Triple jump	Course leaders Kursus leiers
	11:00	Break	For own account Vir eie rekening
	11:30	Theoretical and practical training all events Teoretiese en praktiese in-oefening alle items Level one coaches: Javelin	Course leaders Kursus leiers
	13:00	Ete / Lunch	For own account Vir eie rekening
	14:00	Theoretical and practical training all events Teoretiese en praktiese in-oefening alle items Level one coaches: Middle and long Distant running	Kursus leiers Course leaders
	16:00	Feed back and cool down Session Terugvoer en Afwarmings sessie	Kursus leiers Course leaders
Thursday Donderdag Thursday 12 th Jan.	08:00	Theoretical and practical training all events Teoretiese en praktiese in-oefening alle items Level one coaches: Sprints & Hurdles	Kursus leiers Course leaders
	10:00	Break	For own account Vir eie rekening
	10:30	Praktiese implementering van vorige fases Practical implementation of previous phases	Kursus leiers Course leaders
	12:00	Relays: ALL Coaches	Dup du Plessis
	13:00	Lunch / Ete	For own account

			Vir eie rekening
	14:00	Theoretical and practical training all events Teoretiese en praktiese in-oefening alle items Level one Coaches Shot Put	Kursus leiers Course leaders
	16:00	Feed back and cool down Session Terugvoer en Afwarmings sessie	Kursus leiers Course leaders
Friday Vrydag Friday 13 th Jan.	08:30	Eksaminering van afrigters Tegiese beamptes Coaches and Technical officials examination	Kursus leiers Course leaders
	11:45	The way forward “what now?” Follow up Die Pad vorentoe: “wat nou” Opvolg	Dup du Plessis
	13: 00	COMPETITION	ALL ATHLETES/ COACHES AND TECHNICAL OFFICIALS
	16:00	Closure Afsluiting	

“LET THEM WHO SAY: “IT CAN’T BE DONE” STEP OUT OF THE WAY OF THOSE WHO IS ALREADY BUSY DOING IT”

THANK YOU FOR ATTENDING DRIVE SAFELY!
DANKIE VIR U TEENWOORDIGHEID BESTUUR VEILIG ASSEBLIEF

