



1992-2017

#### CONTACT DETAILS

t: +27 (0) 11 880 5800  
f: (+27) 11 442 3091  
@: DurellJ@athleticssa.co.za  
www.athletics.org.za

#### POSTAL ADDRESS

P O Box 2712  
Houghton Estate  
2041

#### STREET ADDRESS

Athletics House  
No. 3, 11th Avenue  
Houghton Estate  
Johannesburg 2198

#### BOARD MEMBERS

PRES: Mr. Aleck Skhosana  
VICE-PRES: Dr Harold Adams  
T+F: Mr. Pieter Lourens  
RR: Mr. James Molo  
CC: Mr. Jakes Jacobs  
Ath : Ms. Dorah Mngwevu  
ADD: Ms. Motlatsi Keikabile  
Ms. Shireen Noble  
Ms. Esther Malema  
Ms. Ntathu Gwadiso  
E.O. Mr. Jazz Mnyengeza  
Mr. William Mokatsanyane

#### HONORARY MEMBERS

Mervyn KING  
Mluleki GEORGE

#### PARTNERS

IAAF  
CAA  
SASCOC  
SRSA  
NLC  
ASA Provinces  
ASA Associates  
SABC  
Adidas  
Tsogo Sun  
SA Sports Trust

#### MISSION

To make a contribution towards Nation Building and Healing of our land, South Africa, and the Transformation of our Society, through the Development of Athletics, from Grassroots to the highest levels of Excellence

To	ASA Members
From	ASA Office
Date	30 June 2017
Subject	Notice of 2017 ASA National Coaches Symposium
No pages	5

## ELECTRONIC TRANSMISSION

Dear ASA Members

### Circular 68 of ASA 2017 (06/30) – NOTICE OF 2017 ASA NATIONAL COACHES SYMPOSIUM, Update

The 2017 ASA National Coaches Symposium will take place from 6 – 7 October 2017 at the University of Free State, in Bloemfontein.

The following documents are attached to this ASA Circular:

1. Programme for 2017 ASA National Coaches Symposium
2. Entry Form for 2017 ASA National Coaches Symposium
3. Application for amnesty to become National Coach

Programme and entry form for the 2017 ASA National Coaches Symposium is attached.

ASA Members are encouraged to support all Coaches in their jurisdiction whom had athletes in provincial teams to the 2017 ASA National Championships to attend the 2017 ASA National Coaches Symposium.

- The focus in the 2017 ASA National Coaches Symposium will have as general theme “Strategic Planning For The 2020 Olympic Games” and as specific theme “Skills Development Through Neuromuscular System Development”
- The focus will also be on creating an opportunity during the 2017 ASA National Coaches Symposium for Coaches to qualify as ASA National Coaches.

The closing date to enter for the 2017 ASA National Coaches Symposium is **Friday 22 September 2017.**

Please note all National Coaches attending the 2017 ASA National Coaches Symposium will be issued, at the 2017 ASA National Coaches Symposium, an ASA Registration Card that will allow free access to the card holder to all events listed on the 2018 ASA Fixtures List.

Only the 1<sup>st</sup> 200 entries will be accepted. Please avoid disappointment and enter as soon as possible.

Athletics greetings

Richard Stander  
ASA CEO

Not signed due to electronic sending



## ASA COACHES SYMPOSIUM

6 – 7 OCTOBER 2017 AT UNIVERSITY OF FREE STATE, BLOEMFONTEIN

### DRAFT PROGRAMME

MAIN THEME - SKILLS DEVELOPMENT THROUGH NEUROMUSCULAR SYSTEM DEVELOPMENT

#### DAY 1 of 2

09:00 – 10:30	Level 3 discussions
10:30 – 11:30	LEVEL 3 Examination
<b>11:00 - 12:00</b>	<b>Registration</b>
12:00 – 12:10	Welcome and opening. (Hugo Badenhorst – Chair ASA Coaches Committee)
12:10 – 12:30	Address by Mr Jantjie Theletsane - President of Free State Athletics.
12:30 – 13:00	Key note by Mr Aleck Skhosana - President of ASA
<b>13:00 – 13:45</b>	<b>Lunch</b>
14:00 – 15:30	ASA – Coaches communication network <ul style="list-style-type: none"><li>- Preparation and criteria for Common Wealth Games</li><li>- 2018 Fixtures</li></ul>
<b>15:30 – 16:00</b>	<b>Refreshments</b> -tea / coffee
<b>16:00 – 17:30</b>	ASA Coaches Committee <ul style="list-style-type: none"><li>- The need of Interprovincial Competitions to create capacity</li><li>- Consultation with Commissions / Committees</li><li>- Presentation of National Teams</li><li>- Criteria for appointing of Team Managers and Team Coaches</li></ul>
18:45	Conclusion of day`s discussions (Richard Mayer)
<b>19:00</b>	<b>CLOSURE OF DAY'S PROCEEDINGS</b>



## ASA COACHES SYMPOSIUM

6 – 7 OCTOBER 2017 AT UNIVERSITY OF FREE STATE, BLOEMFONTEIN

### DRAFT PROGRAMME

#### DAY 2 of 2

07:00 – 07:50	<b>Breakfast for all delegates</b>
08:00 - 08:45	SKILLS DEVELOPMENT THROUGH NEUROMUSCULAR SYSTEM DEVELOPMENT (Mr Ralph Mouchbahani - IAAF)
09:00 – 09:45	Practical demonstration of skills development (Mr Ralph Mouchbahani)
10:00 – 10:30	<b>Refreshments - tea / coffee</b>
10:30 – 11:15	Break away – group discussions on topics above.
11:20 – 12:00	Feedback from groups and general discussion (Jean du Plessis)
12:00 – 12:30	Qualified coaches ASA level 3 Handing over of Certificates Mr Aleck Skhosana Pres ASA
12:30 – 13:30	<b>Lunch</b>
13:30 – 14:30	The effect of a Mental Skills training programme on the Anxiety of athletes (Me Maryna van Niekerk; MA Psychology)
14:35 – 15:30	Prof Derik Coetzee (Theme to be announced)
15:30– 16:00	<b>Refreshments – tea / coffee</b>
16:00 – 16:30	The relationship between disabled athletes and coaches – Louzanne Coetzee (Blind Paralympian) University of Free State
16:30 – 17:15	Feedback from groups and general discussion (Jean du Plessis)
17:15 – 17:30	The way forward for coaches and the Code of Conduct for Coaches. (Hugo Badenhorst)
17:30	Conclusion and overview
	<b>Delegates depart</b>



**ASA COACHES SYMPOSIUM**

**6 – 7 OCTOBER 2017 AT UNIVERSITY OF FREE STATE, BLOEMFONTEIN**

**ENTRY FORM**

**CLOSING DATE FOR ENTRIES: 22ND OF SEPTEMBER 2017**

SURNAME

FIRST NAME

PROVINCE / COUNTRY

INSTITUTION/ CLUB

HIGHEST COACHING QUALIFICATION

ARE YOU AN ACTIVE COACH	YES	NO	LEVEL	SCHOOL	SENIOR	NATIONAL
	<input type="text"/>	<input type="text"/>		<input type="text"/>	<input type="text"/>	<input type="text"/>

ASA AFFILIATION NR 2016:  License number  T-shirt size

EVENTS THAT YOU COACH	SPRINTS/HURDLES	THROWS	JUMPS	DISTANCES
-----------------------	-----------------	--------	-------	-----------

COST Course fee R200 per person Payment: Electronic transfer to – ASA  
 BANK: NEDBANK  
 BRANCH CODE: 146905  
 ACC. NUMBER: 1469 154 226  
 ACC. TYPE: Cheque

**Cash payments ONLY for late entries will be accepted at registration.**

Entry forms and proof of payment must be forwarded not later than the 22nd of SEPTEMBER 2017 to:

Hugo Badenhorst 083 675 3523: [hugo.badenhorst@lantic.net](mailto:hugo.badenhorst@lantic.net)

**Please fax or e-mail proof of payment through to: 0862117318 fax or E-mail: [jprdup@gmail.com](mailto:jprdup@gmail.com) or [jprdup@mtnloaded.co.za](mailto:jprdup@mtnloaded.co.za)**



1992-2017

**CONTACT DETAILS**

t: +27 (0) 11 880 5800  
 f: (+27) 11 442 3091  
 @: DurellJ@athleticssa.co.za  
 www.athletics.org.za

**POSTAL ADDRESS**

P O Box 2712  
 Houghton Estate  
 2041

**STREET ADDRESS**

Athletics House  
 No. 3, 11th Avenue  
 Houghton Estate  
 Johannesburg 2198

**BOARD MEMBERS**

PRES: Mr. Aleck Skhosana  
 VICE-PRES: Dr Harold Adams  
 T+F: Mr. Pieter Lourens  
 RR: Mr. James Moloj  
 CC: Mr. Jakes Jacobs  
 Ath : Ms. Dorah Mngwevu  
 ADD: Ms. Motlatsi Keikabile  
 Ms. Shireen Noble  
 Ms. Esther Malema  
 Ms. Ntathu Gwadiso  
 E.O. Mr. Jazz Mnyengeza  
 Mr. William Mokatsanyane

**HONORARY MEMBERS**

Mervyn KING  
 Mluleki GEORGE

**PARTNERS**

IAAF  
 CAA  
 SASCO  
 SRSA  
 NLC  
 ASA Provinces  
 ASA Associates  
 SABC  
 Adidas  
 Tsogo Sun  
 SA Sports Trust

**MISSION**

To make a contribution towards Nation Building and Healing of our land, South Africa, and the Transformation of our Society, through the Development of Athletics, from Grassroots to the highest levels of Excellence

To	ASA Members
From	ASA Office
Date	19 June 2017
Subject	Amnesty period for Coaches to qualify as ASA National Coaches
No pages	1

**ELECTRONIC TRANSMISSION**

**Circular 66 of ASA 2017 (06/29) – AMNESTY PERIOD FOR COACHES TO QUALIFY AS ASA NATIONAL COACHES**

ASA recently announced its panel of Excellence Advisors which consist of National Coaches across South Africa. The purpose of the Excellence Advisors are to assist Athletics South Africa to improve at the 2020 Olympic Games on its 5th position on the medal tally, achieved at the 2016 Olympic Games.

In this regard ASA would like to broaden its base of National Coaches to enable all talented athletes to have access to the best Coaches in South Africa. The only opportunity where Coaches can qualify as National Coaches, and become one of ASA's panel of Excellence Advisors, are to deliver a medal winner at any ASA National Championship, and deliver a thesis in his/her specialist field at the National Coaches Symposium.

ASA would like to give more Coaches an opportunity to qualify as a National Coach and become part of the panel of Excellence Advisors. Over the past decade ASA conducted only one National Coaches Symposium. During this time many coaches, through self-study, and empowering themselves in the art of athletics coaching, has excelled and delivered athletes who won medals at national and even international medals.

The ASA Board has approved a period of amnesty for 2017 only, to allow Coaches whom has produced athletes that have won medals at a National Championship, and whom has developed themselves through self-study, and not through the normal qualification system of passing ASA level 1 and level 2, to qualify as a National Coach at the 2017 ASA National Coaches Symposium, which will take place from 7-8 October 2017 in Bloemfontein.

Coaches whom qualify for the amnesty declared by the ASA Board, according to the above criteria, can use this opportunity to submit their credentials to ASA for evaluation. Successful applicants will be allowed to enter for the ASA National Coaches Symposium with the intension to qualify as a ASA National Coach and become a member of the Panel of Excellence Advisors, assisting ASA in its preparation for the 2020 Olympic Games.

**AMNESTY APPLICATION TO BECOME ASA NATIONAL COACH**

**Please forward application to ceo@athleticssa.net before 31/07/2017**

Name of Coach:	ASA Lic. No:	Which ASA Province/Associate
Cell phone number	e-mail address:	
Name of medal winner	Year of achievement	In which item e.g. 100m
ASA Province/Associate	On behalf of the ASA Province/Associate we acknowledge that the above information is correct.	