



1992-2017

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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	14 August 2017
Subject	Final Notice - 2017 ASA National Coaches Symposium 6-7 October 2017 – Free State University, Bloemfontein
No pages	1

ELECTRONIC TRANSMISSION

Dear ASA Members

Circular 94 of ASA 2017 – FINAL NOTICE, 2017 ASA NATIONAL COACHES SYMPOSIUM 6-7 OCTOBER 2017, FREE STATE UNIVERSITY, BLOEMFONTEIN

ASA Circulars 52; 60; 66; 68: 72; 90 regarding Excellence Advisors and the preparation for the 2017 ASA Coaches Symposium scheduled for 6-7 October 2017 at the Free State University, Bloemfontein, has bearing.

ASA would like to thank the ASA Members for the positive response regarding Excellence advisors and the related 2017 ASA National Coaches Symposium.

We can confirm that ASA received more than 30 coach applicants whom aspire to become National Coaches, to deliver a thesis at the 2017 ASA National Coaches Symposium. All the applicants have delivered athletes that won medals at an ASA National Championships in previous years, The thesis topics will cover subjects such as:

1. Development of event specific Skills and Technique
2. Development of strength versus developing power
3. Event specific Plyometrics
4. Event specific preparation of athlete from national to international competition, referring to ASA selection process from squad to final team.
5. Event specific Biomechanics
6. Event specific application of the Super Compensation curve in coaching
7. Event specific Tapering and peaking
8. Development of youth and junior athletes for senior athletics.
9. Development of speed versus speed endurance
10. Difference between coaching women and men

Over and above the abovementioned topics, international guest speakers will cover related topics to elaborate on the theme of the above topics. The main theme of the 2017 ASA Coaches Symposium is "Developing A Winning Nation".

ASA Members must please note that in view of the positive response from members to attend the 2017 ASA Coaches Symposium, **the closing date for entries were brought forward to 16 September 2017.** ASA can only accommodate 200 entries, and with only a few seats remaining, ASA encourage **coaches with a minimum qualification of ASA Level 2,** to enter as soon as possible to avoid disappointment. The programme and entry form for the 2017 ASA Coaches Symposium is attached.

Athletics greetings

Richard Stander
ASA CEO
Not signed due to electronic sending

ASA COACHES SYMPOSIUM
6 – 7 OCTOBER 2017 – FREE STATE UNIVERSITY - BLOEMFONTEIN
MAIN THEME – DEVELOPING A WINNING NATION
PROGRAMME

DAY 1 (Friday 6 Oct)

08:00 – 09:00	Information session for Level 3 and Amnesty Applicants
09:00 - 12:00	Presentations by Level 3 candidates - Session 1
11:00 - 12:00	REGISTRATION - TEA / COFFEE
12:00 – 12:10	Welcome and opening. (Hugo Badenhorst – Chair ASA Coaches
Com.)	
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
13:00 – 13:45	LUNCH
14:00 – 15:50	<ul style="list-style-type: none">- Excellence Advisors (National Coaches) Network- Report back on World Champs and World Youth Champs- Preparation and criteria for Common Wealth Games- 2018 Fixtures- Inter-provincial events for under 16 - 23 age groups- Process of appeal/announce Squads/Prelimin. Teams/Final Teams- Criteria to select Team Managers and Team Coaches
16:00 – 16:30	REFRESHMENTS -TEA / COFFEE
16:30 – 17:30	Skills Development Through Neuromuscular System Development To Winning More Medals In 2020 (Mr Ralph Mouchbahani - IAAF)
17:30 – 20:00	Presentations by Level 3 candidates - Session 1ASA Coaches Committee

DAY 2 (Saturday 7 Oct)

07:00 – 07:50	Breakfast for all delegates
08:00 - 09:15	Practical demonstration of skills development (Mr Ralph Mouchbahani):30
09:30 - 10:00	Break away – group discussions on topics above
10:00 – 10:30	Refreshments - tea / coffee
10:30 – 11:30	Feedback from groups and general discussion (Jean du Plessis)
11:30 – 12:30	The effect of a Mental Skills training program on the Anxiety of athletes to produce more medals in 2020 (Me Maryna van Niekerk; MA Psychology)
12:30 – 13:30	Lunch
13:30 – 14:30	Prof Derik Coetzee (Benefits and Limitations of Block Periodised Training Approaches to Athletes' in preparation for 2020.
14:30 – 15:00	The relationship between disabled athletes and coaches – Louzanne Coetzee (Blind Paralympian) University of Free State
15:00– 15:30	Refreshments – tea / coffee
15:30 – 16:00	Qualified coaches ASA level 3 Handing over of Certificates Mr Aleck Skhosana Pres ASA
16:00 – 16:30	The way forward for coaches and the Code of Conduct for Coaches. (Hugo Badenhorst)
17:30	Conclusion and overview
	Delegates depart



ASA COACHES SYMPOSIUM

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

ENTRY FORM

CLOSING DATE FOR ENTRIES: 16 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
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COST Course fee R200 per person Payment: Electronic transfer to – ASA
BANK: NEDBANK
BRANCH CODE: 146905
ACC. NUMBER: 1469 154 226
ACC. TYPE: Cheque

Please fax or e-mail proof of payment through to: 0862117318 fax or E-mail: jprdup@gmail.com or jprdup@mtnloaded.co.za before 16 September 2017. Cash payments ONLY for late entries will be accepted at registration.

For more information please contact Hugo Badenhorst 083 675 3523: hugo.badenhorst@lantic.net