



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	28 September 2017
Subject	2017 ASA National Coaches Symposium – Progress report
No pages	2

ELECTRONIC TRANSMISSION

Dear ASA Members

Circular 120 of ASA 2017 (09/28) – 2017 ASA NATIONAL COACHES SYMPOSIUM - PROGRESS REPORT

ASA Circulars 52, 60, 66, 68 and 94 has bearing.

The 2017 ASA Coaches Symposium will be take in Bloemfontein from 6 – 7 October 2017 as part of ASA's preparation for the 2020 Olympic Games.

ASA achieved the 5th place on the 2016 Olympic Games on the medal tally, and the 3rd place on the medal tally at the 2017 IAAF World Championships.

With the ASA youth team that were placed 1st on the medal tally during the 2017 IAAF World Youth Championships, ASA is on target to improve on its world rankings during the 2020 Olympic Games.

To strengthen the excellence programme of ASA, in preparation for the 2020 Olympic Games, ASA will be conducting the 2017 ASA Coaches Symposium on 6 – 7 October 2017.

ASA has already identified more than a 100 coaches whom all have achieved success at national and international level to serve as Excellence Advisors in ASA's preparation for the 2020 Olympic Games.

Furthermore, more than 30 new coaches will also deliver a thesis during the 2017 ASA Coaches Symposium to qualify as National Coaches. These coaches have all achieved success with their athletes at national and international level. The mentioned aspirant national coaches were groomed by a panel of elite coaches over the past 2 months, to prepare them for the 2017 ASA National Coaches Symposium.

If the thesis of the mentioned coaches is approved by the panel of elite Coaches, the coaches will also become members of the Excellence Advisors, assisting ASA in its preparation for the 2020 Olympic Games.

The programme of the 2017 ASA Coaches Symposium is attached.



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