



1992-2018

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
Old Mutual
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	16 August 2018
Subject	Provincial Excellence Programme - academies - sport schools - Associates
No pages	2

ELECTRONIC TRANSMISSION

Dear ASA Members

Circular 86 of ASA 2018 (08/16) – PROVINCIAL EXCELLENCE PROGRAMME - ACADEMIES - SPORT SCHOOLS - ASSOCIATES

ASA Circulars 66, 74 and 84 has bearing. The article attached also has bearing.

The relevance of the above lies within the mandate the ASA Council gave the ASA Board in 2016, after been elected for a 4 year period up to 2020.

With the mentioned mandate now 2 years in the implementation phase, ASA is in process of systematically realigning the strategy in preparing for the 2020 Olympic Games and beyond.

ASA invested substantial resources over the past 2 years to raise and focus the skills of ASA’s top Coaches. The 2018 ASA National Coaches Symposium in Bloemfontein from 5 – 6 October 2018 will be no exception.

No less than 47 Coaches from all provinces in South Africa will be delivering their thesis to qualify as National Coaches (Excellence Advisors).

Parallel to this initiative, ASA is now also applying resources in developing a communication network of academies to enable provincial coaching structures and personal coaches to utilize academies in the preparation of their athletes.

The attached article is a good example of how other countries utilize not only academes, but also associates e.g. SAPS, SANDF and DCS to support the preparation of athletes for ASA National Events.

Lastly, but most importantly, during the 2018 ASA National Coaches Symposium, time will be allocated for provincial coaching structures and provincial academies to give feedback as to what extend the two networks are utilizing each other’s resources in raising the excellence level of your athletes.

The final programme for the 2018 ASA National Coaches Symposium will follow in due course.

Athletics greetings

Richard Stander
ASA ACEO
Not signed due to electronic sending.

Australia enlists soldiers to train athletes for Olympic gold

Athletics / 14 August 2018, 09:00am /

Australia finished the 2016 Olympic Games in Rio de Janeiro with 24 medals, their lowest in 24 years.

SYDNEY, Australia - Soldiers have been enlisted to help Australian athletes perform better under pressure in the lead up to the 2020 Tokyo Olympics as part of a drive to win more medals.

It follows their smallest haul in 24 years at the 2016 Rio Olympics, where Australia finished 10th in the table with eight golds and 29 medals overall. In a bid to get back to winning ways, members of the military will mentor elite athletes from November as part of a partnership announced Tuesday between the army and the Australian Institute of Sport (AIS).

The primary focus will be on improving their cognitive and physical capabilities. AIS director Peter Conde said Australia at the Rio Olympics had more athletes finish just outside the medals, in positions 4-8, than any other nation.

"The AIS sees this as an opportunity to develop our sports, athletes and coaches to help them convert more podium potential into medal success," he said. Four key areas will be tackled - mental health and wellbeing, performance under pressure, injury and illness prevention, and converting talent into high performance.

"When people think of army and sport, the image is often of boot-camps to build resilience," said Conde. "This partnership will be far more advanced, exploring education opportunities, mentoring, familiarisation techniques and strategies to deal with pressure. It's a chance to develop our top athletes' capacity to reach their peak performance and sustain that under Olympic conditions."

Around 120 athletes and coaches will take part. Army chief Lieutenant General Rick Burr said the project would also help the nation's soldiers. "Army continuously looks at how we get the best out of our people. This partnership with the AIS focusses on what we can achieve to continually improve human performance," he said.

"Through cooperation and knowledge sharing with the AIS, a respected world-leader in elite sport, we will give our people the best possible chance to out think and out perform any adversary."