



To be the best athletics Province in South Africa

**Reference: AGN/Circular 86 of 2025**

To: AGN Members  
From: AGN Office  
Date: 19 November 2025  
Pages: 3 + attachment

**CIRCULAR 86 OF 2025 – COACHES COURSE, ASA LEVEL 1 & 2**

Dear AGN Members

Athletics Gauteng North will be hosting a ASA Level 1 & 2 Coaches Course from Monday, 8<sup>th</sup> December 2025 – Monday, 10<sup>th</sup> December 2025. Kindly find the AGN Programme below.

The National Coaches Course will be held as follows:

**Date:** Monday, 8<sup>th</sup> December – Wednesday, 10<sup>th</sup> December 2025  
**Venue:** Pilditch stadium or TUT (Main Campus)  
**Registration:** Between 08:00 – 08:30  
**Course start:** 08:00 sharp.

Registration closes on Wednesday, 04 December 2025 or as the class capacity has been reached. The course fees for Level 1 OR Level 2 is R950-00 payable and **NOT refundable**.

**ENTRY**

**Step 1:** Course fees per person (Level 1/Level 2) is R950-00 p.p. and should be paid into the Athletics Gauteng North bank account:

**ATHLETICS GAUTENG NORTH BANK ACCOUNT DETAILS**

Bank: ABSA  
Account no.: 4080586137  
Branch Code: 335-642  
Reference: ASACC1 Name & Surname

Kindly forward proof of payments to the AGN office, [development@agn.co.za](mailto:development@agn.co.za) on/before 04 December 2025.

**Step 2:** Kindly complete the online entry google form by using the below link,  
<https://forms.gle/zWjiFFp3JhdqrWJm9>

We would appreciate it if you can ensure that interested members of your club receive this information.

Should you need any further information, do not hesitate to contact the AGN office.

Kind regards

**Durell JeJane**  
AGN: GENERAL MANAGER

**Board Members:**

John Mathane (President) Fundiswa Hlobo (Vice President) Sipho Shawe (Chair Track & Field) Enoch Skosana (Chair Road Running) Chris Britz (Chair Race Walking) Hanlie Truter (Chair Cross Country) Catherine Skosana (Chair Athletes) Corrie Fourie (Additional) Adv. James Matshekga (Additional) Pieter de Jager (Additional) Victor Ramavhale (Additional) Jazz Mnyengeza (Ex Officio) Durell JeJane (General Manager)



# ATHLETICS GAUTENG NORTH

## Presenting ASA Level 1 & 2 Coaching Course

Date: 08 - 10 December 2025

**Venue:** Pretoria - Pilditch Stadium or TUT (Main campus)

## **Presenters:**

Ilze Wicksel  
Charley Strohmenger  
Janita Eva  
Constand van Rooyen  
Ammie Sutton

## Middle- and Long-distance Jumps Lecturer, Course Convenor Throws, Lecturer Sprints, Hurdles & Relays

ASA L 2, Lecturer  
WA L3  
ASA L3  
ASA L2  
ASA L3 Lecturer

## Program Level 1

NB! This is also an attendance course; therefore, the attendance of all sessions is compulsory for all course students. No exceptions.

DAY 1

Monday 8 December 2025

08:00 - 08:30	Registration, Coffee, tea, attendance, proof of safeguarding certificate
08:30	Welcoming and introductions of course lecturers - AGN President
08:50	Coaching Philosophy - Coach Ilze
09:30	Anatomy & Physiology - Coach Charley
10:30 -13:00	Level 1: Event specific (practical technique) Sprints & Hurdles / Middle-long distance / Jumps / Throws <b>Level 2: Periodization, peak cycles - Coach Charley</b>
13:00	Lunch break (small lunch for all attendees and facilitators)
13:45 -14:30	Growth & Development - Coach Charley <b>Level 2: Programs cycles - Coach Constand</b>
14:30 -15:10	Training principles & perodisation - Coach Constand <b>Level 2: Programs - Coach Charley</b>
15:10 -17:30	Level 1 & 2 - Event specific (practical technique) Sprints & Hurdles / Middle-long distance / Jumps / Throws

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## Board Members:

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**DAY: 2**

**Tuesday 9 December 2025**

08:00 – 08:30	attendance register, Tea Coffee
08:30 – 09:10	Skills teaching/ Biomechanics - <i>Coach Constand</i>
	<b>Level 2 - Coach Charley</b>
09:10 – 09:45	Sport Psychology - <i>Coach Charley</i>
	<b>Level 2 - Coach Constand</b>
09:45 – 11:30	Groups (practical technique / event specific) Sprints & Hurdles / Middle-long distance / Jumps / Throws
	<b>Level 2: practical assessments</b>
11:35 - 12:20	Nutrition - <i>Coach Charley</i>
12:30 – 13:15	Training principles & periodisation - <i>Coach Constand</i>
	<b>Level 2 - Coach Charley</b>
13:15 -13:45	LUNCH
13:45 – 14:25	Injuries & First AID - <i>Coach Charley</i>
14:25 – 15:00	Training principles & periodisation
	<b>Level 1 in groups per event practical programming</b>
	<b>Level 2 - Coach Charley</b>
15:00 – 17:00	Level 1 & 2 (practical technique / event specific) Sprints & Hurdles / Middle-long distance / Jumps / Throws
	<b>Practical Evaluation L2</b>

**DAY 3**

**Wednesday 10 December 2025**

08:00- 08:30	Attendance registration, Tea Coffee,
08:30	Opening and exam logistics
08:30	LEVEL 1 & 2 (practical technique / event specific) (Sprints & Hurdles / Middle-long distance / Jumps / Throws)
	<b>PRACTICAL EVALUATION L2</b>
10:00- 12:00	<b>Examination LEVEL 1:</b> 60 Minutes on training theory & 60 minutes on event group (pass rate 80%)
10:00-13:00	<b>Examination Level 2:</b> 3 hours on training theory and on event group. (Pass rate 80%)
13:00	LUNCH

All attendees need to wait for their certificates. Level 2 will be notified personally within the next 2 weeks.

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