

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, 8th December 2025 – Monday, 10th December 2025. Kindly find the AGN Programme below.

The National Coaches Course will be held as follows:

Date: Monday, 8th December – Wednesday, 10th 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 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) Siphosha 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 Matshekega (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	Middle- and Long-distance	ASA L 2, Lecturer
Charley Strohmenger	Jumps	WA L3
Janita Eva	Lecturer, Course Convenor	ASA L3
Constand van Rooyen	Throws, Lecturer	ASA L2
Ammie Sutton	Sprints, Hurdles & Relays	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 - <i>AGN President</i>
08:50	Coaching Philosophy - <i>Coach Ilze</i>
09:30	Anatomy & Physiology - <i>Coach Charley</i>
10:30 -13:00	Level 1: Event specific (practical technique) Sprints & Hurdles / Middle-long distance / Jumps / Throws Level 2: Periodization, peak cycles - <i>Coach Charley</i>
13:00	Lunch break (small lunch for all attendees and facilitators)
13:45 -14:30	Growth & Development - <i>Coach Charley</i> Level 2: Programs cycles - <i>Coach Constand</i>
14:30 -15:10	Training principles & periodisation - <i>Coach Constand</i> Level 2: Programs - <i>Coach Charley</i>
15:10 -17:30	Level 1 & 2 - Event specific (practical technique) Sprints & Hurdles / Middle-long distance / Jumps / Throws

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

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) PRACTICAL EVALUATION L2
10:00- 12:00	Examination LEVEL 1: 60 Minutes on training theory & 60 minutes on event group (pass rate 80%)
10:00-13:00	Examination Level 2: 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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