WESTERN PROVINCE ATHLETICS

Green Point Athletics Stadium, Vlei Rd, Green Point
PO Box 101, Lansdowne, 7779
Tel: 021 418 3232
www.wpa.org.za

Dear Sports Coordinators, Athletics Teachers, Parents and Coaches,

RE: WESTERN PROVINCE ATHLETICS DEVELOPMENT COACHING CLINICS

WPA Development is presenting an opportunity for youth aged 10- 13 years to come and receive coaching in all the track and field running, jumping and throwing events throughout the year.

The aim of these Athletic Coaching clinics is to give the sub-youth an opportunity to try all the different events. In order to assist them to develop their skills across all track and field areas we encourage the youth of all levels to come and participate.

These clinics is structured to enable them to develop in a progressive and fun environment. The goal of our coaches is to ensure that each child is able to do all the basic running, jumping and throwing events with confidence.

Over the next 9 months they will be taught the following

- How to warm up well and general running technique
- Jumping - long jump, high jump, triple jump
- Throwing - shot put, discus, javelin
- Sprint technique and starts
- Hurdles
- Relays
- Strength circuit training

whilst having fun!

Board Members
Lester Cameron (President) | Jakes Jacobs (Vice President) |Candyce Hall | Francois Gouws | Stefano Kruger | Mariana Meyer | Allen Barnes | Michael Schouw | Adnaan Mohamed | Gavin Burgess | Waleed Donough

VAT Reg: 4530134404 / PBO No: 930007993

DATES	VENUES
16 February	Green Point Athletics Stadium
18 – 19 March	TBC
13 April	South Peninsula High School, Diep River
18 May	TBC
18 – 19 June	TBC
24 August	TBC
25 – 26 September	TBC
19 October	TBC

SPACE IS LIMITED TO 50 ATHLETES! (ONLY FOR 16 FEBRUARY) AND REGISTRATION CLOSES LAST WEDNESDAY BEFORE THE EVENT OR WHEN WE REACH OUR LIMIT

This is a great opportunity for your children to discover all the events of track and field, learn to do events they have never tried before, make new friends and have a lot of fun.

To register please complete the attached registration form and send together with proof of payment to youth@wpathletics.co.za

For more information please contact Ricardo Jaftha on youth@wpathletics.co.za or 021 418 3232

WPA Development

Board Members
Lester Cameron (President) | Jakes Jacobs (Vice President) |Candyce Hall | Francois Gouws | Stefano Kruger | Mariana Meyer | Allen Barnes | Michael Schouw | Adnaan Mohamed | Gavin Burgess | Waleed Donough

VAT Reg: 4530134404 / PBO No: 930007993