



## **WESTERN PROVINCE ATHLETICS**

**Green Point Athletics Stadium, Vlei Rd, Green Point  
PO Box 101, Lansdowne, 7779  
Tel: 021 418 3232  
[www.wpa.org.za](http://www.wpa.org.za)**

Dear Parents, Coaches, Sports Coordinators and Athletics Teachers

### **RE: Western Province Athletics Development Open Days: 1, 2 & 3 October 2018**

WPA Development is presenting an opportunity for youth aged 11- 14 years to come and receive coaching in all the track and field running, jumping and throwing events ahead of the summer athletics season.

The aim of the Athletics Open days is to give the 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.

The Open Days is structured to enable the youth 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 3 days 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!

**Venue:** Green Point Athletics Track  
**Dates:** 1-3 October 2018  
**Time:** 10h00 – 13h00 (daily)  
**Cost:** R60

#### **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

**SPACE IS LIMITED TO 60 ATHLETES! REGISTRATION CLOSES TUESDAY, 25 SEPTEMBER 2018 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](mailto:youth@wpathletics.co.za)

For more information please contact Ricardo Jaftha on [youth@wpathletics.co.za](mailto:youth@wpathletics.co.za) or 021 418 3232

WPA Development

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