

Nedbank Green Dream Team and Provincial and Development criteria for performing athletes:

Nedbank Green Dream Team: Criteria for selected athletes .-A TEAM

- Achieve top 3 positions in national Road Running Championships-SA. 10KM, 21KM and 42km.cross country.
- Achieve top 10 positions in national events especially-Comrades, Nedbank Runified and Two Oceans 56km.
- Achieve top 3 positions in national prominent Road events-Soweto Marathon, CT Marathon, Mandela Marathon, Durban marathon, ABSA 10km, Two Oceans 21km.Ladies Spar races, etc.
- Selected based on National / International performance and potential.
- Media Friendly-be visible in the printed media, newspapers, magazines as well as on TV.
- Athlete to be very visible through social media by promoting his/her sponsors, training, and racing updates. -twitter, Facebook, blogs.
- Limited to a pre-determined number of athletes
- Special branded clothing / Biogen / Future Life / Bavaria/ Thirsti /Nike Training & Racing shoes
- Entries to predetermined races.
- Travel & accommodation to identified races.
- Monthly retainers to help with running expenses.
- Free membership & licensing
- Incentives to podium finishes in certain pre-determined National & Provincial races-see website.
- Use retainer for running expenses.

Provincial podium and development athletes: B TEAM

- Achieve top 3 positions in Provincial events and races in their city or surroundings on a regular basis.
- Biogen / Future Life / Thirsti Water /Bavaria/Nike Trainers & Racers via NB Sport or Club.
- The athletes in the “B” team are monitored by us to see when they are ready to perform in a certain race and we help them with certain products like shoe, supplements, podium wear -availability and stock levels permitted.
- These athletes need to ask NB Sport when and for which race they need assistance for with travel and accommodation expenses, entries and when they need products. We look at our budget and their current racing form, past 3 months performances, social media contribution, etc.to decide on this.
- Incentives to podium finishes in certain pre-determined National & Provincial Races-See website for details.
- Entries to **Major** races within the Province or Province(s) in proximity (within reason)
- Travel expenses to races. (within reason)
- Free membership & licensing from their club.
- Free running kit and podium wear (within reason)



What is expected from top Green Dream Team and Provincial Athletes?

- Be a representative and role model for Nedbank Running Club
- Dressed in Nedbank Clothing as prescribed in and off the podium.
- Plan their races for the calendar year.
- Inform the club of races he/she wants to at the beginning of the month / quarter (pre-entries at least a week before closing date and enter-on-the-day 3 days before the event)
- Inform the club when he /she is sick or injured and entry can be substituted in certain races.
- Plan races & transport with the team in a cost-effective manner.
- If not coached, to follow a proper program preparing them adequately for the race distance & give feedback to the club.
- Participate in the major events, relays (X-Country and other) to give the club high level exposure.
- Communicate with chairman and /or respective team captains (trouble shooting)
- To be involved with club activities (Time Trials / Club Runs / Monthly functions) & development of athletes
- Earn an income outside running to make a living.
- To help identify & attract talent to the team.



Nedbank Running Club - Administrative Head Office
Tel: (012) 541 0577
Fax: (012) 541 3752
www.nedbankrunningclub.co.za

