

Athletics Clinic Information

These Clinics are held Annually, at this time of the year, during the “Off Season”, with the intension of assisting Athletes, Coaches, Parents, Teachers and those interested in Track & Field to obtain knowledge and training techniques from some of the stalwarts of the sport in the province and country. (Unfortunately due to Covid 2020 & 2021 were cancelled) So even more reason to get out and come learn something for the NEW Season in August.

We run the Clinics in 4 Sessions to allow “MAXIMUM INTAKE” in minimum time, with Facilitators who are extremely knowledgeable in their fields of discipline, from Coaches of over 40 years in the game, to World Champion Coaches, to World and Olympic Athletes, the PASSION is there.

We Offer :-

Sprints, Hurdles, Middle & Long Distance, High Jump, Long Jump, Shot Put, Discus, Javelin and even Update you on the latest rules with regards to **Officiating** at a Competition. (Program for the day starts at 08h00 and Finishes around 15h00- A program will be supplied nearer the time). This is for **ALL Ages** from 7 Upwards, the facilitators use the scholars for demonstration purposes to be able to teach “fault rectification”, so participation is all part of the Clinic

All the Facilitators work in the Business world and take precious time off, to be involved with our PASSION in the sport of Athletics, the drive needed to succeed.

Our Clinic Moto is : *“If we can implant 1 thing per session in you, that you can use afterwards, we have done our job”*

Host Venue :-

We Thank the Host School’s for having us on your premises, and may our relationship remain for years to come.

The Host school will run a Tuckshop during the day, keeping everyone fed and quenched.