



Khulasande Wonder Kids Programme

Addo September Monthly Report

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Introduction



This report summarizes the activities of Khulasande Sports Development - Grassridge for the month of September 2024.

The report highlights the achievements of our athletes, the progress made in our coaching programme, and our community outreach initiatives.

It also sheds light on the challenges we faced and the steps we are taking to address them.

Athlete Highlights

Strong performances showcased at local, provincial and national cross-country events.

Key Achievements

Personal Bests

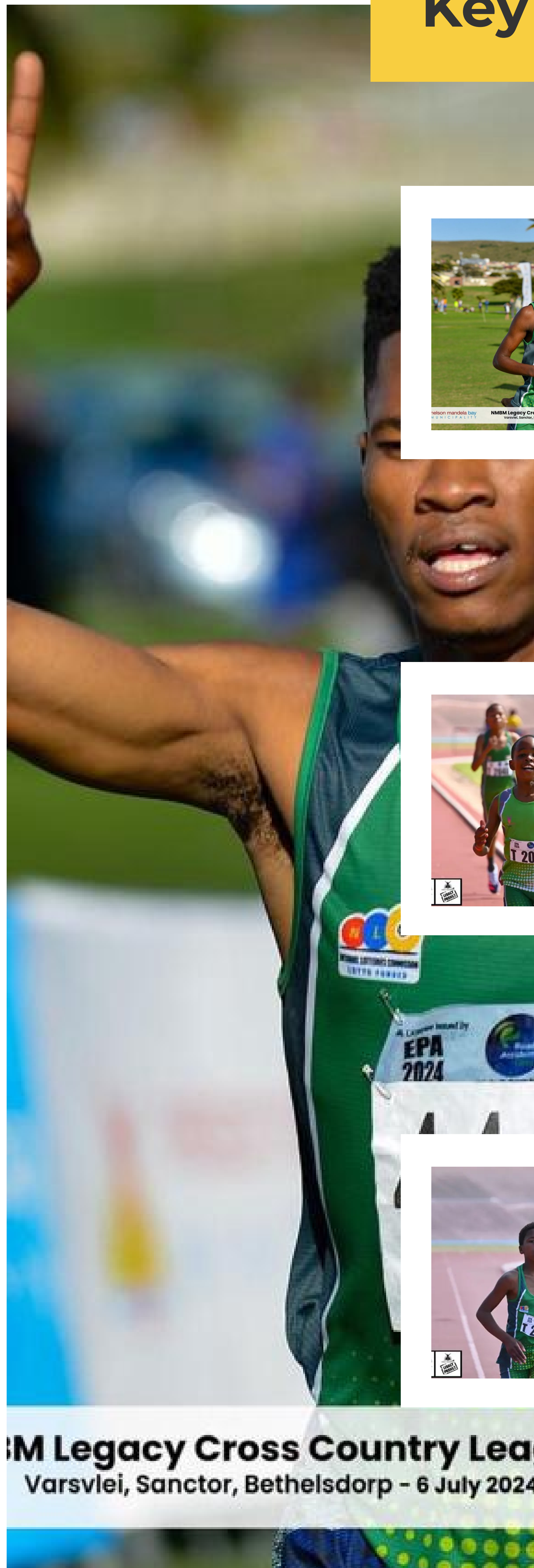
Simthandile Goliath and Oviwe Mare achieved personal best times in their respective events at the Eastern Cape Schools Cross Country Championships.

Top 10

Simthandile Goliath secured a top 10 position in the Eastern Cape Schools Cross Country Championships.

Provincial Representation

Aphelele September and Simthandile Goliath represented Eastern Province Athletics at the Athletics South Africa National Cross-Country Championships.



Coaching Workshops



Khulasande Coaching Workshop 1

Skills Development

Three coaches from Khulasande Sports Development - Addo joined 11 KSD coaches from Alicedale and Komga when they attended a coaching workshop focused on enhancing coaching skills and techniques.

Led by the founder of Khulasande and an Athletics South Africa Excellence Advisor, Mr Thobela Thoba, the workshop provided valuable insights for coaches.

This workshop was the first in a series of six planned workshops aimed at continuously developing coaching expertise within Khulasande.

The workshop covered essential topics like building a strong coaching philosophy, organizing effective training programmes, and implementing sound training methods.



Khulasande Coaching Workshop 1

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Conservation Workshop



Conservation awareness emphasized with focus on protecting endangered species and their habitats.

20 of our Grassridge Wonder Kids Programme beneficiaries took part in the SANParks Conservation Awareness workshop held at the Addo National Elephant Park, led by SANParks from 26 – 27 September 2024.

Workshop Highlights



Environmental Impact

The workshop highlighted the negative impact humans have on natural habitats.



Wildlife Crime

The workshop addressed the issue of rhino and wildlife crime, educating participants about its severity.



Anti-Poaching Unit

The SANParks Anti-poaching unit presented their role in safeguarding wildlife.



Summary

September was a busy month for Khulasande Sports Development, with athletes competing, coaches attending workshops, and our beneficiaries participating in a conservation awareness programme.

We had an opportunity to promote Khulasande Sports Development when our athletes and coaches handled a water point at the Spar Ladies race on Saturday the 21st of September at Pollock beach.

We are proud of the progress we have made and look forward to continuing our efforts to empower young people through sports and development.