



Khulasande Wonder Kids

WAAINEK REPORT – OCTOBER 2024

This report reflects Khulasande's ongoing commitment to supporting athlete development while navigating logistical, environmental, and academic challenges.



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October Activities and Events

- **October 1-6:**
 - Training sessions focused on improving times for younger athletes in the 200m and 800m races.
 - Coaches set regulations and reminded athletes about the program's values.
 - Coaches conducted home visits to follow up with athletes who had stopped attending, as well as to collect outstanding documents.
 - **October 7-8:**
 - Athletes were introduced to a new gym facility, though concerns arose about its capacity.
 - Home visits confirmed athlete availability for EPA League 3.
 - New registrations added 20 more athletes to the program.
 - Community fun run and a 5km run saw participation from Khulasande athletes.
 - **October 9-12:**
 - Preparations for EPA League 3, with indemnity forms distributed and a final briefing session held.
 - EPA League 3 (October 12): Notable medalists included:
 - **Gold:** Lumphawu Maqoko
 - **Silver:** Sakhele Lackay, Bhongolethu Ntlanjeni, Asisipho Peter, Asange Vayo, Similanathi Warrington
 - **Bronze:** Amile Gojela, Bukhobenkosi Gqotholo, Luphelele Mgoqi, Banele Nojoko, Agcobile Ntoyanto, Lathitha Ntsunguzi
 - **October 16 - Trail Run - Schools Challenge:**
 - Khulasande's athletes represented Hendrik Kanise Combined School, placing fourth and winning a cash prize of R1,500 along with medals, backpacks, and caps.
 - A heatwave limited the training session to an hour with only warm-ups.
 - **October 17-24:**
 - Mr. Thoba distributed running shoes to the Wonder Kids squad.
 - Training sessions and free runs were organized, and coaches conducted home visits to check on athletes with inconsistent attendance.
 - Due to exam season, adjustments to training times were discussed to accommodate academic commitments.
 - Training intensity varied, with debriefing sessions and extra rounds based on age groups.
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Challenges Faced

1. Water Shortage:

- Community-wide water issues affected athletes' ability to bring water to training sessions.

2. Space and Resource Limitations:

- The new training facility provided by the Department of Sports was not large enough to accommodate all athletes.

3. Attendance Issues:

- Exam season led to irregular attendance; many athletes struggled to balance academics with training.

4. Documentation:

- Collecting required documents remained a challenge, with some parents unable to provide birth certificates and IDs.

5. Session Adjustments:

- To support both training and administrative needs, training days were reduced from five to four per week.

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