



KHULASANDE SPORTS DEVELOPMENT

1. WEEKLY TRAINING REPORT SUMMARY

Weekly Progress Update on Athletes

This week, our distance and sprinting athletes demonstrated significant advancements. Distance runners increased both their mileage and interval times, while sprinters showed improvements in acceleration, power, and overall sprint speed.

Training sessions went smoothly due to effective group management. However, a significant challenge persists: the lack of proper running shoes. This issue prevents some athletes from training, which is concerning as cross-country season approaches.

Despite this obstacle, the team remains dedicated. We will continue to adapt our training strategies to ensure optimal performance. Urgent assistance with gear is essential to maintain our momentum.

2. HALF-MARATHON

We are proud to share the outstanding achievements of our athletes at the recent Half Marathon event :

Anelisiwe Jacobs finished 5th in the Junior category with a time of **1:58:12**. Her determination, consistency, and focus earned her a **top-five spot**, and we celebrate this great achievement in a highly competitive age group.

Aphelele September completed the race in a strong time of **1:10:37**, placing **26th** in his category. His performance reflects solid preparation and dedication to the sport.





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2. COACH DEVELOPMENT UPDATE – JUNE 2025

This month, six coaches (1 Grassridge, 4 Waainek and our Senior Coaching Coordinator) earned their ASA CECS Level 1 Coaching certification, promoting community empowerment through sport. Supported by Grassroots Youth Development, this achievement highlights leadership growth and the potential to positively influence youth. Coaches shared reflections on their journeys, showcasing the programme's transformative impact on their development and their communities

"This programme has been a great eye-opener — for me and our kids. Their lives are changing, even academically and emotionally." – Abongile James

"We can now give our athletes the tools to grow — not just as athletes, but as individuals. More doors are opening." – Busisiwe Nesi-Ntozini

"Thank you for laying a solid foundation for our career development." – Buhlebethu Dumbu

"I've developed my coaching philosophy and style through this experience." – Simamnkele Nkombisa

"We're grateful for the opportunities to grow and make a difference." – Zimkhitha Nesi-Ntozini

"I now feel more confident and empowered to coach and guide my athletes with purpose." – Neziswa Nontiya.



FRONT ROW

Abongile James, Busisiwe Nesi-Ntozini,
Zimkhitha Nesi-Ntozini (Waainek Coaches)

BACK ROW

Simamnkele Nkombisa (Waainek), Neziswa
Nontiya (Grassridge)



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3. SITE VISIT FOR WORLD RHINO DAY - TREVOR HAYTER

A confirmed partnership has been established with the **Olli Foundation** as part of a joint fundraising initiative. This collaboration included on-site participation and cross-promotion during the 4th Annual Khulasande 10km Charity Run held on **June 21**, which was a great success, attracting over **770** attendees. The event also served as a strong platform to promote the upcoming World Rhino Day to an engaged and supportive audience.

The **Rhino Day** weekend will feature:

- Friday 19th of September : Educational workshops on rhinos, their habitats, and biodiversity.
- Saturday 20th of September : A community-friendly trail run accessible to all levels, designed to promote environmental awareness and participation.

For the young athletes from the **Grassridge - Addo** programme, the weekend presents a valuable opportunity to learn, connect, and build motivation for conservation. The initiative blends education, sport, and nature, encouraging greater involvement in rhino protection and ecosystem preservation across diverse communities.





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4. 4TH ANNUAL KHULASANDE CHARITY RUN (21 JUNE 2025)

Event Overview

The 4th Annual Khulasande 10km Charity Run, held in partnership with ACT Athletics Club, was a major success. It raised vital funds for the Khulasande Wonder Kids Programme and OLLI, while promoting health, wellness, and community spirit.

Participation Highlights

- Total Participants: 769
 - 10km: 610 | 5km: 145 (donated to OLLI) | 1km Fun Run: 14
- Participation increased significantly from previous years.

Financial Summary

- Total Income (entries + sponsorships): R173,973.37
- Expenses: R103,152.48
- Funds Distributed to Beneficiaries: R70,820.89

Community Impact

- Strong community involvement from runners, volunteers, and sponsors.
- Boosted public awareness of Khulasande's mission and work.

10km Participation Trends

- Higher female participation (~300 vs. ~250 males).
- 5km and junior categories saw the highest numbers.
- Participation declined with age, especially 60+.





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5. SCOUTS PROGRAMME WITH SANPARKS

A meeting was held with Ms. Kwentsha regarding the rollout of the Scouts Programme in partnership with **SANParks** and **Scouts South Africa**. This initiative provides children with the opportunity to acquire new life skills and introduces them to a potential career pathway through SANParks as Honorary Rangers.

Key Developments:

- SANParks is committed to building human capital in youth through environmental and skills development opportunities.
- Scouts SA is excited to get started, and other national parks will be made available for youth participation.
- SANParks will provide transport for participating children.
- KSD has been asked to nominate a local volunteer to support the programme, preferably from within its coaching team.
- Both Ms. Kwentsha and Mr. Thoba proposed Aphelele as a strong candidate for this role. He was encouraged to update his CV for potential future opportunities.

6. PARTNERSHIP WITH NELSON MANDELA UNIVERSITY PSYCHOLOGY CLINIC

KSD continued its collaboration with the NMU Psychology Clinic to support young athletes through life skills workshops and mental health support.

- The workshops will focus on youth aged **14 and older**, (including our coaches) targeting emotional resilience, coping skills, and empowerment.
- Both organizations acknowledged the **deep challenges** athletes face, including poverty, neglect, and substance abuse, which affect performance and well-being.
- Workshops will be limited to 15 participants for quality engagement, and the team is exploring larger venue options.
- Ongoing monitoring and evaluation will help adjust content and measure impact.

Next steps include confirming workshop dates, finalizing the venue, and tailoring content to participants' needs.