



KHULASANDE SPORTS DEVELOPMENT

OVERVIEW:

The Waainek Wonder Kids Programme continued its commitment to nurturing young athletes through a structured and balanced training approach throughout July 2025. The focus remained on sprint and middle-distance development, preparing for competitions, and reinforcing discipline, attendance, and teamwork. Across the month, the sessions were designed to improve endurance, sprinting form, recovery habits, and technical skills, while also addressing key areas of concern related to athlete conduct and logistical challenges.

TRAINING FOCUS AND ACTIVITIES

Throughout July, training sessions integrated a variety of exercises targeting both speed and endurance. Sprint athletes worked through high-volume repetitions at controlled intensities—ranging from 30 x 40m efforts to 35 x 70m runs—aimed at improving acceleration, consistency, and technique. Middle-distance athletes underwent longer interval sessions, including sets of 500m, 600m, and up to 1,000m at varying paces to build aerobic capacity and stamina. Uphill runs, vertical jump drills, marching technique, and tempo runs were also included to enhance overall strength and coordination. Group warm-ups, flexibility routines, active recovery walks, and cooldowns remained a standard part of all sessions to ensure injury prevention and physical recovery.

COMPETITION PREPARATION AND PARTICIPATION

The programme placed strong emphasis on competition readiness, with structured sessions aligned to upcoming event demands. Coaches debriefed athletes after races, announced team selections in advance, and followed up with transport and parental communications. Despite thorough planning, four athletes failed to attend a scheduled competition without valid explanation, impacting logistics. This incident has led to a renewed focus on accountability and communication between coaches, athletes, and parents.

ATTENDANCE AND DISCIPLINE

Attendance fluctuated during the month, with numbers ranging between 15 and 23 athletes per session. While many beneficiaries displayed commitment and consistency, a few struggled with punctuality and attendance, particularly during the first and second weeks. Coaches made repeated efforts to reinforce the importance of arriving on time, especially during key pre-competition periods. In one case, an athlete was involved in an unauthorized soccer tournament, resulting in minor injury and a disciplinary review. On a positive note, athletes who had been absent previously showed renewed dedication by returning to training and participating actively.



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CHALLENGES ENCOUNTERED

Key challenges during the month included inconsistent attendance, poor punctuality among some athletes, and occasional conflicts over field availability due to local soccer games. These disruptions were managed through communication and adaptive scheduling. Additionally, the unexpected absence of athletes from competition required coaches to rethink their approach to commitment and accountability. There were also discussions around possibly revising training times to better accommodate athlete availability and improve overall participation.

GENERAL OBSERVATIONS AND PROGRESS

Despite the challenges, the programme saw encouraging growth in athlete development, teamwork, and technical performance. Coaches reported high energy levels and positive improvements, particularly among consistently attending athletes. Sessions were well-structured, with clearly defined goals and steady progression. The athletes demonstrated increasing discipline in executing drills and showed enthusiasm for relay activities, competitive simulations, and group feedback sessions. The month closed on a strong note, with athletes preparing for upcoming competitions and maintaining focus on both individual and team goals.





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4. MDYESHA LEGACY GAMES - MAKHANDA

Venue
Ntsika Senior Secondary selected for its solid infrastructure and active sports culture. Tents and classrooms will be used for admin and team support.



Schools

- Confirmed: H.K.C.S, Nombulelo High,T.E.M,Ntsika High, Makana P.S, Fikizolo P.S C.M Vellem P.S
- Pending: Samuel Ntsiko P.S



Event Components:

- Fun Run:** A community event aimed at children and locals.
- Coordinating soccer, rugby, netball, and tag rugby with schools and clubs.
- Cultural Inclusion:** Increasing interest in featuring music and dance groups at event segments.
- Athletics:** Gecelo Mdyesha entry forms sent



Logistics & Resources

- Needs : security, catering, medical response, sanitation, waste bins, water supply.
- Proposal includes printing of 500 branded warm-up t-shirts.
- Venue logistics coordinated with Ntsika High School admin.



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Support

- Benedicta Foundation: Interested – not yet confirmed
- Sponsorship approach letters drafted and outreach planned to:
- Local businesses (e.g. Spar, Pick n Pay, Pep)
- Rhodes University
- Nearby game reserves
- Municipal Sports and Recreation Office



Next Steps

- Confirm final school participation list
- Lock in medical, catering, and tent providers
- Begin procurement of t-shirts, water bottles, and sport gear
- Finalize programme of events and assign committee roles

3. GENERAL OBSERVATIONS & RECOMMENDATIONS

- Momentum is strong across both projects, with partners showing commitment and stakeholders engaged.
- Both events have potential to elevate Khulasande’s visibility and impact in sport development and community upliftment.
- Clear budgeting, procurement tracking, and early sponsor confirmation are now essential to ensure execution quality.

RECOMMENDATIONS:

- Approve purchase orders for t-shirts and basic logistics (Mdyesha Games first)
- Confirm any VIP guest lists or media involvement you would like included



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CHANGE A LIFE

Launch of the Change a Life, Champion a Dream Program

The **“Change a Life, Champion a Dream”** program was launched to give young athletes from disadvantaged backgrounds the chance to pursue their sporting dreams. Its goal is to remove barriers caused by a lack of resources, providing them with proper equipment, regular transport, coaching support, and better training conditions.

Key actions for the launch included:

- Creating the program’s identity: selecting the name and designing inspiring visuals.
- Presenting the athletes: sharing video portraits where they talk about their dreams and motivations.
- Awareness campaign: highlighting the concrete benefits for the athletes (equipment, transport, coaching, personal growth).
- Community mobilization: engaging partners, donors, and volunteers to support the athletes both financially and morally.
- First communication materials: social media posts, posters, and digital content to promote the project and reach a wider audience.

More than just supporting sports performance, the program aims to give these young athletes the opportunity to build a brighter future, fostering self-confidence, discipline, and hope.





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WAAINEK CROSS COUNTRY RESULTS

◆ League 1 (Victoria Park - 05 July 2025)

- Luphelele Mgoqi (M, 10) – 08:48 (8th)
- Lophawo Maqoko (F, 11) – 13:31 (3rd)
- Simelela Gojela (M, 14) – 16:33 (10th)
- Amyolise Kona (F, 14) – 17:00 (2nd)
- Asonge Vayo (F, 13) – 21:58 (10th)
- Onwabe Cummings (F, 15) – 14:43 (1st)
- Lunathi Stwayi (F, 14) – 16:13 (3rd)
- Isiphile Gojela (F, 15) – 16:56 (4th)
- Zenande Dawe (F, 14) – 18:54 (8th)

◆ League 2 (Boubina Road, Sancto - 12 July 2025)

- Luphelele Mgoqi (M, 10) – 08:33 (6th)
- Banele Nojoko (M, 11) – 13:39 (10th)

◆ League 3 (Uitenhage - 19 July 2025)

- Luphelele Mgoqi (M, 10) – 08:39 (5th)
- Lophawo Maqoko (F, 11) – 13:41 (2nd)
- Emihle Baartman (F, 13) – 13:12 (2nd)
- Banele Nojoko (M, 12) – 14:34 (16th)
- Onwabe Cummings (M, 15) – 15:32 (5th)
- Lunathi Stwayi (M, 15) – 15:43 (6th)
- Simelela Gojela (M, 14) – 18:06 (15th)
- Alizwa Daweti (F, 14) – 17:17 (2nd)
- Asonge Vayo (F, 13) – 22:48 (10th)
- Isiphile Gojela (F, 15) – 16:56 (2nd)
- Zenande Dawe (F, 14) – 20:23 (8th)
- Aqhama Dyan (M, 15) – 25:09 (11th)
- Lathitha Ntsunguzi (M, 17) – 22:18 (4th)
- Khanyisa Ngxwashula (F, 18) – 25:25 (2nd)