



KHULASANDE SPORTS DEVELOPMENT

INTRODUCTION

September has been a dynamic month marked by intensive training, championships preparation, and national-level participation. Athletes across different hubs demonstrated commitment, resilience, and steady improvement despite challenges. The month also saw significant milestones, including athletes traveling to Mpumalanga for the SA National Cross Country Championships, structured technical training sessions, and the strengthening of mental toughness strategies. This report highlights weekly training progress, competition feedback, athlete welfare, and outlooks for the coming weeks.

TRACKSUIT AND TEKKIE'S HANDOVER

On 4 September 2025, Mr. Thoba-Mdyesha visited the Donqaba and Soto site to hand over tekkies and running tracksuits to the athletes in preparation for their travel to Mpumalanga. This gesture ensured that the athletes are properly equipped and motivated for their upcoming competition.





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ON THE DAY COACHES WERE TRAVELLING TO MPUMALANGA



OUTLOOK:

- With nationals approaching, at 5 athletes from Donqaba and 5 from Soto have been included in the Border Athletics team.
- Preparations remain on track, with morale, unity, and race readiness being key priorities for September.

NEW DEVELOPMENTS

- Coach Mandy's training programmes emphasize endurance, speed, and mobility, providing athletes with a well-rounded conditioning base.
- Provincial Participation: Ten athletes from Donqaba and Soto confirmed, team departure for Mpumalanga - 4 September 2025.



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TRAINING & DEVELOPMENT HIGHLIGHTS

- **Endurance & Speed Work:** Athletes engaged in structured tempo runs, intervals, hill sprints, fartlek sessions, and speed endurance drills. This built aerobic capacity, sharpened racing rhythm, and improved recovery.
- **Strength & Conditioning:** Plyometrics, bodyweight exercises, and core stability work were central to strengthening posture, explosive movement, and resilience against injury.
- **Technical Skills:** Stretching, mobility, skipping drills, and stride mechanics were emphasized to refine running form and overall efficiency. Focus was also placed on body coordination and dynamic movement patterns.
- **Mental Preparation:** Coaches highlighted the importance of mental toughness, particularly after setbacks in competition. Athletes were encouraged to adapt to diverse race-day conditions such as dust and wind.

SITE UPDATES

- **Frankfort Hub:** Training transitioned smoothly into track season through time trials. Primary school athletes showed promising performances, with many expected to surpass qualifying standards. However, the training field requires maintenance, and a tractor request has been scheduled for month-end.
- **Border Athletics:** Challenges with venue access continue, with plans in place for athletes to participate in the EPA Primary School Leagues in Port Elizabeth in October.

ATHLETE PROGRESS & COMPETITION

- **Championship Participation:** Athletes traveled to Mpumalanga for the SA National Cross Country Championships. While some performances fell short of expectations, the experience reinforced lessons on adaptability and resilience.
- **National Representation:** Ten athletes (five from Donqaba and five from Soto) were selected to represent Border Athletics at the national championships. This achievement reflects strong progress and recognition at a higher level.
- **Motivation & Attendance:** While some athletes experienced disappointment at not qualifying for nationals, additional sessions and motivational support helped maintain consistency. Team spirit and long-term development goals remain strong.
- **Emerging Talent:** Specific athletes have shown notable improvement:
 - Ndiphathe Manyana – excelling in long jump and showing strong sprinting potential.
 - Ndikhokhele Mbuyazwe – promising in long jump and 100m events.
 - Buchule Lusina – performing well in 800m events.
 - Iyapha – developing well in 800m and 200m hurdles.



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ATHLETE WELFARE

- Overall athlete health remained good, with only minor setbacks. For example, Linamandla experienced illness during one week but has since recovered and resumed training. Coaches remain attentive to balancing workload with recovery to safeguard long-term progress.

NEW DEVELOPMENTS

- On 4 September 2025, athletes received new tekkies and tracksuits, presented by Mr. Thoba-Mdyesha at Donqaba. This boosted morale and ensured athletes were properly equipped for their travels to Mpumalanga. The gesture reinforced unity, motivation, and pride in representing the team.

OUTLOOK

- Looking ahead, training will continue to build on September's foundation of endurance, speed, and technical refinement. October will provide further competition opportunities at the EPA Primary School Leagues in Port Elizabeth. Mental resilience, adaptability to conditions, and consistent attendance will be key areas of focus as athletes prepare for the next competitive cycle.





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