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January

MONTHLY REPORT

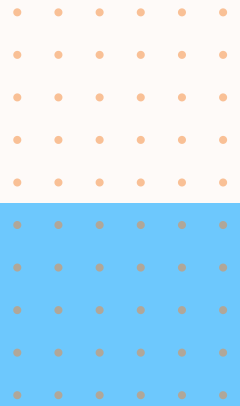
Chaba

**KHULASANDE SPORTS
DEVELOPMENT**



INTRODUCTION

In this Chaba Soto and Donqaba Wonder Kids Programme monthly report we find compiled is the focus, training programme, positive and negative outcomes. Coaches Thando and Mandisa Nqayi (Coach Mandy) oversee the programme, which showcases the players' dedication, growth, and preparedness for forthcoming competitions.



FOCUS

The primary goal was to keep participants focused and prepared for their two school tournaments. Training focused strength and conditioning while improving general fitness, explosive power, coordination, acceleration, sprint mechanics, and endurance, with specific attention paid to speed and speed endurance.

The overarching goal for the entire month was to get athletes ready for consistent competition as the season went on. Sessions were designed to help competitors gradually increase their fitness levels in anticipation of future competitions while maintaining pace over longer distances.

TRAINING PROGRAM

Day	Training Focus	Details
Day 1	Speed & Strength	10 × 200 m and hill training to improve stamina and strength
Day 2	Speed & Technique	Technical drills followed by short sprint work: 80 m × 10 with jog-back recovery after warm-up
Day 3	Competition & Conditioning	Participation in school sport interhouses, supplemented with light preparatory training
Day 4	Recovery & Mobility	No official training due to bad weather; focus placed on mobility and general fitness
Day 5	Active Recovery	Easy 30-minute run aimed at aiding recuperation

POSITIVE OUTCOMES

Their improved general health, speed, and competitiveness which were especially noticeable during school inter-house competitions were a result of their unwavering discipline, even during the holiday season. Because of their increased accountability, attention, and dedication to their own growth, athletes are on target to qualify for the National Championships in March.



NEGATIVE OUTCOMES

Athletes' involvement in upcoming competition rounds may be limited due to a lack of funding, which would limit their exposure to competitive events like Track and Field League 3. This might have a detrimental effect on confidence and competitive experience because there are few opportunities to benchmark performance. Low attendance, some athletes' absences, and disruptions from three days of intense rain all had an impact on training consistency. Only few athletes regularly train in Donqaba Hub at the moment, which affects the size of the group as a whole.

AREAS FOR SUPPORT

- Field marking equipment to guarantee precise measurements and well-planned training sessions.
- Upkeep of the training area to create a secure and productive atmosphere.
- Technological equipment especially turbo javelins to enhance skill development are among the resources required.



CONCLUSION

Even while athletes have performed well and advanced steadily over the course of the month, the lack of funds is still a major worry.

Although there is a good chance of making it to the next round of competition, participation may be hindered by transportation issues.





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