

OCTOBER

MONTHLY REPORT 2025

**KHULASANDE SPORTS
DEVELOPMENT**



CHABA

INTRODUCTION

The month's training activities across all sessions were led by Coach Thando and Coach Mandy, focusing on building speed, endurance, strength, and technical development across both track and field events.

The training schedule was at times affected by unfavorable weather conditions, resulting in a few disruptions. One week's schedule was significantly impacted by rain, allowing only two full sessions to be completed successfully. To compensate for the lost time, Saturday was used as an additional training day.

Despite these interruptions, the athletes demonstrated good progress and effort overall. Attendance and performance were generally positive, although a few members have not been attending training sessions as consistently as expected. Attendance and punctuality continue to be monitored to ensure that all athletes meet the required training standards.



FOCUS

October's Training Focus

- During October, training concentrated on enhancing speed, endurance, strength and technical ability as part of the second month of the six-month programme. Athletes worked on speed endurance through structured sprint repetitions, hill training and middle-distance runs, while strength and conditioning sessions helped maintain overall fitness despite occasional weather interruptions.
- Emphasis was placed on explosive power development through plyometric exercises, as well as event-specific training for hurdles, long jump, and other field disciplines. Technical drills were incorporated to refine form and efficiency, while recovery and rest were prioritized to ensure athletes remained in peak condition ahead of competitions particularly the Dale College meet on the 18th of October.
- Overall, October's training balanced intensity, technique, and recovery, laying a strong foundation for improved performance in the upcoming competitive phase.



ATTENDANCE REGISTER

The athletes are showing good progress overall. However, a few members have not been attending training sessions as consistently as expected. Attendance and punctuality will continue to be monitored to ensure all athletes maintain the required training standards.

Chaba Attendance Register		Week 1				Week 2				Week 3				Week 4			
Name	Surname	Mon	Tue	Wed	Thu	Mon	Tue	Wed	Thu	Mon	Tue	Wed	Thu	Mon	Tue	Wed	Thu
Linamandla	Ntuku	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Uyingcwele	Nonzinyana	☒	☒	☒	☒	☒	☒	☒	☒	☒	☒	☒	☒	☒	☒	☒	☒
Iyapha	Manyana	☒	☒	☒	☒	☒	☒	☒	☒	☒	☒	☒	☒	☒	☒	☒	☒
Ame	Gogina	☒	☒	☒	☒	☒	☒	☒	☒	☒	☒	☒	☒	☒	☒	☒	☒
Mbalentle	Adam	☒	☒	☒	☒	☒	☒	☒	☐	☒	☒	☒	☒	☒	☒	☒	☒
Ndikhokhele	Mbuyazwe	☐	☐	☒	☒	☒	☒	☒	☒	☒	☒	☒	☒	☒	☐	☒	☒
Ndiphathe	Manyana	☒	☒	☒	☒	☒	☒	☒	☒	☒	☒	☒	☒	☒	☒	☒	☒
Siphathise	Simayile	☐	☐	☐	☐	☐	☐	☐	☒	☐	☐	☐	☐	☐	☐	☐	☐
Buchule	Lusina	☒	☒	☒	☒	☒	☒	☒	☒	☒	☒	☒	☒	☒	☒	☒	☒
Obonayo	Nonzinyana	☒	☒	☒	☒	☒	☒	☒	☒	☒	☒	☒	☒	☒	☒	☒	☒
Amila	Moko	☒	☒	☒	☒	☒	☒	☒	☒	☐	☐	☐	☐	☒	☒	☒	☒
Idiphile	Nzena	☒	☒	☒	☒	☒	☒	☒	☒	☐	☐	☐	☐	☒	☐	☒	☒
Kungawo	Ndesi	☒	☒	☒	☒	☒	☒	☒	☒	☐	☐	☐	☐	☒	☐	☐	☐
Lukholo	Daka	☒	☒	☒	☒	☒	☒	☒	☒	☐	☐	☐	☐	☒	☒	☒	☒
Samuel	Tshovi	☒	☒	☒	☒	☒	☒	☒	☒	☐	☐	☐	☐	☐	☐	☐	☐
Axolile	Mbaqa	☒	☒	☒	☒	☒	☒	☒	☒	☐	☐	☐	☐	☒	☒	☒	☒
Yolani	Kokwe	☒	☒	☒	☒	☒	☒	☒	☒	☐	☐	☐	☐	☒	☒	☒	☒
Lihle	Dyini	☒	☒	☒	☒	☒	☒	☒	☒	☐	☐	☐	☐	☒	☐	☐	☒
Nozibone	Mkoko	☒	☒	☒	☒	☒	☒	☒	☒	☐	☐	☐	☐	☒	☐	☒	☒
Amahle	James	☐	☐	☐	☐	☐	☐	☐	☐	☒	☒	☒	☒	☒	☒	☒	☒



PROGRAMME

Coach Thando's Training programme

Monday:

- 10 × 150m @ 19–20 sec
- 10 × 80m @ 13–14 sec

Tuesday:

- Plyometrics (Tyre Pulls and Hills)

Wednesday:

- Starts: 20–40m
- Middle distance runs: 80–120m

Thursday:

- 120m × 5 (walk back recovery)
- 40m × 60m × 2 × 4 sets

Friday:

- No session – rain

Saturday:

- Starts and Time Trials:
- 60m and 40m (back)
- 300m and 100m (back)

The weekly programme included:

- Speed Training: Sprint intervals and acceleration drills.
- Drills: Technique-based exercises to improve running form and coordination.
- Strength Training: General conditioning and core strengthening.
- Fitness: Endurance and flexibility work to build a strong base.
- Hurdles Practice: Focus on hurdle clearance technique and rhythm.
- Long Jump: Emphasis on approach consistency, take-off, and landing mechanics.



PROGRAMME

Coach Mandy's Training programme

Monday

- 8 × 200m @ 30–32 seconds (1-minute rest)
- 8 × 150m @ 19–22 seconds (walk-back recovery)

Tuesday

- Plyometrics
- Hill training

Wednesday

- Rest

Thursday

- 800m, 600m, 400m (4–5 minutes rest)
- 150m, 120m, 90m (walk-back recovery)

Friday

- Rest

Saturday

- 200m × 5 (30 seconds rest, then 5 minutes rest)
- 200m × 4 (1-minute rest, then 5 minutes rest)
- 400m × 4
- 200m × 4
- 100m × 5

The weekly programme included:

- Fartlek training
- Strength training
- Drills
- Hurdles
- Long jump
- Discus and shot put training
- Sprint drills and acceleration work
- Middle-distance endurance runs
- Field event practice (long jump, discus, and shot put)
- Strength and conditioning exercises
- Hurdle technique and coordination drills



POSITIVE OUTCOMES

This section highlights the key positive outcomes and weekly progress observed at Donqaba and Soto during the month of October. Each week reflected continued growth in the athletes' performance, commitment, and technical development.

Week 1

- The week's training was disrupted by adverse weather, limiting the team to only two full sessions. Saturday has been scheduled as a make-up training day to recover lost time. Athletes who attended sessions showed good effort and performance, particularly in the sprint and endurance components. Some athletes, however, have shown inconsistent attendance, which needs improvement to ensure steady progress. Linamandla Ntuku and Siphathise Simayile are currently on holiday and did not participate in this week's sessions. Ame Gogina is performing well and showing steady progress. Iyapha Manyana is also doing well, maintaining consistency and good effort during sessions.

Week 2

- Amahle James has shown interest in hurdles. Although primarily a middle-distance athlete, he will be given the opportunity to participate and develop skills in hurdle events. Iyapha Manyana is performing well and is ready for the 200m hurdles event. Ndiphathe Manyana showed good progress and consistency in long jump. Ndikhokhele Mbuyazwe is also doing well in long jump, showing improved take-off technique and control. The overall group demonstrated commitment and improved coordination during drills and Fartlek sessions.

Week 3

- The athletes are showing improved performance and endurance levels. Attendance at training sessions has been consistent. Weather conditions were favorable throughout the week, allowing uninterrupted sessions. There is growing excitement among athletes for the upcoming competition. The athletes continue to perform well and remain motivated. Training sessions ran smoothly with good attendance and discipline. Linamandla Ntuku returned from holiday, showing readiness to resume training before her withdrawal. A smooth replacement process took place, with Amahle James joining the group without disruption to the programme.

Week 4

- Excellent attendance and improved discipline among athletes. No weather delays allowed for full programme execution. Noticeable improvement in speed, recovery time, and overall endurance. Increased motivation and excitement ahead of the Dale College competition. Most athletes have been consistent and disciplined in attending training. The structured workouts have supported athlete progress in both speed and endurance. Good team spirit and motivation among the group.



NEGATIVE OUTCOMES

While October showed consistent progress, several challenges affected training flow and overall programme delivery at Donqaba and Soto. These observations highlight areas that may need additional attention or support to maintain athlete momentum and ensure continued development:

Week 1

- Reduced attendance due to some athletes being on holiday. Adjusting training balance for multi-event athletes like Amahle James. Need to maintain technical focus while building overall fitness early in the training phase. Reduced attendance due to some athletes being on holiday. Adjusting training balance for multi-event athletes like Amahle James. Need to maintain technical focus while building overall fitness early in the training phase.

Week 2

- Linamandla Ntuku and Siphathise Simayile were still on holiday and missed training sessions, which may affect their fitness progression. Access to training equipment for field events remains limited, particularly for discuss and shot put practice.

Week 3

- Minor fatigue observed among some athletes due to the intensity of the training sessions. Adjustment of training schedules will be required next week as schools reopen training will now run from 13:00 to 16:00. Minor fatigue noted in some athletes towards the end of the week. Adjustment required next week as training times will move from 13:00 to 16:00 due to school reopening, which may impact attendance initially.

Week 4

- A few athletes, specifically Lukholo Daka and Kungawo Ndesi, have not been consistent with attendance. The rain on Saturday disrupted the planned session, affecting the full completion of the weekly programme. Limited equipment availability, particularly for high jump, which has restricted practice for interested athletes. Minor injury occurrence earlier in the week, though it has since been resolved.



THINGS IN NEED OF / AREAS FOR SUPPORT

- A few athletes, specifically Lukholo Daka and Kungawo Ndesi, have not been consistent with attendance.
- The rain on Saturday disrupted the planned session, affecting the full completion of the weekly programme. Indoor or covered training space to avoid disruptions due to weather conditions.
- Continued encouragement and monitoring of athlete attendance and punctuality.
- Additional training equipment to support sprint drills and hill sessions (e.g., cones, markers).

RESULTS: DALE COLLEGE KING WILLIAMS TOWN LEAGUE 1 – (18 OCTOBER 2025)

• Donqaba Site

- **Lukholo Daka** (14, M): 3000m – 10:56 | 1500m – 5:21
- **Nizibone Mkoko** (10, F): 80m – 14:10 | 1200m – 5:20 | 100m – 17:02
- **Lihle Dyini** (11, F): 100m – 14:43 | 200m – 31:08:00
- **Indiphile Nzena** (13, M): 200m – 31:03:00 | 800m – 3:24
- **Kungawo Ndesi** (13, M): 1500m – 5:22 | 800m – 2:49
- **Samuel Tshovi** (13, M): 200m – 32:02:00 | 800m – 2:43
- **Amila Moko** (14, M): 200m – 8:02 | 800m – 2:33
- **Axolile Mbaqa** (16, M): 1500m – 4:55 | 800m – 2:26
- **Yolani Kokwe** (16, F): 1500m – 4:57 | 800m – 2:16

- Summary: Donqaba athletes gave great performances, with standout times from **Nizibone Mkoko**, **Yolani Kokwe**, and **Axolile Mbaqa** in both sprints and middle-distance events.

Soto Site

- **Uyingcwele Nonzinyana** (11, F): 100m – 15:24
- **Ame Gogina** (9, F): 80m – 13:27 | 60m – 10:35
- **Mbalentle Adam** (13, F): 800m – 3:17:18 | 200m – 32:08:00
- **Iyapha Manyana** (13, M): 75m hurdles – 13:02:00 | Long jump – participated
- **Ndikhokhele Mbuyazwe** (11, M): 80m – 11:49 | 100m – 13:10:00
- **Ndiphathe Manyana** (11, M): 80m – 13:10:00 | Long jump – participated
- **Obonayo Nonzinyana** (13, F): 1500m – 5:00:15 | 800m – 2:38:42
- **Buchule Lusina** (16, M): 1500m – 6:07:27 | 800m – 3:06:02
- **Amahle James** (11, M): 60m – 11:33:00 | 1200m – 4:25:22

Summary: Soto athletes showed strong performances, especially **Ame Gogina**, **Iyapha Manyana**, and **Amahle James**, who achieved first positions. The group displayed great effort and improvement in both track and field events.

GALLERY





GALLERY





Email

thobela@khulasande.org.za



Phone

+27 73 333 2728



Address

*20 Wychwood Ave, Mill
Park, Gqeberha, 6001*