



20
26

January

MONTHLY REPORT



Grassridge

**KHULASANDE SPORTS
DEVELOPMENT**



INTRODUCTION

This monthly report will consist of Grassridge's Wonder Kids Programme beneficiaries activities for the month of January. During the reporting period, it considers the training focus, athlete involvement, results, administrative issues, and overall programme progress.

FOCUS

The month's main focus was build-up training, with coaches focusing on increasing stamina, implementing technical exercises to improve athlete growth and performance, and introducing moderate power workouts. Throughout the month, technical drills and speed improvement were prioritized, with a focus on tempo control. This strategy made sure athletes were ready for leagues and championships.



Khulasande
wonder kids

TRAINING PROGRAMME



Day	Training Session
Monday	5 km run
Tuesday	Easy run – 8 miles
Wednesday	6 × 500 m repetitions with a 2-minute break
Thursday	Easy run – 5 km
Friday	Rest day
Saturday	5 km time trial
Sunday	Easy run – 15 km

SANPARKS KIT HANDOVER

SANParks supported the Grassridge Wonder Kids programme with tracksuits and training shoes, offering important support to the athletes. On January 20, 2026, during a site visit at Samnkewelwe Secondary School, one of the programmes training sites, the sponsored items were officially handed over. The funder's attendance on the day was considered a pleasure since it gave them the opportunity to personally see this significant milestone and see the beneficial effects of their support on the kids.

The allocation is as follows:

- 19 Running Shoes
- 21 Trackpants
- 21 Tracktops
- 19 Running Tights
- 19 Running Vests



POSITIVE OUTCOMES

Our Wonder Kids programme beneficiaries took part in interhouse competitions and the results are as follows:

- Makana Mbalentle: 100 meters, second place
- First place went to Emihle Hotata in the 400 and 200 meters (excellent overall performance).
- First place went to Siviwe Jack at 1500 meters (great time).
- First place went to Zintle Mninzi at 800 meters (strong time).
- Lusapho Lamani: 400 meters, first place

These results really highlight how effective the programme has been and how dedicated the players have remained throughout the month.

NEGATIVE OUTCOMES

Although there were no significant issues throughout the month, athlete attendance was still a problem that needed to be addressed. For some athletes, inconsistent involvement had an impact on training consistency. Communication breakdowns for the Project Admin with a Coach also led to late attendance register submission, which affected programme coordination and the timely preparation of monthly reports on project admins side.



CONCLUSION

The programme's success during the month was largely due to the Coaches' devotion and hard work, especially during interhouse tournaments.

Their teamwork, support, and belief in the athletes continue to increase performance and overall programme impact. The Grassridge Wonder Kids Programme has made steady development, and continual cooperation is essential to fostering, assisting, and developing young athletes while guaranteeing the programme's continuous expansion.





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