

DECEMBER

MONTHLY REPORT 2025

**KHULASANDE SPORTS
DEVELOPMENT**

WAAINEK





INTRODUCTION

The month of December, athlete attendance was lower than usual. This was largely due to the festive season, during which many athletes were on holiday and therefore unavailable for regular training and programme activities. In addition, some athletes were Amanqalathi practicing their traditional rites, which further contributed to the reduced participation levels observed.

Emihle Bartmaan qualified to represent the Eastern Province Athletics at the 2025 Athletics South Africa Sub-Youth National Championships that took place at McArthur Stadium, Potchefstroom, North West, from 5–6 December 2025, hosting athletes from all nine provinces in a full track and field programme.



OBSERVATIONS & CHALLENGES

This section highlights the key observations and challenges experienced at the Waainek site during the month of December. The observations reflect both the progress made and the dynamics of daily sessions, while the challenges point to areas that may require attention or support to strengthen programme delivery and athlete development.

OBSERVATIONS



- Emotional support and coaching feedback resulted in improved athlete composure during Day 2 of 2025 Athletics South Africa Sub-Youth National Championships
- Primary athletes continue to demonstrate strong competitive potential, with the likelihood of performing better at national level once exposure becomes more frequent
- December reinforced the value of motivation, structured mental readiness, and post-race feedback as developmental pillars.

CHALLENGES



- Elevated competition anxiety impacted race execution and required deeper emotional readiness interventions



2025 ATHLETICS SOUTH AFRICA (ASA) SUB-YOUTH NATIONAL CHAMPIONSHIPS

Athletics South Africa (ASA) Sub-Youth National Championships

Event	Site	Name	Surname	Gender	Age	Position	Time
800m	Waainek	Emihle	Baartman	F	u13	33 out of 36	2.50.13
1500m	Waainek	Emihle	Baartman	F	u13	37 out of 40	05.50.14

During the Athletics South Africa National Sub-Youth Championships, Emihle Baartman's performance outcomes must be understood within the emotional context of race-day anxiety. Although she had shown steady progression in training, the heightened environment, national-level crowd presence, and procedural pressure contributed to elevated anxiety levels before both events. This directly impacted her race execution, pacing stability, and recovery management.



DECEMBER HIGHLIGHTS

December marked a significant milestone for the Waainek Site as selected Wonder Kids Programme beneficiary successfully qualified through Eastern Province Athletics to participate in the 2025 Athletics South Africa Sub-Youth National Championships. This national platform remains one of Athletics South Africa's key youth development and talent identification systems, offering emerging athletes exposure to structured, high-level competition environments.

The 2025 Athletics South Africa Sub-Youth National Championships took place at McArthur Stadium, Potchefstroom, North West, from 5–6 December 2025, hosting athletes from all nine provinces in a full track and field programme. For the Waainek beneficiary, participation served as a vital step in advancing competitive maturity, experiencing national protocol, and adapting to elevated performance expectations.

The experience gained in Potchefstroom reinforced the site's growing competitive profile and demonstrated the steady progress of the athlete transitioning from provincial stages to national exposure. 2025 Athletics South Africa Sub-Youth National Championships did not only test technical ability but strengthened resilience, confidence, and understanding of national athletics standards.

The 2025 ASA Sub-Youth National Championships highlighted significant progress for the Wonder Kids Programme, with the Waainek Wonder Kids Programme Site Coach Abongile James formally appointed by EPA as an official coach for the event. This appointment demonstrate growing confidence in the programme's leadership, coaching standards, and development structures

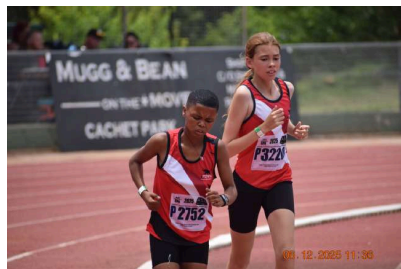
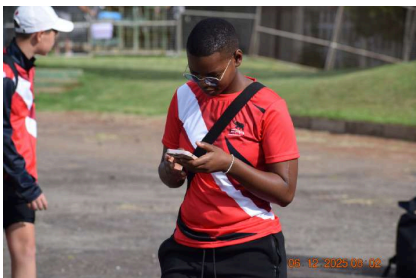
Overall, December offered a meaningful developmental leap for the Waainek athlete, showcasing readiness to grow within national structures while reinforcing the programme's mission—to develop disciplined, talented young athletes capable of thriving beyond local competition levels.



AREAS FOR IMPROVEMENT

- December provided the Waainek site with a meaningful balance of competitive exposure, logistical learning, and emotional development milestones. While administrative challenges tested operational systems, they also provided clarity on improvement needs for future coordination. Athlete participation at national level reaffirmed developmental potential, but also highlighted the critical need for ongoing psychological readiness, competitive stamina, and structured provincial–national communication alignment.
- With reinforced planning, improved documentation systems, and increased mental preparation strategies, Waainek enters the new year positioned for enhanced performance stability and readiness across training and competitive environments.
- Mental readiness programmes and emotional regulation coaching should be deepened for athletes who show stress symptoms before high-stakes events.
- A more competitive training atmosphere is recommended to gradually reduce performance drop-off between provincial and national levels.
- Continued motivation-building efforts remain essential, especially for primary athletes showing strong natural talent but low competitive confidence.

GALLERY





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