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January

MONTHLY REPORT



Waainek

**KHULASANDE SPORTS
DEVELOPMENT**



INTRODUCTION

In this Waainek Wonder Kids Programme monthly report we find compiled is the focus, training programme, positive and negative outcomes. Coaches Busisiwe Nesi, Zimkitha Ntozeni, Simamkele Kombisa and Abongile James oversee the programme, which showcases the players' dedication, growth, and preparedness for forthcoming competitions.

FOCUS

In January, the main goal was to get athletes ready for upcoming events while assisting younger and senior competitors with planned training sessions, academic supervision, and mentorship. Coaches emphasized building coordination and balance, encouraging teamwork, and fostering social skills through group exercises. Additionally, the month was devoted to reintegrating athletes after the holiday break and stabilizing attendance.

TRAINING PROGRAMME

Day	Focus	Warm-up (15–20 min)	Main Training (≈60 min)
Day 1	Speed & Agility	Jogging, dynamic stretches, mobility	Sprint Drills (30 min): 3 × 50m build-ups (60–80%), 3 × 30m sprints (90%), ladder drills Strength (30 min): Bodyweight squats, lunges, resistance bands
Day 2	Middle Distance Endurance	Jogging, dynamic stretches, mobility	Intervals (30 min): 3 × 400m (60–70%, 2 min rest), 3 × 200m (70–80%, 1 min rest) Hill Repeats (30 min): 3–4 × 200m (80–90%)
Day 3	Speed & Power	Jogging, dynamic stretches, mobility	Power Exercises (30 min): Jump squats, box jumps Sprints (30 min): 3 × 100m (90–95%), 1 × 200m (max effort)
Day 4	Endurance & Active Recovery	Jogging, dynamic stretches, mobility	Tempo Run (30 min): 800m–1km (70–80%) Active Recovery (30 min): Light jogging, stretching, foam rolling

POSITIVE OUTCOMES

Programme activities resumed successfully after the holiday period, with athletes actively participating in warm-ups and main training sessions. Positive improvements were particularly notable among junior athletes, whose performances are steadily improving.

The programme has also attracted new athletes, inspired by these performances. While younger participants show consistent progress, senior athletes continue to face challenges with regular involvement, which impacts training continuity and overall outcomes. The curriculum maintains a strong focus on academic supervision and mentorship, ensuring that athlete development extends beyond physical training.



NEGATIVE OUTCOMES

Attendance challenges were evident in January, largely due to the festive holiday break. While some junior athletes have not yet fully returned, senior/high school athletes showed reluctance and inconsistent participation in training sessions. These trends highlight the ongoing need to motivate athletes and strengthen communication to rebuild routine, commitment, and consistent engagement in the programme.

The site was unable to consistently document attendance registers during the reporting period due to the high administrative demands placed on coaches by school inter-house activities.



CONCLUSION

In conclusion, the Waainek Wonder Kids programme successfully resumed its training and mentoring activities during the reporting period, with junior athletes demonstrating positive performance and progress.

However, challenges related to inconsistent attendance, particularly among senior athletes, remained a significant concern. Moving forward, there is a clear need to strengthen athlete engagement strategies and improve administrative communication and updates to ensure sustained participation and overall programme effectiveness.





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