

NOVEMBER

MONTHLY REPORT 2025

**KHULASANDE SPORTS
DEVELOPMENT**



WAAINEK

INTRODUCTION

This report provides an overview of the weekly training sessions conducted for Khulasande Waainek Wonder Kids Programme for the month November 2025, The purpose of this report is to outline the key activities, performance trends, and developmental progress observed throughout the training period.

The sessions were designed to enhance core athletic abilities such as power, agility, endurance, sprinting, and speed-endurance and prepare athletes for the Eastern Province Athletics Sub-Youth Championships. Coaches also incorporated game simulations, assessments, and feedback to strengthen athlete confidence, improve technique, and track individual progress. Attendance remained strong throughout the month, and all sessions were carried out safely with proper warm-ups, hydration, and cool-downs. This report further summarises attendance, performance outcomes, challenges encountered, and future needs to support continued athlete development and programme improvement.



ATTENDANCE REGISTER

Waainek 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
Lethukuthula	Faxi	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Emihle	Baartman	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Amkele	Jonas	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Alulutho	Ncwadi	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Amthandile	Mekuto	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Sibabalwe	Fefani	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Lihle	Level	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Simphiwe	Vayo	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Sesikho	Vayo	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Lindokuhle	Tsewu	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Awonke	Ndamane	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Luphawu	Maqoko	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Laqhama	Memese	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Ambesiwe	Tshabalala	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Lihle	Level	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Sakhele	Lackay	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Lithamsanqa	Nesi	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Sinoxolo	Ndzwana	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Chulumanco	Mdiniso	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Linamandla	Skeyi	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Asisipho	Peter	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Amile	Gojela	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Acwengile	Nonyathi	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Libo	Mzizi	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Banele	Nojoko	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Lihle	Mabheka	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Liyaphumeza	Gagathela	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Likhona	Nogaya	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Khazimla	Hlulani	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Lathitha	Ntsunguzi	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Enzokuhle	Lalela	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Ibanathi	Lalela	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Luhlelunje	Nonyathi	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Aphumle	Menze	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Isiphile	Gojela	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Bukho	Gqotolo	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Lema	Gojela	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Agcobile	Ntoyanto	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Aqhama	Dyan	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Inganathi	Ngxwashula	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Onika	Lalela	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Ibanathi	Tsewu	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Okuhle	Gqotholo	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Simelela	Gojela	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Luphelele	Mgoqi	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Lunathi	Stwayi	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Linamandla	Skade	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Kuyakhanya	Mpuntshe	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Alizwa	Daweti	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓



OBSERVATIONS & CHALLENGES

This section highlights the key observations and challenges experienced at the Waainek site during the month of November. 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

- * During the month, athletes displayed steady improvement in physical performance, technical skills, and overall engagement. Reaction time, agility, sprint mechanics, pacing, and endurance all showed noticeable progress. Athletes also demonstrated a stronger understanding of teamwork, positioning, and training discipline. High participation levels and well-structured warm-up and cool-down routines supported consistent development. Coaches effectively used demonstration-first techniques and positive corrections, contributing to improved confidence and skill execution. Smaller training groups created an encouraging environment that enhanced focus, motivation, and individual attention. Overall, the month reflected meaningful growth in athlete commitment, concentration, technical ability, and physical readiness.

CHALLENGES

- * Technical difficulties—particularly with landing, directional changes, and maintaining proper pacing—were common among athletes. Fatigue, inadequate recovery, and hydration issues also contributed to fluctuating performance levels. Attendance varied during the month, with noticeable drops on certain days, especially during school holidays. Programme flow was further disrupted at times due to the training field being occupied by community activities, limiting full use of the space. Overall, these challenges highlight the need for continued focus on recovery practices, hydration habits, attendance reinforcement, and securing consistent training environments.



EPA TRACK & FIELD LEAGUE WESTBOURNE OVAL -08 NOVEMBER 2025

1. Emihle Baartman (Girl, U13)

Delivered excellent middle-distance performances.

800m – 1st place with 2:40.80.

1500m – 1st place with an impressive 05:27.80.

2. Banele Nojoko (Girl, U13)

Showed good effort in both her long-distance events.

800m – 4th place with 2:50.00.

1500m – 5th place with 06:53.20.

3. Asisipho Peter (Girl, U11)

Participated in the sprints category.

80m – Completed in 14.30.

4. Likhona Nogaya (Girl, U11)

Competed in both sprint events.

80m – Finished in 14.40.

100m – 10th place with 17.60.

5. Awonke Ndamane (Boy, U9)

Showed determination in the short sprints.

60m – Completed in 10.30.

80m – Finished in 15.40, placing 23rd.

6. Simphiwe Vayo (Boy, U9)

Displayed good sprinting ability.

60m – Completed in 10.40.

80m – Placed 18th with 14.40.

7. Lethukuthula Faxi (Boy, U9)

Competed in both 60m and 80m sprints.

60m – Completed in 11.90.

80m – Finished in 16.30, placing 26th.

8. Luphelele Mgoqi (Boy, U11)

Strong performance in middle-distance running.

1200m – Finished in 4:23.30.

600m – 2nd place with 2:07.00 (7 points).

9. Sakhele Lackay (Boy, U13)

Participated well in both sprint and middle-distance events.

200m – Completed in 31.80.

100m – Finished in 15.90, placing 16th.

10. Luphawu Maqoko (Boy, U13)

Delivered consistent efforts across sprint and middle-distance events.

200m – Completed in 32.50.

800m – 7th place with 2:39.90 (2 points).



EPA TRACK & FIELD LEAGUE WESTBOURNE OVAL - 08 NOVEMBER 2025

11. Amile Gojela (Boy, U13)

Showed commitment in both 200m and 800m.

200m – Finished in 33.80.

800m – Recorded 3:07.70, finishing 13th.

12. Amkele Jonas (Boy, U11)

Competed in the sprint category.

80m – Completed in 15.60.

13. Lindokuhle Tsewu (Boy, U11)

Delivered strong sprint performances.

80m – Finished in 13.00.

100m – 11th place with 15.90.

14. Amthandile Mekuto (Boy, U11)

Participated in both sprints.

80m – Completed in 13.60.

100m – Finished in 16.70, placing 15th.

15. Ayabonga Habana (Boy, U11)

Performed well in middle-distance and sprint events.

600m – 3rd place with 2:10.40 (6 points).

100m – Completed in 19.40.

16. Sibabalwe Fefani (Boy, U13)

Showed strong effort in the long-distance category.

1500m – Finished with a time of 05:35.60 (4 points).



EPA TRACK & FIELD CHAMPIONSHIP WESTBOURNE OVAL -15 NOVEMBER 2025

- 1. Emihle Baartman (Girl, 13 years)
 - Delivered a strong performance in both middle-distance events.
 - 1500m – Finished 2nd with a time of 05:28.60, earning a place in the Eastern Province Athletics.
 - 800m – Secured 4th place with a time of 2:55.41, earning a
- 2. Lumphawa Maqoko (Boy, 13 years)
 - Showed impressive improvement and competitiveness across both races.
 - 1500m – Placed 5th with a time of 05:22.90.
 - 800m – Placed 8th with a time of 02:48,64
- 3. Sibabalwe Fefani (Boy, 13 years)
 - Displayed consistency and determination in middle-distance events.
 - 1500m – Finished 6th with a time of 05:31.10.
 - 800m – Ran well to secure 4th place with a time of 2:35.68.



Staff Development:

On the 1st of November 2025, Khulasande Sports Development hosted the “Building Champions with Purpose” Strategic Planning Workshop, bringing together leaders, coaches, and staff from Grassridge, Waainek, and Chaba. The workshop reviewed the 2025 season, aligned goals for 2026, and focused on strengthening operations, programme quality, and shared accountability through five strategic pillars namely;

Pillar 1: *Administration & Compliance – Building Systems that Strengthen Impact*

Pillar 2: *Athlete Development & Support – From Potential to Performance.*

Pillar 3: *Coaching Excellence – Empowering Coaches to Develop Champions*

Pillar 4: *Monitoring, Evaluation & Learning (MEL) – Building a Data-Driven Culture*

Pillar 5: *Communication & Stakeholder Relations – Building Visibility, Trust, and Long-Term Support.*

It reinforced the organisation’s commitment to structured excellence, transparency, and the holistic development of young athletes.

Driving Licence:

Zanele Sefani the Administrative Support (Operations) Officer obtained her learners license on the 25th of November 2025 with support provided by Khulasande Sports Development.

Provincial Team Coach Selection:

Abongile James the coach in the Waainek Wonder Kids Programme is appointed by Eastern Province Athletics (EPA) as Coach for the 2025 Athletics South Africa (ASA) National Sub-Youth Championships in Potchefstroom (5–6 Dec 2025).



NOVEMBER HIGHLIGHTS

Selections for the 2025 Athletics South Africa National Sub-Youth Championships

During the month of November, the Waainek Wonder Kids Programme recorded an achievement through the selection of one athlete to represent Eastern Province Athletics at the 2025 Athletics South Africa (ASA) National Sub-Youth Championships, scheduled to take place in Potchefstroom from 5–6 December 2025.

The athlete that qualified:

- Emihle Baartman
- This accomplishment reflects the athletes' sustained dedication, discipline, and commitment to their training programmes. Their selection is a testament to the progress and impact of the development initiatives implemented across our hubs. This achievement stands as a key highlight for the month and demonstrates the programme's ongoing efforts to nurture and elevate young sporting talent within our communities.



AREAS FOR IMPROVEMENT

- Throughout the month, the programme required both technical and logistical support to strengthen athlete performance and maintain training consistency. Additional technical coaching was needed to improve landing mechanics, directional changes, and other skill-specific challenges. Structured recovery and injury-prevention strategies, along with consistent monitoring and feedback, remained essential in guiding athlete progress.
- Logistical needs included improved hydration supplies, better systems for attendance and feedback tracking, and increased parental involvement to reinforce athlete commitment. Creating an internal monthly event to showcase progress was identified as a valuable tool for sustaining athlete motivation.
- The month also highlighted the need for reliable access to a dedicated training field, reinforcement of warm-up routines through visual aids, and additional training equipment such as cones, markers, and stopwatches to support both endurance and sprint development. Transport assistance was also necessary to help athletes attend sessions consistently during school holidays.
- Overall, the month emphasised the importance of strengthened technical guidance, enhanced resource availability, and improved logistical systems to ensure programme continuity and athlete growth.

GALLERY





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