

OCTOBER

MONTHLY REPORT 2025

**KHULASANDE SPORTS
DEVELOPMENT**



WAAINEK

INTRODUCTION

The Waainek site successfully conducted a series of structured athletics training programmes throughout October 2025 under the Khulasande Sports Development initiative. The month's activities focused on developing fundamental athletic abilities, enhancing technical performance, and improving overall physical fitness among the Wonder Kids group. Each week presented a distinct training theme—ranging from movement skills and agility to endurance, competition readiness, and recovery.

Attendance remained strong across sessions, with consistent engagement and enthusiasm displayed by all participating athletes. The coaches maintained a balanced approach combining physical conditioning, skill refinement, and fun, game-based learning to sustain motivation and participation levels.



FOCUS

Week 1

- Develop speed, agility, and coordination.. Build endurance and teamwork through relay and group activities. Encourage positive sportsmanship and participation. Provide a balance between structured training and enjoyable, game-based learning.

Week 2

- The main focus of the week was on enhancing strength, power, speed, agility, endurance, and technical performance. Coaches emphasized progressive overload, proper form, and maintaining discipline and consistency, even during the school recess period.

Week 3

- The primary focus areas for the week included, building speed endurance for middle-distance events. Improving acceleration and deceleration for short sprints. Enhancing running efficiency and technique through agility and simulation drills.

Week 4

- The week emphasized three main development areas:
- Speed Development for improved sprint performance.
- Middle Distance Endurance to enhance stamina and pacing control.
- Competition Readiness, including mental preparation, strategy, and race simulation.
- Key performance aspects included:
- Explosive starts and acceleration for short-distance athletes.
- Consistent pacing and endurance for middle-distance runners.

Building confidence and focus under simulated competition conditions.



ATTENDANCE REGISTER

Waainek Attendance Register		October 2025 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	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓



PROGRAMME

Week 1: 29 September – 2 October 2025

Theme: Movement Skills, Agility & Teamwork

- Dynamic stretching, sprinting drills, and cone-based agility exercises.
- Relays and group games promoting teamwork and coordination.
- Mini athletic competitions and leadership activities for engagement.
- Attendance: High and consistent.

Week 2: 6 – 9 October 2025

Theme: Strength, Power & Endurance Development

- Focus on squats, lunges, bounding, and sprint intervals.
- Endurance sessions including 800m runs and hill sprints.
- Technical drills emphasizing proper form and pacing.

Week 3: 13 – 17 October 2025

Theme: Speed, Endurance & Agility Performance

- 42 athletes participated in varied sessions.
- Sprint intervals, box jumps, and hill repeats for strength and stamina.
- Simulation of race conditions to enhance performance under pressure.
- Wednesday recovery session adapted due to adverse weather.

Week 4: 20 – 24 October 2025

Theme: Competition Preparation & Simulation

- Short sprint and middle-distance training for race readiness.
- Focused drills on starts, pacing, and finishing strategies.
- Strength and agility work with resistance bands and shuttles.
- End-of-week competition simulations with reflection discussions.



POSITIVE OUTCOMES

This section highlights the key achievements and positive developments observed at the Waainek site during the month of October. The observations reflect the progress made by athletes, the growth in training consistency, and the overall improvement in performance and engagement throughout daily sessions. These outcomes demonstrate the continued strengthening of the programme and the positive impact on athlete development.

Week 1

- Athletes showed noticeable improvement in speed, coordination, and endurance.
- Participation and enthusiasm were high across all sessions.
- Teamwork and communication among athletes improved significantly.
- Coaches successfully encouraged discipline, enjoyment, and positive attitudes during sessions.

Week 2

- Consistent attendance and engagement at the beginning of the week.
- Improvement in athletes' form, power, and endurance capacity.
- Coaches observed good understanding and application of progressive overload principles.
- Emphasis on athlete safety, hydration, and communication about recovery.

Week 3

- Strong attendance and consistent participation throughout the week.
- Noticeable improvement in sprint starts, pacing strategies, and overall running form.
- Enhanced athlete engagement and motivation through simulation-based sessions.
- Effective collaboration between coaches and athletes, fostering discipline and teamwork.

Week 4

- Improved athlete engagement and motivation through competition simulation.
- Noticeable progress in speed, strength, and endurance levels.
- Athletes demonstrated better pacing awareness and discipline during sessions.

Enhanced team spirit and confidence among participants.



NEGATIVE OUTCOMES

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

Week 1

- Limited time for strength and flexibility exercises.
- Some sessions could benefit from slightly higher intensity for older or more advanced athletes.
- Need for additional equipment (e.g., cones, ladders) to accommodate larger groups.

Week 2

- Low attendance among senior athletes during school holidays.
- Shortage of water during training sessions affected hydration and comfort.
- Disruption in momentum due to holiday scheduling and lack of parental follow-through for senior participation.

Week 3

- Adverse weather (heavy rains) affected midweek training, reducing training quality on Wednesday.
- Limited access to alternative indoor facilities for recovery sessions.
- Some athletes showed signs of fatigue due to the intensified schedule, requiring closer monitoring.

Week 4

- Some athletes displayed fatigue due to high training intensity.
- Inconsistency in attendance among a few participants may have affected overall group rhythm.
- Weather conditions on certain days slightly limited outdoor activities.
- Need for more resistance bands and cones for large group drills.



THINGS IN NEED OF

During October, Waainek identified several areas where additional support could enhance training quality and athlete development at the Waainek site. As athletes continue to adapt to the programme, there is a need to gradually increase training intensity and duration, while introducing basic strength and flexibility exercises to build a stronger physical foundation. Maintaining an emphasis on teamwork and sportsmanship remains vital, and incorporating music or rhythm-based drills could help make warm-ups more engaging, especially for younger participants. Continued parental engagement is essential to improve attendance during school breaks, alongside ensuring a reliable water supply or hydration station for athletes. Adjusting training schedules during holidays may also help address attendance challenges, while reinforcing discipline, recovery routines, and nutrition awareness across sessions will support athlete well-being.

In addition, Waainek noted the need for improved training infrastructure, such as better drainage or a covered area to reduce the impact of poor weather. Access to recovery and physiotherapy support would help prevent overuse injuries during more demanding weeks. The introduction of performance tracking tools like timing gates or heart rate monitors could provide better insight into athlete progress. Nutritional guidance remains a priority to complement endurance and power training. Looking ahead, incorporating recovery and flexibility sessions, weekly competition simulations, and individual performance reviews will help maintain motivation and track development more effectively. Acquiring additional training equipment—such as resistance bands, markers, and timers—will further strengthen the delivery and consistency of sessions at the site.



RESULTS: EPA TRACK & FIELD CHAMPIONSHIP WESTBOURNE OVAL -25 OCTOBER 2025

Under-11 Category

- **Girls**
- **Likhona Nogaya** completed the 80m in 13.90s (15th) and 100m in 17.3s (12th).
- **Asisipho Peter** ran 14.10s (16th) in the 80m and 19.8s (14th) in the 100m.
- **Boys**
- **Amkele Jonas** performed well in sprints: 12.00s (6th) in the 80m and 15.8s (12th) in the 100m.
- **Ayabonga Habana** showed versatility, running 13.60s (14th) for 80m, 16.9s (14th) for 100m, and 2:08.90 (4th) for 600m, earning 5 points.
- **Laqhama Memese** clocked 15.30s (15th) in the 80m and 20.4s (15th) in the 100m.
- **Ayabona Mekuto** completed the 100m in 15.50s (10th) and the 600m in 2:16.40 (5th), scoring 4 points.
- **Luphelele Mgoqi** excelled in the 600m, finishing 2nd with a time of 2:04.50, earning 7 points.
- **Lindokuhle Tsewu** also performed well in the 600m, finishing 3rd with a time of 2:06.40.

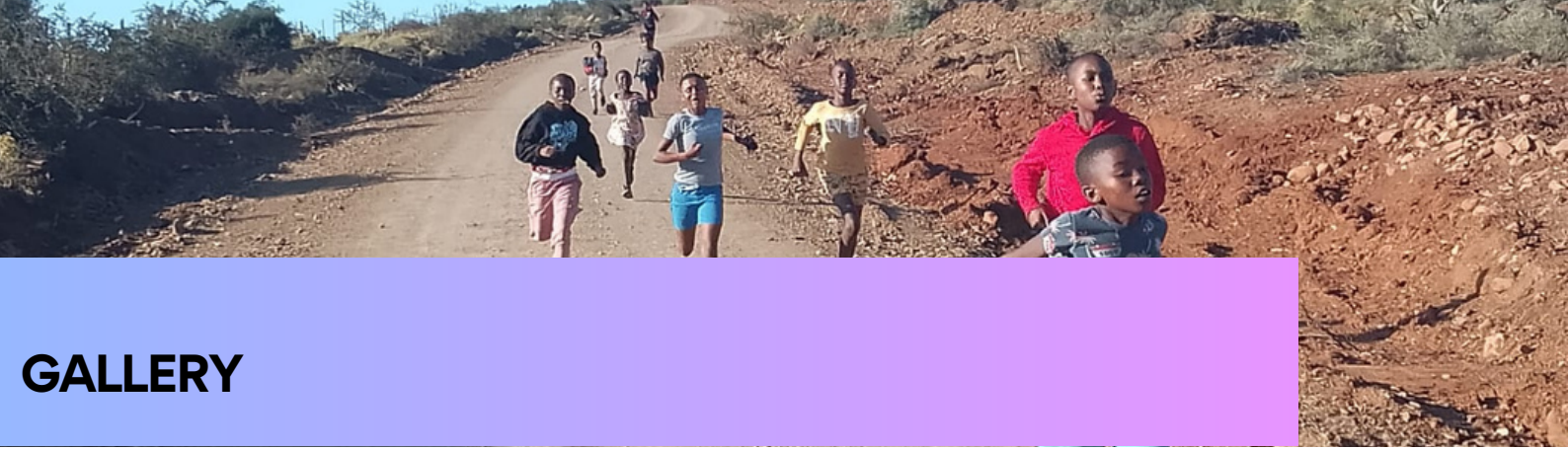
Under-13 Category

- **Girls**
- **Zenande Dawe** ran 33.80s (7th) in the 200m and 3:11.20 (6th) in the 800m, scoring 5 points total.
- **Banele Nojoko** completed the 200m in 34.60s (8th) and 3:08.00 (5th) in the 800m, earning 5 points total.
- **Emihle Baartman** was among the top performers, finishing 3rd in the 800m with 2:40.30 (6 points) and 2nd in the 1500m with 5:31.50 (7 points) — 13 points total.
- **Boys**
- **Bukhobenkosi Gqotholo** ran 31.90s (9th) in the 200m and 3:04.40 (13th) in the 800m.
- **Amile Gojela** finished 33.20s (12th) for 200m and 3:05.30 (14th) for 800m.
- **Sakhele Lackay** completed the 200m in 32.40s (10th) and achieved 2:48.90 (7th) in the 800m.
- **Sibabalwe Fefani** showed strength in middle distance, completing the 800m in 2:32.80 (3rd) and earning 6 points.
- **Luphawu Maqoko** ran 2:45.40 (6th) in the 800m and 5:52.60 (6th) in the 1500m, earning 6 points total.
- **Agcobile Ntoyanto** completed the 800m in 2:49.80 (8th) with 1 point.
- **Highlights**
- Best Overall Performer (Girls): **Emihle Baartman** – 13 points (2nd in 1500m, 3rd in 800m).
- Best Overall Performer (Boys): **Luphelele Mgoqi** – 2nd place in 600m (7 points).
- Strong Middle-Distance Results: Clear improvement noted in the 600m, 800m, and 1500m events.
- Promising Young Sprinter: **Amkele Jonas** performed well in both 80m and 100m races.



GALLERY







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