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February

MONTHLY REPORT

Chaba

**KHULASANDE SPORTS
DEVELOPMENT**

INTRODUCTION

February marked a full transition into the competition phase for the Chaba Wonderkids Programme. Training sessions were carefully structured to sharpen performance while managing fatigue and preventing burnout. The focus was no longer just on building fitness, but on preparing athletes to compete with confidence and discipline.

Much of February was dedicated to preparing athletes for the Sub-District Eliminations, EC High School Championships, and Border Championships.

Training was designed to strengthen speed, endurance, power, race awareness, and mental toughness so that athletes could perform at their best when it mattered most.

KEY FOCUS AREAS

Throughout the month, emphasis was placed on:

- Building mental toughness and improving race awareness
- Developing speed and acceleration
- Strengthening speed endurance and race pace control
- Strength training and conditioning
- Maintaining endurance fitness
- Final race sharpening and competition readiness

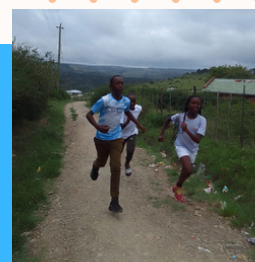
The balance between physical preparation and mental readiness remained central to every session.

TRAINING PROGRAMME

Training throughout February was structured to balance endurance, speed development, strength, and adequate recovery ahead of major competitions.

Endurance & Race Pace Sessions

Session Type	Details
Intervals	600m × 2 (5-min rest)
Intervals	4 × 200m (3-min rest)
Interval Set	1000m, 800m, 600m, 400m, 200m
Tempo Run	2.5km tempo
Easy Run	20-minute easy run
Intervals	4 × 400m (200m active recovery)
Intervals	10 × 400m (400m jog recovery)



Focus:

Building endurance while sharpening race pace in preparation for competition.

Speed & Acceleration Sessions

Session Type	Details
Sprint Repeats	6 × 200m/ 6 × 100m
Hill Sprints	90m × 12/ 80m × 10 (jog back recovery)
Short Sprints	60m × 10
Sprint Repeats	200m × 6/ 150m × 3
Sprint Sets	180m, 150m, 120m (2 sets)/ 60m × 4 (2 sets)

Focus:

Improve acceleration, sprint endurance, and overall race sharpness.

COMPETITION HIGHLIGHTS

SUB-DISTRICT ELIMINATIONS

Out of five athletes who competed, four successfully progressed to the EC High School Championships — a strong indicator of the programme's progress.

- **Indiphile Nzena** – 400m Girls U/14 – 2nd place
- **Axolile Mbaqa** – 1500m Boys U/17 – 3rd place
- **Yolani Kokwe** – 800m (2nd place) & 1500m (1st place) Boys U/17
- **Lihle Dyini** – 100m (1st place) & 200m (1st place) Girls U/19

In addition, all athletes in the speed and strength programme qualified for the Sub-District competition, reflecting consistent preparation and dedication. The team is now preparing for the EC High School Championships and Border Championships, with the long-term goal of qualifying for the SA Junior Championships and achieving success at national level.

POSITIVE OUTCOMES

February brought several encouraging outcomes:

- Four athletes qualified for the EC High School Championships
- Improved race awareness and mental strength in competition
- Increased consistency in training during the competition phase
- Strong performance improvements from committed athletes
- **Ahlumile Ngemntu** continues to improve and is developing into a strong medal contender
- **Obonayo Nonzinyana** and **Amahle James** are showing steady progress in school competitions
- Overall race execution and endurance levels have improved

NEGATIVE OUTCOMES

Despite the progress, the month presented several challenges:

- One athlete did not progress to the EC High School Championships
- Some athletes stopped attending training without prior notice
- Declining commitment from certain athletes due to school workload and divided sporting focus
- Injury setbacks, including incidents outside of training
- Weather disruptions affecting scheduled sessions
- Some athletes are training in worn-out running shoes, increasing injury risk
- A decrease in overall athlete numbers

These areas require continued attention to ensure stability and long-term progress.

AREAS FOR SUPPORT

- To maintain safe and effective training conditions, the following support is required:
- Field maintenance to ensure safe training surfaces
- Field marking equipment
- Replacement running shoes for athletes in need
- Payment of the affiliation fee to Border Athletics
- Transport support for the Track & Field Championships (28 February 2026)
- Additional training equipment
- Addressing these needs will significantly improve training quality and athlete safety.

CONCLUSION

Even while athletes have performed well and advanced steadily over the course of the month, the lack of funds is still a major worry.

Although there is a good chance of making it to the next round of competition, participation may be hindered by transportation issues.





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