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February

MONTHLY REPORT



Grassridge

**KHULASANDE SPORTS
DEVELOPMENT**



INTRODUCTION

February was a busy and rewarding month for the WonderKids Programme at Grassridge. The focus throughout the month was on consistent, structured training and preparing our athletes for key competitions, including the High School Zones in Kirkwood, the EPA Legacy League 5, and the CMC High School event in Gqeberha.

Overall, we saw steady improvement across the squad. Both sprinters and middle-distance athletes showed growth in speed, endurance, strength, and race execution. The progress was evident not only in training sessions but also in competition results.

KEY FOCUS AREAS

Throughout February, our training centred around:

- Improving sprint speed and explosive starts
- Helping middle-distance athletes manage race pace more effectively
- Building endurance and overall conditioning
- Strength and power development
- Tracking qualifying times
- Preparing athletes physically and mentally for competition

Particular attention was given to race pace control, technical refinement, and ensuring athletes were competition-ready.



Khulasande
wonder kids

TRAINING PROGRAMME

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



Week Leading to High School Zones – Kirkwood

Day	Session Details
Monday	5km run
Tuesday	8km easy run
Wednesday	6 × 500m intervals (2-minute rest between reps)
Thursday	5km easy run
Friday	Competition Day – High School Zones

Focus:

Building endurance while sharpening race pace in preparation for competition.

Mid-Month Training Block

Day	Session Details
Monday	4 × 1000m intervals
Tuesday	100m, 800m, 600m, 400m, 200m
Wednesday	8 × 400m
Thursday	Strength training session
Friday	Rest – Competition Preparation

Focus:

Developing speed endurance, increasing strength, and improving qualifying performances.

COMPETITION HIGHLIGHTS

HIGH SCHOOL ZONES – KIRKWOOD (06 FEBRUARY 2026)

The Zones event was a strong start to the month and set a positive tone for the competitions that followed.

Notable performances included:

- **Makinana Mbalentle** – 2nd place (100m & 200m)
- **Hotata Emihle** – 1st place (100m & 200m)
- **Zintle Mninzi** (U/17) – 2nd place (800m & 1500m)
- **Jack Siviwe** – 1500m (02:45:00) – commendable performance
- **Achuma Koba** (U/18) – 1st place (400m)

The team showed confidence, focus, and determination throughout the event.

EPA LEGACY LEAGUE 5 TRACK & FIELD – 14 FEBRUARY 2026

Outstanding Results:

- **Aphelele September** (U25) – 1st in 800m (2:04.20) | 2nd in 1500m – 4:18.80
- **Amyolise Kona** (U16) – 2nd in 1500m (5:54.30)
- **Ayabonga Sleep** (U16) – 2nd in 1500m (5:42.30)
- **Aqhamile Mdayi** (U20) – 3rd in 800m (2:44.80)
- **Lusapho Lamani** (U25) – 3rd in 800m (2:40.90)

Other performances also came from:

- **Mbalentle Makana** (U16) – 4th in 200m
- **Emihle Hotata** (U20) – 4th in 200m
- **Bonginkosi Ntose** (U20) – 4th in 400m
- **Sakhemihle Gwegwe** (U16) – 6th in 800m
- **Achuma Koba** (U18) – 5th in 800m
- **Luniko Ngamlana** (U16) – 3rd in 800m
- **Mikhulu Kona** (U16) – 4th in 800m
- **Lusanele Ceke** (U16) – 8th in 800m
- **Mninzi Zintle** (U18) – 6th in 1500m
- **Amahle Tose** (U18) – 8th in 800m
- **Khanyisa Makinana** (U16) – 4th in 1500m
- **Siviwe Jack** (U18) – 2nd in 1500m
- **Khazimla Tom** (U16) – 8th in 100m
- **Simankele Sakatha** (U25) – 14th in 100m

COMPETITION HIGHLIGHTS

CMC DISTRICT HIGH SCHOOL COMPETITION— GQEBERHA (OVAL ATHLETIC TRACK)

A few beneficiaries of the programme competed at the CMC High School event in Gqeberha, where our athletes proudly represented Sunday's River Valley High Schools.

Outstanding Results:

Jack Siviwe

- 1500m – 1st Place (Gold)
- 800m – 2nd Place (Silver)
- 400m – 2nd Place (Silver)
- Selected for Provincial representation according to Neziswa Nontiyana

Jack Zimkhitha

- 800m – 2nd Place (Silver)

Kona Amyolise

- 800m – 2nd Place (Silver)
- 400m – 2nd Place (Silver)

Hotata Emihle

- 200m – 3rd Place

Provincial selection is a major achievement and a proud moment for the entire programme. These results reflect the athletes' dedication and the consistency of their training efforts.

POSITIVE OUTCOMES

- Strong performances across multiple competitions
- Several podium finishes (Gold, Silver, Bronze)
- Provincial selection achieved
- Noticeable improvements in speed, endurance, and race strategy
- **Mdayi Aqhamile** returned to training, boosting team morale
- Continued commitment and guidance from coaches, especially **Coach Aphelele**

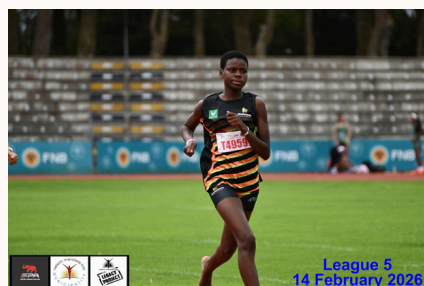
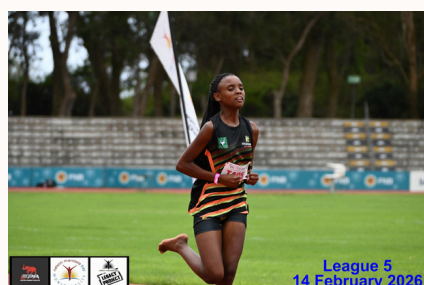
September

AREAS OF CONCERN

While February brought many successes, there are important matters that require attention:

- Inconsistent attendance from some athletes during certain weeks
- Some athletes have stopped attending school-based training and are training daily at Valencia
- Decreased attendance from Ayakha
- Safety concerns during a training session conducted in heavy rain and thunderstorms
- Athletes expressed discomfort regarding safety during extreme weather
- Training continued late despite severe weather conditions
- Athletes returned home without coach supervision

Athlete safety and consistent supervision must remain a priority. These concerns need urgent review to ensure a safe and supportive training environment moving forward.



CONCLUSION

February 2026 has been a productive and encouraging month for the WonderKids Programme at Grassridge. The athletes demonstrated resilience, discipline, and competitive excellence across all major events.

Success at the Zones, Track & Field, and CMC competitions highlights the effectiveness of our structured training approach and the dedication of both athletes and coaches.

While improvements are needed in attendance management and safety supervision, the overall direction of the programme remains positive. With continued teamwork, accountability, and commitment, we are well-positioned for even greater achievements in the months ahead.

A sincere thank you to all coaches for their time and dedication, with special appreciation to Coach Aphelele September for his ongoing support and leadership in developing our athletes.



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