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Waainek

MONTHLY REPORT

Waainek

**KHULASANDE SPORTS
DEVELOPMENT**

INTRODUCTION

February was a constructive and energetic month for the Waainek Wonderkids Programme. The month focused on refining and restructuring training sessions to better support younger participants while maintaining performance standards across all age groups.

The programme continues to provide a safe and encouraging environment where athletes build speed, agility, endurance, confidence, and competition awareness. Increased participation from junior athletes reflects the growing impact of the programme within the community.

FOCUS

Throughout February, training centred on:

- Building confidence among junior sprinters
- Improving sprint mechanics and reaction speed
- Enhancing race awareness and competition strategies
- Developing endurance and pace management for middle-distance runners
- Encouraging teamwork and personal growth
- Promoting consistent attendance and commitment

During the month, it became evident that some sprinters were not performing at their expected level, largely due to gaps in technical development. To address this, sessions were adjusted to focus more on sprint mechanics and reaction time — particularly reaction to the starter gun.

A practical reaction drill was introduced where athletes stood still while a loud clap was made behind them. Without turning around, they had to respond immediately by clapping back. This helped improve responsiveness to sudden sound cues and sharpened reaction time.

TRAINING PROGRAMME

Athletes were divided into two groups:

- Sprinters
- Middle-distance runners

Training was structured to balance skill development, endurance, speed, and engagement — especially for younger athletes.

Week 1 Training Block

Day	Session Details
Day 1	Warm-up: Leg jumps and step drills/ 80m runs (20m steady – 40m sprint – 20m steady)
Day 2	3 × 60m/ 2 × 80m/ 1 × 100m sprints
Day 3	Warm-up: High skips, toe touches, lunges/ 10-minute continuous jog (no walking)
Day 4	6 × 150m (50m steady – 50m sprint – 50m steady)/ No walking between reps

Focus:

Controlled speed development, endurance, and mental discipline.

Week 2 & Week 3 Training Block

Day	Session Details
Day 1	Warm-up: 10-minute jog & stretch Short distance: 100m–200m drills Long distance: 1–2km walk/run intervals
Day 2	Warm-up: Dynamic stretching Short distance: Sprint drills & relays Long distance: 1.5–3km intervals
Day 3	Warm-up: Jog & mobility Short distance: Hill sprints Long distance: 2–4km pace run
Day 4	Warm-up: Light jog & stretch Short distance: 100m–200m time trials Long distance: 2–4km fun run & cool-down

Focus:

Conditioning, skill development, stamina, and athlete engagement.



COMPETITION HIGHLIGHTS

SARAH BAARTMAN DISTRICT CHAMPIONSHIPS - 17 FEBRUARY 2026

Two athletes from the Waainek Wonderkids programme proudly represented the programme at the Sarah Baartman District Championships and delivered commendable performances.

- Emihle Baartman – 2nd place in 800m
- Ntsunguzi Lathitha – 1st place in 800m & 2nd place in 1500m

According to Abongile James both athletes have now been selected to represent the Sarah Baartman District Championships in East London (dates and venue to be confirmed) — a strong achievement that reflects their dedication, progress, and consistent performance throughout the season.

POSITIVE OUTCOMES

- Improved confidence among junior sprinters more especially Emihle Baartman
- Noticeable progress in endurance and pace control among middle-distance athletes
- Greater understanding of the importance of maximum effort in training and competition
- Strong and consistent attendance from younger athletes
- Increased popularity of the programme within the community
- Ongoing support from local schools, encouraging a balance between sport and academics

AREAS OF CONCERN

While the junior division continues to grow, some challenges remain:

- Poor attendance from certain senior athletes
- Peer pressure and social influences affecting older athletes
- Loss of interest among some senior participants
- Reduced fitness levels due to irregular attendance
- Training did not take place in week 4 due to weather conditions and the field was under construction

These concerns require continued mentorship and monitoring to maintain overall programme stability.

To ensure safe, effective, and sustainable training, the following resources are required:

- Reliable water supply
- Whistles
- Stopwatch

These essential tools will improve session organisation, safety, and performance monitoring.



CONCLUSION

February has been a productive and encouraging month for the Waainek Wonderkids Programme. The restructuring of training sessions has significantly benefited younger athletes, who have shown enthusiasm, improved confidence, and consistent commitment.

Although senior athlete participation requires attention, the overall growth and energy within the junior group demonstrate that the programme is moving in a positive direction.

With continued support, improved resources, and sustained commitment, Waainek Wonderkids programme is well positioned to strengthen youth development, community engagement, and future competitive success.



Email

operations@khulasande.org.za
thobela@khulasande.org.za



Phone

+27 67 495 3162
+27 333 2728



Address

20 Wychwood Ave, Mill
Park, Gqeberha, 6001