Khulasande
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MONTHLY REPORT



Waainek

KHULASANDE SPORTS DEVELOPMENT

Khulasande sports development · GYD Grassroots Youth Development · South African National Parks · Unite Against Poaching · SRCC · aQuellé · Compendium Insurance Brokers

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INTRODUCTION

The reporting period focused on maintaining the physical fitness and development of athletes through track and field training. The sessions incorporated endurance running, speed development, running mechanics, strength and conditioning, and race integration to support the athletes' overall physical and mental well-being.

However, Khulasande Sports Development is currently experiencing a funding shortfall, resulting in programme activities being placed on hold or operating at a significantly reduced level. Without sufficient financial resources, athletes are unable to attend competitions due to the costs associated with participation and transportation. Despite these limitations, some athletes have continued training to maintain their fitness and build on the progress they have made.

FOCUS

The training sessions concentrated on maintaining and improving the athletes' physical conditioning through the following areas:

- Endurance development: Easy runs, long-distance running, and extended tempo sessions to maintain stamina and cardiovascular fitness.
- Speed and running mechanics: Controlled speed work and technical drills to improve running form, coordination, and efficiency.
- Strength and conditioning: Exercises targeting muscular strength, balance, stability, and core power.
- Race integration: Structured running activities designed to maintain the athletes' conditioning and familiarity with different training demands.

TRAINING PROGRAMME

Training Category	Activities and Exercises	Duration / Intensity	Purpose / Benefits
Endurance Training	Easy run	30 minutes	Improves cardiovascular fitness and endurance.
Endurance Training	Distance run	60 minutes	Develops stamina and endurance over longer distances.
Tempo Training	Extended tempo run – 2 × 800 metres	70% effort	Improves aerobic endurance and the ability to maintain a steady pace.
Speed Training	4 × 80-metre repetitions	80% intensity	Develops running speed, acceleration, and running efficiency.
Warm-Up and Recovery	Slow jogging and dynamic stretching	During training sessions	Prepares the body for exercise, improves flexibility, and supports recovery.
Technical Training	Running-form drills	During training sessions	Improves running technique, coordination, and movement efficiency.
Strength Training	Squats and lunges	During strength-training sessions	Strengthens the lower body and improves balance and stability.
Core Training	Planks	During strength-training sessions	Develops core strength, stability, and body control.
Training Adaptation and Hydration	Training intensity was adjusted due to the water shortage in Alicedale, where the lack of a reliable water supply lasted for two weeks.	Intensity adjusted according to conditions	Addressed hydration-related challenges and helped prioritise athletes' well-being during training.

POSITIVE OUTCOMES

- Despite the financial and operational challenges, the athletes who continued attending training demonstrated commitment to maintaining their fitness and physical development.
- The training activities provided opportunities to sustain endurance, improve running mechanics, develop muscular strength, and reinforce mental resilience.
- Continued participation also enabled athletes to maintain some consistency in their routines despite the uncertainty surrounding the programme's future.





NEGATIVE OUTCOMES

The programme experienced several challenges during the reporting period:

- Lack of Funding: Khulasande Sports Development currently has insufficient funding to sustain its programmes at the required level. This has significantly limited programme activities and prevented athletes from attending competitions. As a result, their participation is restricted primarily to training where circumstances permit.
- Inconsistent Attendance: Attendance was below 100%, affecting the continuity of training and limiting the extent to which all athletes could benefit from the programme.
- Water Shortage in Alicedale: The ongoing lack of a reliable water supply created difficulties in ensuring that athletes had sufficient drinking water during training.
- Reduced Training Intensity: Training had to be conducted at a moderate pace because of the water shortage. The financial constraints have also limited the programme's ability to provide the resources and support necessary for consistent training and participation in athletics activities.

IN NEED OF:

The following resources remain important for supporting the athletes who continue training:

6.1. Clean Drinking Water
A reliable supply of clean drinking water is urgently needed to protect athletes' health, maintain adequate hydration, and support safe participation in physical activities.

6.2. Smart Watches
Smart watches would assist coaches in monitoring running times, distances, pace, and training intensity. These devices would also support the tracking of athletes' progress and help coaches make informed decisions when planning training sessions.

6.3. Financial Support
Funding is essential for the resumption and sustainability of Khulasande Sports Development's activities. Financial assistance would help restore regular programme operations and enable athletes to access training resources, transportation, and competition opportunities when the programme resumes.

CONCLUSION

The monthly training programme provided opportunities for athletes to maintain their physical conditioning and continue developing their endurance, strength, speed, and running techniques. However, these efforts have taken place under difficult circumstances, particularly due to the organisation's current financial constraints and the ongoing water shortage in Alicedale.

Khulasande Sports Development's activities are currently on pause or significantly reduced because of insufficient funding. Consequently, athletes cannot participate in competitions, as the organisation is unable to meet the associated costs. Although some athletes continue training where possible, these efforts are not a substitute for a fully operational programme with adequate resources and structured development opportunities.

The immediate priorities are to secure funding, restore access to essential resources such as clean drinking water, and establish the conditions necessary for programme activities to resume sustainably. Until funding becomes available, the athletes' ability to progress will remain limited, despite their willingness to continue training.

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