

# 2019 Dundee Clinic Programme for the Day:

08h00-08h40 Registration (Tea & Coffee after being registered )

08h40 Make your way onto the stands  
08h45- 09h00 Welcome & Introduction of Presentation Coaches

## Session 1:

09h00-10h10 Technical Officials Training – **Patrick Hlongwane**  
Coaches & Athletes Break-up into Voluntary equal size Groups  
(1) Hurdles with **Riaan Vosloo** (double session)  
(1) High Jump with **Denise Labuschagne** (double session)  
(1) Sprints with **Steve Palframan** (double session)  
(1) Shot Put with **Pieter Meyer**.  
(1) Middle & Long Distance with **Bernie van Blerk**

## Session 2:

10h15-11h25 Technical Officials Training – (Continued)  
Hurdles will continue as a double session  
High Jump will continue as a double session  
Sprints will continue as a double session  
Other Coaches & Athletes to swap groups (If you want to stay with the same group you can, but it would be advisable to get the just of as much info as possible)  
(2) Discus with **Pieter Meyer**

11h30-12h00 Lunch Break -Small meals will be on sale at the Tuck Shop as well as Cold drinks and Tea & Coffee

## Session 3:

12h00 to 13h10 Technical Officials Training – **Patrick Hlongwane** (Continued)  
Coaches & Athletes to swap groups (If you want to stay with the same group you can, but it would be advisable to get the just of as much info as possible)  
(3) Hurdles with **Riaan Vosloo** (new double session)  
(3) High Jump with **Denise Labuschagne** (new double session)  
(3) Sprints with **Steve Palframan** (new double session)  
(3) Javelin & Turbo with **Pieter & Jan-Frederick van Zyl**  
(3) Middle & Long Distance with **Bernie van Blerk**  
(3) Long & Triple Jump with **Clyde Kinloch**

## Session 4:

13h15 - 14h25 Technical Officials Practical if required – **Patrick Hlongwane**  
Hurdles will continue as a 2<sup>nd</sup> double session  
High Jump will continue as a 2<sup>nd</sup> double session  
Sprints will continue as a 2<sup>nd</sup> double session  
Other Coaches & Athletes to swap groups (If you want to stay with the same group you can, but it would be advisable to get the just of as much info as possible)

14h30 One on One Question & Answer time with all Coaches

Please note this is a **CLINIC** and not a **Course**,

Participation and attendance Certificates will be available at the end of the Clinic from the registration table.

**Teachers & Educators CPTD Points eligible, Please bring your Cards to be signed and Stamped**

# **Events and Facilitators, Sessions Offered:-**

**Host :** **Rudi Haschke** – Principal, Dundee High School  
**Shameel Ayob** – Sports Officer, Dundee High School

**Clinic Facilitator:** **Clyde Kinloch** – Administrator & Head Coach of CKS AC

**Technical Officials Facilitator** - **All 4 sessions**  
Presented by **Patrick Hlongwane** (IAAF Level 3 Referee & ASA TO Chairman)

**Sprints:** - **2 Double Sessions (Sessions 1 & 2 and 3 & 4)**  
Presented by **Steve Palframan** (ASA Registered Coach)

**Middle Distance:** - **2 Sessions (Sessions 1 & 3)**  
Presented by **Bernie van Blerk** (ASA Registered Coach)

**Long & Triple Jump:** - **1 Sessions (Sessions 2)**  
Presented by **Clyde Kinloch** (ASA Level 3 Referee & ASA Level 3 National Coach)

**High Jump:** - **2 Double Sessions (Sessions 1 & 2 and 3 & 4)**  
Presented by **Denise Labuschagne** (ASA Registered Coach & Technical Official)

**Hurdles:** - **2 Double Session2(Sessions 1 & 2 and 3 & 4)**  
Presented by **Riaan Vosloo** (ASA Registered Coach & Masters Athlete)

**Discus:** - **1 Session (Session 2)**  
Presented by **Pieter Meyer** (ASA Registered Coach & Technical Official)

**Shot Put:** - **1 Session (Session 1)**  
Presented by **Pieter Meyer** (ASA Registered Coach & Technical Official)

**Javelin & Turbo Jav:** - **1 Session (Session 3)**  
Presented by **Pieter and Jan-Frederick van Zyl** (ASA Registered Coach)

**Registration & Certificates :** **Denise Labuschagne & Clyde Kinloch**