



PRESS RELEASE

2010 ATHLETICS SEASON START WITH ATHLETICS WORKSHOPS WEDNESDAY 13 JANUARY 2010

Several athletics workshops will take place in the Boland in preparation for the 2010 athletics season.

1. A Technical Officials Course (ASA Level 1) will take place at Swartland High School, Malmesbury on Friday/ Saturday, 15 & 16 January 2010. For more information, please contact B. Du Plessis at (Cell) 076 18 77 260, (F) 0866193008 or brandonathletics@yahoo.com.
2. A Coaching workshop will take place on the premises of Bredasdorp High School on Saturday 16 January 2010. Some of the best Coaches in South Africa will be available to give guidance and assistance to youth and junior athletes in the Boland, as well as their coaches/parents. For more details of the Coaching workshop in Bredasdorp, you can contact Alerina Augustyn 028 4241210 / 0824269017 or brdh@telkomsa.net
3. A Coaching workshop will take place on the premises of Swartland High School on Saturday 16 January 2010. Some of the best Coaches in South Africa will be available to give guidance and assistance to youth and junior athletes in the Boland, as well as their coaches/parents. For more details of the Coaching workshop in Malmesbury, you can contact Freek Stander 022 482 1469 / 084 511 9230 or brian@swartlandhs.org.za
4. A Technical Officials Symposium will be held at the Dal Josaphat Stadium on Saturday 23 January 2010 to discuss the latest IAAF Rule Changes and prepare technically for the 2010 athletics season. During the Technical Officials Symposium, Technical Officials will also be able to register as Boland Athletics Technical Officials. In accordance with ASA and IAAF Rules, only registered Technical Officials can be used at national and international events. For more information, please contact Boland Athletics at (T) 021 868 0007, (F) 021 868 0009 or bolandathletics@sun.ac.za.
5. The Athletics Omnibus is available at the Boland Athletics Office and consists of more than 300 pages and almost 400 illustrations and tables to assist the athlete, coach and parent to master the various techniques in all events in athletics.

The Athletics Omnibus also give guidance on how to prepare programmes, when to train, when to rest and when to deliver a peak performance.

The Athletics Omnibus also give basic information on how to do strength training without weights, give valuable tips on nutrition and supplement intake, psychological preparation and many more.

The prize for the Athletics Omnibus is R60.00 at the Boland Athletics Office and at the projects listed above.

6. The latest 2010 IAAF Competition Rules are available at the Boland Athletics Office.

A total of 81 IAAF Competition Rule Changes was approved by the IAAF in 2009 and are to be implemented in 2010.

Among the 81 IAAF Competition Rule Changes are the much debated 2010 IAAF Rule 162 which specify that any athlete responsible for a false start shall be disqualified without prior warning.

The prize for the IAAF Competition Rule Book is R40.00 at the Boland Athletics Office and at the projects listed above.



ATHLETICS OMNIBUS
www.bolandathletics.co.za

