

ATHLETICS – 2022 Term 4

1. IMPORTANT DATES

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|---------------------------|---|--------------------------------------|
| 1. 11 October 2022 (Tue) | - | Practice |
| 2. 13 October 2022 (Thur) | - | Practice |
| 3. 17 October 2022 (Mon) | - | Practice |
| 4. 18 October 2022 (Tue) | - | Practice |
| 5. 20 October 2022 (Thur) | - | Prestige 4 @ Laerskool Magalieskruin |
| 6. 24 October 2022 (Mon) | - | Practice |
| 7. 25 October 2022 (Tue) | - | Practice |
| 8. 27 October 2022 (Thur) | - | Prestige 4 @ Midstream College |

Dates may change!

2. ATHLETICS POLICY FOR MIDSTREAM COLLEGE

- **Athletes are to attend at least one school athletics practice per week to be eligible for the school's athletics team.**
- Athletes who fail to attend a school athletics practice will unfortunately not be eligible to participate in the upcoming athletics meeting.
- Athletes who withdraw from athletics events on the day of the meeting will not be eligible for that specific event at the following athletics meeting.
- It is each athlete's own responsibility to ensure that they communicate with their various coaches throughout the season.
- **Performances at P4 and P8 events carry more weight towards team selection than the performances at the Inter-house meeting.**

3. COACHES OF VARIOUS ATHLETICS EVENTS

Sprints Juniors	:	Saarmari van der Vyver (Head) Charlene Fick Rachel Fay Gontse Ditshego Megan de Beer
Sprints Seniors	:	Janine Brummer (Head) Valmé Strydom
Hurdles	:	Conrad Steyn (Head)
Long Distance	:	Gerhard Sauer (Head) Dirk Smith
Shot Put	:	Ronald Brameld (Head: Girls) Marinus Du Plessis (Head: Boys)
Long Jump	:	Estian Esterhuizen (Head) Burnice Langenhoven Adél Dreyer
High Jump	:	Elmarie van Zyl (Head) Lelanie Groenewald
Discus	:	Mark Bailey (Head)
Javelin	:	Hannes Lessing (Head)
Relay Juniors	:	Charlene Fick, Gontse Ditshego, Rachel Fay, Megan de Beer
Relay Seniors	:	Gerhard Sauer, Mark Bailey, Valmé Strydom, Janine Brummer

4. PRACTICE TIMES

Day	Age	13:15 to 14:00	14:00 to 15:00	14:30 to 15:30	15:00 to 16:00
Mondays & Tuesdays	U7 & U8	Sprints			
	U9 – U13		Hurdles High Jump Discus Javelin	Long Jump Long Distance	Sprints Shot Put

5. CLUB ATHLETICS

Athletes who are interested in joining club athletics have the option of joining Midstream College's athletics club. The club practises throughout the whole year, with dedicated coaches assigned to specific events. If you would like to join the athletics club, please register on midstreamclub.co.za

6. COMMUNICATION

Communication will be sent out via the WhatsApp groups. Please click on the link in the newsletter to gain access to the Athletics WhatsApp group. All letters, team lists as well as programmes for the week will be posted on the groups.

If there are any questions or queries, please send e-mails to MCP-Athletics@midstreamcollege.co.za

7. AGE GROUPS

In term 4, athletes participate in the age groups that they will be representing in 2023. This means that the Grade 3 learners will participate as under 10 athletes and therefore can participate in certain field events for the first time.

H.J. SWIEGELAAR
ADJUNKHOOF: BUIITE-KURRIKULÊR
DEPUTY HEAD: EXTRA CURRICULAR

J. VAN ASWEGEN
ATLETIEKORGANISEERDER
ATHLETICS ORGANISER