

ATHLETICS – 2023 Term 4

1. IMPORTANT DATES

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|---------------------------|---|--------------------------------|
| 1. 10 October 2023 (Tue) | - | Practice |
| 2. 12 October 2023 (Thur) | - | Practice |
| 3. 16 October 2023 (Mon) | - | Practice |
| 4. 17 October 2023 (Tue) | - | Practice |
| 5. 19 October 2023 (Thur) | - | Prestige 4 @ Midstream College |
| 6. 23 October 2023 (Mon) | - | Practice |
| 7. 24 October 2023 (Tue) | - | Practice |
| 8. 26 October 2023 (Thur) | - | Prestige 4 @ Lynnwood |

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 pull out of athletics events 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 make sure that they communicate with their various coaches throughout the season.
- **The 2023 Cluster team and Midstream Athletics Club athletes will be predominantly used in selection for this term's athletics teams.**

3. COACHES OF VARIOUS ATHLETICS EVENTS

Sprints Juniors	:	Saarmari van der Vyver (Head) Rachel Fay Gontse Ditshego Anike van Rijswijk
Sprints Seniors	:	Janine Brummer (Head)
Hurdles	:	Conrad Steyn (Head)
Long distance	:	Gerhard Sauer (Head) Alma Fourie
Shot Put	:	Ronald Brameld (Head Girls) Marthinus Muller (Head Boys)
Long Jump	:	Estian Esterhuizen (Head) Adél Dreyer Sunel Swart
High Jump	:	Lelanie Groenewald (Head Girls) Burnice Langenhoven Francois Nel (Head Boys) Rico Ferreira
Discus	:	Marinus du Plessis (Head)
Javelin	:	Hannes Lessing (Head)
Relay Juniors	:	Saarmari van der Vyver, Gontse Ditshego, Rachel Fay
Relay Seniors	:	Gerhard Sauer, Janine Brummer

4. PRACTICE TIMES

<u>U7 – U8</u>	<u>Sprints</u>	<u>13:15 – 14:00</u>
<u>U/9</u>	<u>Sprints</u>	<u>14:00 – 14:30</u>
	<u>Middle Distance</u>	<u>14:30 – 15:30</u>
<u>U/10 – U/13</u>	<u>Hurdles</u> <u>High Jump</u> <u>Discus</u> <u>Javelin</u>	<u>14:00 – 15:00</u>
	<u>Long Jump</u> <u>Middle Distance</u>	<u>14:30 – 15:30</u>
	<u>Sprints</u> <u>Shot Put</u>	<u>15:00 – 16:00</u>

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 items. 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 that will be sent out in the newsletter and you will gain access to the Athletics Whatsapp group. All letters, team lists as well as programs for the week will be posted on the groups.

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

7. AGE GROUPS

Athletes participate in term 4 in the age groups that they will be representing in 2024. This means that the Grade 3 learners will participate as under 10 athletes and therefore can do certain field events for the first time.

HJ SWIEGELAAR
ADJUNKHOOF: BUIITE-KURRIKULêR
DEPUTY HEAD: EXTRA CURRICULAR

J VAN ASWEGEN
ATLETIEKORGANISEERDER
ATHLETICS ORGANISER