



PAUL ROOS  
GIMNASIUM – GYMNASIUM

# ATHLETICS SCHEDULE

## 9-13 October 2023

Sessions are open, please send the coach a message if you have any questions.

Please wear either your PRG athletics clothing, your PRG PT Clothes or your PRG track suit when training.

#LookGoodFeelGood

Item:	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Conditioning in the Gym</b>		16:15 -17:00 PRG Gym Coach Cobus Grobler		16:15 -17:00 PRG Gym Coach Francois Nel	
High-jump <i>Hoogspring</i>		15:00 -16:00 Coetzenburg Coach Bennie Schlechter 0744396575	15:00 -16:00 Coetzenburg Coach Bennie Schlechter 0744396575		
Middle- and long distance <i>Middel- en langafstande</i>	17:00 TBC by the Coach Coach Jacques van Rensburg 0732105514			17:00 TBC by the Coach Coach Jacques van Rensburg 0732105514	
Sprinting <i>Naellope</i>		16:30 Coetzenburg track Coach Johan Germishuis 0823187053	16:30 Coetzenburg track Coach Johan Germishuis 0823187053	16:30 Coetzenburg track Coach Johan Germishuis 0823187053	
Hurdles <i>Hekkies</i>		15:00 -16:30 Coetzenburg track Coach Hennie Botha 0828722036	15:00 -16:30 Coetzenburg track Coach Hennie Botha 0828722036	15:30 -16:30 Coetzenburg track Coach Hennie Botha 0828722036	
Long & Triple Jump <i>Verspring &amp; Driesprong</i>		14:45 -15:45 Coetzenburg (pits inside stadium) Coach Francois Nel 0670389970		14:45 -15:45 Coetzenburg (pits inside stadium) Coach Francois Nel 0670389970	

Item:	Monday	Tuesday	Wednesday	Thursday	Friday
Pole-vault <i>Paalspring</i>		16:00-18:00 Coach JP van As Stellenbosch High School 0827624016	16:00-18:00 Coach JP van As Stellenbosch High School 0827624016	16:00-18:00 Coach JP van As Stellenbosch High School 0827624016	
Shotput <i>Gewigstoot</i>			15:00-16:00 Coetzenburg Back Fields Coach Kerwin Noemdo 0824892320		
Discus <i>Diskus</i>			16:00-17:00 Coetzenburg Back Fields Coach Kerwin Noemdo 0824892320		
Javelin <i>Spiesgooi</i>		15:30-16:30 Coetzenburg Stadium (Inside) Coach Daniel Damon 0844895868		15:30-16:30 Coetzenburg Stadium (Inside) Coach Daniel Damon 0844895868	
Hammer throw <i>Hammergooi</i>		15:00-17:00 Coetzenburg Back Fields (Cage) Coach Leon Spies 0721764235		15:00-17:00 Coetzenburg Back Fields (Cage) Coach Leon Spies 0721764235	

For any queries, please contact Mr Dorfling Terblanche, head of PRG Athletics at [dtterblanche@paulroos.co.za](mailto:dtterblanche@paulroos.co.za) or 084-621-7607.