



PAUL ROOS

GIMNASIUM - GYMNASIUM

ATHLETICS / ATLETIEK

General/Algemeen:

Paul Roos Gymnasium athletics had a stellar year with numerous athletes earning provincial colours and the team recording their best performances in recent memory at both the Curro Podium and the Prestige Athletics meetings. Luke van der Merwe is representing South Africa at the World Athletics U20 Championships in Lima, Peru and coaches Daniel Damon and Kerwin Noemdo (PRG Old Boy and Matric 2012) are coaching and taking part at the 2024 Paralympic Games in Paris, France.

The aim for the 2024/2025 season is to keep performing well at the various events but also concurrently building more depth and creating more opportunities for the PRG athletes to take part.

Elke seun wat oefening vir atletiek gaan 'n geleentheid gegee word om PRG te verteenwoordig en die beste moontlik te presteer.

Training/Oefening:

The training program is set up for athletes to be able to both train athletics and allow for participation in other codes. As a general rule the program does not change from week to week and coaches have contingencies in place if the weather is a challenge.

Atlete moet egter wel self verantwoordelikheid neem om hulle sessies te beplan en te kommunikeer met beide hulle atletiek afrigters en die afrigters van die ander sporte en/of kultuur items.

Die program sal hierdie skrywe vergesel en indien daar veranderinge is, word dit via WhatsApp aan die seuns en ouers gestuur.

Age-groups / Ouderdomsgroepe

Every year there is uncertainty between the Athletics South Africa (ASA) and SA Schools (SASA) age-groups, the following will illustrate the differences between the two systems:

	ASA	SASA	Year of Birth
Sub Youth	U16	14/15	Born in 2009/2010
Youth	U18	17	Born in 2007/2008
Junior	U20	19	Born in 2005/2006

At the Boland Central, Boland and Western Cape Championships, which are all school meetings, the SASA age-groups are used. At these meetings the athletes are split between 14 and 15, however the team that goes to the School SA's only consisted of the following age-groups:

- 15 (2009 & 2010)
- 17 (2007 & 2008)
- 19 (2005 & 2006)

Athletes who are turning 14 can make the team for the SA Schools Championships but need to qualify based on the requirements for 15-year-olds.

Dit is belangrik om te let dat tot einde Desember neem die atlete nog deel in sy huidige ouderdom, maar hy moet asseblief begin oefen met die swaarder gewig en hoër hekkie. Daar is nie genoeg tyd om eers in Januarie oor te skakel nie!

Hier is 2025 se ouderdomsgroepe en gewigte/hekkie hoogtes vir julle beplanning:

	ASA	SASA	Year of Birth
Sub Youth	U16	14/15	Born in 2010/2011
Youth	U18	17	Born in 2008/2009
Junior	U20	19	Born in 2006/2007

Born in/ gebore in:	Item	Gewig Weight	Item	Gewig Weight
2006/2007	Hammergooi oi Hammer	6kg	Diskus Discus	1.75kg
2008/2009		5kg		1.5kg
2010		4kg		1kg
2011		4kg		1kg

Born in/ gebore in:	Item	Gewig Weight	Item	Gewig Weight
2006/2007	Spiesgooi Javelin	800g	Gewigstoot Shotput	6kg
2008/2009		700g		5kg
2010		600g		4kg
2011		600g		4kg

Born in/ gebore in:	Item	Hoogte Height
SHORT HURDLES/KORT HEKKIES		
2011	100m Hekkies/ Hurdles	84,0 cm
2010	100m Hekkies/ Hurdles	84,0 cm
2008/2009	110m Hekkies / Hurdles	91,4 cm
2006/2007	110m Hekkies / Hurdles	99,5 cm
LONG HURDLES/LANG HEKKIES		
2011	300m Hekkies/ Hurdles	84,0 cm
2010	300m Hekkies/ Hurdles	84,0 cm
2008/2009	400m Hekkies / Hurdles	84,0 cm
2006/2007	400m Hekkies / Hurdles	91,4 cm

Selection policy/keuringsbeleid:

For the following events we select our strongest possible teams, as these are either used to qualify for other events or where the aim of the event is to compete against the top schools:

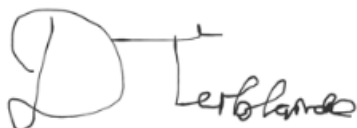
North vs South Athletics Meeting -14 Athletes: 23 September 2024

Grey/Oranje Athletics Meeting -18 Athletes: 3-6 October 2024

Curro Podium Southern Qualifier -18 Athletes: 19 October 2024

Al die ander byeenkomste (gelys op die jaarprogram) is oop vir **enige** PRG atleet en gaan werk op die "*First come, first served*" basis. Die beleid in terme van vervoer is dat ouers verantwoordelik is vir die vervoer van die seuns, maar daar sal beperkte vervoer wees vanaf die skool na die byeenkomste.

Please encourage your son to take part and keep him involved and motivated!



DORFLING TERBLANCHE
HEAD OF ATHLETICS
12 SEPTEMBER 2024