



PAUL ROOS
GIMNASIUM | GYMNASIUM

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Suidwal, Stellenbosch, 7600, South Africa

Paul Roos Gymnasium

Athletics Training Schedule – Term 3 & 4

Attendance

- All athletes must attend every scheduled practice for their events.
- Absence must be communicated to your event coach and manager in advance.

Punctuality

- Arrive early and be ready to start at the scheduled time.

Kit & Gear

- Wear the official PRG athletics kit and appropriate training shoes.
- Bring any required event-specific gear (Spikes, throwing shoes etc.).

Preparation

- Bring water and arrive ready to train with focus and discipline.

Effort

- Give your best in every session – consistent effort creates consistent results.

EVERY SESSION IS A CHANCE TO IMPROVE.

EVERY REP IS A STEP CLOSER TO YOUR GOALS.

TRAIN WITH PRIDE – YOU REPRESENT YOURSELF, YOUR TEAM, AND PAUL ROOS GYMNASIUM.

ITEM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Sprints Coach Sven Hoffman 071 689 3101	14:40 – 16:00 @Markotter Track	14:40 – 16:00 @Coetzenburg Track	14:40 – 16:00 @Markotter Track	06:00 – 07:00 @GYM
		16:15 – 17:15 @GYM		16:00 – 17:15 @Coetzenburg Track
Hurdles Coach Hennie Botha 082 872 2036	14:40 – 16:00 @Coetzenburg Track	14:40 – 16:00 @Coetzenburg Track	14:40 – 16:00 @Coetzenburg Track	14:40 – 16:00 @Coetzenburg Track
		16:15 – 17:15 @GYM		06:00 – 07:00 @GYM
Long & Triple Jump Coach Francois Nel 067 038 9970	14:40 – 16:00 @Coetzenburg Track	14:40 – 16:00 @Coetzenburg Track		14:40 – 16:00 @Coetzenburg Track
		16:15 – 17:15 @GYM		06:00 – 07:00 @GYM
High Jump Coach Bennie Schlechter 074 439 6575	14:40 – 16:00 @Coetzenburg Track	<i>14:40 – PROJECT X</i> <i>@Coetzenburg Track</i>	14:40 – 16:00 @Coetzenburg Track	
		16:15 – 17:15 @GYM		06:00 – 07:00 @GYM
Pole Vault Coach JP van As 082 762 4016	16:00 – 17:30 @Hoërskool Stellenbosch	16:00 – 17:30 @Hoërskool Stellenbosch	16:00 – 17:30 @Hoërskool Stellenbosch	16:00 – 17:30 @Hoërskool Stellenbosch

ITEM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Shotput & Discus Coach Kerwin Noemdo 082 489 2320	06:00 – 07:00 @GYM			
	14:45 – 15:45 (Shot) @Coetzenburg Fields	<i>14:40 – PROJECT X</i> <i>@Coetzenburg Track</i>	14:45 – 15:45 (Shot) @Coetzenburg Fields	
	15:45 – 16:45 (Discus) @Coetzenburg Fields	16:15 – 17:15 @GYM	15:45 – 16:45 (Discus) @Coetzenburg Fields	16:15 – 17:15 @GYM
Javelin Throw Coach Daniel Damon 084 489 5868	06:00 – 07:00 @GYM	14:40 – 15:40 @Coetzenburg Track	<i>14:40 – PROJECT X</i> <i>@Coetzenburg Track</i>	14:40 – 15:40 @Coetzenburg Track
		16:15 – 17:15 @GYM		16:15 – 17:15 @GYM
Hammer Throw Coach Ryno Niemand 084 619 8588	06:00 – 07:00 @GYM	14:45 – 16:00 @Coetzenburg Fields	<i>14:40 – PROJECT X</i> <i>@Coetzenburg Track</i>	14:45 – 16:00 @Coetzenburg Fields
	14:45 – 16:00 @Coetzenburg Fields	16:15 – 17:15 @GYM		16:15 – 17:15 @GYM
Middle & Long Distance Coach Jacques v. Rensburg 073 210 5514		<i>14:40 – PROJECT X</i> <i>@Coetzenburg Track</i>		
	17:00 – 18:00 @Markotter Fields	16:15 – 17:15 @GYM	17:00 – 18:00 @Markotter Fields	06:00 – 07:00 @GYM