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02 September 2015



TO: AFS MEMBERS AND ATHLETICS ORGANISERS

**ATHLETICS FREE STATE COACHES AND TECHNICAL COURSES ASA
LEVEL'S 1 and 2 AND A TRAINING CAMP: OCTOBER 2015**

Dear Sir/Me

The above mentioned courses and training camp will take place as follows:

Date: 05 October to 09 October 2015
Venue: Mangaung Athletics Stadium
Time: According to the programs

COACHES AND TECHNICAL COURSES AND TRAINING CAMP

1. All coaches, Technical Officials and athletes that has an interest in the sport off athletics
2. The courses and training camp will start on Monday 05 October 2015 at 10:00 in the Athletics Free State Officials Hall and will end the 09 October 2015 at 12 :00 or soonest there after

Board Members: President: Mr. Jantjie THELETSANE, Vice President: Mr Steven SWARTS, Track and Field
Chairperson: Mr. Kobus STEYN, Cross Country Chairperson: Mr. J.P. BOTHA, Road Running Chairperson: Me. Hilde
DU PLESSIS, Additional Members: Me Elinda VORSTER, Me. Jurina IMMELMAN, Mr Danie CRONJE, Mr. J.P.R.
DU PLESSIS

3. The cost for the camp will be as follows:

3.1 Coaches, Technical Officials and athletes affiliated to Athletics Free State: R 200.00 (two hundred rand) per attendee

3.2 Coaches, Technical Officials and athletes not affiliated to Athletics Free State: R 550.00 (five hundred and fifty rand) per attendee

The amount is payable before or on the closing date 25th September 2015

The Club/School/ individual will be held liable for the cost of an athlete/attendee when entered, and fails to pitch up for the camp. Irrespective if entrance fees is paid or not.

4. Each attendee MUST provide for:

- Own transport to and from the stadium
- Accommodation
- Meals and refreshments
- Starting blocks/ equipment
- Running/training gear
- Events that will be catered for:
 - i. Sprints and hurdles
 - ii. Middle and long distance running
 - iii. Javelin
 - iv. Discus and Shot put
 - v. High jump
 - vi. Hammer throw
 - vii. Long and Triple jump
- LESS THAN 5 ENTRANTS PER EVENT WILL AUTOMATICALLY CANCEL THE PRESENTATION OF THE EVENT

5. Closing date: MONDAY 25 SEPTEMBER 2015 (Further details on entry list and website Athletics Free State

6. PLEASE BOOK WELL IN ADVANCE AS ONLY 160 ATTENDEES FOR THE COACHING COUSE AND CLINIC AND ONLEY 30 ATTENDEES FOR THE TECHNICAL COURSE CAN BE CATERED FOR

7. ACCOUNT DETAILS:

Athletics Free State
Nedbank Bloemfontein
Branch No: 110234
Account No: 1102277533
Cheque account

Please fax proof of payment to: 051-4303264 or 086-2282062 or e-mail: admin@athleticsfs.co.za

For more information on the Coaching Course and Training Camp please contact Mr Dup DU PLESSIS:
Cell: 073- 3567631; e-mail: jprdup@gmail.com

For more information on the Technical Officials Course please contact Me Jurina IMMELMAN. Cell:
082-4110107; e-mail: jurina.imm@gmail.com

Gerrit COETZER
GENERAL MANAGER

Board Members: President: Mr. Jantjie THELETSANE, Vice President: Mr Steven SWARTS, Track and Field
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