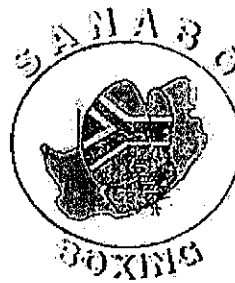




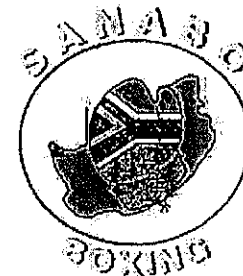
BOXING IN SCHOOLS



- * It the **responsibility** of the Federation (SANABO) to develop/promote boxing in the schools.
- * SANABO must implement a National strategic plan to bring boxing to the schools.

Schools

- Primary pool for talent identification
 - Ensure that school sport coaches use scientific methods in talent screening, identification and development as well as coaching
 - Long-term: Integrate sports science information into the educator coaching manuals:
 - Nutrition
 - Basic anatomy and physiology
 - Basic scientific testing and training methods
 - Basic injury prevention methods
 - First aid
 - Life-skills
 - Growth & development





School Sport

- Selection: intra- and inter-school competitions - intra-district games - regional games - provincial games - national games
- Provincial Academies: track & support provincial athletes
- SRSA: support to best national school sport athletes with potential for future eligibility for SASCO support
- Sport schools & former model-C schools: bursaries & best-practice



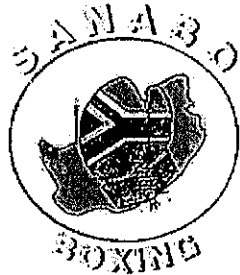
National Federation League system

- Provincial federations should ensure that community clubs & league systems are developed & sustained
- Talent that is identified through league competitions can then be provided to provincial academies for scientific support & tracking
- Feeder to National Federation development pool that should then be supported by SRSA



Community gyms

- Target SRSA mobile gyms or facilities with SRSA gym equipment (cater for multiple federations in disadvantaged municipalities)
- Strengthen provincial federation programmes around the gyms
- Talent identified & referred to regional/ provincial academies for support
- PDSR to provide support and monitor use
 - Training of the gym instructor in scientific methods of testing and training
 - Provision of portable scientific testing kits
 - Sport-specific scientific training of club coaches
 - Baseline testing of club athletes that register to use the gym
 - Continuous testing of athletes for improvement (every six months)
 - Nutrition support
 - Life-skills support



Regional & Provincial academies

- Core function is to enhance the performance of talented athletes through a structured development pathway.
- The PAs should support and become a tool for the implementation of a coordinated national plan for athletes' and coaches' development, thus supporting the concept of a National Sports Academy implemented at provincial level and viewed as a national structure comprising nine legs and their regional satellites.

Regional & Provincial academies

- The best athletes in the regions/provinces to be fed to regional/provincial academies.
- DSR to work close with regional academies to support schools in the region as a vehicle for talent identification
- Provincial academies to work closely with tertiary institutions (exchange of knowledge)
- Services include but are not limited to the following:
 - Talent identification and development programmes
 - Coaching
 - Support for Performance squads
 - Education and training
 - Life skills programmes
 - Training camps
 - Sport science and sports medicine support
 - Preparation of athletes participating in sporting events
- The provincial academy & the provincial federation should aim towards ensuring that provincial athletes progress towards national participation.



What do we mean by national development athletes?

- Must be able to undertake an education program (school) at a recognised education institution
- Should be endorsed/supported by a national federation
- Should accept a contractual agreement with SRSA (individual/parent/guardian if under age)
- Must be a South African citizen
- 12-25
- Must have represented their province at a national championship in their sport and obtained a podium position (individual or team)

OR

- Must have excelled individually in a nationally recognised sport but still not at a SASCO level