



▶ Willie Engelbrecht

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Mission

I aim to be the best middle distance coach in South Africa in order to give the best to my athletes in order for them to achieve the best they can. I am a child of Jesus Christ and receive His blessings upon my coaching hand and all the glory to Him

Qualification and Athletic Experience

ASA level 3 National Coach

ASA Level 1 & 2 Lecturer, Middle Distance, Sprints & Hurdles.

Studied IAAF level 1 & 2 course material.

- ▶ I have numerous SA champions, both Schools and ASA, medal winners at Provincial championships and trophy winners at School level - Sport Boy and Girl.
- ▶ At inter school level my athletes usually take the Victor and Victrix Ludorum Trophies.
- ▶ I have attended various international training camps, the most recent was one by Dr. Echardt Arbeit from Germany.
- ▶ Since 1999 I have been actively coaching athletics, specifically middle distance track athletes for 400m, 800m and 1500m, but have also trained 100m and high jump athletes with great success.
- ▶ My knowledge base on speed, middle and long distance and cross country training ensures a broad training regime specific to each athletes requirements. This incorporates all the energy systems, nerve systems and motor skills required for optimum training and competition performance.

Skills

- ▶ I have a special skill in training athletes and organizing events.
- ▶ I love creating a culture of love for sport in children.

Brief History

2011

- ▶ As of 1 June 2011 I started at Dr. EG Jansen High School as Director – Athletics.
- ▶ In April 2011 awarded "Coach of the Year, District D17, 2010".
- ▶ Jeugland won the Bethal Hoogenhout Top 10 in 2011

2009-2010

- ▶ I joined High School Jeugland in 2009 as the middle distance coach. That same year we achieved great success at the Naboom Top 20 by ending fourth over all of which 8 of the top 10 points achieved emanating from my middle distance group.
- ▶ Jeugland win the Bethal Hoogenhout Top 10 in 2010
- ▶ In 2010 during the Noordheuwel Top 10 held at UJ, this time ending third over all of which again 8 of the top 10 points came from the middle distance group.
- ▶ I am part of the management team for Schools D17 District, the Nu-Power cross country team and North Vaal cross country team.
- ▶ During the 2009 SA cross country championships in Kimberley I had 7 athletes competing for the Gauteng team.

My Pride

2011

- ▶ **Simonay Weitzs** - 3min46 1200m U/12
- ▶ **Tiaan Basson** - 1min53 800m U/18
- ▶ **Mikyla Ferreira** - 2min12 800m U/16

2009 - 2010

- ▶ **Anet Coetzee** - 800m Junior champion 2min09, 1500m 4min38.
- ▶ **Rizani van Aswegen** - 800m 4th ASA 2009 2min11, 5th ASA cross country, 3rd SA school 1500m.
- ▶ **Mikyla Ferreira** - 800m 2nd SA school U/15 2min13, 1500m SA champion School 4min42. 2010 4th ASA u15 cross country & 4th SA schools.
- ▶ **Anrune Liebenberg** - 800m 3de SA schools. SA Team For IPC World Champs 2011
- ▶ **Megan Williams** - 800m 4th ASA Juniors 2min11.
- ▶ **Janko de Hart** - 800m ASA U/19.
- ▶ **Christiaan Oberholzer** Hurdles U/19 Gauteng span.
- ▶ **Simonay Weitsz** - 1200m U/11 SA 4min01 and cross country Gauteng

team. 2010 ASA U/11 Cross-County champion & 2nd SA schools

- ▶ **Marieta Oberholzer** - 200m U/13 SA and cross country Gauteng team.
- ▶ **Rainier Horak** - 800m U/16 2nd ASA 1min57 and cross country Gauteng team.
- ▶ **Stiaan Steyn** - 400m U/17 Hurdles 5th SA 53,9.
- ▶ **Melony Govindasammy** - 100m U/13 3rd and 200m 2nd SA.
- ▶ **Natasha Kotzee** - 150m 4th SA.
- ▶ **Bianka Schoeman** - 80m U/10 Gauteng champion.
- ▶ **Johan vd Merwe** - Hurdles U/11 4th SA.
- ▶ **Folavia Sehohle** - 1000m 2min26 and 600m 1min18.