

Senior Sports Coaches:

Lee Jenkins

- Physical Education degree (Rhodes University)
- Head of Sport (14 years at Epworth)
- 27 years of teaching and coaching experience

Sally White

- 40 years of teaching and coaching at Epworth
- KwaZulu- Natal squash chairperson
- SA Squash selector and member of executive committee
- SA U19 coach / Level 4
- SA Masters player
- KZN squash champion

Les Willows

- 16 years of service to Epworth
- Organiser of Adventure Events: 6x cycle tours from PMB to Cape Town
- Led the first ever school (Epworth) to paddle from the source of the Umzimkulu River to the Sea
- Led surf sea paddle from Port Edward to Durban
- Led an Epworth group paddling in sea-kayaks around Mauritius
- Organiser of the inter-schools adventure challenge
- Organiser of the Epworth night relay run

Tracy Bestall

- 4 years teaching and coaching at Epworth
- Provincial hockey player and coach
- SA Indoor hockey squad
- Obtained Level 2 hockey coaching certificate (has done the level 3 course)
- National umpire for both indoor and outdoor hockey (umpired junior internationals)
- 12 years of coaching experience

Freda Waygood

- 24 years of coaching at Epworth
- Netball, basketball and synchronised swimming coaching

Marinda Steenkamp

- Epworth first team netball coach for 10 years
- Northern Natal provincial coach
- President of Northern Natal Netball association
- Level 2 referee

Kerry Koen

- PhD in Botany
- Unisa PGCE
- Comrades Silver medalist
- Winner of many road running races
- Winner of the Iron woman
- Winner of Ironman 2010 (Comrades, Dusi and Midmar Mile)



EPWORTH

Independent High School for Girls

High Performance
Sports Programme



*Lighting the way to
excellence*

High Performance Sports Programme

We identify the top sportswomen from Grade 9-12 and invite them to apply to be part of the High Performance Sports Programme.

Girls that are not invited may still apply to join.

We make sure that we have the commitment of both the parents and the pupils involved.

Technical aspects are done by the individual specialised coaches of the various sports.

We Offer:

Circuit training — to improve:

- Footwork (including movement and speed)
- Agility
- Strength
- Cardiovascular Training
- Reactions
- Plyometrics
- Spinning



Fitness testing & follow ups

Keeping records of improvement

Personal programmes for girls to follow on their own

At least three sessions are offered per week (depending on the individual's own sporting programme)

Equipment Used:

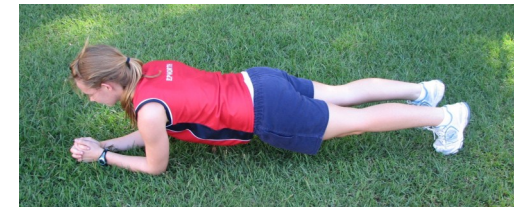
Includes:

Harnesses, Ladders, Beacons, Skipping ropes, Hurdles, Medicine balls, "Bleep" tests, Use of own body weight as resistance and Sit & reach boxes.



Advantages of HP Sports Programme:

- Prevents sporting injuries
- Improves results
- Increases movement ability
- Become more in tune with own body
- Coaches may spend more time on technique & game plans rather than on fitness & strengthening



Talks By Professionals:

- ESTV Visualisation - enhance sport through visualisation
- Dietician - sports nutrition
- Sports Psychologist - mind preparation

"The HP Programme gives the girls a holistic approach to fitness with a wonderful balance between exercise and diet, promoting a healthy, well-balanced lifestyle." Epworth Parent