

WESTERN CAPE LSEN TEAM MANAGEMENT 2026

CAPACITY	NAME & SURNAME	REGION	GENDER	MOBILE NUMBER	EMAIL ADDRESS
REGIONAL ATHLETICS CHAIRPERSON	R. WILLEMSE	BOLAND	F	083 959 1369	wrejani@yahoo.com
GENERAL MANAGER	J. APPOLLIS	BOLAND	M	078 934 9415	jevonappollis@gmail.com
GIRLS MANAGER	E. HERMANUS	EDEN	F	078 757 9489	elisehermanus@gmail.com
BOYS MANAGER	B. AFRICA	WP	M	083 333 4565	brynmorafrica925@gmail.com
AGE GROUP MANAGERS:					
G 13	L. SHULTZ (DEAF)	BOLAND	F	078 852 2332	lindieschultz10@gmail.com
G 15	N. PAULUS	EDEN	F	061 851 6963	paulusnicole5@gmail.cpm
G 17	Z. SAULS	WP	F	079 676 4180	zhanleysauls@gmail.com
G 19	S. ONRUS	BOLAND	F	071 322 9697	suereldalonrust@gmail.com
B 13	M. NORTJE	BOLAND	M	063 020 0517	mnortje7@gmail.com
B 15	H. FREDERICKS	EDEN	M	083 948 5092	frederickshendrie@gmail.com
B 17	D. ADONIS	WP	M	083 256 0723	danieladonis307@gmail.com
B 19	A. AYFORD	BOLAND	M	072 300 4523	ayforda@gmail.com
COACHES:					
HEAD COACH	D. SWARTS	BOLAND	M	073 003 1597	deanswart270@gmail.com
TRACK COACH: BOYS	M. CUPIDO	BOLAND	M	076 967 2074	ralphfortuin036@gmail.com
TRACK COACH: GIRLS	R. SHATAR-ADOLF	BOLAND	F	082 095 3166	reneveshataradolf01@gmail.com
FIELD COACH: BOYS	J. FREDERICKS	WP	M	061 092 8152	jovanfredericks1@gmail.com
FIELD COACH: GIRLS	C. BOTHMA	BOLAND	F	072 084 0814	carlyntiran@gmail.com
MID/DEAF SUPPORT	R. VAN DIJK	WP	F	083 892 6284	vandijkronel93@gmail.com
TECHNICAL OFFICIAL	A. HERWELS	EDEN	M	064 005 5737	herwelsa007@gmail.com
TECHNICAL OFFICIAL	L. STEENKAMP	EDEN	F	061 540 9715	letitiasteenkamp3@gmail.com
TECHNICAL OFFICIAL DEAF	M. MAHONEY	BOLAND	M	076 782 3573	mmahoney1971@gmail.com
TECHNICAL OFFICIAL DEAF	S. MALGAS	WP	F	081 438 9036	Sscheffers@dominicanschool.org.za