South African Majorette and Cheerleading Association

sateam@samca.co.za

INTERNATIONAL MACE EDUCATION & SKILLS WORKSHOP

Date: Tuesday, 29 September 2026
Venue: Sports Hall, Katowice, Poland
Facilitators: Team South Africa

Cost: €25.00 per participant

Payment of the registration fee before the start of the seminar

PROGRAMME

Time	Programme
10:00 – 10:30	**Registration & Welcome**
10:30 – 12:00	**Trainers Education – Levels 1, 2 & 3** Workshop & Practical Training
10:30 – 12:00	**Athlete Education – Levels 1, 2 & 3** Skills Teaching & Practical Basics
12:00 – 13:00	**Lunch / Break**
13:00 – 14:30	**Trainers & Athletes – Levels 4 & 5** Advanced Skills Development & Practical Training
14:30 – 15:00	**Obligatory Elements in Equipment Mace** Technical Requirements & Practical Application
15:00	**Closing & Acknowledgements**

WORKSHOP OBJECTIVES

- Develop and strengthen Mace technique and skills.
- Provide structured education for trainers and athletes across Levels 1–5.
- Educate participants on the obligatory elements and equipment requirements for Mace.

Team South Africa 🇿🇦

Education • Development • Excellence

Moses Ngobeni (President), Taryn Dressing (Vice-President),
Matthew Higgs (Director; Development),
Eunisa Muller (Director; Finance), Kelsey Butler (Director; Adjudication),
Celia Opperman (Director; Coaches Majorettes), Amanda Bowden (Director; Coaches Cheerleading),
Tina du Plessis (Compliance Officer), Megan Presher (Secretary)

SASCOC recognised Federation.
for Majorettes, Cheerleading, Baton Twirling and Marching Bands