

UJ Personal Bio



1.) Name and Surname:

- Liphwiwe Nxasana.

2.) Position:

- Sport Scientist.

3.) Sporting codes responsible for:

- University of Johannesburg 1st team netball and Women's Rugby.

4.) Impressive relevant achievements

- Was the 2018 Golden Lions u/18 girls Strength and Conditioning Coach for their National Girls' Week/ Craven Week.
- Worked with all the female rugby players that played for UJ, as both student athletes and club members prior to their national 7s and under 20 call ups.
- Assisted the South African Women's 7s Rugby Team's technical team with testing for the Gauteng leg of "Becoming Imbokodo", which was held at Loftus Stadium in 2019.

5.) National Representation

- Not yet.

6.) Role and service provided to teams

- Draw up periodization plans for the team, ensuring the athletes peak at the desired time of their in-season/ competition phase. Ensuring that all players are injury free, during all training phases leading to the competition phase too.
- Assisting athletes with a smooth transition from rehab to introduction to training, post injury and rehab.
- Align the teams I work with within the High Performance scope, with those of UJ sport in general.