

UJ Personal BIO



1. Name & Surname:

- Miss Minky Tshabalala

2. Position:

- Manager: Sport Science

3. Role

- My role within the university structure includes having to oversee the effective functioning of the Sport Science division, by defining the scope of the Sport Science and Performance Excellence needs within each High Performance sport code in collaboration with the respective Club Manager and Coach.

4. Impressive relevant achievements:

- Varsity Volleyball Silver medalist- 2017
- Selected to be a part of the National USSA (University Sport South African) High Performance committee, who selected the team who represented us at the World student games (2018-present)
- Appointed the strength and conditioning coach for the National u17 South African Women's Football team for the u17 FIFA Women's World cup 2018 in Uruguay.
- Appointed the u17 & u20 National women's team sport scientist (2018-present)
- Catapult Sports UK Women in Sport Feature (2020)

5. National representation

- Strength and conditioning coach for the National u17 South African Women's Football team for the u17 FIFA Women's World cup 2018 in Uruguay.
- U17 National women's team sport scientist – u17 COSAFA Championship Mauritius Tournament (Silver medalist)-2019
- U20 COSAFA Championship Tournament (Bronze medalist) -2019
- U20 ALL Africa Games - 2019

Sport Science Unit Role and Services:

The unit provided services to the seven high performance-sporting codes and three additional competitive code; in terms of strength and conditioning, tournament preparation and ensuring the athletes perform at the optimal level.