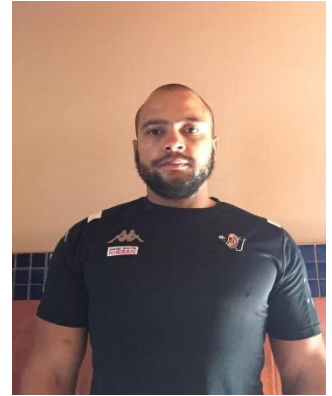


UJ Personal BIO



1. Name & Surname:

- Wolta Thokozane Mtsweni (Tokkie)

2. Position:

- UJ Rugby Sport Scientist (Head of Conditioning Rugby systems)

3. Sporting codes responsible:

- UJ Rugby 15s 1ste Team, UJ Rugby 7s team, Club teams schooling in conditioning and conditioning systems.

4. Impressive relevant achievements:

- 7s Varsity cup Champions 2019, 7s USSA runners up 2019, 7s Kings of Africa University champions 2019
- NMB Netball 1st team Spar national's championship 4th play-offs first time in 10 years 2019

5. National representation

- Not at this time .(But soon)

6. Role and service provided to teams

- As Sport scientist, I provide the different teams with their periodization on phases of training and preparation. I also track and provide data to check player improvements in terms of testing and establishing percentage on standards given to athletes. Helping with monitoring recovery with players and in charge of body management of players. Strengthening and mobility flexibility mixed with other elements in the gym then on field conditioning aerobic to anaerobic running ability. Monitoring sessions in Gym and Field in intensity, time, load based on observed physically and statistically.
- All and all think of me as the mechanic of the car and its engine and the head coach the driver and the assistant coaches as the front seat navigators to the Head coach to drive the car to its limits and capabilities.