



Lphiwe Nxasana

Sport scientist: UJ netball and Women's rugby

Sport scientist: Junior Springbok women 2022 & 2023

## About Lphiwe Nxasana

Was the 2018 Golden Lions u/18 girls Strength and Conditioning Coach for their National Girls' Week/ Craven Week.

Works with all the female rugby players that played for UJ, as both student athletes and club members prior to their national 7s, Springbok Women 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.

Works with the university's netball players that are currently in Spar Proteas.

Was the Junior Springbok women Sport Scientist for 2022 and 2023 seasons.