

Minky is a highly accomplished sport scientist with over 13 years of experience in the field. Currently, she holds the position of manager at the sport science unit in UJ Sport. Since 2017, she has been leading the sport science department at UJ Sport by providing valuable services to the seven high-performance sporting codes and recreational codes within the university.

Minky's educational background includes studying sport science at the University of Pretoria, where she completed both her undergraduate and honors degrees. Her exceptional academic performance led to her selection as a Golden Key member, an honor awarded to the top 15% of students at the university. In 2011, she successfully completed her honors in sport science.

Early in her career, Minky gained practical experience working with renowned teams such as the National Cricket team and the National Basetsana (U17-U20 girls) soccer team at the High-Performance Centre in Pretoria. She continued her journey as a sport scientist at the University of Pretoria, eventually rising to the position of head of the sport science department for the football club. Throughout her career, Minky has been a part of remarkable achievements, including winning the USSA National Men's Soccer club championships in 2012, 2014, and 2015, as well as the Varsity Football tournament in 2013 and 2014 at the University of Pretoria.

In May 2016, Minky ventured into the corporate world, taking on the role of Head of DNAFit South Africa's Sport Science department. Her responsibilities included overseeing the effective functioning of the South African Sport Science Department and coordinating with the UK-based office. Despite enjoying the new challenges, Minky missed the hands-on work on the sport field and decided to transition back into university sports.

Her return to university sports came through her appointment as the UJ Sport Science Manager. In her first year, she trained the UJ Beach Volley girls to defeat the back-to-back champions UWC, securing the runner-up position in the 2017 Varsity Sport Beach volleyball edition. In 2018, Minky's expertise was recognized as she became a part of the National High-Performance Committee for University Sport South Africa Association (USSA). She was also appointed as 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. Minky continued to make significant contributions to the team, traveling with both the U17 and U20 squads to the COSAFA tournament, where they achieved second and third place respectively in 2019. She further assisted the U20 team at the All Africa Games in Morocco during the same year. Currently, Minky serves as the sport scientist for the U20 South African Women's Football team.

Beyond her professional achievements, Minky has also been involved with Mavu, an NGO dedicated to providing access to sports at the grassroots level to disadvantaged communities and individuals in South African villages and townships. Her passion for sports and commitment to making a difference have earned her recognition and a nomination to be a part of the University Sport South Africa (USSA) High Performance committee, where she stands as the only female committee member.

In more recent times, Minky has embarked on a new journey as a mother, finding immense joy in balancing both motherhood and her career in sports. Her dedication and unwavering passion continue to drive her forward as she makes valuable contributions to the field of sport science.