

# Simphiwe Alpheus Nkosi

Sport Scientist - Sport Psychologist - Youth Football Coach

I am a leader of good sense and sound values with a huge passion for developing people. I seek to contribute immensely to the quality of life of those I coach through sport and education. I have a driving passion for youth development and value hard work and humanity. I seek to continuously up-skill myself, striving to get better .



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📞 +27 76 88 96093

📍 Houghton Estate, Johannesburg, South Africa

📅 11 October, 1993

## EDUCATION

### **Master of Philosophy Degree in Sport Science** University of Johannesburg

01/2019 - 03/2021

*Key focus*

- EVALUATING THE EFFECT OF WORKLOAD ON MULTI-DISCIPLINE SPORT ATHLETES OVER INDEPENDENT AND OVERLAPPING SPORT SEASONS

*Johannesburg , South Africa.*

### **Sport Science Honours Degree** University of Johannesburg

01/2018 - 12/2018

*Courses*

- Major in Human physiology and Exercise Science

*Johannesburg South Africa.*

### **Sport Psychology Degree** University of Johannesburg

01/2013 - 12/2015

*Key focus*

- Coaching strategies and techniques used to develop psychological skills, enhance sport performance and facilitate a positive approach to competition.

*Johannesburg , South Africa.*

### **Football Education** Confederations of African Football

12/2012

*SAFA C & D*

- During this time I completed 80 hours of the coaching development program with a key focus on the youth coaching pathway. Followed by extensive youth coaching, gaining relevant coaching experience.

*Johannesburg, South Africa.*

## **WORK EXPERIENCE**

### **Head Sport Scientist - High Performance Manager (Full-time position)**

St Johns College South Africa

03/2019 - Present

Johannesburg , South Africa.

#### *Tasks*

- In this role I oversee the different sport codes at the school from medical, strength and conditioning, nutrition and analytics while ensuring that athletes are fit and able to deal with the demands of the game as possible, tailored to suite the style of play hence, periodization of each sport code within the context of the game. While making sure that the physical education program of school increases the physical competence, skill development and the health related fitness.

Contact: Alan Lion - Cachet (Director of sports) - +27 83 273 6343

### **Deputy House Master**

St Johns College (Clayton House)

06/2019 - Present

Johannesburg, South Africa.

#### *Achievements/Tasks*

- priority is caring for boarders' physical and mental well-being, guiding them daily and offering them support and advice. I acts as the parent of the house while dealing with any problems the boarder may have.

Contact: Dion Liberia(Director of boarding establishment) - +27828880258

### **Sport Consultant/football coach**

Jacoba Football Club

02/2018 - Present

Johannesburg, Houghton, South Africa.

SAB league leaders 2020

#### *Role*

- I work with the peak performance of athletes while serving as an adviser to the coaches and program directors of the club. I conducted the tactical periodization of the football club's 2018/2019-2019/2020 season. I assist in the planning of practices with the head coach geared towards the context and demands of the game.

Contact: Dimitri Athanasopoulos (Club Chairman) - +27722415079

### **Technical director**

Houtbay United Football Community

08/2019 - Present

Hout bay, Cape Town, South Africa.

A public benefit organization for youth football development and education.

#### *Tasks*

- Currently developing the academy football curriculum while working closely with athletes, coaches, and program directors of the club.

Contact: Jeremy Elson (Club founder) - +27711448778

### **1st team Head Coach (u19)**

St John's College

01/2019 - Present

Johannesburg, South Africa.

Contact: Adrian Norris (Sport Development Officer) - +27 82 883 1558

### **Head Coach of Panathinaikos Football Academy (Zambia, Lusaka)**

Fallsway Arena

06/2016 - 12/2017

Lusaka, Zambia.

Fallsway Arena

#### *Achievements/Tasks*

- In this role I was overseeing the different performance departments the club ranging from medical, strength and conditioning, nutrition and analytics while ensuring that athletes are fit and able to deal with the demands of the game as possible, tailored to suite the style of play and philosophy of the academy.

Contact: Suhayl Limbada (Academy director) - +27718591288

## **WORK EXPERIENCE**

### **Performance Psychology** Olympic youth development Center

10/2016 - 12/2017

Lusaka, Zambia.

Role

- Mentored coaches and athletes in the youth football program, using strategies and techniques used to develop psychological skills, enhance performance.

Contact: Lyson Zulu (Technical director of the Football Association of Zambia) - +260 97 5145069

### **Football Coach Intern** Lusaka Dynamos F.C

01/2017 - 11/2017

Lusaka, Zambia.

Zambian Premier League club based in the city of Lusaka

Role

- Assist both the assistant and head Coach with all aspects of the program such as practice set-up , including daily program operations as needed.

Contact: Patrick Phiri (Head Coach) - +260 96 5782424

### **U15 Head Coach** St Johns College

07/2013 - 09/2018

Johannesburg, South Africa.

Achievements/Tasks

- 2018 Runners up of the u15 St David Challenge Cup.

Contact: Adrian Norris(Sport development officer) - +27828831558

### **U15 Head Coach** Old Edwardians F.C

01/2015 - 08/2015

Johannesburg, South Africa.

Achievements

- Runners up of the North Rand Football association Plate final

Contact: Jill O'Hanlon (Club Human resource Manager) - +27 82 787 1975

### **Coaching certificates** SAFA Cape Town

06/2017 - Present

CAF B License.

Allows holder to be head a coach of amateur clubs and youth. I am currently waiting to be examined as the Confederations of African Football put a hold on all B license courses in 2017 to present.

SAFA C & D License

- During this time I completed 80 hours of the coaching development program with a key focus on the youth coaching pathway.