



UKZN COACH PROPELS SURF LIFESAVER TO GOLD MEDAL VICTORY



Mr Siyabonga Shezi coaches Scottburgh lifesaver Mr Jonathan Rorke.

UKZN Biokinetics, Exercise and Leisure Sciences (BELS) masters student, Mr Siyabonga Shezi, coached Scottburgh lifesaver Mr Jonathan Rorke to victory and a gold medal at the General Tyre South African Lifesaving Championships.

Rorke, a student at the Mangosuthu University of Technology, ran the 90m beach sprint in 10:55 seconds to win gold and was crowned South African champion, beating a record held for nearly a decade.

Shezi played a crucial role in Rorke's golden achievement. 'Siyabonga helped me so much. He improved my training programme, stressing the importance of sprint specific training,' said Rorke.

BELS Academic Leader, Dr Rowena Naidoo, said Shezi was one of the top achievers in the Discipline, 'Siya graduated *cum laude* with his Honours in Exercise Science and is now completing his Master's degree in Sport Science.'

He is a member of the University's Graduate Development Programme thanks to a Talent Equity and Excellence Scholarship. This scholarship identifies and funds promising students into a programme with the end goal being a career in academia. 'We are proud of Siya's achievements both in class and in the sports arena,' said Naidoo.

Shezi says the unique coach-athlete relationship between him and Rorke is based mainly on their long-term friendship. 'Jonathan's interest in Sport Science pushes me to learn more and to study further at UKZN as I have realised that the knowledge gained from this field has great potential to influence individuals and communities to be successful and self-sufficient,' said Shezi.

Shezi is currently working closely with Rorke assisting him to qualify for the South African team to participate in the World Lifesaving Championships in Australia next year.

[Nombuso Dlamini](#)