

Kirsty Elliott has a Master's degree from the University of Pretoria and is the Division Manager and Head of Sport Science at the University of Pretoria. She lectures part-time at the Faculty of Health Sciences (Biokinetics and Sport Science). Her particular interest is tennis conditioning and youth development and using various disciplines holistically to maximise sports performance while avoiding injury.

She has spent 14 years at the High-Performance Centre and SEMLI at the University of Pretoria. She is also a Certified Strength and Conditioning Specialist (NSCA, USA) and Level 2 IZAK Anthropometrist.

Career highlights include working as a strength and conditioning Specialist for the International Tennis Federation (ITF) Centre from 2008 to 2013 and working with national sports federations ranging from hockey, tennis and boxing to lawn bowls.

**"NORMAL
IS EXTINCT"**



Most recently, and an event she is proud of, she assisted three paralympian wheelchair tennis players who competed in Tokyo 2021.

She contributed to the ITF "Women in Tennis "ebook, and has made presentations at three International Tennis Coaches Conferences and many local coaching and scientific support events. She has also served on the UNESCO-QPE (Quality Physical Education) Steering Committee and been a Technical Working Committee member.

In addition to her work at the University of Pretoria, she consults with the Gauteng Department of Sport and is involved with establishing sport academy facilities and mobile unit sports testing strategies. She is also a SA Schools Hockey Sport Science Coordinator and manages testing and data collection.

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