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## CURRICULUM VITAE 2020

SAKOMA "SAX" CHIRWA

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### PERSONAL DETAILS:

DATE OF BIRTH:	19 <sup>th</sup> April 1977
MARITAL STATUS:	Single
NATIONALITY:	South African

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### QUALIFICATIONS:

Matriculation (leaving cert. Equiv). Pass

Physical Education Senior School  
Diploma

Professional Health & Fitness Diploma

Basic Science of Exercise Foundation  
Diploma

**I.R.F.U.** Accredited Schools Youth Level  
1 and 2 (I.R.B)

**I.R.F.U** Strength and Conditioning  
Program

**Jake White's Winning Way** 'Coaching  
the Coaches' (Level 1 and 2)

**Investec International** Rugby  
Academy High Performance  
Coaches Course.

Cricket coach level 1 (C.S.A  
Accredited)

Sport Management (UNISA)

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## **School Management UNISA**

- \*Educational leadership theory and style.
- \*Vision building and communication.
- \*Effective educational planning.
- \*Effective organizing and control.
- \*Problem-solving and decision making skills.
- \*Policy making in schools.
- \*Time management and delegating skills.
- \*Communication skills for school managers.
- \*Motivation skills for school managers.
- \*Conflict management and negotiation skills for school managers.
- \*Stress management in education.
- \*The development appraisal system.
- \*Team work in schools.

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## **Incredible You Life Skills Coach**

Arfeen Khan's Peak Performance Strategies Private Limited

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**2008- 2019** Physical Education Teacher and 1xv Rugby Coach at St David's Inanda  
Presenter and Analyst for the 2007 R.W.C Supersport – covering 10 matches  
Commentator for the 2008 Coca Cola Craven Week  
Pirates Rugby Football Club Director of Junior Rugby(u9 to u18)  
FNB Classic Clash Rugby Magazine show Presenter  
Golden Lions Grant Khomo Assistant backline coach(current)

**St Benedicts High School Technical Advisor Rugby**

Introduction of playbook/Rugby language throughout school.  
Managing of outside coaches and running of coaching clinics for coaches.  
Organization of Pro teams, Pro Refs and Pro Coaches for school rugby clinics.  
Recruitment of players.  
Unbeaten 2012 season U14A.  
34 out 38 wins(2012,2013 and 2014)

**T.V Telly Track Betting World Rugby Analyst.  
Pirates Rugby Football Club 2nds Backline Coach**

**Head Rugby Coach Tshwane University of Technology(TUT Varsity  
Cup)**

**Backs coach.  
Implementation of rugby language/game plan.**

**Randburg Hoer Skool  
Rugby Coach/Gym and Fitness Co-ordinator.**

Running of gym and all management issues, organization of cleaners and maintenance of gym.  
Management of gym programs for students and monitoring of progress.  
Consulting students on assesments.  
Mentoring of students from underprivileged backgrounds.

Beaulieu college.  
Sports Coordinator, Physical Education Teacher and Rugby Coach  
Running of gym and all management issues, organization of cleaners and maintenance of gym.  
Management of gym programs for students and monitoring of progress.  
Consulting students on assesments.

University of Johannesburg u/18s  
Backs Coach.

2019 Northcliff High School u15A Rugby coach.

Tranfire  
Total Fire Protection  
Sales Rep

**2000-2007** Player\Coach of Old Wesley Rugby Football Club & Clanwilliam Rugby Football Club,Ireland.(Dublin)

Sundays Well Rugby Football Club & Muskerry Rugby Football Club, Ireland.(Cork)

Coached the Junior sides; winning U\16's Munsters Cup title and reaching an U\18's final with Sundays Well Rugby Club, Ireland.(Cork)

Irish Rugby Football Union Development Officer and East Munster Youth coach.

#### **PLAYING AND COACHING EXPERIENCE:**

**1997-2000** Played U\21 Vodacom Cup and Currie Cup for Golden Lions.

Assistant Physical Education Teacher; Boarding Housemaster & U\14A coach for St Stithian's College.

Physical Education Teacher and Rugby Coach at Redhill School (mainly 1xv)

A member of the South African Rugby Technikons Team.

A member of Pirates Rugby Clubs 1xv Team.

**1994-1996** Played in three Craven Weeks representing Northern Transvaal and Golden Lions.

#### **LETTERS OF RECOMMENDATION**

18<sup>th</sup> July 2014

Re: Sakoma "Sax" Chirwa  
Sports Coach & Educator

To Whom It May Concern,

I would like to take this opportunity to highly recommend Mr Sax Chirwa not only in a professional capacity but in a personal manner too. Having interacted with him for 3 years at our children's school I cannot stress enough what a difference he has made to our lives and that of our two boys.

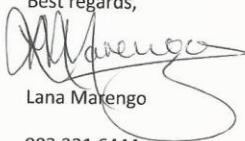
Sax has a wonderful rapport with people of all ages, especially children. His ability to connect with his students and his talent at teaching simple concepts, as well as more advanced topics, are both truly superior. He has excellent written and verbal communication skills, is extremely organised, reliable and computer literate. Usually these topics seem unimportant when it comes to sports and coaching, however parents usually tend to disagree. We need to know what our children are doing all the time, where they'll be and with whom they will be interacting. Most important for us is to monitor their progress. Sax is meticulous when it comes to relaying this information.

As a sports coach & physical education teacher- we are yet to encounter a more dedicated & committed coach. His main focus is the wellbeing of the children, both mentally & physically! He strives to build them up beyond their own expectations, in-stilling a sense of self worthiness, appreciation, respect, dedication and commitment. In doing so, they grow from strength-to-strength. My boys' are simply not the same boys they were 3 years ago. Sax accomplishes these tasks with great initiative and with a very positive attitude. I highly recommend him as a life coach!

As with everything in life- 'The proof is in the pudding!' The St Benedict's College Community have not experienced such positive sporting results before the introduction of Mr Chirwa to our school. Of course his own personal success in sports such as rugby, has contributed to his impeccable strategies and understanding of a game plan. We are all saddened to see him move on to greener pastures but we understand his eagerness to keep learning and making a difference to others who may need him too.

I recommend Mr Sax Chirwa to you without reservation. We wish him our best in all his new endeavours and pray that his need to make a difference is met with open arms and with individuals that will appreciate his best and most valued efforts.

Best regards,



Lana Matengo

083 321 6444.

Sax Chirwa was my rugby fitness coach for ten weeks in my matric year. Myself and three other loose forwards received personal coaching. Sax's training included specific and effective fitness as well as specialized skills for our particular positions. All four of the boys that received this personal training made the first team at our school, De La Salle Holy Cross College, and showed marked improvement in all facets of their rugby careers.

I am currently studying at Rhodes University. In the year of Sax's training I went to Lions regional trials twice, with my school and with my club, Pirates. I believe that the personal training regime was instrumental in my ability and enjoyment of rugby. I continue to play rugby for my university and I feel that the ethos taught to us by Sax has resulted in a healthier, more active lifestyle. So many of my childhood friends have become apathetic and inactive. I have not suffered this fate and for that I owe very much to Sax.

I am able now to understand how the body works and train myself with nothing but a field to work with. Sax's skills have stayed with me and I am often called to aid with fitness in the gym, on the field, and with individual and team sports training. I do this with no training other than the training I gained from Sax.

In ten weeks Sax improved my fitness, my rugby skills and my attitude towards the game, but he also improved my future lifestyle and quality of living. Currently I'm engaged in competitive squash leagues, paddling teams, soccer teams and rugby teams, I am a healthy, happy person thanks to a good decision to use a brilliant trainer for ten weeks.

Cavan Barry, 23

[cav949@gmail.com](mailto:cav949@gmail.com)

076 689 7794

To whom it may concern,

This serves to confirm that Sax Chirwa has coached both my sons aged 17 and 14. He is an extremely versatile coach who is able to build an exceptional rapport with all ages. He has a sound knowledge of anatomy and physiology which allows him to adapt programmes to suit each individual at the various stages of physical development.

What impressed me the most was that he took a personal interest in each of his young sportsmen. His ability to motivate is, I believe, his special talent. My 17 year old son was ready to throw the towel in with cricket after having played for 10 years and Mr Chirwa coached him and motivated him, culminating in his selection to the school's first team. My younger son attended fitness training with Mr Chirwa and I felt completely confident that he was working out in an age appropriate manner. "Getting daks with Sax" became a much sought after status! Mr Chirwa is an honest hard working individual and will make a huge success of any career path he may follow. I wish him the best.

Kind Regards

Lyn Holland

[lyn@ritesure.co.za](mailto:lyn@ritesure.co.za)

082 822 8081

**Roy Paige Ex Headmaster Bryanston High school**

**083 212 6982**

**Danielle Meikle Headmistress Beaulieu College**

**082 872 6878**