

Short Biography:

Louise de Jager is an avid sport enthusiast who combines her knowledge and experience gained through years of elite sport performance with a Masters degree obtained in Sport Science (UJ). With a keen interest in the field of Sport psychology, her Masters set out to investigate and measure the mental toughness & psychosocial development of hockey players across age groups in South Africa.

Her sporting career highlights include representing South Africa at the Women's Junior Hockey World Cup which was hosted in USA in 2010 and obtaining national caps for the Senior Women's National Hockey team through 2009-2012 as well as coming 13th in the Tumbling (Gymnastics) World Cup hosted in Germany.

Louise is passionate about developing and enabling athletes of all ages and sporting codes to reach their optimal performance both physically and psychologically. This includes a focus in long term player development, mental toughness development and holistic player management (which pertains to managing players psyche, physical development, stress and coping mechanisms as well as their general well-being).