
Simon Kent, Coaching & Performance Consultant

Simon has over 15yrs International experience as a Coach, Coach Developer and High Performance Director in both professional and community sport. Simon began his career as a strength & conditioning coach in Sydney, Australia before moving to New Zealand to take up a role with the Auckland Rugby Union.

Most recently, Simon spent 6yrs as a senior manager and people leader in a community sports organisation leading two key programmes.

Performance Coach Advance (Auckland region); The purpose of the Sport NZ PCA programme is to advance the innovation; creativity and performance of outstanding Auckland Performance Coaches, with the aim of making a significant change in coaching practices that ensures athletes are effectively prepared for entry into the high performance arena.

Talent, Leadership, Character (TLC) Framework (New Zealand lead); TLC unites the forces of talent, leadership, and character and shows coaches, athletes, and teams how to achieve greatness in sport, school, and life. TLC looks to address the issues of how sport can deliver performance improvements, develop leaders of character and help build cultures of greatness.

Olympic Weightlifting

Simon is the current High Performance Director (HPD) for Olympic Weightlifting New Zealand (OWNZ). The role of the HPD is to determine the high performance strategy of OWNZ, setting the vision, more medals on the world stage, and then designing and implementing systems and structures that foster a performance culture that is athlete-centred and coach led. The role includes leading the 2018 Commonwealth Games campaign. Simon is also the founder and Head Coach of the Papatoetoe Olympic Weightlifting Club (POWC) in Auckland, NZ. 'Growing Resilient Athletes Of Character' is the aim of the Club.

<http://www.stuff.co.nz/auckland/local-news/manukau-courier/87857067/Sport-Simon-Kents-Olympic-weightlifting-dream-is-taking-off>

Coach Achievements

Simon has Coached at both International and Regional level in New Zealand in both individual and team sports:

- National Coach & High Performance Director – Olympic Weightlifting New Zealand
- Head Coach – Papatoetoe Olympic Weightlifting Club
- Strength & Conditioning Coach – Auckland Rugby Union, 2007 Air NZ Cup Champions

Simon received his Bachelor of Science degree from St Mary's University, Twickenham, UK.

