

I have spent the last year working alongside Matt Borg as a strength and conditioning coach and strapper with the Wollongong FC Wolves. Wanting to progress my career in the sports performance industry Matt kindly took me in and allowed me the incredible opportunity of being able to attend every one of his training sessions as he coached the Wolves Under 15's team to their minor premiership win and grand final. I was immediately not only impressed by his knowledge and ability as a coach on the field, but also by his dedication and words of encouragement to the boys away from the pitch.

From a conditioning point of view, Matt recognises the importance fitness training and injury prevention programs can have for his players, and throughout the season strongly embraced and incorporated these methods into his training sessions.

Matt's passion for football, respect for his players, and his own willingness to learn and develop himself as coach is inspiring, and are only a few of the many qualities that makes him so highly regarded. I have found working with him to be an exciting, fun, and extremely educational experience – and have seen just how much players under his guidance have matured into very talented and smart young footballers.

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