



Mark Steele has been the **Head Strength Conditioning Trainer** for Sharks Super 14 and Currie Cup teams for the past 10 years.

After a successful rugby and cricket career at Maritzburg College (one of South Africa's leading sporting schools), Mark went on to study **Human Movement Science** at university. He went on to graduate with first-class honours in Biokinetics in 2000 while also attending a Super Training Camp with Dr Mel Siff in Colorado, USA, in 1999 and 2001.

He worked with the likes of **AmaZulu Football Club**, helping to promote them to the PSL before being approached by the **South African Rugby Football Union** to join the **Junior Springbok** training team as the Strength Conditioning Trainer for South African U21's in 2001-2003.

After South Africa were crowned U21 World Champions in 2002, Mark was asked to join the **Senior Springbok** coaching team.

He was continued in the role as the Strength Conditioning Trainer for the Springboks from 2004 to 2005. During that time, the Springbok's went on to win the Tri-Nations Championships in 2004 (one of only 3 times to date that they have achieved this) as well as the Mandela Trophy in 2004 and 2005. In 2004 the Springboks were also awarded the IRB Team of the year.

At the end of 2005 Mark was approached by the Super Rugby Franchise, The Sharks, to be the Head of Conditioning, which he held up until 2015. Whilst with the Sharks, they competed in 2 Super Rugby Finals, 3 Semi Finals, Won the Currie Cup Competition 3 times, and played in a further 3 Finals!

He is held in extremely high regard by the Sharks and Springbok players, many of whom attribute their achievements in no small part to the training methods instilled by Mark Steele.

"Mark changed my whole mindset when it came to training, it's no coincidence that I became a Springbok early in my career whilst training with him at the Sharks!"

- Bismarck du Plessis

Mark is currently the founder and developer of the SSP Program (Specialised Sports Performance).