
Simon Kent - Leadership & Performance Coach

Simon Kent is a Leadership and Performance Coach based in Auckland, New Zealand. He holds a Bachelor of Science degree from St Mary's University, Twickenham, United Kingdom, and has 18 years international experience as a coach, coach developer and high performance director in both professional and community sport. He is the current high performance director and national coach for Olympic Weightlifting New Zealand, and head coach of Papatoetoe Olympic Weightlifting Club (POWC).



Simon was high performance director and coach to New Zealand's Olympic Weightlifting team at the 2018 Commonwealth Games, 2019 Pacific Games and 2019 Senior World Championships. He was subsequently named Coach of the Year at the 2018 Honda New Zealand Counties Manukau Sporting Excellence Awards.

In addition, Simon is the current director of the Bruce Pulman Park School Sport Academy. The School Sport Academy aims to develop the knowledge and understanding of potential elite athletes interested in pursuing a career in their sport at both a domestic and international level. Now into its eighteenth year, the Academy has assisted a large number of New Zealand youth athletes in the acquisition of elite level sport performance goals, with their alumni including Kieran Read, the former captain of New Zealand's national representative rugby football union team, the All Blacks and Roseanne Te Hau, the current Manager – Women & Girls at CLM Counties Manukau and former MMA athlete.

Simon is highly regarded for the work he does in developing leaders of character, and his ability to create high performance cultures. Simon has helped various organisations, clubs and individuals to more adequately define success, character and leadership, and continues to provide an experience that cultivates values and beliefs in these organisations and individuals. As a South Auckland resident for over 10 years, much of Simon's work has been based in the vibrant and multi-cultural community of this region, developing young Pacifica men and women.

In addition to his significant immersion in Olympic Weightlifting, Simon has also held the position as strength and conditioning coach to the National Provincial Championship winning Auckland Rugby Union team of 2007. He continued to play a role as confidante and advisor to various significant All Black representatives, including Charlie Faumuina and Kevin Mealamu. Recently, Simon has worked as an advisor with the All Black Seven's (men's) and Black Ferns during their respective Olympic and World Cup campaigns.

Present day, Simon continues to produce high quality representative Olympic Weightlifters from his Papatoetoe Club, where young weightlifters see him as playing a pivotal role in nurturing their growth as both athletes and people.