



Nelson Pompigne-Mognard

Born 1 April 2008 (18 years old)

French citizen

Number Eight (secondary position blind-side Flanker)

Height: 1.80 m

Weight: 105 kg

South Africa

 **Watch the video:** <https://youtu.be/0FakTD4lAt4>

Physical Performance Results

Maximum Lifts:

- Squat: 193 kg
- Bench Press: 130 kg
- Prone Row: 110 kg

Physical Tests:

- Countermovement Jump (CMJ): 52.1 cm
- Bar Speed Test (Bench Press): 1.36 m/s
- Bronco Test: 309 s (September 2025)

French-born and 18 years old, Nelson Pompigne-Mognard played the 2022–2023 season in Portugal with Grupo Desportivo Direito (Lisbon) in the Under-16 category, which went on to win the national championship that year.

I have been living in South Africa since August 2026, splitting my time between elite rugby programmes and the development of CRONA, a startup focused on rethinking business travel to improve efficiency while significantly reducing its environmental impact.

In December 2025, I was officially [called up](#) by the French Rugby Federation (FFR) to its prestigious "Générations Bleues" U18 elite programme, identifying me as a high-potential U18 player and marking my entry into France's national performance system.

That same month, I was ranked second-best Number Eight of ten at the NextGenXV Global School Challenge, a five-day elite tournament in Spain bringing together South Africa's most dominant schoolboy rugby programmes, including Grey College, Oakdale and Southern Legion. I finished second only to Jacobus de Villiers, Number Eight for the South Africa Under-18 national team, underlining my standing among the best international schoolboy players in my position.

Prior to this, I was a boarder at Bromsgrove School, one of the UK's top-ranked boarding schools, from 2024 to 2026, where I played primarily at Number Eight and secondarily at blind-side flanker for the 1st XV, coached by Tony Windo, a former England international and experienced Premiership Rugby coach.

Since August 2026, Nelson has been supported by a dedicated high-performance team assembled specifically for him, operating entirely outside his academy's programme. This group of specialists has been carefully selected to ensure every aspect of his athletic, physical and mental development is guided by leading experts in their fields.

The team includes:

1. **Nico le Roux – Rugby Performance Coach:** With over 20 years of experience, Nico has held high-performance roles with teams such as the All Blacks, the Lions and the Chiefs.
2. **Murray Ingram – Strength & Conditioning Coach:** Founder and CEO of Connect Sports Group, Chairman of Connect NTK RFC in Cape Town and owner of the Connect High Performance Centre, with more than 20 years preparing youth athletes for professional rugby.
3. **Lize van Schalkwyk – Performance Physiotherapist:** Nineteen years with the DHL Stormers and DHL Western Province, nine as team physiotherapist and a further ten as rehabilitation physiotherapist.
4. **Dr James Morehen – Performance Nutritionist:** Performance Nutritionist for the England national rugby union team.
5. **Callum Abbott – Mental Performance Coach:** A Chartered Sport Psychologist, graduate of the University of York and Loughborough University, supporting elite athletes – including rugby players – with evidence-based approaches to optimise performance, aid recovery and excel under pressure.

Contact:

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