

2024

TUGGERANONG
VALLEY AFNC



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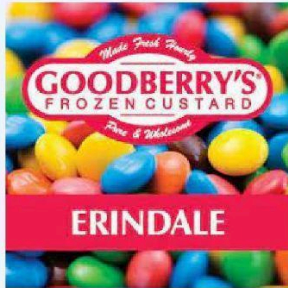


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PATRON'S MESSAGE

It is once again a great privilege to offer this Patron's Message.

Season 2024 has been a massive one for the club, both on and off the field. It has been great to see the netball program grow from strength to strength. Since the first teams took the courts in 2022, we have witnessed a strong netball community grow, from juniors through to the senior teams.

Congratulations to the women's Rising Stars for making the grand final - more evidence of the result of an investment into the girls' and women's program and the hard work that the players, coaches and support staff have put in. And it's promising to see the strides made in the performance of the boys' Under 16s team. And it is exciting to see Riley and Noah Budd signed for the 2025 season. I can't wait to see how they go on the field.

Off the field, it has been a packed year. This year we celebrated 100 years of AFL in Canberra, and it was great to see the Tuggeranong Valley Australian Football and Netball Club play a role in that celebration. I'd like to acknowledge the inductees to the TVAFNC Hall of Fame: Ray Ghirardello, Keiran Johnston, Stafford Cooper, Robert Hughes, Melissa Naughton. It was also great to have Kellie Hogan, Deb Degabriele and Luke Jess come up to Parliament House for the Parliamentary celebration of AFL earlier this year as well.

In the community engagement space, the club has performed strongly over the year. The club played a big role in the important Share the Dignity campaign, as well as working with SouthFest and running mental health programs.

Importantly, the club has had a big focus this year on building up volunteer numbers. By taking a different approach to engaging with potential volunteers, the club has been successful in recruiting and retaining more volunteers. Volunteers are the lifeblood of any community organisation, and I'd like to pay tribute here to all the volunteers who keep the club going.

The need for investment in infrastructure to support the club's ongoing growth and development remains a priority. This infrastructure is critical for the growth of AFL not only in Tuggeranong, but across Canberra. I remain supportive of this goal, and committed to working with everyone to make it happen.

Finally, I want to pay tribute to Kellie Hogan. Kellie has been a wonderful president. In her role she has provided impressive leadership for the club. She recently let me know that she was not going to recontest the position of president, nor seek another term on the board of the club. Kellie has done an amazing job over a number of years managing and growing the club. She was there, at the very beginning, when four local clubs came together to create a new Aussie Rules club for the entire Tuggeranong Valley. Since that time in 2020, the club has gone from strength to strength. We have seen a growing and thriving space for women and juniors, and now the club is one of the largest in Canberra. All the success the club has enjoyed has come entirely from hard work and talent, and Kellie has played a major part in that.

After 13 years' involvement, and 11 on the club board, Kellie has opted to step away and take a well-earned break. She should do so with the satisfaction of the achievements she has made. Thank you Kellie, and all the best for the future. Once again, thank you for your generosity and warm hospitality over 2024. It is a real privilege to be associated with the club as patron. Bring on 2025!

David Smith Bean MP

PRESIDENT'S MESSAGE

I am proud to be a part of this club.

The Tuggeranong Valley Australian Football Netball Club has become a club of choice in Tuggeranong for netball and is the third largest AFL club in Canberra.

What we have been able to achieve as a community club run by unpaid volunteers has been truly remarkable. The selflessness of so many people doing their part, whether it be coaching, managing, umpiring, standing in the canteen, taking photos on game day, setting up grounds or being on the board, is what makes the difference between a good experience and a bad one.

Yes, there is always more that could be done or different ways to do things, but these tremendous and remarkable people give their all to do the best they can. For this, I am truly grateful.

You only have to look at this list to see what a massive year we've had:

- 100 Years of AFL In Canberra – with Heritage Round at Manuka Oval
- 25 Years of women's footy in Tuggeranong. We have the largest participation numbers in Canberra junior girls. 63% of the board are female and, across the AFL programs, a 60/40 split of male and females, well exceeding the AFL's 20% target.
- Share the Dignity Round for netball
- Community Week – where netball held a PJ/Oodie night, junior teams 12 and up participated in the AFL Ahead of the Game Program and other grades participated in senior clinics.
- Social events – season launches, life members/past players day (the biggest attendance in a long time) and the comedy night. Focus on fun and laughter and we nailed that!
- The Brand Identity Working Group – that will hopefully complete the last step of the amalgamation in terms of replacing our existing 4 logos to one united logo.
- A 10-year partnership with St Mary Mackillop Catholic College to redevelop the oval surface, along with lighting, scoreboard and spectator areas, eventually leading to netball use as well.
- An Infrastructure Working Group that has seen us gain a new scoreboard, merchandise van and has invested in ongoing work with local and federal governments, and the AFL, in relation to a longer-term vision to develop Kambah, and
- Refurbishment of Gordon oval pavilion, which is now finally complete after the fire two years ago and ready to go for next season.

All the off-field work to build our community and our culture translates to success on field too, with:

- 11 of our 12 junior competitive teams, 2 of our 5 senior teams and 6 of our 13 netball teams playing finals this year,
- Rising Star Womens being the first Senior TVAFNC team to play in a Grand Final.
- Ash Patton being invited to the AFLW draft combine this year!
- Senior Womens coming 3rd in the Queanbeyan AFLW preseason cup.
- Representative sports - Seniors U22's, ACT Rep, AFL NSW/ACT Rep, Giants Development/Academy, Tuggeranong Netball Rep, ACT School Sports in both AFL and Netball and the list goes on.
- Milestones and individual achievements – with some special ones like Kat Ghirardello's 200 1st grade games, Billie Morton and Aiden Henderson winning league B&F, and an impressive 27 players named in the top 10 in the respective grades.

To the board - thank you yet again for a fantastic year. At the beginning of the year, we launched our strategic plan with clear lines of action for the year. I feel we have achieved them and then some. Well done and thank you!

To our incredible sponsors. You don't ask or expect much and yet are so important and supportive of us. Put simply, we don't exist without you and are so grateful you believe in us through your continued investment. For this, we thank you.

To all our coaches and managers - well done on a great year. The growth and success we have seen at the individual and team level both on and off the field is testament to your incredible efforts.

Congratulations again to our appointed head men's and women's coaches for seasons 2025 and 2026, Paul Highmore and Sam Robinson and Will Prowse. You are all set to do big things!

A massive thanks to Leo Lahey who steps down as women's head coach at the end of this season. Leo has built a tremendous women's program that is on the right path to success, along with his many other contributions as president over the years. So, a huge thanks Leo for your commitment and dedication.

It is only now as I step away from the board, that I reflect on so many incredible memories made over the last 13 years, from interstate pre-season carnivals, community nights, season launches, charity rounds, social nights, the amalgamation, COVID and training in groups of 10, managing 1st grade men's, three Junior Clubs of the Year awards and Life Membership. I have pretty much undertaken every board role possible and whilst at times it has been tough, it has been the best experience and definitely worth it.

Volunteering allows you to meet the most remarkable people and I have made friends for life at Tuggeranong. These people truly make volunteering fun and whilst I will continue to be around the club in some capacity, I certainly would not have been on the board for as long as I have without them - so thank you. You know who you are!

In saving the best for last, I want to acknowledge my family who have also been involved for as long, if not longer than my 13 years.

Steve running countless Auskick programs and coaching other age groups, a former board member, doing odd jobs, being a sounding board, and mastering the hot chips at grand final canteens.

Taylor, whilst we could never convince her to play, designed our crest when we amalgamated, the netball logo and countless times helped with graphic designs.

Alex played and now brings our beautiful granddaughter Violette to games each week and he gets involved behind the scenes.

Josh has been timekeeper for the 1st Grade Men for four years now, is my IT support and has produced some incredible videos for presentations, conquering a lot of life challenges and I probably don't say enough how proud I am of him.

And our youngest Chelsea. She has ever known life without Mum and Dad being involved in footy, always helping in whatever way she can, running water for seniors, helping at Auskick, working in canteens and a definite future leader of this club. I love them all very much and appreciate the sacrifices they made to allow me to follow my passions.

In 2025 we are set to have teams in every age group from juniors through to seniors, continued growth in numbers and a lot more to come across both footy and netball. It is a fantastic position to find ourselves in and I am immensely proud of how far our club in the Tuggeranong Valley has come.

All the best

Kellie Hogan



OFFICIALS AND VOLUNTEERS

TVAFNC BOARD

Patron

David Smith

President	Kellie Hogan
Vice President/Corporate and Strategy	Deb Degabriele
Secretary	Kristie Chynoweth
Treasurer	Matthew Brine
Senior Football	Paul Highmore
Junior Football	Katie Kearney
Netball	Karen Cooper
Sponsorship	Luke Lowes (Nov 23 to Aug 24)
Communications	Kim O'Dea
Property, Facilities & Merchandise	Peter Ashcroft
Community	Kellie Hogan
Volunteers	Rachael Kennedy

OFFICIALS AND VOLUNTEERS

NETBALL COMMITTEE MEMBERS

Director of Netball	Karen Cooper
Coaches coordinator	Bianca Sands
Events Committee	Emily Hart, Natalie Rawsthorne, Anita Rigby and Narelle Skelly
Milestones and Games Statistics Officer	Tracy Heathcote
Registrar	Kristie Chynoweth
Social Media Coordinator	Taryn Virtue
Umpire Coordinator	Tylah Baker
Uniforms	Tia Stevens
Yearbook Coordinator	Megan Doherty

OFFICIALS AND VOLUNTEERS

COACHES AND MANAGERS

Team	Competition	Coach/es	Manager
TVAFNC Twinkles	Year Two NSG	Laura Adams Willow Boswell	Nicole Tilyard
TVAFNC Tornados	Year 5 (Blue)	Sophie Cooper Gabby Scott-Cameron	Narelle Skelly
TVAFNC Tiny Teddies	Year 5 (Green)	Maddi Shiels Olivia Whitby	Penny O'Mahony
TVAFNC Tricksters	Year 6 (Green)	Karen Cooper Gracie Jones	Emma Annan
TVAFNC Twizzlers	Intermediates Div 4	Ella Baker Isabel Heathcote	Robyn Baker
TVAFNC Tactics	Intermediates Div 3	Emily Hart	Susan Jones
TVAFNC Troopers	Intermediates Div 2	Natalie Rawsthorne	Kirsty Kirk
TVAFNC Thrashers	Intermediates Div1	Shelley Fisher	Karen Cooper
TVAFNC T-Wrecks	Intermediates Div 1	Louise Patton	Emma Kildey
TVAFNC Turtles	Seniors Div 2	Mandy Harriott	Leanne Ball
TVAFNC Tradies	Seniors Div 1	Karen Cooper	Tracy Heathcote
TVAFNC Trailblazers	Seniors Div 2	Natalie Rawsthorne	Kristie Chynoweth
TVAFNC Titans	Seniors Div 1	Natasha Monger	Robyn Baker

DIRECTOR'S MESSAGE

Season 2024 was a year where we really defined our pathway forward as a club. Early success in our first two years saw an increase in interest in joining the TVAFNC family, meaning we needed to grade for the first time. While this was challenging, it also allows us to define our processes and look towards how to grow sustainably in the future.

Our junior program continued to grow this season, with the introduction of our very first Year 2 team- watching these little stars take to the court with unbridled enthusiasm and determination was a highlight of the season. Together with our teams playing in the Year 5 and 6 competitions, I know we have unearthed some real netball talent, and I can't wait to watch these future champions grow and develop.

Our intermediate teams once again faced different challenges throughout the year. As team line-ups changed, new players were welcomed into the TVAFNC family and teams moved up to higher divisions, the season was marked with highs and lows throughout.

The finals series was exhilarating and exhausting all rolled into one. Our Division 4 Twizzlers narrowly missed a grand final place, being forced into not one, but two, over-time games. Division 2 Troopers just missed out on a grand final win and the icing was on the cake when our Division 1 T-Wrecks absolutely nailed their grand final. An awesome way to finish the season!

Our senior teams faced some uphill battles this year with grading not going the way we had planned. All teams held their heads high and played out a tremendous season. To Titans and Tradies, who were placed in Division 1- sometimes the name of the game is fun, and you played your hearts out. Turtles totally underestimated themselves and narrowly missed playing finals, while our Trailblazers finished third overall. Tough seasons make tough teams- we will be back next year!

Congratulations must go to our fantastic coaching team- Laura Webb, Willow Boswell, Sophie Cooper, Gabby Scott-Cameron, Maddi Shiels, Liv Whitby, Gracie Jones, Ella Baker, Izzy Heathcote, Emily Hart, Natalie Rawsthorne, Shelley Fisher, Mandy Harriott, Louise Patton and Tash Monger. A club needs great coaches who pour so much of themselves into developing players and fostering a love of the game. Thank you for all the dedication that you showed throughout the season. It is truly appreciated.

To Bianca Sands who was our coaching coordinator this year: B stepped in to take training, supported coaches at games, offered a much-needed shoulder and words of advice and encouragement- thank you for being such an important part of our club.

To the team of managers who back up our coaches every week- Nicole Tilyard, Penny O'Mahony, Narelle Skelly, Emma Annan, Robyn Baker, Susan Jones, Kirsty Kirk, Emma Kildey, Leanne Ball, Tracy Heathcote, Kristie Chynoweth- doing a million little things to make sure that game days run smoothly, to coordinating rosters and participation in club events, keeping game day stats and everything in between, thank you for everything that you do to ensure our coaches and players can play the game.

Volunteers are the lifeblood of every club, and I'd like to say a big thank you to each and every person who helped in any way across the season. Your support is what helps create the positive culture we are building here at TVAFNC.

To Tylah Baker (umpire coordinator)- thank you for taking on this role and for the time and energy you put into developing our umpires. Tracy Heathcote (milestone games and statistics), Tia Stevens (uniforms), Kristie Chynoweth (registrar), Taryn Virtue (social media coordinator), Megan Doherty (yearbook coordinator)- you stepped in to fill these roles and I cannot thank you enough.

To our fantastic events team: Emily Hart, Natalie Rawsthorne, Anita Rigby and Narelle Skelly- thank you seems not quite enough. Our Share the Dignity Fundraiser was simply amazing- I am so proud of what we achieved as a club.

The ongoing support and commitment to developing the netball side of the club by the TVAFNC Board Members makes all this possible. Kellie Hogan (president), Matt Brine (treasurer), and Kristie Chynoweth (secretary) work tirelessly behind the scenes to ensure that we get to play the game we love throughout the year.

A massive shout out to Kim O'Dea (communications) who always comes through with my last-minute requests and makes our Facebook page beautiful and shiny!

Finally, to the players who have chosen to play netball with TVAFNC. You are the best part of this club, and I love getting to be a tiny part of your netball journey. It has been an incredible year- can't wait to do it all again!

Karen Cooper

#readytothrivein'25

UMPIRE COORDINATOR'S MESSAGE

Let's take a moment to celebrate the hard work and dedication of our incredible umpiring team. Over the course of this season, we've collectively umpired more than 120 games.

This year was particularly tough. Many of the matches tested our skills and patience. From nail-biting close games to heated moments on the court, our umpires faced it all with their heads held high. It's inspiring to see how our team has grown—not just in size, with 11 main umpires stepping up, but also in experience and commitment. Each game brought new lessons and became a little easier to tackle.

One of the standout aspects of this season was the way everyone rose to the occasion. We had many umpires stepping in to fill gaps, so a huge shout out to them. Whether they were seasoned pros or just learning to umpire, everyone brought their A-game.

TNA offers opportunities for umpires of all levels to develop their skills and capacity to officiate our games on a Saturday morning. Our Junior Representative (13-15yrs) players have the opportunity to hone their skills umpiring junior competition games. This year we had two volunteers sign up to participate in the 'Learn to Umpire Initiative'- a big thanks to Aimee Holmes and Maddison Jones who jumped on this opportunity, we hope to get you filling our club roster in the future. And finally, Indiana Kildey and Keira Kirk, who took on mentoring roles with TNA's Umpires Academy- it's great to see our umpires giving back to the game from grass courts to seniors!

TVAFNC had 5 umpires chosen to umpire the finals: Ella Berry, Tahlia Banchit, Indiana Kildey, Kelli Hart, and Tylah Baker- this is a testament to the calibre of umpires we have at TVAFNC. We also had an umpire chosen to umpire at Junior Champs: Keira Kirk.

Congratulations to all of you!

To my fellow umpires—thank you for your dedication, and let's keep pushing ourselves to be even better next season!

Tylah Baker

UMPIRE ACHIEVEMENTS

Umpire	Umpiring Accreditation 2024	Achievements/ Programs
Tylah Baker	C- Badge (National)	TNA Finals Series Umpire
Tahlia Banchit	District Level 1 (TNA)	TNA Finals Series Umpire Vicki Driver Memorial Nominee
Ella Berry	District Level 2 (TNA)	TNA Finals Series Umpire
Imogen Bond	District Level 1 (TNA)	
Kelli Hart	C-Badge (National)	TNA Finals Series Umpire HCF State League Umpire
Aimee Holmes		'Learn to Umpire Initiative' - TNA
Maddison Jones		'Learn to Umpire Initiative' - TNA
Indiana Kildey	C-Badge (National)	TNA Finals Series Umpire TNA Umpire Academy
Keira Kirk		Junior Championships Umpire TNA Umpire Academy
Olivia Whitby	District Level 1 (TNA)	

NETBALL CLUB AWARDS

COACH OF THE YEAR

Natalie Rawsthorne

DUAL PLAYER OF THE YEAR

Indiana Kildey

EMERGING COACHES AWARD

Ella Baker and Isabel Heathcote

ENCOURAGEMENT AWARD

Maggie Kane

INTERMEDIATE PLAYER OF THE YEAR

Charliese Virtue

CLUB PERSON OF THE YEAR

Ella, Robyn and Tylah Baker

RISING STAR AWARD

Kasia Lukasik, Ella Poulter

SENIOR PLAYER OF THE YEAR

Ali Staniforth

UMPIRE OF THE YEAR

Ella Berry

MILESTONE GAMES

(50) Tahlia Banchit, Tayla Bibb, Sophie Cooper, Indiana Kildey

NETBALL TEAM AWARDS

TWINKLES- YEAR 2 NSG		
MVP	Improvement	Coaches Award
Jaeda Garrett	Chloe Hasler	Ayda Simpson
TINY TEDDIES- YEAR 5 (GREEN)		
MVP	Improvement	Coaches Award
Kasia Lukasik	Sophie Polden	Kourtney Lawler
TORNADO'S- YEAR 5 (BLUE)		
MVP	Improvement	Coaches Award
Kayla Skelly	Aria Armstrong	Adelyn McMahon
TRICKSTERS- YEAR 6 (GREEN)		
MVP	Improvement	Coaches Award
Sadaf Sachawars	Skylena Phillips	Emma Felstead
TWIZZLERS INTERMEDIATES DIVISION 4		
Players Player	Coaches Award	MVP
Maddison Jones Lucia Proctor	Millie Aiken	Alexis Rourke
TACTICS- INTERMEDIATES DIVISION 3		
Players Player	Coach's Award	MVP
Chloe O'Connor	Maggie Kane	Gracie Jones
TROOPERS- INTERMEDIATES DIVISION 2		
Players Player	Coach's Award	MVP
Chloe Smith Linley Stevens	Ayla Hogan	Elissa Gregory

THRASHERS- INTERMEDIATES DIVISION 1		
Players Player	Coach's Award	MVP
Imogen Bond	Sophie Cooper	Ella Berry
T-WRECKS- INTERMEDIATES DIVISION 1		
Players Player	Coach's Award	MVP
Macey Bush	Gabby Scott-Cameron	Isla Pfeiffer
TITANS- SENIORS DIVISION 1		
Players Player	Coach's Award	MVP
Maddie Ferguson	Ella Baker	Bianca Sands
TRADIES- SENIORS DIVISION 1		
Players Player	Coach's Award	MVP
Willow Kildey	Isabel Heathcote	Mya Traise
TRAILBLAZERS- SENIORS DIVISION 2		
Players Player	Coach's Award	MVP
Madie Chynoweth	Ali Staniforth	Emily Hart
TURTLES- SENIORS DIVISION 2		
Players Player	Coach's Award	MVP
Mandy Harriott	Ashley Lawler	Chereta Daylight

NETBALL ACHIEVEMENTS

CAPITAL SPIRIT ACADEMY
Charliese Virtue
ACT SCHOOL SPORTS U15's
Willow Kildey
Isla Pfeiffer
Maddi Shiels
ACT NETBALL ACADEMY
Imogen Bond
Sinead Briedis

Willow Kildey	
Isla Pfeiffer	
Maddi Shiels	
Mya Traise	
HCF STATE LEAGUE	
Megan Anderson	Tuggeranong Netball Association (U19s)
Tayla Bibb	Arawang Netball Association (U17s)
Sophie Cooper	Arawang Netball Association (U19s)
Kelli Hart	Arawang Netball Association (Open Div 2)
Indiana Kildey	Tuggeranong Netball Association (U17s)
Isabella Sands	Arawang Netball Association (U19s)
Charliese Virtue	Tuggeranong Netball Association (U19s)
JUNIOR REPRESENTATIVE COACHES	
Michelle Fisher	Isabella Sands (Arawang)
Indiana Kildey	Bianca Sands (Arawang)
Charliese Virtue	
JUNIOR REPRESENTATIVE NETBALL - UNDER 15s	
Tahlia Banchit	Sophie Luchterhand (South Canberra)
Sinead Briedis	Kate Patton (Belconnen)
Macey Bush	Isla Pfeiffer
Zoe Harman	Maddi Shiels
Willow Kildey	Mya Traise
Ella Knobel	
JUNIOR REPRESENTATIVE NETBALL- UNDER 14s	
Imogen Bond	Keira Kirk
Willow Boswell	Elaina May
Elissa Gregory	Chloe O'Connor
Ayla Hogan	Olivia Whitby
JUNIOR REPRESENTATIVE NETBALL – UNDER 13s	
Jasmine Nguyen	Linley Stevens

SENIOR WOMENS

DIVISION ONE – TITANS

COACH'S REPORT

2024 was a crazy year for the Titans, but we got through it together as we always do! 2024 means our team has been together for 2-3 years, since the inception of the TVAFNC netball brand, and we have gone from strength to strength. I absolutely adore this team and each and every player on it. Every week I looked forward to putting on the red, yellow and blue dress, and playing with my friends who are like family!

This season was filled with challenges being moved up to Division 1, but most importantly, it was also filled with fun! The laughter we shared, the friendships we continued to build, and the moments we celebrated define our team more than anything else. We showed up each week, gave our all, and that's something to be super proud of. I am so proud of the way that every player in the team handled themselves over the course of the season and everyone took on the challenges that were handed our way. This team does everything with smiles and laughter and makes it such a wonderful group to be around.

A massive thank you to our team sponsor Concept One Mortgages! Your support was greatly appreciated, and we absolutely loved our new merch! Congratulations to all the other TVAFNC teams on your seasons, you are all such amazing representatives of our club! It was always so lovely walking around the courts and seeing players wearing red, yellow and blue with big smiles on their faces and supporting the other teams!

A HUGE thank you to our incredible manager Robyn. You answered the call after last year's presentation, and we haven't looked back! The time and effort you put into our team is something that we are all grateful for and we feel so blessed to have you! You have made everyone's lives a million times easier and bring so much fun and positivity to the group!

An enormous thank you to Karen for everything she has done for our team and our club this season! We absolutely would not be where we are without you! You are amazing!! Another big thank you to Kellie and the TVAFNC board for their continued support! We are so blessed to have such committed club management!

Finally, a heartfelt thank you to all the families, partners and friends who supported our team this season! The scoring, time keeping, umpiring, fruit and supporting did not go unnoticed! Writing pen pics about players for the third year was going to prove tough, so I had a bit of fun with them. So please sit back, relax and enjoy reading about each player and their 'play-alike'. For each player, I have chosen a Suncorp Super Netball player who I think plays (and behaves) like them!

Bring on next season! It's time to thrive in 2025!!

Natasha Monger



TITANS PLAYER PROFILES

Ella Baker **Play-alike:** Jess Anstiss - West Coast Fever : Her ability to apply pressure on opposing players and create turnovers makes her a dual threat on the court. Anstiss is known for her determination and commitment to improvement. Anstiss possesses excellent agility and quick footwork, enabling her to navigate the court effectively, evade defenders, and create space for herself and her teammates.

Maddie Ferguson **Play-alike:** Shamera Stirling - Adelaide Thunderbirds :Sterling's ability to read the play and hunt down a loose ball is impossible to turn away from. Stirling is renowned for her exceptional defensive abilities, including her skill in intercepting passes. She has a knack for reading the game, allowing her to anticipate plays effectively. Stirling's mental toughness is evident, as she consistently performs well under pressure and maintains focus throughout matches.

Kelli Hart **Play-alike:** Romelda Aiken - Adelaide Thunderbirds :Aiken is skilled at creating space for herself, utilising clever footwork and timing to receive the ball and find optimal shooting positions. Standing at an impressive height, she uses her physical presence to dominate in the shooting circle, holding her position effectively against defenders. Aiken also emphasises teamwork, working well with mid-courtiers to create effective attacking plays.

Erin Kelly **Play-alike:** Chelsea Pitman – Giants :Primarily as a mid-courter, she adapts well to different roles on the court, providing flexibility for her team. Pitman excels in creating opportunities for her teammates. Injury setbacks have hampered Pitman's career. She also contributes defensively, utilising her quick reflexes to disrupt opposition plays and regain possession.

Rachel Kennedy **Play-alike:** Steph Wood - Sunshine Coast Lightning :Smart, cool, confident and classy; there are few players who you would want to have the ball in their hands. She is comfortable taking shots from various distances, making her a versatile scoring option. Wood is an effective playmaker, often facilitating ball movement within the circle. She has a strong understanding of timing and positioning, allowing her to deliver precise feeds to teammates.

Indi Kildey **Play-alike:** Play-alike: Kim Ravaillion - Queensland Firebirds :Ravaillion excels at creating plays and setting up scoring opportunities. Her vision allows her to effectively feed the ball into the shooting circle. As a WD, she applies consistent pressure on opposing attackers, using her agility and speed to disrupt plays and force turnovers. Her quick footwork enables her to navigate the court efficiently, helping her transition rapidly between attack and defence.

Lisa Lee **Play-alike:** Tayla Williams - Adelaide Thunderbirds :Williams has a keen understanding of the game, allowing her to read plays and make strategic decisions that benefit her team. Tayla Williams' combination of defensive prowess, athleticism, and game intelligence makes her a valuable asset to her team and an exciting player to watch as she develops her career.

Natasha Monger **Play-alike:** Maddy Proud - Sydney Swifts :Teams benefit from Maddy's ability to change the game with her leadership, fast hands and speed through the midcourt. Proud excels in creating opportunities for her teammates, showcasing strong passing and vision. Her ability to intercept passes and contest balls adds depth to her game. Proud has developed strong leadership skills, often guiding her teammates and fostering a positive team environment.

Bella Sands **Play-alike:** Sophie Garbin - Melbourne Vixens :She is a versatile asset as a shooter who can play as GS or GA to contribute to the flow of play. Garbin excels in her movement off the ball, using clever timing to create separation from her defenders and make herself available for passes. Sophie Garbin's combination of shooting prowess, physicality, and strategic intelligence makes her a key player in her team's attacking lineup.

TITANS PLAYER PROFILES

Bianca Sands Play-alike: Jamie-Lee Price - Giants Netball :Price is one of the best defensive mid-courtiers in the league and is known for her impactful presence on the court. Her agility and competitiveness make her a difficult challenge for everyone she comes up against. Her ability to read the game is exceptional. Price possesses strong game sense, allowing her to make smart decisions under pressure and adapt her playstyle based on the flow of the game.

Laura Webb Play-alike: Eleanor Cardwell - Melbourne Mavericks :Cardwell is recognised for her exceptional shooting skills, combining precision and consistency from various distances. While she is primarily a shooter, Cardwell can also play as a goal attack, allowing her to be involved in both scoring and playmaking, contributing to her team's attacking dynamics. Her ability to move quickly around the circle helps her find optimal shooting positions.

SENIOR WOMENS

DIVISION ONE – TRADIES

COACH'S REPORT

On the back of a successful 2023 campaign, Tradies were keen to get back to work. This season saw some fresh faces join the crew who were ready to embrace a bigger challenge in Seniors Division Two. Little did we know that that challenge was going to get a lot bigger very quickly. Re-grading saw the Tradies thrown right in the deep end, moving to Division One very early on in the season. The dynamic of the Division One Seniors competition was something we hadn't factored in when Tradies was created. Player workloads meant that we had to pivot early on, with the girls deciding that the focus needed to be on having fun away from the competitiveness of representative and intermediate commitments, umpiring and coaching duties. With the pressure off, boy did we nail the brief of fun netball!

Shooters got to test their skills in defence, defenders found new homes across the court to apply pressure, and the middies proved what versatile players they were anywhere on court as everyone just relaxed and mixed it up- and, hey, everyone's a shooter! There was so much joy evident on players' faces and, in their interactions and encouragement of their teammates and opposition, that it was clear to all watching that sometimes fun netball is the way to go.

I would like to thank Tracy Heathcote for stepping into the role of team manager this year. Keeping players and coaches organised is not the easiest of tasks and you made sure that our game days ran smoothly. The things that make a season tick and a club thrive- duty rosters, raffle tickets, fruit, cake stalls- all fell into your lap this year and you handled it beautifully.

To Karen Vandermee- a massive thank you for capturing our season on camera. I do have to say that my favourite part of the week was looking through the photos you took of the girls every week- their smiles and joy was evident. You have a gift with the camera- thank you for sharing this not only with our team, but with our club.

To the best support crew going around- thank you not only for your support of our team and myself, but for your ongoing support and commitment to our Club. I know we seemed to be on duty every second week, but you guys were always there putting your hands up to bake, score, scrub and cheer with a smile. So very thankful that you have chosen to call Valley home.

Finally, Tradies you really are a delight to work with. The way you embraced the challenges of this season with grace and maturity meant that we were able to play out an enjoyable season of netball. I loved our conversations in the huddle and hearing the unique perspectives you were able to offer about the opposition. You ladies are the future of this club- you are great players, great role models and amazing people in your own right. Thanks for sharing this season with me. I really hope to see you all back in Valley colours in 2025.

Karen Cooper



TRADIES PLAYER PROFILES

Tahlia Banchit (aka Little Miss Bounce) The way T plays the game, it's no wonder that she occasionally hits the deck- luckily for us, she bounces straight back up and into the action. T truly is a fierce competitor, ready to take on any opposition player and make them earn every ball. Her tough brand of netball often forces mistakes and forces turnovers. Thanks for being an absolute superstar this season, T!

Ella Berry (aka Little Miss Sunshine) It is very rare to see this kid without a smile plastered on her face. Ella is a positive, supportive teammate and really personifies 'team-first'. Ella is always ready to throw on any bib given to her and will play at 100% all game. Ella's drive to win ball sees her take on any contest, often coming out on top all with her trademark smile. A player who is a pleasure to be around both on and off the court, congratulations on a fantastic season, Ella!

Tayla Bibb (aka Little Miss Helpful) Tay's defensive talents were tested against the biggest and best that TNA had to offer this season. She did not back down from the challenge and grew across the season. Always willing to jump on court and help out in any position, Tay proved to be a double ender. A quiet achiever, who does not go unnoticed, thanks for a great season, Tay!

Sophie Cooper (aka Little Miss Trouble) As a part of our super circle, Soph was once again able to wear the GA bib more frequently this season. Having adjusted to some bigger bodies in State League competition, Soph wasn't afraid of pushing back against some of the bigger bodies in the circle. Enjoying some time in defence, Soph was able to use her height and timing to gain intercepts and rebounds, often surprising herself. Trouble at both ends of the court, fantastic season Soph!

Isabel Heathcote (aka Little Miss Chatterbox) Izzy's support for her club and her teammates has found her right at home in the Tradies team this year. As a C/WA, Izzy was often against tough opposition who fought to control and dictate the game- Izzy rose to the challenge, week in, week out. Izzy remained positive throughout the season and was able to maintain her composure and trademark cheerleader style. Thanks Izzy, for keeping our huddles interesting and our cheer loud!

Willow Kildey (aka Little Miss Quick) A new recruit to the netball family in 2024, Willz' sunny personality and competitive style of netball fitted right in with our Tradies. A versatile player who gives 100% in any position, Willz played hard against stronger, experienced bodies and did not take a backwards step. A positive and supportive team player, and an awesome player to boot- what's not to love there? Welcome aboard, Willz!

Isla Pfeiffer (aka Little Miss Star) As another of our new recruits to the netball side of TVAFNC in season 2024, Isla fitted in seamlessly with the Tradies gang and was one third of a powerful shooting circle. Her ability to adjust to others' styles of play, combined with her accuracy and determination to do her best, saw Isla taking on some of the biggest defenders TNA had to offer and often, besting them. A quiet achiever who shines brightly on court, thanks for joining our hard-working Tradies crew, Isla!

Gabby Scott-Cameron (aka Little Miss Giggles) Gabs' love of the game and her natural exuberance keeps her teammates positive and laughing throughout games. A strong defender who doesn't shy away from body on contact, Gabs is able to tie down much stronger, taller shooters causing them to force a pass which she is quick to reel in and own for her team. Gabs' transitions quickly from defence to attack and is committed to doing the work to move the ball down to her shooters. An amazing season, Gabs!

Maddi Shiels (aka Little Miss Sporty) A player like Mads is a dream to have in any line-up. Most utilised in defence, Mads can read play and shut down the opposition before they know what's happening. Fun netball saw Mads try her hand at shooting and mid-court roles, bringing some real gotcha moments along the way. A pure Clubman through and through, thanks Mads for pulling on the hi-vis with Tradies this year!

TRADIES PLAYER PROFILES

Mya Traise (aka Little Miss Magic) Mya had a magical season of netball this year. Her hard work and dedication has seen her develop as a force to be reckoned with in the circle. Her height and long reach, coupled with a strong hold and pinpoint accuracy, has made her an intimidating target for opposition defenders. Mya's easy-going, positive nature makes her a supportive teammate who thrives in Tradies. It was great to have you back this season, Mya!

Aislinn Vandermee (aka Little Miss Shy) A quiet, unassuming player, Aislinn often lulls opposition players into a false sense of security before she springs into action. At home in the circle, or keeping WAs under control, Aislinn's steadfast nature and willingness to work hard across the court made her an asset to the Tradies line-up. Her one-liners and astute observations in the huddle often kept us laughing through the breaks. It was great to get to know you this season, Ashy!

SENIOR WOMENS

DIVISION TWO– TURTLES

COACH'S REPORT

This year, the TVAFNC Turtles slowly but surely came out of our shells and made quite a splash in the competition. At the start of the season, we were a group of ladies from all walks of life, not knowing much about each other or how we played. But as the weeks went by, we quickly gelled into a tight-knit crew, with our bonds growing stronger with every match.

We didn't just play netball: we shelled out some serious competition. Our opponents often found themselves floundering as we executed plays with the precision and speed of a turtle on a mission. We may have started the season at a leisurely pace, but we soon proved that when it comes to netball, we're anything but slow. With left field passes that left everyone in awe and moves that kept our rivals on their toes, the Turtles snapped up many well-earned victories.

Of course, no journey is without its challenges. This season, one of our beloved teammates was sidelined by a tough injury—a torn ACL and meniscus. It was a hard hit, but just like turtles retreating into their shells for protection, we pulled together, supporting her every step of the way. Our resilience as a team shone through, proving that no matter what, we're in this together.

Off the court, the Turtles were never short on laughs. Whether we were huddling up for a pre-game pep talk or celebrating our wins, we shared countless moments of joy and camaraderie. The fun we had wasn't just a side effect—it was the very core of what made our team so special. Every laugh and every cheer made our bond that much stronger.

As the season draws to a close, it's clear that we've grown not just as players but as a team. What started as a group of strangers has become a family of Turtles, and we're not done yet. We're determined to keep swimming forward, committed to continuing our journey together. With our strong shells, quick minds, and even quicker passes, the Turtles are ready to dive into whatever comes next.

Here's to the Turtles, for sticking our necks out, staying steady under pressure, and showing that we're a force to be reckoned with. We may be a bit slow to start, but once we get moving, there's no stopping us! Here's to many more seasons of swimming past obstacles, snapping up wins, and plenty of laughs along the way.

Bring on 2025.....Turtle power!

Mandy Harriott



TURTLES PLAYER PROFILES

Leanne Ball Leanne was not only the team organiser and manager but also a key player who delivered elite performances until a tragic injury sidelined her. Forced to perfect her “bum shuffle” off the court after requiring surgical intervention, Leanne remained an essential part of the team. Always court-side, she supported, scored, and provided clear direction, ensuring the Turtles stayed on track. Her dedication and leadership were invaluable, and the team couldn’t have done it without her—literally! We’re all excited for her comeback in 2025. Thanks for everything, Leanne!

Sarah Bateman Sarah was a standout across the midcourt, consistently delivering centre passes that fed smoothly into the goal circle. Her bullet passes, backed by her fierce bulldog attitude, became a key asset for the team, breaking through opposition defence and setting up crucial scoring opportunities. Sarah’s determination and precision played a vital role in the Turtles’ success this season.

Anny Dailey Anny was a gun in both defence and attack, making an impact at every end of the court. Her ability to secure key rebounds in defence consistently turned the tide of games, while her sharp vision and precise assists created countless scoring opportunities. Backing it all up with her solid shooting under pressure, she was a reliable and essential presence in every match. Her versatility, determination, and game-changing plays were a huge part of the Turtles’ success this season. Thanks for an amazing year!

Chereta Daylight Chereta is a dynamic and versatile player who made her mark across the court, excelling in every position except GS. Her ability to read the game led to countless interceptions and touches in each match, making her a defensive powerhouse. Chereta’s clever “turtle passes” became a signature move, keeping the opposition on their toes and setting up key plays for the team. Her energy, skill, and court vision were invaluable throughout the season, contributing to the Turtles’ success. Thanks for an incredible year, Chereta!

Carol Dziouba Carol was a high-quality player whose versatility shone as she contributed both in defence and attack. Always reliable at GD, she played a pivotal role in transitioning the ball through the mid-court to the attacking end, ensuring smooth and effective plays. Whether defending or supporting the shooters, Carol’s skills and game awareness were a constant asset to the team. Her all-around presence made a significant impact throughout the season!

Mandy Harriott Mandy was a passionate and driven player who constantly pushed the team to lift their game and strive for victory. As the unofficial coach from the shooting circle, she frequently delivered encouraging instructions that kept everyone focused and motivated. Her unwavering “we can, we are elite” attitude had a contagious effect, lifting the team’s spirit and often catching opponents off guard. Mandy’s leadership and positivity were key elements of the team’s success this season, not to mention her shooting! Mandy’s exceptional shooting abilities always saw the Turtles points rise high, she was always on point, rarely missing!

Ayla Hennessy Ayla was a key player across the court, contributing seamlessly from mid to the goal end. Her on-point passes and unwavering can-do attitude were invaluable during the most intense moments of the season, helping the team stay composed and focused. Whether distributing the ball or supporting the attack, Ayla was a reliable presence in every game. Looking forward to seeing you back on court in 2025!

Ashley Lawler Ash began the season with room to grow, but her dedication and commitment to training saw her transform into a quality goalkeeper. Her development was impressive, often surprising herself with sneaky intercepts that turned the tide of games. Ash not only improved her skill set but also brought a contagious positivity to the team, always boosting morale with her smile and uplifting attitude. Her journey was a testament to hard work and team spirit!

TURTLES PLAYER PROFILES

Kate Ratcliff Kate was a tireless force in the Centre position, constantly running up and down the court and keeping the tempo high. With quick reaction times and what seemed like “go-go gadget” arms, she delivered numerous touches and interceptions, disrupting the opposition’s play at every opportunity. Her relentless pressure and non-stop effort ensured the team stayed competitive in even the toughest matches. A key contributor both defensively and offensively, her presence in the C position was vital to the team’s success!

Patrice Welfare Patrice was a key contributor across the court, especially in the defensive end where her many touches and interceptions from WD helped disrupt the opposition’s flow. Her ability to transition quickly into attack made her a dual threat, assisting in setting up plays at the attacking end. Often the quiet achiever, Patrice consistently supported the team with her hard work and reliability, week in and week out. Her steady presence was invaluable throughout the season!

SENIOR WOMENS

DIVISION TWO– TRAILBLAZERS

COACH'S REPORT

The Trailblazers, version 3, were nothing short of incredible this year. As what happens with most teams, we had a few player changes, we said goodbye to a few incredible 2023 players and welcomed some equally incredible players into our 2024 team. Megan, Kellie and Ali were the additions we never knew we needed. Megan, always smashing it in mid court, Kellie dominating in circle defence, and Ali killing it across defence and mid court and often filling in in attack where needed.

We started the year strong. After grading, the first six games saw us undefeated and top of the ladder, but we had a difficult few weeks ahead of us. Two of the last few games were against teams that we knew we'd really have to work for. At the same time, we were hit with player injuries, traveling overseas and having lives outside of netball. We tried our absolute hardest but unfortunately fell short for those two games.

By the end of round 13 we had finished second on the ladder which is a huge achievement! We were into the semi-finals and had two chances at making the grand final. We kept our hopes high, especially Emily who never let me put any doubt into our minds. We had a good chunk of our team back for semi's which was a good start. The semi-final started and continued strong, we were neck and neck the whole game right up until the final few minutes of the last quarter where we went down by four goals. Not the result we wanted but we still had another chance. The following week we got straight back into it, against one of the teams we had previously lost to. We played our hardest and gave it our all, it simply wasn't our day. We had an incredible season and were super proud to have gotten to where we did. Finishing 3rd overall is quite an achievement.

The team this year started off, once again, very attack heavy. We had quite a lot of shooters to rotate, but we also had a solid defensive side which definitely helped. A special shout out to Megan who joined our team as a shooter but was instead put into the attacking mid court. Megan was a vital player in our team this year, it would have been much harder without her. Being part of this team as both a "coach" and player has meant so much to me these past few years, you form really special friendships in a team like this. Thank you so much to the 10 ladies on our team, I've absolutely loved training and playing with all of you and hope we can continue to play together in the years to come.

Finally, a huge thank you to our irreplaceable manager, Kristie. For the third year in a row, we have worked side by side to not only bring the team to as much success as we can, but also to ensure everyone has fun and is welcomed like family. We appreciate you so very much and are very grateful to have you as part of our team. Thank you too, to our supporters each week and to all of the TVAFNC family, we will see you next year!

Natalie Rawsthorne – Player/Coach



TRAILBLAZERS PLAYER PROFILES

Megan Anderson Megan is one of the newest and youngest additions to the team and has never failed to impress. From game 1, it was evident that Megan was going to give it her all every game. With a history of being a shooter, Megan was asked to instead cover our mid court and there has not been a single game where Megan has let us down. We are so lucky to have had you in our team Megan!

Ashlee Buckley Ash has comfortably settled into shooter this year with the occasional cameo in wing attack or defence. Ash moves smoothly in the goal circle and has become a shooter we rely on. As one of the few who attend seniors training, Ash has shown her dedication to improvement and is always willing to have a laugh on court. Ash, we appreciate you very much!

Emma Chynoweth Emma has always been an accurate and reliable shooter. Emma really shone and found her feet towards the end of the season giving us a strong position moving into finals. When Emma is in the circle, particularly with Emily, nothing gets past them. Emma's strength in the goal circle has really helped our team's success this year. Emma, we love you!

Madie Chynoweth Madie brings her strength and determination to the court week after week whether it be in the goal circle or mid court. Madie is a very valued player in our team who always gave it her all no matter where she was positioned. It was devastating to learn of her late season foot injury, we most certainly missed her in the final few weeks. We will see you next year Mads!

Emily Hart If you ever hear encouragement on the court, chances are it is coming from Emily. Emily is one of the most positive team players and certainly gave us a laugh. Starting in defence, the decision was made for Emily to become a double ender and boy did she not disappoint. Emily, without you the team just wouldn't be the same. Fair to say you are loved by all!

Kellie Hogan It was very special for the President of TVAFNC to be on our team this year, and Kellie, you definitely brought it! Kellie absolutely killed it in GK and at training on Tuesday nights. Kellie manages so many elements of the club yet still managed to smash it week after week. Kellie, you have fit into our team perfectly and we have loved having you!

Georgia Knight Our international star, Georgia was able to join us for a number of weeks in the season. We would have much preferred the whole season, but we loved every minute of what we had. Georgia is an incredible all-rounder who never ceases to amaze everyone! We just need to learn how to catch her bullet passes! G, please move back home so we can have you permanently!

Natalie Rawsthorne - For the 3rd year in a row, Nat has been the Captain/Coach of the Trailblazers, agonising over positions each week to ensure that we get the best out of the team. Nat played across the mid court, occasionally switching into WD to maintain team balance. Nat is fully immersed in both TNA and the TVAFNC and is always one to put her hand up for more. Well done on another jammed packed season Nat!

Ali Staniforth Ali has been a beautiful addition to our team this year, she's been the player we never knew we needed. Ali absolutely smashes it in wing defence and in the defensive circle. Ali is quick, dominant and always gives 100% in training and in games. We have no fear when Ali is here! Ali, thank you for choosing to be part of our team!

Sophie Wilson Sophie is the quiet but deadly defender. Sophie always puts her body on the line and has become the master interceptor. Having been in the team for a number of years, we love being able to trust that the defensive end is covered and that Soph will give it her all. After a little injury setback, we were beyond relieved to have Sophie back for finals! Keep being amazing Soph!

DIVISION ONE– T-WRECKS

COACH'S REPORT

Three years ago, the core of this team entered intermediates division 1 as a group of young year 8s starting with a newly-formed club. We had a goal to develop against older, stronger opposition. Three years later we have developed into a strong, incredibly skillful and cohesive team that play beautiful netball.

The first half of the season was a juggle around junior representative, state league and state representative commitments for many of the girls. The stop-start nature of the first half of the season made it a challenge at times to meld our new lineups together. After a challenging couple of weeks due to absences with national championships and life, we really knuckled down in the second half of the season in our training and games to build our combinations.

Our run into finals was fantastic and culminated in a dominant grand final performance that the girls can treasure forever. Our motto for the finals series was “We, not me,” and the team delivered that. It was an absolute pleasure to watch such a cohesive group of individuals support each other. Their genuine happiness for each other's little wins this season was infectious.

We had three players who achieved selection in state netball programs who managed their load and showed up every week ready to work at club training. Shout out to our four dual football/netball players who juggled fatigue, bruises and the occasional black eye this season – your commitment to both sports epitomises what this dual-sport club is about. Other players juggled their other interests, coaching, umpiring, part-time work and school, but prioritised netball each week.

Huge thanks to our wonderful manager, Emma Kildey, who kept us organised, supported the girls every week and stepped in (along with Scott) to coach the girls when I was away. Thank you to Taryn Virtue, who takes stunning photos that capture lifetime memories for the girls and families. Thank you to all the parents who scored, especially Myles Pfeiffer for the shooting stats, and Amanda Chase, Myles and Scott who took on the stressful finals timing and scoring duties. Thank you to the parents for their support on the sidelines and kind words throughout the year.

Huge thanks to Karen Cooper, the netball committee and the coaching group for making this such an awesome club and supporting our team.

Finally, thank you to the girls. Congratulations on your exceptional season, it's been an honour to coach you this year. The thing I am most proud of is your ability to lift each other up. You each bring your own personality to the group and are each an integral part of the team.

Thank you for making this year special and being such a joy to coach.

Lou Patton



T-WRECKS PLAYER PROFILES

Macey Bush - One of three new players to our team this year, we are so glad Macey chose TVAFNC to continue her netball. A ray of positive sunshine with the resolve to learn and develop, our on-court dancer's speed, leaps and intercepts were invaluable to the team. To be voted Player's Player by your teammates in your first year with them speaks volumes for the netballer and person you are. Congratulations, Macey!

Charlie Chase - Don't be fooled by her quiet appearance on court – Charlie's determination is unflappable, regardless of the opponent. She has netball smarts you can't teach, an ability to find the right space at the right time and deliver pinpoint passes. Gets the job done every week without fuss, the kind of teammate you want beside you. Well done, Charlie!

Indiana Kildey - Indi has always been a talented player, but this year has worked hard to further develop her positioning and feeding craft, which has seen her game go to another level. This was evident on Saturdays, but also at state league where she was voted her team MVP and top three in the competition. TVAFNC's awardee for dual football-netball player of the year, Indi is a natural leader who is hard to take off court due to her voice and skills. Well done, Indi!

Willow Kildey - Although this year was her first netball season with TVAFNC, it feels like Willow has been around the team a lot longer! She added great skills, agility and high energy to the team. Her versatility to play across multiple positions proved to be a trump card towards the end of the season as she added another dimension to our defence. Her award of Player of the Grand Final was very well-deserved. Watching her play with her sister and teammates this year has been a joy. Congratulations, Willow!

Martina Luciano - This year was Martina's year to shine, and that she did. Her ability to combine so quickly and seamlessly with a new shooting partner, Isla, as well as her long-time partner, Kate, shows the kind of player she is. Her court play is selfless, always looking for ways to set up her partner, but she also developed an increased confidence with her strength onto the ball. Her shooting has always been great but was particularly outstanding through finals. Well done Martina!

Astrid Mwamba - Astrid is another of our quiet achievers who lights up on court with her reading of the play and breathtaking intercepts. She can win a foot race against any opponent in the competition with her speed off the mark. A vital member of our defensive gang, she also showed versatility through the finals series through wing defence. Great season, Astrid!

Kate Patton - Kate's positioning and smarts through court are her strengths. She looks for ways to set up play for her teammates and delivers pinpoint passes. She brings physical strength to tough situations and won't back down from a contest. Her poise in attack throughout the season and particularly during finals was invaluable to the team. Well done, Kate!

Isla Pfeiffer - Isla's shooting is deadly accurate, but her focus in her new team this year was on her court craft, passing technique and defensive skills. Her hard work in these areas has made her a huge threat in all aspects of her game, to match her shooting. Her sunny nature brought a delightful dynamic to the team and her willingness to learn was a joy to coach. Isla, you completed our team – thank you for choosing us. Congratulations on your well-deserved team MVP award!

Gabrielle Scott-Cameron - Gabby is the epitome of a team-first player. She has worked hard this year on passing and positioning, and displayed strength across three defensive positions. She has the versatility to play a shutdown role on tall, holding shooters; as well as matching small, fast shooters. Her outstanding finals series was a display of her hard work throughout the year. Winner of the Coach's Award this year, she is a solid rock of support for her teammates as well as being a great player in her own right. Congratulations, Gabby!

Charliese Virtue - Charliese's progression over the past few seasons has been amazing to watch and a testament to her hard work. Her focus throughout the season was on her defensive tracking through court at goal defence, as well as her positioning against opponents. She is highly damaging with her hands-over pressure, reach and rebounding skills; but her ability to track an opponent through court and shutdown players in the circle is something she has worked hard on, and it is exciting to see her skills starting to be recognised at state level and in the Darters Academy. Congratulations on a great year, Char!

INTERMEDIATES

DIVISION ONE– THRASHERS

COACH'S REPORT

What a season! I am so proud of the way the Thrashers came together and supported each other through the ups and downs that the 2024 season brought. I couldn't have asked for a kinder or more supportive group of girls, and it has been an absolute pleasure to be their coach this year.

Merging players from two separate teams for this season was always going to have some teething issues, but I was astounded at how quickly the girls adapted to suit each other's style of play and how supportive they were with each other. Within a few weeks of training, I knew we were a force to be reckoned with. The girls bonded quickly, and the strength of the team was undeniable!

We can all agree it was not the end of season that we had hoped for, but there are so many other positives to take away from this year. Making finals is a win within itself- the quality of netball we played throughout the season was outstanding; and the fact that we beat every team in the competition at some stage during the season is something to be proud of - we were right up there with the best!

The season would not have been as great as it was without the help and support from our amazing parents. You should all be proud of your amazing children, their respect, motivation and kindness come from you. Thank you for covering all our duties, fruit and scoring responsibilities.

Special thanks also go to Karen Cooper. You are one amazing person, beautiful inside and out! Thank you for managing our team and for taking all the fantastic photos. Thank you for being the best leader this club could ask for. None of this would be possible without you, and I am so grateful you invited us to be part of this amazing TVAFNC family.

My final and biggest thanks go to the 10 amazing girls that made up this incredible Thrashers team! I admired your dedication to training and games. You always turned up with motivation and enthusiasm and you were always willing to do whatever I asked, even when I got superstitious and made you do our 'lucky drill' week after week. We really did play some incredible netball in the 2024 season, and I can't wait to see what 2025 brings you all!

Shell Fisher



THRASHERS PLAYER PROFILES

Tahlia Banchit An incredibly agile player with speed and fitness to die for, making her a hard player to keep up with. A hard worker in both attack and defence. Her patience and ability to settle the play was outstanding, and a huge asset to our team. Tahli was always willing to do anything that I asked of her and always gave 100%. It has been an absolute pleasure to coach you, Tahli, thank you for a great season!

Tayla Bibb Tay is a naturally gifted player with great defensive instincts. Her strength in the defensive circle was outstanding, she is a defensive wall always protecting the post with fierce determination! Tay had the ability to shut down any shooter in the competition and can read the play like no other - if she doesn't get the intercept, she'll get the tip! Thanks for a great year, Tay, and thanks for being part of our team!

Imogen Bond Athletic, agile, accurate: Year after year, the continued growth of this player is outstanding – the future is bright! Despite having to take on heavy contact and intense defence from her opponents, she was unphased by this extra attention and shot with incredible accuracy all year! On many occasions Imogen was also called on to play in the defensive circle, where she was always a standout. Imm can do it all! Always a pleasure to be your coach and thanks for everything Imm, and congrats on making the 2024 ACT Netball Academy!

Ella Berry Ella is one of the most versatile players I have ever coached, she can move from defence into attack seamlessly and always has an impact no matter where she plays. She is the most joyful player out there, but is fiercely determined and will never give up, fighting for every ball! Her strength, fitness and energy are unmatched, making her one of the most valuable players in our team. You are a dream to watch Ella, thanks for a great year!

Sinead Briedis Sinead's growth and development over this season has been remarkable, she has shot with confidence and has been unstoppable in the circle. Sinead has incredible netball instincts, she is dynamic, athletic and an absolute joy to coach. She has great space awareness and her ability to adapt to the players around her is amazing, she is a true team player and is a huge asset to our team! Great season Sinead, and congrats on making the 2024 ACT Netball Academy!

Sophie Cooper Soph was the linchpin of our team, she was a true leader and was integral to the successful cohesion of our team. She led by example and went out of her way to welcome and support the players new to division one. Soph is an exceptional player, her proficiency and shooting accuracy are undeniable! The highlights of the season were her memorable intercepts and her three buzzer beater shots – they were awesome! You are a legend Soph, thanks for everything this season!

Sophie Luchterhand Starting the season with blistering speed and skill, dominating every game she played in. Unfortunately, this was put on hold due to a nasty injury requiring surgery. Thanks to Sophie's determination, we saw her return to court before the seasons end, which was phenomenal, it was like she had never left and had yet somehow got better! Soph, you are an amazing player, and I cannot wait to see what the future brings you! Thanks for choosing 'the valley' as your home, it has been a pleasure to coach you!

Stephanie Nguyen One of the nicest players to watch, she has the fastest closing speed that I have never seen. Steph has the ability to rattle any opponent, leaving them confused and unsure what else she has in her bag of tricks. Steph took some of the most incredible and prettiest intercepts of the season and she was a great team player! Thanks for a fun season, Steph, and thanks for agreeing to occasionally play Centre – you were brilliant!

Maddi Sheils The most dedicated netballer I know, always doing what she can to improve her already exceptional game. Mads is a talented, reliable and an outstanding teammate! No matter where she plays, she always turns over a huge amount of ball, completely shuts down any opponent, and has outstanding attacking skills – a true all-rounder. Thanks for another great year and a big congrats on being selected in the ACT 15's Team and the 2024 ACT Netball Academy!

Olivia Whitby Liv's netball smarts and leadership qualities are incredible! Her presence on court is always felt, she is always an option and is always applying pressure! She is the most consistent player around and every team needs a player like her. Liv feeds the circle with precision, dictates play and is the

workhorse of the mid court. Despite being the youngest in the team, she took control and would often leave her opponents bewildered! A really great season this year Liv, well done!

INTERMEDIATES

DIVISION TWO– TROOPERS

COACH'S REPORT

It was the end of the third quarter in the grand final: emotions were high, nerves were real, the scores were tied, and we had less than 15 minutes left to show everyone what we've got! The game had started slightly rocky, although we were able to keep it together enough to maintain our chances at winning the game. Everyone was nervous- the Troopers had finished the season undefeated and with their heads high for the grand final.

We had a solid season, showing everyone that we had what it takes to finish number 1. There were plenty of giggles at training and often less concentration than what would have been liked but we worked it out and got it together. The team started with a really lovely balance of positions across the court: we had our solid shooters, our back up shooters, our solid defence and respective backups, and a solid mid court. It was quite the combination and a delight for any coach. Unfortunately, poor Ella has been managing an injury for several years now and ended up having last minute surgery which took her out for the season. It was a definite blow to the team- Ella though, continued to show up at as many games and trainings as she could and never let the team down, even if it was from the bench.

Back to grand final day, fourth quarter, Katz had a huge supporters' crowd, and you could definitely hear it! After some gentle encouragement from the bench, our crowd was almost just as loud. Those of us on the team bench, almost couldn't watch - it was getting that intense. The last quarter definitely did not go the way we'd expected- the girls were under so much pressure and sometimes it just gets a little too much. After the buzzer, there were definitely a few tears and emotions. Regardless of the outcome, I am so incredibly proud of the girls and where they got to this season. For a lot of the girls, it was one of their first Saturday competition grand final. For half of them, who I have been coaching for a number of years, it was our first GF as a team. I could tell how proud and excited they were.

I would like to thank a few very special people who have helped me through the season. Bianca Sands, you have been in the background from the beginning and are always someone I can lean on- your knowledge and support means so much. And Emily Hart, someone who I am proud to call one of my closest friends- Emily and I occasionally co-coached and she was the first one to say she would be by my side every step of the way through finals, the bench wouldn't have been the same without you. I appreciate your love and support for me more than you know.

A huge thank you to our supporters and most importantly to our manager Kirsty Kirk and the whole Kirk family for showing up each week and helping me get the girls on court. I know I threw you in the deep end a little bit at the start of the season, but I appreciate it more than you know.

Last but not least, girls, thank you so much for trusting in me and allowing us to have such an amazing season. "Smiling having fun, feeling like a number 1, Super Troopers 2024!"

Natalie Rawsthorne



TROOPERS PLAYER PROFILES

Willow Boswell Willow has a lot of grit and determination when it comes to getting the team through each game. Willow is always on and fighting and is quite the socialite. Willow's strength and dedication in defence has really helped the team smash each game. Willow is a very appreciated member of the team and is destined for a great future.

Elissa Gregory Elissa has been vital this year in keeping the team together and encouraging team spirit and morale. Elissa is a solid mid courter who never gives up on the fight but knows when to have fun. Elissa has made a huge improvement this year and demonstrated beautiful leadership and should be excited for where her life takes her next.

Ayla Hogan Ayla is often the silent assassin and absolutely kills it in centre every week. Most weeks, Ayla plays centre for 3 quarters and not once has she complained. Ayla is always where you need her on court and never lets the team down. Whilst she thinks she has hidden talent as a shooter, Ayla definitely shines in mid court. Thanks for everything you do for the team Ayla.

Abby Jess When Abby is fired up, she really knows how to storm the defensive end. Abby spent most of the season in wing and circle defence but was happy to fill in for the attack end when needed. Balancing multiple sports, Abby is able to easily switch between sports and get her head in the game. Abby, we appreciate you very much and look forward to seeing you flourish next year.

Keira Kirk Keira has developed so much over the last few years proving she has what it takes to be an incredible shooter. This year, Keira has really stepped out of her shell and increased her movement in the goal circle. Keira works incredibly with Linley and encourages the team to be their very best. Keira, keep pushing for greatness!

Ella Knobel Ella was the team's biggest cheerleader this year. Unfortunately, after a few games, Ella had surgery which took her out for the season. Her first few games though showed just how incredible of a defender she is. The team really missed having Ella on court but loved spending time with her at training and on game days. Recover quickly Ella and join us back on court next year!

Elaina May Elaina knows when it's time to get serious and for everyone to get their heads in the game. Elaina powered her way through mid-court and was instrumental every Saturday in getting the ball down the court. Elaina is friendly, encouraging, always tries her hardest and was a pleasure to coach this year.

Chloe Smith Chloe was an asset this year on both ends of the court and was always willing to jump in wherever she was needed. Whilst Chloe could definitely use her height to her advantage more, she always gave it her all and had fun while doing it. Chloe, your dedication to your sport is inspiring, I hope you keep up the amazing work!

Linley Stevens Linley has been a solid shooter all season, if anything ever got her down she was quick to get back up, have faith in herself and keep going. Linley has proved herself throughout the season and has shown great improvement. Put her in the circle with Keira and the two are unstoppable. Linley we've loved having you as part of our team!

INTERMEDIATES

DIVISION THREE– TACTICS

COACH'S REPORT

The Tactics are a very special group of young women who I feel honoured to have coached in 2024.

It did not take long for all the girls to gel. It was fantastic to watch and this connection held strong despite a season that presented many challenges - and that is something I am very proud of.

This season, many training sessions focused upon attacking principles such as preliminary movements, pass placement, timing and decision making and it was clear to see the improvement in our attack throughout the season.

Despite not making finals this year, we were competitive and strong for large parts of games and often there were only small sections of games that meant we came up short.

We also picked up a couple of great wins which were great rewards for the effort put in throughout the season. All the girls improved throughout the season, and I am so excited to see what they can do in 2025!

A big thank you to our manager for 2024, Susan Jones. I can't thank you enough for all your support and work during the season to make sure our game days and duties went smoothly. The manager is such an important role within any team, and you were an extraordinary one. I am sure all the parents and girls would agree!

I also want to thank the incredible group of parents who supported me and the team this year. Your eagerness to help with duties and game day roles, as well as ensuring your daughters were at training and games did not go unnoticed!

Lastly, a big thank you to Karen, our amazing director of netball, and all the other coaches for making me feel so welcome this year!

Emily Hart



TACTICS PLAYER PROFILES

Lilly Clark Lilly was new to TVAFNC in 2024, but you would not have been able to tell as she fitted in so beautifully from the very first training. Lilly won a bucketload of ball throughout the season and was a true anchor of our defence. It was such a pleasure seeing Lilly's confidence grow throughout the season. I can't wait to see what you do in 2025 Lil!!

Elizabeth Flood Liz was a consistent force in our mid-court this year. Liz's speed and intensity makes her a nightmare for any opponent. Liz's commitment to training really paid dividends throughout the season, as shown by her impressive prelims and feeds, culminating in an amazing game in our last game! Good luck for 2025 Liz!

Zoe Harman Zoe showed great versatility and athleticism this season, both in the goal circle and in the mid court. In the mid court, Zoe was able to play any position and pick up many gains, whilst in the goal circle Zoe was able to score or set up her other shooter. Zoe has all the tools, and I cannot wait to see what she does in 2025!

Chelsea Hogan Chels is a role model teammate and a coach's dream. Unfortunately, injury and footy commitments meant a disrupted season for Chels in 2024, however her impact was substantial. Chels was always so vocal and encouraging to her teammates and was such a light for the whole team. Can't wait to see you in 2025 Chels!

Gracie Jones Gracie had an extraordinary season in defence in 2024. Gracie's commitment to her improvement is admirable and certainly showed during her consistent performances this season. As well as her impressive on-court performances, Gracie was consistently supportive towards her teammates and always had a positive attitude. Good luck for 2025 Gracie!

Maggie Kane Maggie may be soft-spoken and unassuming, but she is a very special netball player and that was on show throughout season 2024. Maggie's speed and quick hands resulted in many intercepts and gains this season. Maggie is a coach's dream and was always willing to play in the mid-court when the need arose. Congrats on your 2024 season Mags!

Caitlin Murray Caitlin was one of our quiet achievers in the mid-court in season 2024. Caitlin got many deflections and intercepts in Wing Defence and always gave 100% in every training session and game. Caitlin was one of our most improved this season, specifically in her attacking skills out of defence. Can't wait to see you

Jasmine Nguyen Jaz was one of our incredible shooters in 2024. Jaz's accuracy from the mid-range and her ability to get away from her defender was impressive to watch. Jaz has the skills and netball brain to develop into a very special netball player in the next couple of years and I implore her to continue to back herself in. I cannot wait to see what you do in 2025 Jaz!

Chloe O'Connor Chloe is a ball of energy and had a consistent season in attack in 2024. Chloe was always an option in attack, always using prelims and different drives to present to her teammates. Chloe's supportive and encouraging approach with her teammates resulted in being awarded the Player's Player award in 2024. Great season Chloe!

Lily Pendlebury Lily was another one of our incredible shooters in 2024. Lily's accuracy and movement was impressive to watch all season. Lily's improvement in her holding in the circle and her shooting skillset is clear and is a testament to her commitment to improvement. I cannot wait to see what you do in 2025 Lilz!

INTERMEDIATES

DIVISION FOUR– TWIZZLERS

COACH'S REPORT

What a year! At the start of the season, we had girls from all different ages and abilities, but that didn't matter to the Twizzlers. Week in and week out the girls worked together and pushed each other, improving both as a team and as individuals. We definitely had our ups and downs this season, but the Twizzlers' resilience shone through every time, whether from injury, a tough training or close loss. We truly couldn't be prouder of this group.

Coming into this season some girls had their set positions, but many were still figuring this out. As is always the case with this age group, we started with all midcourt, and a few circle defenders, but basically no shooters. Well, this quickly changed! By finals it was a struggle choosing our starting 7! Every single girl on court played wherever we put them, and they played it so well! We had girls running from GK to GA, which is not easy for any player. Also need to give a massive shout out to our midcourt who showed up every single week and ran their hearts out, you guys are the glue of the team.

We finished off the round games in 2nd with an extremely close top 3. The semi-final against Maddie's was by the far the best game of the year. Every single girl brought their all on that court putting out an awesome performance going into their first overtime ever. Overtime was a scary and exciting experience for the girls with many having to play almost 60 minutes of netball! Unfortunately, the Twizzlers fell just short of the win in overtime but as coaches it was amazing to watch the way they came together as a team and supported each other. Going into the preliminary final there were nerves everywhere, but they truly did not let that get the better of them. The entire game was point by point. Seeing that scoreboard is scary, but the girls used it and pushed harder and harder and did something incredible. We went into ANOTHER overtime. One overtime is awesome but to have two overtimes in a row is insane and just proves how tight the Division 4 competition was this year.

We want to give a huge thank you to the parents who not only supported their girls but also supported us as coaches. You guys are the true MVPs- from scoring, to fruit/lollies, to running the girls to and from the courts, thank you. Thank you for stepping up when the call for volunteers came out and thank you for always encouraging your girls to keep their heads up.

To Karen Ford and Robyn Baker, our awesome managing team. Thank you for always being there for us and for the girls, ready to step in whenever we called. We truly appreciate everything you do for us. To Karen Cooper and Bianca Sands, thank you so much for always being there to support us as coaches and be a helping hand whenever we needed it, both on and off the court. We love you!!!

And finally, thank you to our 9 players- we don't have a team without you guys! Season 2024 was an experience we all learnt from, and the positivity you girls brought with you to training and game day truly made it so much easier as coaches. Thank you for being awesome! See you all in 2025 for another epic year!

Ella Baker and Izzy Heathcote



TWIZZLERS PLAYER PROFILES

Millie Aiken Millie has truly impressed- not just her coaches- but everyone this season! Considering her initial doubts about shooting, when we needed her, she dominated in the circle, with her amazing skills under pressure. We've thrown her into every position, and she has never complained, making us two lucky and very grateful coaches. Love your work Mills!

Nikita Crawford Nikita is a reliable player with solid defensive skills where she can shut down a tough opponent as well as having the ability to serve as an additional shooting option. She consistently works well within the circle, contributing both offensively and defensively to the team. Congratulations on a great season, Keets!

Amelie Davies As one of our youngest team members, Amelie is amazing, bringing so much energy and is always ready to run, showing her impressive stamina and determination. It's been fantastic to watch her confidence in the game grow. Amelie is always willing to step into any position we ask of her and performs marvelously every time. You are a killer midcourter Amelie!

Alicia Ford Alicia's long legs and arms make her a defensive powerhouse in the midcourt, capable of intercepting and deflecting every ball that comes her way whilst always sporting a positive attitude and a bright smile. Her skills have really developed since the start of the season, and we loved seeing you grow in your netball Alicia!

Aimee Holmes Aimee is a key player in the midcourt for the Twizzlers due to her consistency and solid performance, particularly in Centre. She excels in feeding the ball into the circle with her insane accuracy, making her a crucial component to this team. From missing part of the season with a broken finger to smashing every game since, you are amazing Aimee!

Karli Jess Karli is our queen of high energy and endless conversations who brought everything to every training and game she attended. Karli always showed up with a smile on her face, ready to play wherever she was needed. Going from GA to GD, Karli thrived wherever and could work with anyone. Congratulations on your first year of Inters, Karli!

Maddison Jones Maddi is a dynamic player who is able to move from one end of the court to the other with ease. She combines calm and collected shooting with explosive defensive skills, making her a formidable presence on both ends of the court. Congratulations on an awesome season Maddi!

Lucia Proctor Lucia has had an outstanding first season of netball, showing remarkable skill in both defence and attack! As our wonderful co-captain, she brought a confident energy that motivated the entire team. Lucia is always open to feedback, always willing to improve her game. We are so excited for your future in netball Lucia!

Alexis Rourke Lexi has been an outstanding co-captain this season, bringing contagious positive energy that lifts the entire team. Her constant encouragement and support was loved by both the team and her coaches, proving to be a powerhouse at both ends of the court, never complaining. Congratulations on an epic season Lexi!

YEAR SIX GREEN - TRICKSTERS

COACHES REPORT

What do you get when you combine several returning players looking for a challenge by playing a second game in a higher division, players new to netball and to our Club, a super-organised manager, an incredible sponsor, and two rookie coaches? TVAFNC Tricksters!

This year, we were able to add some new, of age, recruits to complement our returning players from season 2023. A new team always presents challenges as players get to know each other, work out playing styles and are sometimes faced with slotting into different positions than they have previously. As Gracie and I worked to discover the strengths and combinations that were within the team, Tricksters showed that they were willing to try new positions with a positive team-first attitude.

Playing in a higher division is always hard- players were often faced with running and changing between games to take the court on time. A tough gig! The calibre of teams in the Green division was high, and we realised early in the season that it was going to be a tough year with a focus on developing skills, understanding court play and introducing the game to new players, teamwork and unearthing some hidden talents that were within the playing group.

Tricksters played their hearts out every week- we were able to close gaps when meeting previous opponents, pull back big leads, lost a couple of nail biters, hit double digits in attack (cupcake time!) and finally got the breakthrough win that the girls so rightfully deserved.

Week in, week out, the girls turned up to training and gave their all to learn new skills and structures, all the while developing friendships and connections within the team. On game days, it was pleasing as coaches to watch the girls incorporate these new skills into the game - watching Emma and Rosie do the split off the centre pass bought a huge cheer from the sideline! I would like to take this opportunity to thank Katie and Gavin Kearney (Woden Automotive Service) for their generous sponsorship of TVAFNC Tricksters for season 2024. Your support for our team means a lot to our club.

To our Tricksters team manager, Emma- there are never enough words to thank someone who did an incredible job keeping us on time, on court and focused over the season. TNA duties, cake stalls, game day prep - Emma was over it all, with a smile and unwavering support.

To my amazing co-coach, Gracie - working alongside you this season was a privilege. You are one of the most positive, calm and dedicated people I have ever met. Your ability to connect with players, demonstrate skills and strike a balance between coach and ally was amazing. You are the future of coaching in this club, and I cannot wait to see what you bring to the role in the future.

Tricksters support crew- thank you for your positivity and support from the sidelines. Your commitment on cold winters' nights and early weekend mornings to support your daughters does not go unnoticed. Baking, fruit duties, BBQs, scoring and, most importantly, cheering is what makes a great Club.

Finally, to the TVAFNC Tricksters who gave their all this season. Thanks for all your hard work, your willingness to try new things, your positivity across the season and for trusting Gracie and I. We hope to see you back in Season 2025 for bigger and better things.

Karen Cooper and Gracie Jones

TRICKSTERS PLAYER PROFILES

Zoe Annan Zoe was a vital player to our team this year. She was one of our midcourters and was amazing, always getting the ball, super speedy around the court and getting heaps of intercepts every single game. Every training we had Zoe was always there taking on all the feedback we gave her and participating in every drill and every game. Mainly playing WD, she always stuck to her player and knew where to set herself up. Our team could not be complete without you Zoe and we hope to see you again next year!

Lily Clarke We hit the jackpot when Lil decided to play with TVFANC in season 2024. Relatively new to the game, Lil started the season doubting herself and her natural ability to play the game. As the season progressed, Lil really found her feet and was willing to give any position a go- often surprising herself with what she was able to achieve. Lil really nailed the GA/WA role for Tricksters. She's a great shot but can work in tandem with her fellow shooter to get the ball into the best position to convert. A great season, Lil- can't wait to see you in Intermediates in 2025!

Emma Felstead Emma is a pint-sized pocket rocket, who can run down the speediest of players when she sets her mind to it. Emma worked hard to put new skills learned at training on court during game day. As an attacking mid-courter, Emma worked tirelessly to bring the ball down to our circle and was able to apply defensive pressure when needed. Emma shows resilience on court and keeps playing on, right to the final whistle. She was ready for a laugh and a chat and took on feedback with maturity. Thanks for an amazing season, Felsty!

Aleriah Kearney Aleriah's ability to do body-on-body defence was an asset to our team in the circle. Understanding the role of GK and the ability to work the ball out of defence was a key component to Aleriah's game. Aleriah showed commitment to developing her shooting technique this year, changing to an over-head style. She worked through the frustration of losing some accuracy while she perfected her technique, bringing it home strong at the end of the season. Aleriah is a positive teammate, always backing her team and her Club. Great work, Leari!

Rose Mylek-Fletcher Rosie was another one of our mid-court stars, who worked tirelessly both in attack and defence. Rosie was a player who showed improvement across the season with her game play, her drives and ability to hit the circle edge for a feed into our shooters. Rosie gave her all every game- often against bigger and stronger opposition- maintaining her positivity and enthusiasm along the way. A pleasure to coach, congratulations on a great season, Rosie!

Skylena Phillips For the first half of the year Skylena was one of our defenders and was awesome at it. Mid-season at one of our games we were down shooters, so we decided to throw her in there. Straight away she was doing amazing, getting plenty of goals and we realised she should've been a shooter all along. She was one of our players who put her all into every game and every training and we couldn't be prouder. Skylena was so great to coach, and we really look forward to seeing her again next season doing even better than before.

Sadaf Sachawars Sadaf was a real find for our club this season. Being relatively new to netball, we quickly discovered that she had a natural aptitude for the game, possessing lightning-fast reflexes and an impressive closing speed across the court. Sadaf quickly established herself as a defender and played across GK/GD/WD throughout the season. Her calm and poised exterior hides a competitive streak- Sadaf was able to turn over a phenomenal amount of ball and was always willing to do the work to bring the ball up court. Congratulations on an incredible season, Sadaf!

Emma Van Der Merwe Emma V was our super star in defence, she showed up to almost every game and every training always being ready to take on the hard work ahead of her. Practically every time the ball was down our defensive end Emma would be stuck to her player like glue and get tonnes of awesome intercepts. We are so proud of how far she's come and never want her to stop doing what she loves!

TRICKSTERS PLAYER PROFILES

Montanna Villatobas Montanna was such a great person to coach, always putting her all into every game and pushing through even when she was already exhausted. She played down both ends of the court for us and was amazing in both. Rebounds were never a worry for us when Monty was in the circle, she jumped up every time the ball came down and got so many rebounds. It was amazing to see just how much she improved throughout the season and just how well she got along with everyone on the team. We are so proud of you Monty, never give up!

Ruby Welfare Ruby was an amazing player to have on the team who brought so much happiness and energy to every training and game. She never failed to amaze us with all the energy she had playing mid court and being open for every ball. Ruby was so amazing with her skills – her prelims, dodges, defence and drives were all immaculate. She always encouraged the whole team and always made training enjoyable and fun. Well done on such an amazing season Ruby, we hope to see you playing again for us next year!

YEAR FIVE BLUE - TORNADOS

COACHES REPORT

The Tornados 2024 season showcased a mix of returning players and fresh talents. The team was a blend of experienced girls alongside newcomers ready to join the Tuggeranong Valley community. Together, the girls created a dynamic team that embraced everyone's unique personalities- there were some natural born leaders, others were chatterboxes, and of course- a few lovable goofballs. As the season progressed, our bond went beyond teammates and turned into a friendship.

The girls embraced every challenge thrown their way. A grading curveball saw the girls playing the top half of an already older age group. As coaches, we couldn't be prouder of the way the girls approached this setback. They stepped up to the game, and each week their resilience and persistence shone through. This testing season proved the strength of this team, and their aspiration to improve. Heavy losses quickly turned to tight games, and the girls finished the season with a bang- playing a cracking game and winning 13-4!

Training with this group was always something to look forward to. Each girl brought her best effort, and it was amazing watching every team member push themselves. They supported each other every step of the way, whether it was through clapping, cheering or cheerfully calling out "It's the golden child!" It was awesome to see the team come together at training, and it was even more impressive watching the girls apply what they had learnt to the upcoming games.

We would also like to extend a heartfelt thankyou to our incredible manager Narelle Skelly- this season wouldn't have run any near as smoothly if we didn't have your unwavering support, your tireless efforts didn't go unnoticed.

A big shout-out to the parents as well, you were so patient with us- and were a big help when it came to game days. Thanks to all of you for scoring, bringing fruits and supporting us every step of the way.

We are also grateful to our netball director, Karen Cooper for creating such a positive environment. You have created a space where both the girls and coaches feel safe, valued and free to make mistakes.

Lastly, the biggest thankyou to the 9 wonderful girls who trusted us to be your coaches. You brought us laughter and joy throughout the season, creating an atmosphere filled with enthusiasm and joy.

Each of you have made our early coaching years memorable, and we can't wait to see what the future holds for the Tornados xx

Sophie Cooper and Gabby Scott-Cameron



TORNADOS PLAYER PROFILES

Aria Armstrong It has been such an honour to coach Ari this season. She's an incredible team player, whether it be training or games, she always puts her best foot forward. We can always trust her to do her job, she's open to feedback and has the amazing ability to absorb any advice. Each match her confidence grew along with her skills in defence. She adds pressure to the game and is a massive asset to the Tornado's! Her work in GK is amazing, alongside her appearances in WD, we cannot wait to see you play next year!

Georgia Ball Georgia is a powerhouse on court. Her speed allows her to effortlessly lose her defenders and helps her pull in some stunning intercepts. From accurate shooting to pressuring defence, we knew we could count on Georgia to get the job done. She reads the play well, finding space across the court. She's patient with the ball and values our possession- working tactically to position herself for the perfect shot. Another great season Georgia!

Liana Barron Liana is a player you can rely on. Her quick feet allow her to intercept unexpected balls, and her tight defence means her opposition are often struggling to find their rhythm. She has a natural eye for the game, her read on the play means she can anticipate any ball and quickly turn defence into offense. Her ability to transition the play means she's a key aspect in moving the ball down the court, and she is always there for backup in case the attack gets stuck. She's a pleasure to coach, bringing a fun energy to both games and training. We loved coaching you this year Liana.

Molly Brown Molly brings an unmatched enthusiasm to every game and training, and her energy adds so much to the team dynamic. Her smile is infectious, and when the team's feeling down she can uplift the spirits. Her growth throughout this year has been incredible. On the court, she consistently strives her hardest. Whether it be applying pressure with her tight defence and hands over or completely shutting down her player- her hard work is evident in every match. Watching your progress has been an honour, keep shining Molly!

Maddison Haigh Maddy is our super shooter. She has the capacity to out-manoeuvre any defender, whether it be with her quick feet or her tight one-on-one competition, her opposition often seem at a loss for words. She's capable of adjusting her play to work rhythmically with her shooting partner, and she absolutely owns the inner circle. She's an amazing shooter, who is always a great option for the mid-courters, and she has an instinctive knack for either taking the shot or passing it to her team-mate. We can't wait to see Maddy back on court next season!

Adelyn McMahon Addie was an absolute dream to coach this season. She was a new face for the TVAFNC community, coming in with a refreshing attitude and instantly clicking with the team. She's a workhorse in every aspect of the game, whether we put her in midcourt, shooter or defence we knew we could count on her. She brings a sense of calm onto the court, she's strategic with her plays and can settle the ball down. This was a great season for Addie, and we are so excited to see where her netball career takes her!

Ella Poulter Ella is such an admirable player, she's the backbone both in defence and the midcourt. Her deliberate attack and strong defence make her an invaluable player to the team, whether she's shutting down opposition or orchestrating our shooting end- her efforts are amazing. No matter the outcome- celebrating a win or facing a 20-point loss- Ella never stops giving it her all. She's a quiet leader, whose persistence inspires the entire team. Her dedication to the team, the club and her personal growth is incredible- we can't wait to see where the future takes you, Ella!

Kayla Skelly Kayla's easily our team's pocket rocket! After playing shooter all last year, we made the decision to convert her to a midcourter. Stepping up to the challenge, her natural athleticism and ability to move the ball has seen Kayla embrace the switch. She's quick on her feet, instinctively using her prelims to trick her defenders, and despite being tiny, she turns the ball over like there is no tomorrow. Her energy is uplifting and constant, she works incredibly hard and does it all with a bright smile. We can't wait to see more Kayla next season!

Taeyah Whiting Returning for her second year of netball, Taeyah embraced her role as a dynamic midcourt player and worked tirelessly against bigger and more experienced players throughout the season. Her willingness to contest the ball, be a support player on the circle edge and a consistent

JUNIORS

YEAR FIVE GREEN – TINY TEDDIES

COACHES REPORT

Tiny Teddies, what a fantastic season! The bond these girls made with each other, has been nothing short of amazing to watch! From the beginning of the season, we were able to see the potential these girls held. Throughout the season we were able to witness the development and sheer determination that these girls had! Each and every one of these Tiny Teddies showed us their love and passion for the game and how hard they were willing to work to be their best! We were sad to see the season end, however it was so impressive to look back and see how much this team has truly grown throughout 2024!

Our team trainings have been the key to our success! Our players have pushed themselves to the limit and always supported each other through the rough times. Our trainings are what truly gave our team the opportunity to come together! Whether it was our drills, practicing our setups or going for our occasional runs, these girls would work until the job was done! Our team would face some challenges throughout the season, however every challenge was conquered together! Every training would be full of energy, laughter and excitement which was an honour to be a part of!

Our Saturday games were always so much fun! Our team would show up every week with a positive attitude ready to face the game ahead! Every Tiny Teddy would set foot on the court and give it their 100%. The team would place every piece of advice we would give them perfectly into their play! Saturday games were full of so much fun and enjoyment- they were our highlight of every week!

We want to share our gratitude with our incredible manager Penny O'Mahony for everything you have done for our Tiny Teddies team! You have been so helpful this season with your support on the sidelines. You showed up to every training and game whilst giving us so much guidance! On game days we were able to rely on your support and thank you for helping us through this amazing season!

We want to thank all the parents and carers! We appreciate your dedication and commitment to this netball season! We thank you for all your kindness and understanding you have provided us with! As we navigated our way through this netball adventure, you have all been such a supporting team along the sideline so thank you!

A huge thanks to Karen Cooper for all the amazing help you have provided our Tiny Teddies team with this year! A special shoutout to Shelley Fisher for always coming to our Tiny Teddies training and games! Thank you for mentoring us coaches through our fresh years of coaching! With a few challenging moments throughout our season, you were always there to give us the guidance needed! Thank you so much!

Finally, a huge thanks to the superstars, the Tiny Teddies! You all made trainings and games so entertaining and something to look forward to! You girls worked so incredibly hard and we are so proud of how far each of you have individually grown! You are all superstars in the making and we look forward to seeing where the future takes you!

As a team we have celebrated wins, laughed, made life-long memories and formed long-lasting friendships! Well done on a fantastic season girls, you should be so proud!

Maddi Shiels and Olivia Whitby



TINY TEDDIES PLAYER PROFILES

Elodie Hawkins A dream to coach and an extraordinary defender. Constantly trying super hard at training which definitely came out on game days! It was incredible to watch Ellie come out of her shell and blossom into such a great player and teammate! Ellie's dedication to the team was incredible and showed in our crucial moments! Her addition to the defensive circle was always a bonus and she made it difficult for shooters to get their job done! Thanks for a great season, Ellie!

Anna Kehoe Anna's cheerful attitude adds so much enjoyment to the team, always having the happiest smile on her face and her constant ability to make us laugh! Anna blew us away with her ability to move the ball around the court, driving hard and fast to every ball making her opposition work hard. Anna's skillset has grown significantly over the season, and she has been a pleasure to coach. Thank you so much for a fantastic season, Anna!

Kourtney Lawler Our little pocket rocket! Kourtney is a reliable player who is all over the court! Kourtney has demonstrated a massive amount of skill, teamwork and dedication to our Tiny Teddies team. She was always able to keep her head high even in the tough times, lifting her teammates! Kourtney's performance this season has been incredible, and it has been amazing seeing how much talent she has! She has been a pleasure to coach this season! Kourtney always gave her best effort. Well done on a fantastic season!

Kasia Lukasik Kasia showed us how much determination she had this season and how hard she was willing to work for those tough moments. She was a wonder to coach and always gave her 100%. Our highlight was watching Kasia show up early to training every week just to practice her shooting! She implemented all our advice into her game and worked extremely hard over the season. Kasia brought such a resilient and positive attitude everywhere! Well done Kasia on a brilliant season!

Ava Mann Ava has been so amazing to watch and has grown so much this season! Ava is a team player, always putting her teammates first! She always brings her big, bright smile and positive attitude every week. Ava always put her best foot forward and was always up for a challenge. Ava is a superstar in the mid-court and always a reliable option. It has been great watching Ava grow into such an amazing little netballer! We are so proud of you Ava! Amazing work this season!

Sienna O'Mahony Sienna is an exceptional double ender but certainly settled as a solid defender by the end of the season. Sienna was our intercept and rebounding star! Sienna always applied feedback given to her on game day and training and demonstrated her ability to do anything the team needed. Sienna made her players work hard and her teammates load lighter! You are a star in the making and a great kid to coach! Thanks for a great season, Sienna!

Sophie Polden Sophie has been an amazing shooter since day 1! She has always shown us her best and it has been brilliant coaching Sophie this season! Sophie has always brought her bubbly personality to every game and training, always ready to give it a red-hot crack! Sophie was a committed player to our Tiny Teddies team and a great role model! It has been amazing to witness Sophie's progress this season! Well done, Sophie!

Khloe Tanaskovic Khloe has played almost every position on the court this season and crushed all of them! Khloe has been a reliable player who we have been able to chuck in any position and she will get the job done! Khloe showed sheer determination in every game, making sure everything she does is done properly! Khloe would always push through the tough moments and do everything we asked at her highest level! Khloe has been a fantastic addition to the Tiny Teddies team! Well done on an amazing season Khloe!

TINY TEDDIES PLAYER PROFILES

Melissa Van De Merwe A natural athlete who always gave it her all at every training and on game days! Melissa's presence always made everyone welcome by her outgoing personality! Melissa demonstrated perseverance and determination during the season and really showed us what hard work looks like! Melissa was always up for a challenge and crushed them every time! She was a powerhouse in defence but was able to get the job done in the mid court when needed. Great season Melissa!

Aaliyah Welfare Aaliyah is a passionate, versatile and incredibly talented player. A respectful girl constantly finding a way to make people happy and laughing. Aaliyah's dedication to our Tiny Teddies team was amazing and we have loved watching you grow! Her performance this season has been outstanding with her pressure in defence causing a massive amount of turnover. We couldn't have been prouder and wish you all the best for the future!

JUNIORS

YEAR TWO NET SET GO – TWINKLES

COACHES REPORT

It has been such an incredible season for our Twinkles, our youngest TVAFNC netball team. At the start of the season, we were excited to learn new skills and rules of netball but most importantly - to have fun!!

These 10 bright young girls came to training every single week with the biggest smiles on their faces, our training sessions were always full of energy and laughter. From learning how to pass, shoot, defend, and get our footwork right, every session was packed with new skills, challenges, and plenty of fun moments.

Despite being the youngest, the Twinkles showed great teamwork, enthusiasm, and sportsmanship every game, from the first game of the season to the last game of the season. Everyone grew in confidence over the season, and it was incredible to stand on the sidelines and watch them do their thing on the netball court. Watching them apply what they had learned in training to the game court was a proud moment for everyone involved.

As coaches, we are so proud of how far these girls have come this season- seeing their bubbly smiley faces at training is just so fulfilling to see how much each and every one of them has a passion for netball.

A moment to give much gratitude to our manager Nicole Tilyard and our Club Director Karen Cooper, your hard work behind the scenes does not go unnoticed.

It would not have been such a successful season without the support from our parents this season. Thank you for supplying fruit at half-time and coming with your biggest cheering voices each weekend, Laura and I appreciate you all so much. Thank you!!

Thank you to everyone in the Twinkles and TVAFNC Community for season 2024!

Bring on season 2025- can't wait to see what it brings!!

Willow Boswell and Laura Webb



TWINKLES PLAYER PROFILES

Zara Adams With her impressive height and love for both shooting and defending, she is a versatile force on the netball court. Her precision in scoring and ability to block opponents make her a standout player. Whether attacking or defending, she loves netball with a passion.

Abigail Ball Small in size but big in energy, she's a fearless pocket rocket on the netball court. Her speed and agility allow her to zip past defenders and create plays. With quick reflexes and sharp passes, she's always in the thick of the action. Her determination and hustle make her a vital spark for the team.

Jaeda Garrett A dominant presence on the netball court, she commands attention with her strength and skill. Her ability to control the game, whether through powerful defence or sharp attacks, makes her a formidable opponent. With excellent court vision and leadership, she elevates the play of her entire team.

Amber Hasler Though initially shy, she blossomed into a confident and skilled player over the course of the year. Her growing ability on the court, from passing to shooting, earned her respect from teammates and opponents alike. With each game, her self-assurance and determination shone brighter. By the end of the season, she became a key player, and we loved watching her thrive.

Chloe Hasler Tall and active, she is a powerful presence on the netball court with incredibly strong skills for her age. Her height gives her an edge in both defence and attack, while her precision in passing and shooting sets her apart. Always on the move, she's quick to intercept and create opportunities for her team. A natural talent, she continues to impress with her sharp technique and game sense.

Vera Knight Our favourite bite-sized player, she's more about the fun and friendships than the competition. Always smiling, she's the life of the team, eagerly awaiting the social chats and halftime fruit. Her energy and enthusiasm keep everyone laughing, and she still zips around the court with a playful spirit. For her, netball is all about enjoying the game and the good times with friends.

Ayda Simpson A strong and determined netball player, she never backs down from a challenge on the court. Her powerful defence and relentless energy make her a force to be reckoned with in every game. With sharp focus and unbreakable will, she fights for every ball and pushes herself to improve. Her dedication and grit inspire her teammates, setting the tone for success.

Palaveni Kelei A natural athlete, this rugby player turned netballer brings power and passion to the court. Her love for sport shines through in her competitive spirit and dedication to improving his skills. With strength from rugby and newfound agility in netball, she tackles each game with energy and drive. She's forever making us laugh with her infectious smile.

Tellea Whiting A quiet achiever on the netball court, she lets her skill and hard work speak for itself. With a calm and focused approach, she consistently delivers for her team, often going unnoticed until her impact is felt. Her respect for both coaches and players is evident in her teamwork and willingness to learn. Always humble, she plays with grace and determination, earning admiration from everyone around her.

Madeline Tilyard Our speediest player is a whirlwind on the court, her speed and determination unmatched. She's always eager to showcase new skills at training, inspiring her teammates with every move. Her passion for the game shines through in her relentless practice and innovative plays. With her energy and enthusiasm, she's a true asset to the team.

STATISTICS 2024

Players		Career Games
First Name	Surname	Total
Laura	Adams	19
Zara	Adams	9
Millie	Aiken	12
Megan	Anderson	11
Zoe	Annan	24
Aria	Armstrong	26
Ella	Baker	17
Abigail	Ball	11
Georgia	Ball	27
Leanne	Ball	8
Tahlia	Banchit	60
Liana	Barron	22
Sarah	Bateman	9
Ella	Berry	42
Tayla	Bibb	59
Imogen	Bond	43
Willow	Boswell	39
Sinead	Briedis	27
Molly	Brown	9
Ashlee	Buckley	20
Macey	Bush	10
Charlie	Chase	31
Emma	Chynoweth	43
Madie	Chynoweth	27
Lilly	Clark	10
Lilly	Clarke	12

Players		Career Games
First Name	Surname	Total
Sophie	Cooper	60
Nikita	Crawford	27
Anny	Dailey	19
Amelie	Davies	26
Chereta	Daylight	10
Carol	Dziouba	8
Emma	Felstead	27
Maddie	Ferguson	19
Alicia	Ford	10
Karen	Ford	2
Elizabeth	Flood	35
Jaeda	Garrett	11
Elissa	Gregory	33
Maddison	Haigh	12
Zoe	Harman	23
Mandy	Harriott	11
Emily	Hart	40
Kelli	Hart	16
Amber	Hasler	9
Chloe	Hasler	10
Elodie	Hawkins	25
Isabel	Heathcote	60
Ayla	Hennessey	16
Ayla	Hogan	38
Chelsea	Hogan	30
Kellie	Hogan	11
Aimee	Holmes	26
Abby	Jess	38
Karli	Jess	11

Players		Career Games
First Name	Surname	Total
Gracie	Jones	22
Maddison	Jones	27
Maggie	Kane	26
Aleriah	Kearney	21
Anna	Kehoe	22
Palaveni	Kelei	8
Erin	Kelly	13
Rachel	Kennedy	21
Indiana	Kildey	63
Willow	Kildey	19
Keira	Kirk	23
Georgia	Knight	12
Vera	Knight	11
Ella	Knobel	23
Ashley	Lawler	8
Kourtney	Lawler	12
Lisa	Lee	2
Sophie	Luchterhand	8
Martina	Luciano	34
Kasia	Lukasik	11
Ava	Mann	7
Elaina	May	40
Adelyn	McMahon	9
Natasha	Monger	28
Caitlin	Murray	36
Astrid	Mwamba	32
Rose	Mylek-Fletcher	25
Jasmine	Nguyen	25
Stephanie	Nguyen	39

Players		Career Games
First Name	Surname	Total
Chloe	O'Connor	22
Sienna	O'Mahony	11
Kate	Patton	35
Lily	Pendlebury	25
Skylena	Phillips	12
Isla	Pfeiffer	18
Sophie	Polden	10
Ella	Poulter	27
Lucia	Proctor	14
Kate	Ratcliff	18
Natalie	Rawsthorne	40
Alexis	Rourke	25
Sadaf	Sachawars	11
Bianca	Sands	19
Isabella	Sands	29
Gabrielle	Scott-Cameron	44
Maddison	Shiels	45
Ayda	Simpson	10
Kayla	Skelly	25
Chloe	Smith	35
Ali	Staniforth	10
Linley	Stevens	34
Khloe	Tanaskovic	10
Madeline	Tilyard	11
Mya	Traise	17
Emma	Van Der Merwe	11
Melissa	Van Der Merwe	10
Aislinn	Vandermee	35
Montana	Villatobas	26

Players		Career Games
First Name	Surname	Total
Charliese	Virtue	46
Aaliyah	Welfare	24
Patrice	Welfare	11
Ruby	Welfare	21
Olivia	Whitby	40
Tellea	Whiting	10
Taeyah	Whiting	26
Sophie	Wilson	36





TEAM PHOTOS



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TEAM MESSAGES AND AUTOGRAPHS



Tuggeranong Valley Australian
Football Netball Club