

VOLUME ONE | MARCH 2023

TASMANIAN

# NETBALL

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# LEAGUE 2023

SEASON  
BOOKLET

*YOUR GUIDE TO ALL  
THINGS STATE LEAGUE*

1st.oo  
ENERGY



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“ —

Welcome to the 2023 1st Energy TNL season. Coming into its 36th year as Tasmania's premier state netball league there is so much to look forward to.



Mitch **COULSON**  
CEO  
mitchell.coulson@  
tasnetball.org.au

The South East Suns enter the league playing out of a state of the art facility in Sorrell with a booming local community fully behind the new club. The Suns will get the season underway on Friday March 17 with the game broadcast nationally via new live stream partner Kommunity TV.

Across the offseason Netball in Tasmania has gone from strength to strength in securing 1st Energy as a new naming rights partner to the TNL. We're thrilled to work with Director Adam Landry and the team who will be providing the whole Tasmanian netball community with a more competitive rate on your household

electricity bills. We also welcomed Hart Sport as the official match ball of the 1st Energy TNL. Hart have a long history in netball and currently supply game balls to premier leagues in both NSW and QLD and we're wrapped to have them on board. 2XU are also on board to support our ANC squad and our player of the match award and of course long time partner Mood Food are back again to support our pathway programs and the TNL livestream. In addition we have strengthened our relationship with Newscorp so all netball fans can expect to see a big boost in media coverage throughout the 2023 season.

In a competitive landscape it is wonderful to enter this year knowing we have the support of such blue chip brands and media networks which enable us to deliver a first rate competition.

On the court there plenty of fascinating story lines everywhere you look, will Ash Mawer achieve an all time record 5 MVP's? Will the northern dominance continue of the opens? Will we see a repeat of the last minute thriller in the 19s Grand final of last year?

I can't wait to get the season underway, best of luck to all clubs, players, coaches & officials and as always a big thank you to all of our volunteers who give so much to this great game.

I'll see you all courtside | Mitch



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**Michelle Cooley**

Bench Officials Coordinator

**Ash Turner**

Operations Assistant



# SPECIALTY ROUNDS

Netball Tasmania is proud to promote, support and raise awareness for various organisations and causes. The 2023 Season will see four specialty round held at TNL level.

## SAAM



### ROUND 6 | SUNDAY 30TH APRIL

To wrap up Sexual Assault Awareness Month, TNL turns teal to show support for victims of sexual assault.

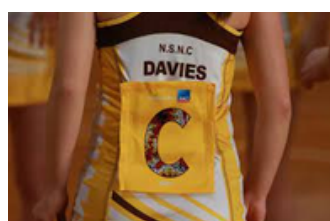
## STAY CHATTY

### ROUND 7 | THURSDAY 4TH, FRIDAY 5TH SATURDAY 6TH MAY

Held annually to promote the importance of positive mental health in sport, TNL turns red and blue. Kingston and Karana play off for the Stay Chatty Shield.



## INDIGENOUS ROUND



### ROUND 9 | THURSDAY 25TH & SATURDAY 27TH MAY

Netball Tasmania is committed to promoting greater awareness of and learning about our shared histories, cultures and achievements.

### ROUND 11 | FRIDAY 16TH AND SATURDAY 17TH JUNE

2023 marks the second Pride Round, in league history and is designed to celebrate diversity and inclusion within the game and the community.

## PRIDE ROUND





## Club Profile



# AYC FRIENDS TOYOTA **ARROWS**

A new team and a new beginning for Arrows. Following on from retirements from season 2022 we have put together a great group of girls who although unexperienced at this level, are so keen to achieve and to further their netball skills.

They have been training hard and are steadily improving every week, they realise what a challenge it will be but they enjoy a challenge and I am sure they will make a significant impact on court by seasons end.

## Open Team Staff



**Co-Coach:**  
**Peter Brockman**



**Co-Coach:**  
**Rick Loring**



**Team Manager:**  
**Lynne Sayer**



The Coaches, Peter Brockman and Rick Loring are fostering a good team culture and steady improvement every time they step on the court. Arrows Captain is Karli Wilton and Vice-Captain is Catriona Thomson.

We also have a group of 5 training partners who will also play a significant role during the season.

Arrows have a very strong history and that is what we are aiming for in the future.

With Arrows, the only way is up!!

# Opens Team



**Shanika Braslin**

**DOB:** 02/11/2001

**Height:** 166cm

**Positions:** GS, GD, GK



**Leah Buckley**

**DOB:** 05/04/1995

**Height:** 163cm

**Positions:** WD, C, WA



**Kristy Courto**

**DOB:** 05/03/1980

**Height:** 172cm

**Positions:** GK, GD



**Janelle Cowen**

**DOB:** 05/02/1986

**Height:** 172cm

**Positions:** WA, GS, GA



**Sophie Richards**

**DOB:** 28/01/2000

**Height:** 169cm

**Positions:** GD, GK, C



**Amy Parks**

**DOB:** 24/05/1990

**Height:** 166cm

**Positions:** WD, GD, C



**Catriona Thomson**

**DOB:** 12/12/1995

**Height:** 173cm

**Positions:** WA, WD, GD



**Karli Wilton**

**DOB:** 18/11/1996

**Height:** 164cm

**Positions:** C, WD, WA



## Club Profile



# AYC FRIENDS TOYOTA **ARROWS**

Arrows 19/U are looking for positive outcomes this season with a complete new team and Officials.

They are young and enthusiastic and have the desire to be successful at TNL level. Their focus is building a good team ethic with strength and consistency.

## 19s Team Staff



**Head Coach:**  
**Janelle Cowen**



**Assistant Coach:**  
**Rick Loring**



**Team Manager:**  
**Gemma Stevens**



In goals we have Ava Loring Erin Mullarvey and Bella Purcell, who will I am sure put the scores on the Board. Feeding the goalies we have Chloe Fenton, Bridie Horne, Sarah Midgley Lucy Snead. They are all very capable players and can play various position if called upon. Defenders are Mishae Dalco, Macy Fooks and Ella Triffitt all very talented athletes who will give 100% the whole game.

A new beginning for this group of girls and a bright future. Let the adventure begin!!

# 19&U Team



**Mishae Dalco**  
DOB: 01/06/2005  
Height: 177cm  
Positions: GD, WD, GK



**Chloe Fenton**  
DOB: 24/10/2007  
Height: 167cm  
Positions: C, WA, WD



**Macy Fooks**  
DOB: 25/03/2005  
Height: 180cm  
Positions: GD, GK



**Bridie Horne**  
DOB: 08/10/2005  
Height: 159cm  
Positions: C, WA, WD



**Ava Loring**  
DOB: 18/12/2007  
Height: 169cm  
Positions: GA, WA, C



**Sarah Midgley**  
DOB: 23/03/2007  
Height: 164cm  
Positions: C, WD, WA



**Erin Mullarvey**  
DOB: 26/04/2007  
Height: 174cm  
Positions: GS, GA



**Isabella Purcell**  
DOB: 24/05/2007  
Height: 182cm  
Positions: GA, GS, GK



**Lucy Snead**  
DOB: 17/01/2005  
Height: 170cm  
Positions: WA, WD, GS



**Ella Triffitt**  
DOB: 12/02/2005  
Height: 161cm  
Positions: WA, WD, GK



## Club Profile



# F45 CAVALIERS

The F45 Cavaliers finished their 2022 season with a shock preliminary final exit. The 2023 athletes and coaches are keen to turn the tables in the season ahead.

This season sees a familiar face re-join the coach team after a stint in the south, numerous nationals' campaigns, and an Elite coaching accreditation - Lou Carter. The previous Cavs premiership winning mastermind joins Dannie Carstens and Katie O'Neil for an experienced and diverse coaching team, alongside team manager Elizabeth Hawley and southern specialist coach Sophia Cole - also a previous Cav.

Hayley McDougall is a consistent in the shooting circle end with a rising superstar, Esther Kidmas coming back from an ACL injury. Joining them will be Olive Morris, who is no stranger to some opens court time after some strong campaigns in the Cavs 19s team for the past few seasons and 19's nationals.



Deanna Wadley will be a strong presence in the attacking mid court, her speed and change of pace will be a point of difference. Shelby Miller, a leader in netball Tasmania, will make her 9th consecutive year at Opens level. She has been training up a storm in the off season with SSN team, Giants. Joining her in the mid court will be Georgia Rolls, Dana Lester, and Shannae Heazlewood - a strong defensive focus in this powerhouse team. Dana is coming off a stellar season with the Cavs best and fairest, Shannae clocking up the game's records with many seasons of experience and Georgia - a new face to Cavs but not to netball; originally from QLD but also has had a stint at the Kingston Blues. Rounding out the defensive end will be seasoned campaigner Estelle Margetts and young gun Eunice Kidmas, who will be an exciting combination to watch!

Training Partner Keeley Atkinson will be joining the group from WA after a premiership title in their state league.

This group has the makings for something special.

## Open Team Staff



**Co-Coach:**  
**Lou Carter**



**Co-Coach:**  
**Dannie Carstens**



**Assistant Coach:**  
**Katie O'Neill**



**Manager:**  
**Elizabeth Hawley**

# Opens Team



**Shannae Heazlewood**  
**DOB:** 08/06/1999  
**Height:** 173cm  
**Positions:** WD, GD, C  
**State Representative:** U17s



**Esther Kidmas**  
**DOB:** 26/07/2005  
**Height:** 185cm  
**Positions:** GS, GA  
**State Representative:** U17s, 19s  
**AUS Squad** 17s



**Eunice Kidmas**  
**DOB:** 26/07/2005  
**Height:** 182cm  
**Positions:** GD, WD, GK  
**State Representative:** U17s, 19s



**Dana Lester**  
**DOB:** 27/09/1997  
**Height:** 174cm  
**Positions:** GD, WD  
**State Representative:** U15s, 17s,  
 19s; ANL



**Estelle Margetts**  
**DOB:** 26/03/1994  
**Height:** 178cm  
**Positions:** GK, GD, WA  
**State Representative:** U15s, 17s, 19s,  
 21/U; ANL



**Hayley McDougall**  
**DOB:** 17/04/2001  
**Height:** 190cm  
**Positions:** GS, GA  
**State Representative:** U17s, 19s, AUS  
 Squad U17s & 19s, ANC



**Shelby Miller**  
**DOB:** 06/06/1997  
**Height:** 170cm  
**Positions:** C, WA  
**State Representative:** ANL, ANC



**Olive Morris**  
**DOB:** 17/02/2004  
**Height:** 184cm  
**Positions:** GS, GA  
**State Representative:** U15s, 17s, 19s



**Georgia Rolls**  
**DOB:** 07/07/1995  
**Height:** 170cm  
**Positions:** WD, C, GD  
**State Representative:** QLD 19S, QSNL



**Deanna Wadley**  
**DOB:** 22/11/1997  
**Height:** 177cm  
**Positions:** GA, WA  
**State Representative:** U15s, 17s, 19s



# Club Profile



## F45 CAVALIERS

Cavs 19&U are looking to come back faster, fitter, and stronger in pursuit of a 2023 Grand Final berth. With a young team looking to make their mark we see a combination of returning talent, who feature in our current State or Futures squad, and up and coming development players.

With rising and experienced stars from the Tasmanian Netball pathway, the Cavs 19 coaching team are excited for an untapped mixture of youth and experience. With returning capped coach Lynda Colgrave, ably assisted by Jacinta Simeoni (Assistant Coach) and the experience of Tracee Cook (Specialist



Coach) and southern specialist coach Sophia Cole, they form a formidable partnership looking to extend the team.

Knowledgeably assisted by Manager Tonya Kroon we aim to strengthen our presence in returning and talented players Ava Lockwood (attacking mid; 19s squad), Hannah Crawford (shooter; 19s squad), Paige O'Neill (defence, Futures; 17s squad) and Sophie Brewer (shooter; 17s Squad).

We welcome back Sophie Blackberry (shooter; 17s squad) and look forward to working with past Cavs development players Matilda Allen, Lucy McArthur, Molly Green (17s Squad), Ava Jones and Asha Lowe (17s squad).

Feeling dissatisfied with last years ending we aim to form an agile, flexible, and resilient team with outstanding development potential.

### 19s Team Staff



**Head Coach:**  
**Lynda Colgrave**



**Assistant Coach:**  
**Jacinta Simeoni**



**Primary Carer:**  
**Brittany Brown**



**Team Manager:**  
**Tonya Kroon**



# U19s Team



**Matilda Allen**  
DOB: 22/07/2005  
Height: 183cm  
Positions: GK, GD



**Sophie Blackberry**  
DOB: 01/05/2006  
Height: 177cm  
Positions: GA, GS  
State Representative: U17s



**Sophie Brewer**  
DOB: 29/05/2007  
Height: 175cm  
Positions: GA, GS  
State Representative: U15s, 17s



**Hannah Crawford**  
DOB: 29/02/2004  
Height: 171cm  
Positions: WA, GA  
State Representative: U15s, 17s



**Molly Green**  
DOB: 13/04/2007  
Height: 180cm  
Positions: GD, GK  
State Representative: U15s, 17s



**Ava Jones**  
DOB: 27/11/2006  
Height: 171cm  
Positions: WA, C



**Ava Lockwood**  
DOB: 21/08/2005  
Height: 166cm  
Positions: WA, C, WD  
State Representative: U17s, 19s



**Asha Lowe**  
DOB: 21/09/2006  
Height: 170cm  
Positions: WD, C  
State Representative: U17s



**Lucy McArthur**  
DOB: 07/08/2006  
Height: 169cm  
Positions: C, WA



**Paige O'Neill**  
DOB: 05/07/2007  
Height: 182cm  
Positions: GD, GK  
State Representative: U15s, 17s,  
AUS Squad 15s, 17s

# MOOD FOOD

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FIND OUR LOCATIONS**

[bennettspetrol.com.au](http://bennettspetrol.com.au)







# Cripps Waratah

After a disappointing loss in the Grand Final, Cripps TNL Open team will be looking to take things a step further in 2023. Sophie Gunn joins the team following Grace Pullen's move to Victoria, and five of last years 19&U Premiership team have been elevated – Ash Turner, Sophie Pidgeon, Olivia Read, Chanelle Byers, and Georgia Pyke.



With a good mix of youth and experience, the team will be looking for ANC athletes Alex Vinen and Ash Probert-Hill to lead from the front, and 'young veterans' Katia Howell, Hannah Vinen, Sophie Navickas and Hannah Navickas to take another step forward in their development after strong performances in 2022.

The team has also partnered with SPR conditioning for 2023 to further increase our physical preparation and standards; and we're excited about the challenge of delivering consistent high-class performances in pursuit of a premiership in 2023.

## Open Team Staff



**Head Coach:**  
**Aaron Pidgeon**



**Assistant Coach:**  
**Sonja Fletcher**



**Assistant Coach:**  
**Kirra Parsons**



**Manager:**  
**Debra Hill**

# Opens Team



**Chanelle Byers**

**DOB:** 13/08/2004

**Height:** 177cm

**Positions:** C, WD

**State Representative:** U15s, 17s, 19s



**Sophie Gunn**

**DOB:** 11/10/1993

**Height:** 189cm

**Positions:** GS

**State Representative:** U17s, 19s, 21s,  
ANL, Tas Magpies



**Katia Howell**

**DOB:** 24/11/2001

**Height:** 171cm

**Positions:** GA, GS



**Hannah Navickas**

**DOB:** 11/12/2001

**Height:** 180cm

**Positions:** GD, GK

**State Representative:** U15s, 17s, 19s



**Sophie Navickas**

**DOB:** 15/12/97

**Height:** 174cm

**Positions:** C, WA



**Sophie Pidgeon**

**DOB:** 17/9/2004

**Height:** 180cm

**Positions:** GS, GA

**State Representative:** U15s, 17s,



**Ashleigh Probert-Hill**

**DOB:** 1/1/2000

**Height:** 174cm

**Positions:** WA, C

**State Representative:** U15s, 17s, 19s  
Tas Magpies, ANC



**Georgia Pyke**

**DOB:** 1/5/2004

**Height:** 182cm

**Positions:** GD, GK

**State Representative:** U15s, 17s,  
19s



**Olivia Read**

**DOB:** 9/12/2004

**Height:** 166cm

**Positions:** WA, C

**State Representative:** U15s



**Ashlea Turner**

**DOB:** 01/02/2004

**Height:** 178cm

**Positions:** GA, GS

**State Representative:** U15s, 17s,  
19s, ANC, AUS U17S, 19s



**Alex Vinen**

**DOB:** 29/3/1999

**Height:** 181cm

**Positions:** GK, GD

**State Representative:** U15s, 17s, 19s,  
ANC, ANL



**Hannah Vinen**

**DOB:** 4/4/2002

**Height:** 178cm

**Positions:** WD, GD

**State Representative:** U19s



# Club Profile



## Cripps Waratah

With only Bellah Parker returning from their 2022 Premiership Team, the Cripps TNL 19s are looking to rebuild with the next crop of talented young 15-17 year old junior players. The team is brimming with potential and coaches Fi Geappen, Amber Zielinski, and Rosalie Navickas feel they will develop quickly in this space as they adjust to the step up to TNL 19s level.

Joining the explosive Parker in goals, we have strength in Matilda Franklin, athleticism with Daisy Bennett, and versatility through Jess Weeding. All four goalies have different playing styles and strengths which provides their coaches with lots of options for match ups and will make them a tough group to shut down.

### 19s Team Staff



**Head Coach:**  
**Fiona Geappen**



**Assistant Coach:**  
**Rose Navickas**



**Assistant Coach:**  
**Amber Zielinski**



**Manager:**  
**Jo Marsh**



Our mid-court of Abbey Geappen, Mia Anderson, Maya Armstrong, and Natasha Furjanic are fit, creative and dynamic and will challenge their opposition each week to be at their best with their high work rate and commitment to drive in attack.

Defensively Jess Owen has made the move from Karana 19s and with her height and strength under the post she will be a vital part of our developing defensive group. She is joined by Belle Zielinski, Lucy Booth, and Caitlin Turner who have all proven themselves through Cripps junior ranks and shown they can read the play and impact games when needed.

This group of youngsters are a tight knit group who have a strong belief in each other, so we are excited both as a team and as a Club to see them grow on and off the court, and to see what they can achieve as they develop in 2023.

19s

# Team



**Mia Anderson**

**DOB:** 14/2/2007

**Height:** 167cm

**Positions:** C, WA

**State Representative:** U15s, 17s



**Maya Armstrong**

**DOB:** 21/3/2006

**Height:** 164cm

**Positions:** WA, C



**Daisy Bennett**

**DOB:** 6/10/07

**Height:** 180cm

**Positions:** GS, GA

**State Representative:** U15s, 17s



**Lucy Booth**

**DOB:** 11/1/2007

**Height:** 189cm

**Positions:** GD, GK



**Matilda Franklin**

**DOB:** 27/5/2006

**Height:** 178cm

**Positions:** GS, GA



**Natasha Furjanic**

**DOB:** 24/7/2006

**Height:** 171cm

**Positions:** WD, C



**Abbey Geappen**

**DOB:** 30/7/2006

**Height:** 173cm

**Positions:** WA, C

**State Representative:** U15s, 17s



**Jessica Owen**

**DOB:** 7/12/2006

**Height:** 191cm

**Positions:** GK, GD

**State Representative:** U15s, 17s



**Bellah Parker**

**DOB:** 11/12/2005

**Height:** 176cm

**Positions:** GA, WA

**State Representative:** U17s



**Caitlin Turner**

**DOB:** 10/2/2006

**Height:** 168cm

**Positions:** WD, C



**Jessica Weeding**

**DOB:** 22/7/2006

**Height:** 174cm

**Positions:** GA, GS



**Belle Zielinski**

**DOB:** 02/02/2006

**Height:** 177cm

**Positions:** GK, GD



## Club Profile



# Coastal Motors Devon

Devon is anticipating an exciting year for our Opens team this year as we welcome a new generation of players into the team. Many of the team are relatively untested at this level, with half of the team elevated following successful u19s TNL 2021 and 2022 campaigns. Tyrah Bacon, Charlotte Walker, Gemma Collyer, Mady Dove and Olivia Harman have all continued to excel in their respective age groups and show undeniable potential to continue to grow and develop as players. These five players have played together for the last two years and are hoping to bring these winning connections into the 2023 season.

## Open Team Staff



**Head Coach:**  
**Helen Payne**



**Assistant Coach:**  
**Narelle Mitchell**



**Manager:**  
**Glenelle Collyer**

**1st.000  
ENERGY**



The Devon Opens TNL team has also retained some experienced players from 2022: Makenzie Andersen, Macy Goninon, Cara Watkins along with Grace Close who will start the season as a valuable training partner. Makenzie, Macy and Cara are looking to build on their 2022 seasons where they demonstrated their ability to win games. We welcome new players Chelsea Hancock and Sophie Broadhurst, both of whom are strong, capable players that have fitted in exceptionally well and are already demonstrating their competitiveness. The obvious potential of the team is exciting for the club, and will again be exciting for our followers across North West Tassie. Head Coach Helen Payne, Assistant Coach Narelle Mitchell and Team Manager, Glenelle Collyer make up the Devon Opens management team for 2023.

# Opens Team



**Mackenzie Andersen**

DOB: 21/09/2000

Height: 175cm

Positions: GK, GD



**Tyrah Bacon**

DOB: 24/05/2005

Height: 180cm

Positions: GS, GA



**Sophie Broadhurst**

DOB: 29/04/1999

Height: 182cm

Positions: GS, GA

State Representative: U17s, 19s



**Gemma Collyer**

DOB: 26/03/2004

Height: 181cm

Positions: WD, GD

State Representatives: U17s, 19s, ANC



**Mady Dove**

DOB: 09/12/05

Height: 174cm

Positions: GS, GA

State Representatives: U17s, 19s



**Macy Goninon**

DOB: 26/1/2003

Height: 174cm

Positions: WA, C

State Representative: U17s, 19s, AUS  
17s, ANC



**Chelsea Hancock**

DOB: 23/7/1997

Height: 172cm

Positions: C, WA, WD



**Olivia Harman**

DOB: 19/01/2004

Height: 168cm

Positions: WA, C

State Representative: U19s



**Charlotte Walker**

DOB: 06/07/2006

Height: 188cm

Positions: GK, GD

State Representatives: U17s



**Cara Watkins**

DOB: 28/06/2001

Height: 176cm

Positions: GD, GK



# Club Profile



## Coastal Motors Devon

After 2 consecutive grand final appearance the Devon 19's will again exciting to watch in the 2023 season.

We have recruited well within the region; to welcome many new faces. After the standout 2022 season for Bek Filleul, Eden Taylor and Layne Dixon they have returned with maturity and leadership to support the 2023 team. Also returning is 2022 Assistant Coach Samantha McFadyen who will work with new Apprentice Coach Georgia French.

### 19s Team Staff



**Head Coach:**  
**Samantha McFadyen**



**Apprentice Coach:**  
**Georgia French**



**Manager: Carlene  
Darby**



The Devon 19's defence end has an exciting new line up with the introduction to TNL for Ella Harnett, Mackenzie Towns, Zoey Darby and the elevated 2022 training partner Zahra Overton. The attacking team also have fresh faces with Milana Harnett and Lottee Rolls.

Devon 19's have a competitive shooting circle with the inclusion of Hannah Coleman, Lily Padman and Ava Palmer who join Eden and Layne.

The team has trained solidly in the preseason with the assistance of our training partners and will be looking to make an impact on the 2023 season.

# 19s Team



**Hannah Coleman**

DOB: 24/12/2005

Height: 176cm

Positions: GA, WA



**Zoey Darby**

DOB: 09/04/2008

Height: 181cm

Positions: GD, GK



**Layne Dixon**

DOB: 19/03/2006

Height: 165cm

Positions: GA, WA



**Bek Filleul**

DOB: 6/10/07

Height: 171cm

Positions: WA, C, WD



**Ella Harnett**

DOB: 08/09/2006

Height: 179cm

Positions: GD, GK



**Milana Harnett**

DOB: 06/05/2008

Height: 176cm

Positions: C, WD, GD



**Lily Padman**

DOB: 15/07/2008

Height: 180.5cm

Positions: GS, GA, GK



**Ava Palmer**

DOB: 13/11/2008

Height: 174cm

Positions: GS, GA



**Lottee Rolls**

DOB: 04/01/2007

Height: 164cm

Positions: WA, C

State Representative: U17s



**Eden Taylor**

DOB: 31/01/2006

Height: 192cm

Positions: GS



**Mackenzie Towns**

DOB: 09/08/2007

Height: 182cm

Positions: GD, GK



**Zahra Overton**

DOB: 10/01/2007

Height: 172.5cm

Positions: C, WD, GD





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# Club Profile



## HIIT Launceston Northern Hawks

The Northern Hawks Opens will once again be a force to be reckoned with in season 2023! Following a standout preseason and ongoing support from HIIT Launceston, a relentless style of play is expected.

Ashlea Mawer will once again dominate a goal circle that will shine with versatility. A determined Courtney Treloar will continue her excellence in goals and a driven Kendall Jones will cause headaches for the opposition. The club welcomes to the attack end, strategist Dani Laughner who is looking forward to advancing her game.



Level-headed Stephanie Walker will once again bring poise to the Hawks front, and together with the sneaky speed of Lydia Coote and the reliability of debuting Opens player, Ellie Marshall, we will see a sustained clinical performance from the Hawks mid court. Expect daring defence from an uncompromising back end that will win plenty of ball through the tenacity of Lynette Childs, diligence of Tessa Coote and strength of Monique Dufty.

The work has been done in the offseason, and the passion for the game and belief in each other is stronger than ever. Hawks Opens will present a united front and with a work ethic second to none, will continue to showcase exciting netball and inspire our netball community.

## Opens Team Staff



**Head Coach:**  
**Alicia Sargent**



**Assistant Coach:**  
**Maddie Walker**



**Team Manager:**  
**Ann Pearce**

**1st.oo  
ENERGY**





# Opens Team



**Lydia Coote**  
DOB: 05/09/1997  
Height: 174cm  
Positions: WD, C



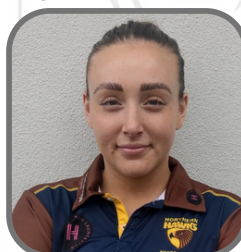
**Tessa Coote**  
DOB: 29/01/1995  
Height: 176cm  
Positions: GD, WD  
State Representative: U21s



**Lynette Childs**  
DOB: 15/10/1995  
Height: 176cm  
Positions: GD, WD  
State Representative: QLD U15s, 17s, 19s



**Monique Dufty**  
DOB: 24/04/2003  
Height: 187cm  
Positions: GK, GD  
State Representatives: U15s, 19s,



**Kendall Jones**  
DOB: 15/03/2002  
Height: 175cm  
Positions: WA, GA  
State Representatives: U15s, 17s, 19s



**Dani Laughher**  
DOB: 13/01/2002  
Height: 182cm  
Positions: GS, GA, WA  
State Representatives: U15s, 17s, 19s



**Ellie Marshall**  
DOB: 12/10/2005  
Height: 173cm  
Positions: C, WD  
State Representative: U17s, 19s, AUS 17s, ANC



**Ashlea Mawer**  
DOB: 04/12/1995  
Height: 189cm  
Positions: GS, GA  
State Representative: U15s, 19s



**Courtney Treloar**  
DOB: 10/07/2001  
Height: 186cm  
Positions: GS, GA  
State Representative: U15s, 17s, AUS 17s



**Steph Walker**  
DOB: 15/12/1993  
Height: 165cm  
Positions: C, WA

# Club Profile



## HIIT Launceston Northern Hawks

The 2023 Hawks 19's are coming into the season full of energy and excitement, the mixture of debutants and returning players has made for an energetic, cohesive and challenging preseason campaign which has seen the players increase their fitness ready for round 1.

Experienced defenders Lily Case and Emily Bowerman return to the defensive circle for 2023 with Hallie Shuuring making her state league debut. A formidable defensive circle with the ability put pressure on opposition shooters and make the most of the errors they create.

### U19s Team Staff



**Head Coach:**  
**Cameron Martin**



**Assistant Coach:**  
**Trescia Grice**



**Team Manager:**  
**Carmel Coote**



Mia Boyd and Lavinia Freeland will join returning seasoned Hawks Ella McArthur and Lily Humphries in the energetic and dynamic mid court for 2023. With no shortage of athleticism this group will have creativity in attack and ruthlessness in defence.

An uncapped shooting end full of enthusiasm are ready to show their potential in 2023. Erin Quilerat will provide a strong target all year. Joined by the dynamic Mia Green, deadeye accurate Emily O'Connor and quiet achiever in Paige Chorley, there is a combination for all occasions.



# 19&U Team



**Emily Bowerman**  
DOB: 26/12/2004  
Height: 175cm  
Positions: GD, WD



**Mia Boyd**  
DOB: 23/03/2007  
Height: 171cm  
Positions: C, WD  
State Representative: U15s



**Lily Case**  
DOB: 15/12/2006  
Height: 186cm  
Positions: GD/GK



**Paige Chorley**  
DOB: 11/11/2005  
Height: 173cm  
Positions: GA, GS



**Lavinia Freeland**  
DOB: 10/2/2006  
Height: 165cm  
Positions: C, WA, WD



**Mia Green**  
DOB: 08/02/2007  
Height: 173cm  
Positions: GS, GA  
State Representative: U15s



**Lily Humphreys**  
DOB: 13/01/2005  
Height: 167cm  
Positions: WD, C



**Ella McArthur**  
DOB: 29/01/2005  
Height: 175cm  
Positions: WA, C



**Emily O'Connor**  
DOB: 08/07/2006  
Height: 173cm  
Positions: GS, GA



**Hallie Schuurung**  
DOB: 28/10/2006  
Height: 176cm  
Positions: GD, GK



**Erin Quillerat**  
DOB: 28/06/2005  
Height: 172cm  
Positions: GS, GA

## Club Profile



# Karana Flames

Karana Flames Opens have retained a core group of athletes from 2022 and are really continuing to build on the positive improvements we made last season.

Once again with our culture and teamwork a key focus, the group have worked hard in their preseason and the connections and improvements on court have been pleasing to watch.

Emma Clark returns in goals and will be joined by Claire Roberts. The duos connection improves every time they step on the court with the girls sharing the goal scoring load beautifully.

## Opens Team Staff



**Head Coach:**  
**Renee Godfrey**



**Assistant Coach:**  
**Alex Beswick**



**Team Manager:**  
**Shane Free**



Asha Ratcliffe, Jess Byers and Holly McConnon and Renee Eiszele (joining the group from U19) are controlling the center court. The four young athletes all bring their own attributes of determination, touch, speed and game smarts making for many positive combinations. And with Jess and Renee's ability to jump into the shooting circle if required, the multiple options this year are exciting.

Our defensive end sees Sam McKinlay join the team permanently after playing a large part of last season with Ashlee Mrzyk and Mackenzie Queen rounding out the circle. The trio have been working well and will be looking to disrupt shooters rotations and create turnover opportunities.

We're really looking to build a consistent brand of exciting and positive netball that will show off the improved skills and talent of the team. No doubt the player's enthusiasm and positive attitudes will result in enjoyable season for the team.

Go Flames!



# Opens Team



**Jessica Byers**

**DOB:** 24/08/2002

**Height:** 171cm

**Positions:** WA, GA

**State Representative:** U15s



**Emma Clark**

**DOB:** 21/07/1992

**Height:** 185cm

**Positions:** GS



**Renee Eiszele**

**DOB:** 08/01/2003

**Height:** 163cm

**Positions:** C, WA, GA

**State Representative:** U19s

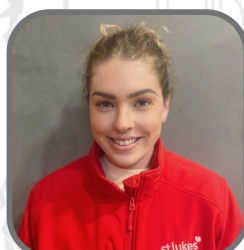


**Holly McConnon**

**DOB:** 16/07/2002

**Height:** 168cm

**Positions:** WA, C, WD



**Samantha Mckinely**

**DOB:** 04/09/1998

**Height:** 177cm

**Positions:** GD, GK



**Ashlee Mrzyk**

**DOB:** 11/12/1995

**Height:** 177cm

**Positions:** GK, GD, WD



**Asha Ratcliffe**

**DOB:** 11/12/2002

**Height:** 175cm

**Positions:** WD, C, GD



**Claire Roberts**

**DOB:** 24/04/1997

**Height:** 182cm

**Positions:** GS, GA



**Mackenzie Queen**

**DOB:** 11/01/2001

**Height:** 175cm

**Positions:** WD, GD

**State Representative:** U19s

## Club Profile



# Karana Flames

Karana Flames Under 19s start a fresh with a young side, with 6 athletes making their TNL debut for season 2023.

Madi Lamb and Mackenzie Stone's experience over the past few years will see them take on the leadership roles for the team and they will no doubt be looking to inspire the new comers around them.

Ebony McGuinniss will be an amazingly strong target in goals for the team, and she is complemented beautifully by the athleticism and defensive efforts of Aimee Bean and the sensational touch and fantastic game sense of Rohini Sharma.

## U19s Team Staff



**Head Coach:**  
**Tanya Backhouse**



**Assistant Coach:**  
**Sharni Browning**



**Team Manager:**  
**Sharon Byers**



Madi's speed and determination is joined by Lily Carpenter's phenomenal X-factor in the centre court with the duo enjoying the support of the versatile goalies. Mackenzie will be well supported by exciting new talent Sienna Nowland with the pair having arms for days and both are continuing to find creative ways to turn the ball over.

Defensive pocket rocket Lily McConnon rounds out the team and will be looking to support both defenders and centre courters making the team super versatile.

The excitement and energy from these girls is certainly making up for the lack of experience at this level. We are working well together as a team and hopefully this will lead to success on the court.



# U19s Team



**Amiee Bean**

**DOB:** 19/12/2007

**Height:** 172cm

**Positions:** GA, GS, WA

**State Representative:** U17s



**Lily Carpenter**

**DOB:** 07/09/2006

**Height:** 170cm

**Positions:** C, WD, WA



**Madi Lamb**

**DOB:** 09/05/2005

**Height:** 167cm

**Positions:** C, WA, WD



**Lily McConnon**

**DOB:** 20/09/2007

**Height:** 172cm

**Positions:** C, WD

**State Representation:** U15s



**Ebony McGuinniss**

**DOB:** 26/12/2006

**Height:** 186cm

**Positions:** GS



**Sienna Nowland**

**DOB:** 31/10/2007

**Height:** 177cm

**Positions:** GD, GK



**Rohini Sharma**

**DOB:** 24/02/2006

**Height:** 171cm

**Positions:** GA, WA, GS



**Mackenzie Stone**

**DOB:** 07/04/2005

**Height:** 179cm

**Positions:** GK, GD

# Partnerships

## ANNOUNCEMENT





# Club Profile

**firstnational** | Hobart  
REAL ESTATE Kingston

**KINGSTON BLUES  
NETBALL CLUB**



## First National Kingston Blues

The Kingston Blues Opens are ready for an inspiring season in 2023. Coming off the back of finishing in the top four in 2022, they are hungry to back that up and are hunting for another finals spot.

The Blues goal circle will see the combination of Nicole Hunt and Jane Richards who have become permanent members of the team after being replacement players in season 2022, they will join the dynamic Lucy Bosker forming a formidable shooting trio.



The Blues mid court consists of Lucy Street, Brielle Gordon, Tess Cooper and Zanna Jodlowska these four experienced players will be looking to use their power and innovation to deliver good ball to our goalies.

## Opens Team Staff



**Head Coach:**  
**Erin Baker**



**Assistant Coach:**  
**Shane Fish**



**Assistant Coach:**  
**Justin Direen**



**Team Manager:**  
**Clarissa Murphy**

In the defensive end we see the return of Emma Johns who will combine with Zanna to pressure opposition's attack into the circle. Also adding to the sides depth will be defender, Hannah Brereton and Centre Court, Anita Eberstein from the 19U side as the developing players.

Preseason has been well underway and returning coaches Erin Baker and Shane Fish along with Jud Direen who has joined the coaching group are impressed with the group's effort and commitment.

The emphasis has been on speed, strength and endurance and showing relentlessness on court, the Blues Opens are preparing for a strong and successful 2023.

# Opens Team

**firstnational** Hobart  
REAL ESTATE Kingston

**KINGSTON BLUES  
NETBALL CLUB**



**Lucy Bosker**  
DOB: 15/04/1995  
Height: 171cm  
Positions: GA, C

State Representative: U17s



**Tess Cooper**  
DOB: 21/01/1995  
Height: 164cm  
Positions: WA, C



**Brielle Gordon**  
DOB: 17/09/2003  
Height: 170cm  
Positions: C, WD

State Representative: U17s, 19s



**Nicole Hunt**  
DOB: 31/07/1980  
Height: 181cm  
Positions: GS, GA



**Zanna Jodlowska**  
DOB: 02/05/1996  
Height: 178cm  
Positions: GD, C  
State Representative: ANL



**Emma Johns**  
DOB: 17/04/1998  
Height: 188cm  
Positions: GK, GD  
State Representative: ANL



**Jane Richards**  
DOB: 28/10/1989  
Height: 181cm  
Positions: GS, GA



**Lucy Street**  
DOB: 08/09/2000  
Height: 169cm  
Positions: WA, WD  
State Representative: U19s

**Hannah Brereton**  
and  
**Anita Eberstein**  
(both 19&U)  
are Development  
Open Players in  
Season 2023



# Club Profile

**firstnational** | Hobart  
REAL ESTATE Kingston



## First National Kingston Blues

Kingston Blues 19U team is looking forward to another exciting year. Our 2023 team is being led again this season by coaches Caroline Direen and Alicia Leis. Both coaches are looking forward to working closely again with this talented group, after having built a solid foundation in season 2022.



### U19s Team Staff



**Co-Coach:**  
**Alicia Leis**



**Co-Coach:**  
**Caroline Direen**



**Team Manager:**  
**Venita Holland**



As a club we are looking forward to seeing our returning players, Abbey Glover, Anita Eberstein, Hannah Brereton, Jo Thompson, Keely Brereton, Sophie Cassidy and Yvette Ambrose they will be joined by Molly Cordwell who has been elevated from our training partner pool of 2022 and the team is rounded out with, Amelia McMahon who has returned to the club, Drew Dennis from Karana and Olivia Cummins who will be making her State League debut.

This group have been working extremely hard through preseason on their skills and fitness, and have already built strong relationships both on and off the court. They are looking forward to taking to the court this season and showing the growth they have made individually and as a team.

# U19s

## Team

**firstnational** | Hobart  
REAL ESTATE Kingston

**KINGSTON BLUES  
NETBALL CLUB**



**Yvette Ambrose**

**DOB:** 27/03/2006

**Height:** 180cm

**Positions:** GS, GA

**State Representation:** U17s



**Hannah Brereton**

**DOB:** 01/04/2004

**Height:** 178cm

**Positions:** GK, GD

**State Representative:** U15s, 19s



**Keely Brereton**

**DOB:** 01/04/2004

**Height:** 176cm

**Positions:** WD, C



**Sophie Cassidy**

**DOB:** 27/07/2005

**Height:** 170cm

**Positions:** WD, C



**Molly Cordwell**

**DOB:** 12/01/2006

**Height:** 173cm

**Positions:** GA, WA



**Olivia Cummins**

**DOB:** 30/04/2004

**Height:** 176cm

**Positions:** GK, GD



**Drew Dennis**

**DOB:** 26/11/2004

**Height:** 170cm

**Positions:** GS, GA



**Anita Eberstein**

**DOB:** 17/06/2004

**Height:** 176cm

**Positions:** GA, WA

**State Representation:** U15s



**Abbey Glover**

**DOB:** 18/09/2005

**Height:** 171cm

**Positions:** GD, WD



**Amelia McMahon**

**DOB:** 14/07/2004

**Height:** 172cm

**Positions:** WD, C

**State Representative:** U15s



**Josephine Thompson**

**DOB:** 04/08/2004

**Height:** 154cm

**Positions:** WA, C



# Club Profile



## Bendigo Bank South East Suns

Exciting times ahead at South East Suns Netball with a State League licence being granted to the club for season 2023. A lot of effort had gone into the planning and development of the Clubs application and to be rewarded with the opportunity to compete at the highest level of Netball in the State is a great achievement. Much of the work, such as uniforms, venue, sponsorship, and team staff was done in anticipation of the licence being granted. But the actual playing roster has been put together over the last couple of months.

### Opens Team Staff



**Head Coach:**  
**Andrew Jackson**



**Assistant Coach:**  
**Steffi Gibbons**



**Team Manager:**  
**Sarah McCarthy**



The Opens team is a young squad, that still has a certain degree of experience. Maddi Hay, after winning a 19's Premiership will return to Opens competition and alongside Alanna Cooper, the pair will lead the defensive end. Anna Gatehouse makes the step up from 19's to make her full season debut in the defensive circle.

Charlie Wheller, will return after recovering from injury to team with Jess Earney across the attacking transverse line, where they will be joined by Soph Tyrrell, Jordi Kath and Chelsea Whittaker.

Steffi Gibbons and Lil Banks, return to State League after a year in Premier League and provide strength, leadership and experience to the team.

South East Suns Opens team is looking forward to starting the season and being the first players to wear the Suns uniform. Whatever the competition holds in store for the team this year, they are excited to see what they can achieve, and help to develop the Suns brand. This group of players are looking to set the club up to provide a team for young Suns players to aspire to reach the State League level for years to come.

# Opens Team



**Lily Banks**

**DOB:** 29/07/1999

**Height:** 178cm

**Positions:** GD, WD



**Alanna Cooper**

**DOB:** 30/01/2001

**Height:** 179cm

**Positions:** WD, GD

**State Representative:** U15s, 17s, 19s



**Jessica Earney**

**DOB:** 13/08/2002

**Height:** 177cm

**Positions:** GA, WA

**State Representation:** U15s, 17s, 19s, ANC



**Anna Gatehouse**

**DOB:** 24/05/2004

**Height:** 182cm

**Positions:** GK, GD

**State Representative:** U17s



**Steffi Grenda**

**DOB:** 06/04/1990

**Height:** 183cm

**Positions:** GK, GD



**Maddi Hay**

**DOB:** 12/02/2003

**Height:** 180cm

**Positions:** GK, GD

**State Representative:** U15s, 17s, 19s, ANC



**Jordan Kath**

**DOB:** 14/07/1998

**Height:** 178cm

**Positions:** GS, GA



**Sophie Tyrrell**

**DOB:** 06/05/2004

**Height:** 176cm

**Positions:** WD, C



**Charlie Wheller**

**DOB:** 25/07/2002

**Height:** 177cm

**Positions:** C, WA

**State Representative:** U15s, 17s



**Chelsea Whittaker**

**DOB:** 19/10/2001

**Height:** 178cm

**Positions:** GS, GA



# Club Profile



## Bendigo Bank South East **Suns**

How excited have we been at South East Suns to finally have the opportunity to compete at state league level and to create two brand new teams.

Our club focus for our 19 under team has been to create a youthful team that will take us on this journey for many years to come and adding a little splash of experience into the side to support our first timers to state league netball.

We have managed to gain the connection of Holly Thomas, Maya Stubbs, Paige Carr and Laura Scott who will look to continue building the work they've done together over the past few years and bring guidance to the newbies of our squad.

In the attack line we have 2022 state under 15 guns Matilda Kaye and Rianna Scott who in the off season have both been working hard on their fitness and passing connections, they are sure to bring a dynamic and clean style to our attack end.

### U19s Team Staff



**Head Coach: Marsha  
Batchelor**



**Assistant Coach:  
Bella Batchelor**



**Apprentice Coach:  
Petrease Raspin**



**Team Manager:  
Sarah McCarthy**



Our goal circle will be flowing and linking with the newfound duo of Ella Booth and Amity Jakubistzyn who aim to show accuracy and control in the circle.

Our defence end backed up by Scott has the height of Emily Cooper who will make it hard for the opposition goalies to cash in. The rest of our defence end is rounded up by Tayah Clifford and Tayla Sheen who both are not afraid of a challenge and will help transition the ball down the court with speed and control.

Cheering and supporting from the bench you will see our training partner Ella Kolabinski.

We are very honoured to have 5 players who started their netball careers at Suns in the junior ranks, Thomas, Carr, Stubbs, Clifford and Gatehouse who is debuting for the Opens team.

Suns 19's are super excited to have the opportunity to display their competency as a team with no expectations but no limitations.

# U19s Team



**Ella Booth**

**DOB:** 15/10/2004  
**Height:** 181cm  
**Positions:** GS, GA



**Paige Carr**

**DOB:** 08/10/2005  
**Height:** 171cm  
**Positions:** WD, C



**Tayah Clifford**

**DOB:** 13/01/2006  
**Height:** 168cm  
**Positions:** GD, WD



**Emily Cooper**

**DOB:** 09/02/2007  
**Height:** 178cm  
**Positions:** GK, GD



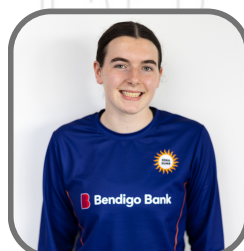
**Amity Jakubiszyn**

**DOB:** 03/10/2006  
**Height:** 175cm  
**Positions:** GS, GA



**Matilda Kaye**

**DOB:** 14/12/2007  
**Height:** 170cm  
**Positions:** GA, GS  
**State Representative:** U15s



**Laura Scott**

**DOB:** 05/03/2006  
**Height:** 175cm  
**Positions:** GD, GK



**Rianna Scott**

**DOB:** 30/03/2007  
**Height:** 171cm  
**Positions:** C, WD, WA  
**State Representation:** U15s



**Tayla Sheen**

**DOB:** 30/03/2007  
**Height:** 173cm  
**Positions:** WD, GD



**Maya Stubbs**

**DOB:** 10/07/2004  
**Height:** 165cm  
**Positions:** C, WA



**Holly Thomas**

**DOB:** 25/12/2005  
**Height:** 164cm  
**Positions:** WA, GA





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FOOD



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ENERGY



GERATHY & MADISON  
MEDIA • MONITORING

AndrewZ Photography





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<https://tas.netball.com.au/tnl-2023>