

19/U Netball NSW State Team

Athletes



Name	Amy Sligar
Position	C/WD/WA
Junior Association	Camden & District
Regional Academy	SWSAS
Current team	Sutherland Stingrays
Netball hero	Laura Langman
Campaign Highlight	Match simulation training sessions
Quote	<i>The same boiling water that softens the potato hardens the egg. It's about what you're made of, not the circumstances</i>



Name	Annie Miller
Position	WA/C
Junior Association	Orange
Current team	Manly Warringah Sapphires
Netball hero	Kelsey Browne
Campaign Highlight	Pre-season fun games day
Quote	<i>Some people want it to happen, some wish it would happen, others make it happen</i>



Name	Brooke Paterson
Position	GD/GK/WD
Junior Association	Randwick
Regional Academy	SNA
Current team	UTS Randwick Sparks
Netball hero	Amy Parmenter
Campaign Highlight	Going away to Avoca Beach with the team
Quote	<i>Be your own cheerleader</i>



Name	Chelsea Mann
Position	WD/C
Junior Association	Manly Warringah
Regional Academy	SNA
Current team	Manly Warringah Sapphires
Netball hero	Maddy Proud & Amy Parmenter
Campaign Highlight	Team bonding weekend away at Avoca Beach
Quote	<i>Always go the extra mile, it's never crowded!</i>



Name	Courtney Castle
Position	C/WA
Junior Association	Liverpool City
Regional Academy	SWSAS
Current team	GWS Fury
Netball hero	Paige Hadley
Campaign Highlight	Playing against Giants Academy, the whole team played really well, it was one of the first times we played together!
Quote	<i>Work until your idols become your rivals, then work a little harder</i>



Name	Dakota Thomas
Position	GD/WD
Junior Association	Newcastle
Current team	Central Coast Heart
Netball hero	Julie Corletto
Campaign Highlight	Going to the team bonding camp and spending time away from netball central with everyone
Quote	<i>You have to see it to believe it</i>



Name	Eliza Perkins
Position	GA
Junior Association	Gunnedah & Glen Innes
Regional Academy	NIAS
Current team	GWS Fury
Netball hero	Sharni Layton, Maria Folau, Amelia-anne Ekenasio
Campaign Highlight	Being chosen in the team, every single training session and our weekend away in Avoca
Quote	<i>"I've failed over, and over, and over again in my life. This is why I succeed" - Michael Jordan</i> <i>Believe you can, and you are halfway there</i>



Name	Jemma Donoghue
Position	GK/GD/WD
Junior Association	Northern Suburbs
Regional Academy	SNA
Current team	Manly Warringah Sapphires
Netball hero	Laura Geitz
Campaign Highlight	Match play against other teams
Quote	<i>It is the size of one's will which determines success</i>



Name	Lauren Woods
Position	GS/GA
Junior Association	Blacktown City
Regional Academy	WSAS
Current team	Panthers
Netball hero	Caitlin Thwaites
Campaign Highlight	Weekend away at Avoca Beach
Quote	<i>You miss 100% of the shots you don't take</i>



Name	Leilani Rohweder
Position	WD/GD
Junior Association	Lismore & District
Regional Academy	NCAS
Current team	Panthers
Netball hero	Abbey McCulloch
Campaign Highlight	Being part of such a strong and supportive defensive unit
Quote	<i>Courage</i>



Name	Matisse Letherbarrow
Position	GS/GA
Junior Association	Baulkham Hills Shire
Regional Academy	WSAS
Current team	North Shore united
Netball hero	Jo Harten & Maria Folau
Campaign Highlight	Avoca Beach weekend away – although it was bittersweet as we knew we were not going to Nationals, it was so much fun to just be around each other and bond
Quote	<i>The key is not the will to win...everybody has that. It is the will to prepare to win that is important</i>



Name	Sophie Dwyer
Position	GA/GS
Junior Association	Eastwood Ryde
Current team	ERNA Hawks
Netball hero	Susan Pettitt & Maria Folau
Campaign Highlight	Match Play and Avoca weekend away
Quote	<i>You miss 100% of the shots you don't take</i>

Coach & Support Staff



Name	Jen Wright
Role	Head Coach
Association	Eastwood Ryde
Campaign Highlight	Seeing the girls learn and adapt so quickly to new ideas and different ways of doing things. Also how much they embraced the NSW bubble
Quote	<i>Don't wait for the magic to happen, work hard, back yourself and the girls around you then the magic will come. Be your own cheerleader</i>



Name	Ali Tucker
Role	Assistant Coach
Association	Randwick
Campaign Highlight	Being able to work with talented players, and contributing to the team's vision and growth
Quote	<i>Change your mindset from 'winning and losing' to 'winning and LEARNING'</i>



Name	Virginia Welsh
Role	Apprentice Coach
Association	Manly Warringah
Campaign Highlight	Collaborating with talented coaches and management staff and watching girls' step outside comfort zones, challenge their skills to become better athletes
Quote	<i>For tomorrow belongs to the people who prepare for it today</i>



Name	Di Bills
Role	Manager
Association	Eastwood Ryde
Campaign Highlight	Everyone working together on and off the court to get things done
Quote	<i>It's not the will to win that matters—everyone has that. It's the will to prepare to win that matters</i>



Name	Alice Brown
Role	Physiotherapist
Campaign Highlight	Getting to work with such a great bunch of girls and staff!
Quote	<i>Don't aspire to be the best in the team. Aspire to be the best for the team</i>



Name	Scott Ward
Role	Physiotherapist
Campaign Highlight	Definitely strapping Lauren's blisters, fun!
Quote	<i>If you fail to prepare, you're prepared to fail</i>