

Under 18 Girls - Squad 1

Squad 1	
Chelsea	Apacible
Tia	Bails
Shanika-Anne	Barr
Tasmyn	Biddell
Charlotte	Bond
Jami	Carter
Molly	Coleman
Sienna	Foreman
Olivia	Fuller
Monika	Gavranic
Laura	Goulden
Zali	Grosser
Claudia	Hatcher
Georgia	Heinrich
Brooklynn	Huppatz
Erykah	Jennette
Monisha	Narayan
Lucy	Penna
Samantha	Watts

Head Coach: Sean Richards
Contact: Sean.richards49@bigpond.com

Training One	Training Two
Sunday	Tuesday
11.30am - 1pm	7.30pm - 9pm
Cedar College	St Aloysius College

1st Session:	Next Session:
Sunday 27th of Sep	Tuesday 29th of Sep

*No training 4th & 5th October due to the long weekend

Please let the head coach know if you can't make the first training session

Under 18 Girls - Squad 2

Squad 2	
Valeria	Flores
Eli	Gianakis
Kiera	Harris
Alana	Slack
Emmeline	Yip
Ashley	Young

Head Coach: Sally Mostert
Contact: sallymostert@connectedself.com.au

Training One	Training Two
Sunday	Tuesday
11.30am - 1pm	7.30pm - 9pm
Cedar College	St Aloysius College

1st Session:	Next Session:
Sunday 27th of Sep	Tuesday 29th of Sep

*No training 4th & 5th October due to the long weekend

Please let the head coach know if you can't make the first training session

Under 16 Girls - Squad 1

Squad 1	
Montana	Briggs
Julia	Camilos
Meg	Elsworthy
Bianka	Gavranic
Tara	Girardi
Erin	Hoare
Lucy	Musolino
Chelsea	O'Neill
Cayleigh	Stock
Jaimi	Tabb
Isabella	Thompson
bianca	Tonin-Petryszak
Jessica	Watts
Sydney	Wigzell
Sydney	Wright
Hayley	Wright

Head Coach: Trudy Ireland
Contact: trudy_kap@hotmail.com

Training One	Training Two
Sunday	Thursday
8am - 10am	6pm - 7.30pm
Cedar College	St Aloysius College

1st Session:	Next Session:
Sunday 27th of Sep	Thursday 1st October

*No training 4th & 5th October due to the long weekend

Please let the head coach know if you can't make the first training session

Under 16 Girls - Squad 2

Squad 2	
Kelsey	Brion
Sophia	Camilos
Antoinette	Del Giacco
Kate	Haythorpe
Isabella	Horskins
Brooklyn	Lees
Regina	Malague
Nadeen	Mechael
Abbey	Mozuras
Lily	Rogers
Mikayla	Shelton
Eboni	Sheridan
Makayla	Speedy
Grace	Weber

Head Coach: Carolyn Bean
Contact: lamingtonqueen@hotmail.com

Training One	Training Two
Sunday	Monday
8.30am - 10am	6pm - 7.30pm
Cedar College	St Aloysius College

1st Session:	Next Session:
Sunday 27th of Sep	Monday 28th of Sep

*No training 4th & 5th October due to the long weekend

Please let the head coach know if you can't make the first training session

Under 14 Girls - Squad 1

Squad 1	
Macey	Borges
Sophie	Cardillo
Boo	Cole
Olivia	Elsworthy
Amelia	Fagnito
Ilea	Frensch
Tess	Houtman
Holly	Hughes
Liana	Kelly
Catriona	Leggatt
Scarlett	Miles
Georgia	Petrenko
Shenali	Ranasoma
Ebony	Roscio
Jaida	Tabb
Dominique	Van Zyl
Hanna	Webber

Head Coach: Matt Hughes
Contact: matt@fiabrokers.com.au

Training One **Training Two**
 Sunday Thursday
 9.30am - 11am 6pm - 7.30pm
 MARS St Aloysius College

1st Session: **Next Session:**
 Sunday 27th of Sep Thursday 1st October

*No training 4th & 5th October due to the long weekend

Please let the head coach know if you can't make the first training session

Under 14 Girls - Squad 2

Squad 2	
Bethany	Allen
Ashlea	Carter
Leanne	Estimada
Amelia	Field
Isabella	Grant-Allan
Tessa	Hannaford
Tara	Hislop
Jess	Hopwood
Jessica	Hyland
Saskia	Jonats
Emily	Lindner
Bella	Parton
Eliza	Pearce
Cristina	Scalzi
Alysha	Sloan
Ella	Turnbull
Léda	Valentine

Head Coach: Tahlia Evans
Contact: tahliajayne.evans@outlook.com

Training One **Training Two**
 Sunday Monday
 9.30am - 11am 6pm - 7.30pm
 MARS St Aloysius College

1st Session: **Next Session:**
 Sunday 27th of Sep Monday 28th of Sep

*No training 4th & 5th October due to the long weekend

Please let the head coach know if you can't make the first training session

Under 14 Girls - Squad 3

Squad 3	
Paris	Ailion
Ella	Angel
Rosie	Boon
Daisy	Craig
Audrey	Fletcher
Emily	Gale
Joanna	Gergawy
Sarah	Hart
Danielle	Miller
Keira	Nayler
Keisha	O'Brien
Emma	Schwindt
Brandi Lee	Sorrenti
Adelle	Stopp
Lucy	Thompson
Olivia	Tindale
Ella	Tsiolis
Tessa	Woolford

Head Coach: Georgia Heinrich
Contact: georgiaheinrich99@gmail.com

Training One	Training Two
Sunday	Tuesday
9.30am - 11am	6pm - 7.30pm
MARS	St Aloysius College

1st Session:	Next Session:
Sunday 27th of Sep	Tuesday 29th of Sep

*No training 4th & 5th October due to the long weekend

Please let the head coach know if you can't make the first training session

Under 12 Girls - Squad 1

Squad 1	
Emily	Brunsgard
Ruby	Bruun
Olivia	Cardillo
Indya	Dodd
Sasha	Hardin
Eliza	Hinton
Maddie	Hughes
Katherine	Lamb
Elle	Lineage
Ashlyn	May
Ella	Ridley
Taylah	Roberts
Alice	Sabine
Caitlin	Shillabeer
Audrey	Waterhouse
Drew	Yandell

Head Coach: Peter Rault
Contact: maryo@internode.on.net

Training One	Training Two
Sunday	Tuesday
10am - 11.30am	6pm - 7.30pm
Cedar College	Seymour College

1st Session:	Next Session:
Sunday 27th of Sep	Tuesday 29th of Sep

*No training 4th & 5th October due to the long weekend
Please let the head coach know if you can't make the first training session

Under 12 Girls - Squad 2

Squad 2	
Sophie	Colsey
Adele	Cooper
Alicia	Dahm
Penny	Fiebert
Jacinta	Girardi
Alix	Lilley
Amity	Nield
Mia	Parkin
Anna	Pearce
Yasmine	Rboub
Caitlin	Schaefer
Montanna	Sturnela
Caitlin	Surynt
Mia	Wallis
Emily	Worley
Bijou	Wright
Amber	Zollo

Head Coach: Mary Omond
Contact: maryo@internode.on.net

Training One	Training Two
Sunday	Tuesday
10am - 11.30am	6pm - 7.30pm
Cedar College	Seymour College

1st Session:	Next Session:
Sunday 27th of Sep	Tuesday 29th of Sep

*No training 4th & 5th October due to the long weekend
Please let the head coach know if you can't make the first training session

Under 10 Girls

Squad 1

Alisha	Cowling
Molly	Cox
Jessica	Goodwin
Caitlin	Hardin
Shaylie	Huppatz
Layla	Kelly
Rose	Parkin
Zara	Rboub
Kulli	Ryan
Eloise	Scott
Emily	Shillabeer
Lia	Sibilin
Brooke	Silby
Ella	Towers
Polly	Turner
Maddison	Webber
Hannah	Wilks
Giselle	Wright

Head Coach:

Sam Ninnes

Contact:

sam.ninnes@adelaidefestivalcentre.com.au

Training

Tuesday

5.30pm - 7.30pm

St Aloysius College

1st Session:

Tuesday 29th of Sep

Please let the head coach know if you can't make
the first training session