

Elysian
WOMEN'S HEALTH
part of **Montier**
HEALTH

WEDNESDAY 2 JULY 2025

WOMEN & GIRLS FOOTY UPDATE

SPONSORED BY ELYSIAN WOMEN'S HEALTH

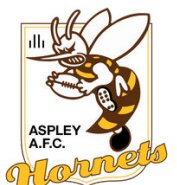


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UPCOMING FIXTURES

QAFLW SENIORS	BYE	ROUND 12 UNIVERSITY OF QLD 2:00PM SAT JULY 12 AUTOMALL ASPLEY OVAL	
QAFLW RESERVES	BYE	ROUND 12 UNIVERSITY OF QLD 12:00PM SUN JULY 12 AUTOMALL ASPLEY OVAL	
U17 GIRLS DIV 2	BYE	BYE	
U15 GIRLS DIV 1	BYE	ROUND 11 PALM BEACH CURRUMBIN 10:00AM SUN JULY 13 AUTOMALL ASPLEY OVAL	
U13 GIRLS DIV 2	ROUND 10 MORNINGSIDE 8:30AM SUN JULY 6 AUTOMALL ASPLEY OVAL		ROUND 11 KEDRON 8:30AM SUN JULY 13 AUTOMALL ASPLEY OVAL
U11 GIRLS HIPWOOD	BYE	BYE	
U9 GIRLS BRITTAIN	BYE	BYE	
U9 GIRLS WALLIS	BYE	BYE	
U8 GIRLS WALTERS	BYE	BYE	
MASTERS WOMEN	ROUND 8 MORNINGSIDE 6:00PM SAT JULY 5 JACK ESPLEN OVAL		BYE

ABOUT OUR SPONSOR



The Hornets are proud to welcome new Bronze Sponsor, Montier Health Aspley to the club and Elysian Women's Health (part of the Montier Health Group) as the Official Sponsor of Women's & Girls' Football at the Hornets!

At Montier Health, they believe there's no one-size-fits-all approach to healthcare. Their diverse and specialised network is designed to meet the unique needs of every individual, transforming healthcare in Australia for good. Elysian Women's Health was also created with this philosophy in mind – offering a dedicated, personalised service tailored specifically for women, at every stage of life.

Conveniently located in Aspley on Gympie Road, we're thrilled to have Montier Health and Elysian Women's Health join the Hornets family and support the ongoing growth of women's sport within our club and community!

W&G VOLUNTEER SHOUTOUT

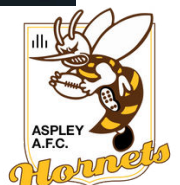
Emily Keehn - QAFLW Player

This week's shoutout goes to Emily Keehn. A few weeks ago, Emily broke her finger and has been ruled out for the rest of the season. Since the injury, Emily has been willing to help in any way possible. She has assisted the coaches and managers with match day roles and also stepped in to be the reserves team manager last week in the absence of Jane McDonald who was away. Thank you for all of your help!



Want to nominate a W&Gs Shoutout?

Please email football@aspleyhornets.com.au



W&G PLAYER ACHIEVEMENTS

U18 State Championships in Cairns

QLD State Team Selection



Sophie Canny, Nicola Jack & Zephee Te Kahu



Emma Pittman

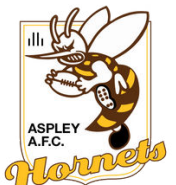


Katie Day



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AFL QUEENSLAND NETWORKS

Women in Footy Network

The QLD Women in Footy Network is an initiative grown into the core of the AFLQ Women and Girls Strategic Plan. Developed with the aim of empowering and enabling women to create and nurture the culture that they want to see for current and future Women and Girls within their footy clubs and the broader football community.

Key goals for the network are to:

- Provide women with a platform to create valuable contacts within the footy community which can support them to step into decision making committee roles.
- Empower women to feel confident and safe entering into the coaching and umpiring spaces.
- Provide feedback and opinions on the current climate and culture of the game as it is being felt on the ground.

Join the Women in Footy Network: [HERE!](#)

Male Allies Network

The QLD Male Allies Network is a new initiative perfect for males in footy clubs and schools are leading the way as Male Champions of Change!

The network aims to create a supportive community where members can share experiences, strategies, and resources to foster the growth of the game.

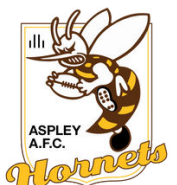
Who can join:

- *Coaches*: Male coaches at all levels who are committed to fostering a positive and inclusive environment for female players.
- *Administrators*: Male administrators who are working to create policies and programs that support the growth of women's and girls' football.
- *Advocates*: Men who are passionate about promoting gender equality in sports and are actively involved in initiatives that support women and girls in football.

Join the Male Allies Network: [HERE!](#)



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W&G COACHING

2025 Coaching Accreditation

Coaches are the core of the footy community. You don't need to be an expert to get involved! We encourage anyone interested in coaching to complete their 2025 Coaching Accreditation even if you are not in an official coaching role!

More information and link to complete: [HERE!](#)

AFLQ Coach Your Way | Kick & Coffee Session

This is a chance to talk all things footy, build your understanding of footy, language, develop practical coaching skills, and connect with female coaches who have experienced the coaching journey as they share insights, challenges and successes.

Brisbane Location

July 27th, August 31st, October 26th

9:30am-12pm

More information and link to register: [HERE!](#)

BYRON NINES WOMENS COMP

AFL Nines returns to Byron Bay with their first Women's Competition!

Footy, food trucks, marquee, and music!

Friday 24 and Saturday 25 October

9-15 players per team

Ages 18+

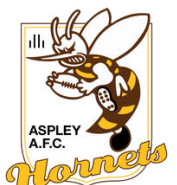
\$900 Entry per team

Byron Bay Cavanbah Centre - Sports & Cultural Complex

Register your team EOI: [HERE!](#)



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W&G UMPIRING

AFLQ Come & Try Umpiring Camps

Want to learn how to umpire but not sure where to start? AFLQ are hosting Free Girls-Only Come & Try Umpiring events during the June/July School Holidays.

You'll receive both theory and practical learning opportunities in Field, Boundary, and Goal Umpiring from experienced QAFL, VFL and AFL Umpires, hear from guest speakers about their experiences, and make lifelong friends!

All attendees will be supplied with a whistle as well as morning tea and lunch. Attendees should bring a drink bottle, sunscreen, and clothes/runners that are comfortable to move around in.

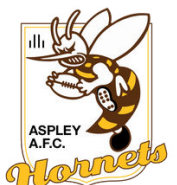
Zillmere Eagles AFC

Tuesday 8 July from 9am-3pm
340 Zillmere Road, Zillmere 4034

More information and link to EOI: [HERE!](#)



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AUSKICK AND SUPERKICK

AFLQ School Holiday Programs

Join in the footy fun these school holidays!

NAB AFL Auskick (Age 5-8)

Skills, activities and game!

NAB Superkick (Age 8-12)

Modified match play with skill development!

Participants should bring their own packed lunch, hat, and water bottle.



Zillmere Eagles AFC

Wednesday 2 July from 9am-3pm
340 Zillmere Road, Zillmere 4034

Yeronga Devils AFC

Tuesday 8 July from 9am-3pm
79 Cansdale St, Yeronga 4104

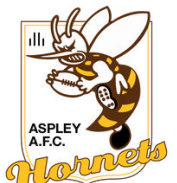
Kedron Lions AFC

Wednesday 9 July from 9am-3pm
100 Sixth Avenue, Kedron 4031

More information and link to register: [HERE!](#)



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UPCOMING EVENTS

Sunday July 5th: QLD Womens State Game | Latrobe Recreation Ground

Tuesday July 8th: AFLQ Girls-Only Come & Try Umpiring Camp

Friday July 18th - Sunday July 20th: 2025 Pride Round Week 1

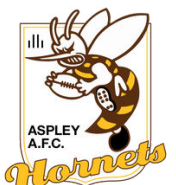
Friday July 25th - Sunday July 27th: 2025 Pride Round Week 2

Sunday July 27th: Coach Your Way | Kick & Coffee Session



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UPCOMING EVENTS

JUNIOR FOOTBALL FUNDRAISER

BOOS

TRIVIA NIGHT
SATURDAY 26TH JULY 2025

\$30 EACH OR \$270 FOR TABLE OF 10

6PM FOR A 6:30PM START

ASPLEY HORNETS FUNCTION ROOM

DRESS UP IN YOUR BEST
80'S OUTFITS!

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ASPLEYHORNETS.COM.AU



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