

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

WEDNESDAY 6 AUGUST 2025

WOMEN & GIRLS FOOTY UPDATE

SPONSORED BY ELYSIAN WOMEN'S HEALTH

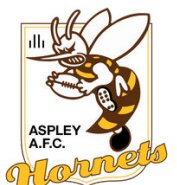


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UPCOMING FIXTURES

QAFLW SENIORS

ROUND 16

YERONGA STH BRIS
4:45PM SAT AUG 9
AUTOMALL ASPLEY OVAL



FINALS

TBC

QAFLW RESERVES

ROUND 16

YERONGA STH BRIS
6:45PM SAT AUG 9
AUTOMALL ASPLEY OVAL



FINALS

TBC

U17 GIRLS DIV 2

ROUND 15

REDLAND VP
3:00PM FRI AUG 10
TOTALLY WORKWEAR PARK



U15 GIRLS DIV 1

ROUND 15

BROADBEACH
2:30PM SUN AUG 10
NEPTUNE HOMES OVAL



U13 GIRLS DIV 2

ROUND 15

ZILLMERE
7:30PM FRI AUG 8
O'CALLAGHAN PARK



U11 GIRLS HIPWOOD

ROUND 12

KEDRON
6:30PM FRI AUG 8
AUTOMALL ASPLEY OVAL



ROUND 13

WILSTON GRANGE
6:00PM FRI AUG 15
HICKEY PARK



U9 GIRLS BRITTAIN

ROUND 12

PINE RIVERS
5:30PM FRI AUG 8
AUTOMALL ASPLEY OVAL



ROUND 13

SANDGATE
6:00PM FRI AUG 15
SANDGATE HAWKS AFC



U9 GIRLS WALLIS

ROUND 12

KEDRON BLUE
6:00PM FRI AUG 8
EK (TED) ANDERSON OVAL



ROUND 13

KEDRON RED
5:30PM FRI AUG 15
AUTOMALL ASPLEY OVAL



U8 GIRLS WALTERS

ROUND 12

FERNY GROVE
5:30PM FRI AUG 1
AUTOMALL ASPLEY OVAL



ROUND 13

REDCLIFFE
6:00PM FRI AUG 15
NATHAN RD SPORTS COMPLEX



MASTERS WOMEN

BYE



ROUND 11

SUNSHINE COAST
2:00PM SUN AUG 16
BREDNDALE OVAL 1



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

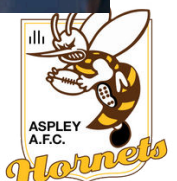
Rachel Devine- Under 9's Coach

This week's shoutout goes to Rachel Devine. Rachel is a first year coach and has been coaching one of the Under 9 Girls teams. The two under 9's teams train enthusiastically together and are starting to develop their skills and teamwork thanks to the efforts and support from their coaches. Thank you Rachel for supporting the junior girls.



Want to nominate a W&Gs Shoutout?

Please email football@aspleyhornets.com.au



W&G PLAYER ACHIEVEMENTS

School Sport National Schools
Championships Umpire

Milestone Games



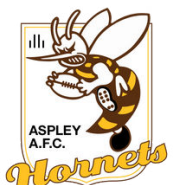
Nicola Jack



Abbey Lowe- 50 games



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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.

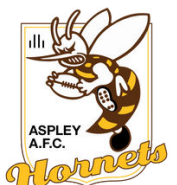
Who can join:

- *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

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+

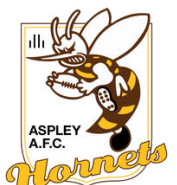
\$900 Entry per team

Byron Bay Cavanbah Centre - Sports & Cultural Complex

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



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WOMEN'S COACHING MONTH

Women's Coaching month was the highlight for July! We are thankful for our coaches, their passion, leadership and commitment to the players and the game.

Thank you to our 2025 Coaches!

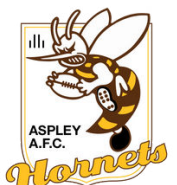
Ash Williamson
Rachael Anstey
Zoe Deeks
Katie Blair
Carissa Jordan
Rachel Devine
Kathy Van Croonenborg
Rebecca Maconochie
Emma Stedman
Kirsty Raven
Erin Davis McGlone
Jasmine Kawa

Rachel Devine - Under 9 Girls Wallis Coach:

"I think the girls I've been apart of coaching are some of the the coolest kids I've ever met! Every session is full of laughs, energy, and determination. I've learnt so much this season about coaching and absolutely love it..it's honestly been one of the highlights of my year. I love being part of their journey helping them build skills, confidence, and that unstoppable "we've got this" attitude. Coaching for me is about showing the next generation of girls that they can dream big, back themselves, and absolutely smash it on and off the field. I hope I continue to get the opportunity to coach in the future!"



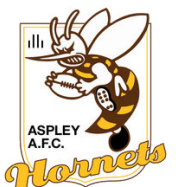
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QAFLW CELEBRATE 100 GAMES



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UMPIRING SPOTLIGHT

Congratulations to Nicola Jack who recently umpired at National Schools Championships 13-15 years at Brendale. Nicola has provided some insight to umpiring and her journey.

How long have you been umpiring for? I started in 2022 with Umpire4fun then continued with youth football umpiring.

What do you like most about umpiring? The ability to earn money.

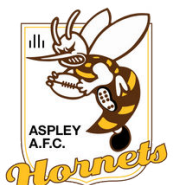
Umpiring achievements- In 2023 Nicola was invited to have an umpire experience with the AFL Umpires at the Gabba. In 2025 she was selected to do boundary umpiring for the 13-15 years SSA National Carnival and the U16 & U18 National Talent Carnivals.

Umpiring can be challenging, how do you overcome the challenges? I look at the positives and not the negatives such as players being unhappy with my calls.

Any advice to people thinking about umpiring? Just give it a try- you have nothing to lose!



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UPCOMING EVENTS

Saturday August 23rd - Junior Presentation

Sunday August 31st - Coach your Way/Kick & Coffee Session

Saturday 13th September - Master's Team B&F

Sunday 14th September - Youth Presentation

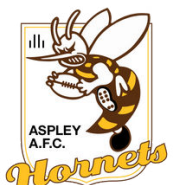
Wednesday 17th September -Under 17's Presentation

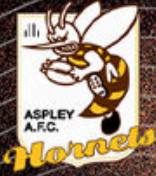
Saturday 11th October - Aspley Senior QAFLW B&F



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GIRLS

FRIDAY NIGHT FOOTY

25TH JULY | 1ST AUGUST | 8TH AUGUST



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