

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

WEDNESDAY 8TH OCTOBER 2025

WOMEN & GIRLS FOOTY UPDATE

SPONSORED BY ELYSIAN WOMEN'S HEALTH

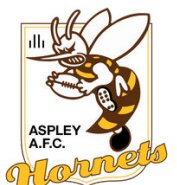


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ABOUT OUR SPONSOR



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

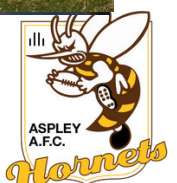
Monique Dufty- QAFLW Team

This shoutout goes to Mon Dufty. Mon plays in our QALW Seniors Team and volunteered her time recently to run water for the Men's Finals at Palm Beach Currumbin. Thank you, Mon!!



Want to nominate a W&Gs Shoutout?

Please email football@aspleyhornets.com.au



W&G PLAYER ACHIEVEMENTS



Under 14 Academy State Carnival- Alyta Donataggio,
Vivienne Conte & Audrey Cooper

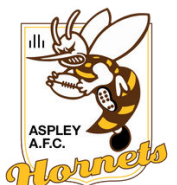


AFL National Masters Carnival

*Back row: Ash Williamson, Tanya
Gallagher, Carissa Jordan, Chris
Doherty, Stephen Dean, Mitchell Just,
Ryan McAllister*



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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.

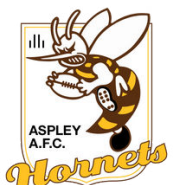
Who can join:

- *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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WOMEN'S & GIRLS COACHING

Coach Your Way- Saturday November 8th at Aspley Hornets
9am-11am

Want to build confidence and learn what AFL coaching is all about? Join like-minded females in the Coach Your Way session. There is no obligation to coach, however, becoming registered will provide you with access to resources only coaches have access too. Maybe you want to be an Assistant Coach or help out when needed. Or you could be an aspiring Head Coach! Interested in school coaching or perhaps learning new skills. This session will cater for everyone!

Coach Your Way, Women's Intro to Coaching Program

This program is all about arming you with the knowledge, tools and support you need to confidently step in to coaching. It's all about coaching YOUR WAY, not about fitting the mould of the 'traditional coach'. Women have so many wonderful attributes to offer in the coaching space and we can't wait to see what you bring to the role.

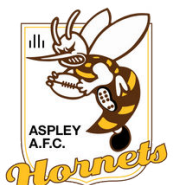
What to expect from the program

By attending the in-person workshop, you will complete the key competencies of the AFL Foundation Coaching Accreditation. Following the workshop a Coach AFL profile will be created for you which will automatically have the Foundation Coaching Course ticked off, you will then simply need to complete the compliance modules online to receive your accreditation which will enable you to go on and coach at a community football club. And that is exactly what we want to see as a result of this program, all of you out coaching in the community!

This program encourages co-coaching opportunities. In other words, we want you to continue to learn 'on the job' alongside another coach. That may be an experienced coach, or that may be another brand-new coach attending this program with you.



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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

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+

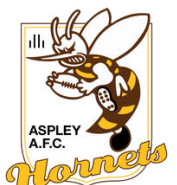
\$900 Entry per team

Byron Bay Cavanbah Centre - Sports & Cultural Complex

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



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AUSKICK PROGRAMS

Here is your chance to get your Footy Fix in Term 4 here at the Aspley Hornets JAFC!

Starting on Friday 17th October 2025, we will have two product offerings for you to keep in touch with your AFL – details below.

Aspley Hornets JAFC Superkick Summer Skills Program (Girls & Boys aged 7-12 years old)

**** GIRLS ONLY GROUP AVAILABLE IF NUMBERS ALLOW ****

When: Friday afternoons 5.00pm to 6.00pm (starting on Friday 17th October 2025)

Where: Aspley Hornets JAFC – 50 Graham Rd, Carseldine

Included: 6 weeks of Superkick sessions as well as your own Superkick Pack

Cost: \$80.00

Registration Link: <https://www.playhq.com/afl/register/d829c8>

Aspley Hornets JAFC All-Girls Auskick Program (Girls aged 4-7 years old)

When: Friday afternoons 5.00pm to 6.00pm (starting on Friday 17th October 2025)

Where: Aspley Hornets JAFC – 50 Graham Rd, Carseldine

Included: 6 weeks of Auskick sessions as well as your own Auskick Pack

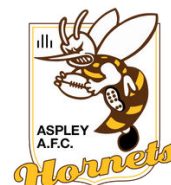
Cost: \$80.00

Registration Link: <https://www.playhq.com/afl/register/2eb61a>

For any further information please contact Brad from AFLQ –
Bradley.kann@afl.com.au
0498 487 585



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OFF SEASON DEVELOPMENT

Looking to improve your skills and further develop your game? Join the optional off-season development program. Bring a friend along if they want to give AFL a try!

Off-Season Development Program

5-week skills training. Free for all Hornets players. New players welcome to join in.

Week 1 - OCTOBER Mon 27th, Tues 28th, Wed 29th, Thur 30th

Week 5 - November Mon 24th, Tues 25th, Wed 26th, Thur 27th

U13 Boys - Wednesday @ Graham Rd 5:00pm to 6:00pm

U15 Boys - Tuesday @ Brendale 5:00pm to 6:00pm

U17s Boys - Tuesday and Thursday @ Brendale 6:00pm to 7:00pm

Youth Girls - Wednesday @ Brendale 5:00pm to 6:00pm

U8s, U9, U10s, U11s Boys and Girls - Thursday @ Graham Rd
5:00pm to 6:00pm

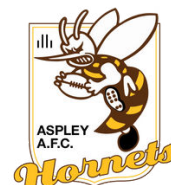
2026 Registrations

2026 Registrations are now officially open!

<https://www.playhq.com/afl/register/c23722>



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UPCOMING EVENTS

Saturday 11th October - Aspley Senior B&F

October 24th & 25th- AFL Byron 9's Competition

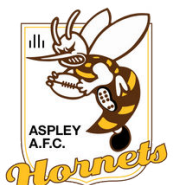
Sunday October 26th- Coach your Way/Kick & Coffee Session

Saturday 8th November- In Club Coach Your Way Session at Aspley



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PLAY

COACH YOUR WAY

GAIN THE KNOWLEDGE, TOOLS AND SUPPORT YOU NEED TO CONFIDENTLY STEP INTO COACHING.

Establish your own vision and philosophy, shape your team environment, build relationships and guide learning to be a great leader within our great game.

ASPLEY HORNETS AFC

NOVEMBER 8TH
9:00AM-11:00AM

[SIGN UP HERE](#)