

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

WEDNESDAY 10TH DECEMBER 2025

# WOMEN & GIRLS FOOTY UPDATE

SPONSORED BY ELYSIAN WOMEN'S HEALTH

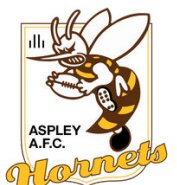


# This Edition

- About Our Sponsor
- Player Achievements
- AFLQ Networks | Women in Footy and Male Allies
- Women's & Girls Coaching
- Auskick Programs
- Off Season Training Highlights
- W&G Upcoming Events



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



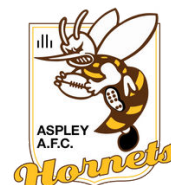
# ABOUT OUR SPONSOR



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!



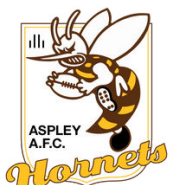
# W&G PLAYER ACHIEVEMENTS



**Monique Corrigan- AFLW Draft**  
National Draft  
15<sup>th</sup> December 2025



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



# 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.

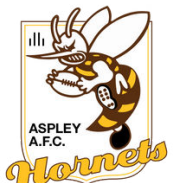
Who can join:

- *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!](#)



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



# WOMEN'S & GIRLS COACHING

## Coach Your Way, Women's Intro to Coaching Program

Recently we had six females attend the Coach Your Way Program at the club, facilitated by AFLQ.

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 mold 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.

### 2026 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 2025/2026 Coaching Accreditation even if you are not in an official coaching role!

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

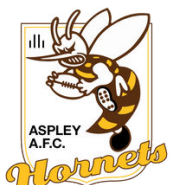
### AFLQ Coach Your Way | Kick & Coffee Session

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.

2026 Locations & dates to be advised.



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



# AUSKICK PROGRAMS

Here is your chance to get your Footy Fix in the AFLQ Auskick School Holiday Programs- December & January.

## SCHOOL HOLIDAYS SORTED

### DECEMBER

Moreton Bay | Monday 15th  
Pine Rivers | Monday 15th  
Everton | Tuesday 16th  
Aspley | Wednesday 17th

### JANUARY

Kedron | Thursday 15th  
Aspley | Tuesday 20th

### GIRLS ONLY PROGRAMS

Moreton Bay South Girls Footy Fest | Thursday 15th



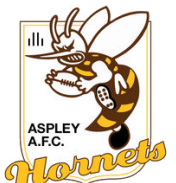
**PLAY**

AGES 5 - 12

PROGRAMS FROM \$55



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



# OFF SEASON TRAINING

## Enhanced Football Sessions



## Aspley Hornets Park Run Training

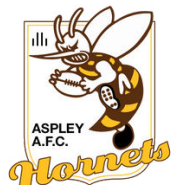


Some of our youth girls, parents & pets have been keeping fit with coach Rachael by participating in some park runs. This is open to Aspley parents/players to come along and join in.



**Elysian**  
WOMEN'S HEALTH

part of **Montier**  
HEALTH



# UPCOMING EVENTS

Wednesday 17<sup>th</sup> December- Auskick School Holiday Clinic

Tuesday 20<sup>th</sup> January- Auskick School Holiday Clinic at Aspley

Friday 13<sup>th</sup> February- Girls Come & Try. 7-11 years at Aspley

Saturday 28<sup>th</sup> February- Season Launch

Saturday 7<sup>th</sup> March- QAFLW Practice Game

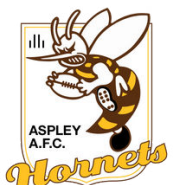
Saturday 14<sup>th</sup> March- QAFLW Practice Game

Saturday 21<sup>st</sup> March- QAFLW Practice Game

Saturday May 2<sup>nd</sup> 2026- Aspley Hornets Gala Event. Celebrating 10 years of Women's Football. ***Save the date***



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



# GIRLS COME & TRY!

HAVE FUN! MAKE FRIENDS!  
PLAY FOOTY!

FRIDAY 13 FEBRUARY 2026  
5PM-6PM

AUTOMALL ASPLEY OVAL

AGES 7 TO 11 YEARS

FOR MORE INFORMATION, PLEASE CONTACT LACHLAN SHERWOOD  
[FOOTBALLOPERATIONS@ASPLEYHORNETS.COM.AU](mailto:FOOTBALLOPERATIONS@ASPLEYHORNETS.COM.AU)



# REGO OPEN FOR GIRLS FOOTY!

JOIN THE FUN, PLAY AFL IN 2026!

## WHAT WE OFFER:

- GIRLS ONLY TEAMS FOR EVERY AGE
- WEEKLY TRAINING SESSIONS AND MATCHES
- QAFLW PATHWAY
- WOMEN AND GIRLS CHARTERED CLUB
- COACHING AND UMPIRING DEVELOPMENT OPPORTUNITIES
- HARRIS ANDREWS DEVELOPMENT PROGRAM
- INDIVIDUAL DEVELOPMENT PLANS AVAILABLE FOR EACH YOUTH PLAYER
- PLAY ON SPORTS VOUCHERS ACCEPTED!

## SEASON FEES:

U8 - U13     \$250

U15 & U17   \$295



REGISTER NOW!

CONTACT LACHLAN SHERWOOD FOR MORE INFO  
FOOTBALLOPERATIONS@ASPLEYHORNETS.COM.AU



☆☆☆ *Hornets* ☆☆☆

# NEW YEAR'S EVE EVENT

2026

BACK & BETTER THAN EVER!

31  
DEC

WEDNESDAY

4PM-8:30PM

ASPLEY HORNETS FOOTBALL CLUB

- OUTDOOR EVENT -

FIREWORKS AT 8PM

FOOD TRUCKS,  
BARS, RIDES,  
FACE PAINTING

