



V



ROUND 5



7:30PM, TUE AUG 18 · NISSAN ARENA

#HEARTOFFIRE #IAMFIREBIRD

f i t y FIREBIRDSQLD

COACH'S CORNER

WITH ROSELEE JENCKE

WHAT A GAME!

While it's disappointing we couldn't seal the win against GIANTS, it is nice to see the effort and intensity of these past few games rewarded with our first competition points of the season.

There were certainly a lot of positives to take from that performance. I thought that some of our play through court was excellent in transitioning the ball from one end to the other to our shooters, particularly the way our centre court and the attackers kept moving to open more room up for themselves.

The next step for us is the ability to finish the game off and convert a result.

All we are asking of this group is that they continue to improve and it's really pleasing to see the performances build game on game. In Round 3 against Magpies we played well for three quarters, then against GIANTS the girls dug deep within themselves to find that extra effort.

Despite not recording a win there is no doubt at all that we are gaining momentum, and the difference between this year and last is distinct. What is clear is that we can only go forward, not regress. We must continue to improve and not shy away from asking that of each other because that sort of accountability is key to our culture at the Firebirds.

In terms of opponents, they don't come much tougher than the defending Premiers. The Swifts strength lies in their depth and versatility across the entire court, which sees them play so well as a unit.

Obviously we spend time analysing and strategising for specific opponents, but what has become apparent in this condensed season with the short turnarounds is how important it is to focus on our own game and controlling what we can control.

It's all about what we do – if we do what we do well we place pressure on our opposition and create opportunities. We know our brand of netball is strong enough to mix it with any team in this competition so we must stay true to playing the Firebirds way.

Roselee Jencke



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TEAM LINE-UP



ROMELDA AIKEN
Position: GS
Height: 196cm
DOB: 19/11/88



MAHALIA CASSIDY
Position: C, WA
Height: 173cm
DOB: 09/10/95



LARA DUNKLEY
Position: WA, C, WD
Height: 180cm
DOB: 31/05/95



RUDI ELLIS
Position: GK, GD
Height: 191cm
DOB: 13/08/97



MACY GARDNER
Position: C, WA,
Height: 173cm
DOB: 07/06/00



SOPHIE CRAIG
Position: C, WD
Height: 177cm
DOB: 16/05/93



TAYLA FRASER
Position: C, WA
Height: 172cm
DOB: 13/06/99



SOPHIE GARBIN
Position: GA, GS
Height: 184cm
DOB: 06/04/97



PAIGE HADLEY
Position: C, WA, WD
Height: 173cm
DOB: 26/08/92



NAT HAYTHORNTHWAITE
Position: WA, GA
Height: 174cm
DOB: 09/12/92



TARA HINCHLIFFE
Position: GD, GK
Height: 185cm
DOB: 25/05/98



KIM JENNER
Position: GD, GK
Height: 184cm
DOB: 27/02/98



JEMMA MI MI
Position: C, WD, WA
Height: 176cm
DOB: 04/03/96



GABI SIMPSON (C)
Position: WD
Height: 176cm
DOB: 17/10/92



INE-MARI VENTER
Position: GS, GA
Height: 192cm
DOB: 21/04/95



HELEN HOUSBY
Position: GA, GS
Height: 183cm
DOB: 19/01/95



SARAH KLAU
Position: GK, GD
Height: 190cm
DOB: 30/09/94



LAUREN MOORE
Position: GD, GK
Height: 184cm
DOB: 22/06/00



MADDY PROUD
Position: C, WA
Height: 174cm
DOB: 04/12/93



NICOLE STYLES
Position: GK, GD
Height: 185cm
DOB: 24/06/88



TIPPAH DWAN
Position: GA, GS
Height: 178cm
DOB: 30/10/99



MIA STOWER
Position: GA, GS
Height: 182cm
DOB: 11/04/00



ROSELEE JENCKE
Head Coach



KATIE WALKER
Assistant Coach



NANNETTE RIGONI
Team Manager



MADDY TURNER
Position: GD, WD
Height: 183cm
DOB: 17/12/95



SAM WALLACE
Position: GS, GA
Height: 193cm
DOB: 16/01/94



BRIONY AKLE
Head Coach



ANITA KEELAN
Assistant Coach



DANI MACE
Team Manager

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2020 QUEENSLAND FIREBIRDS OFFICIAL MATCH PROGRAM

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Q Team Girls



HEAD 2 HEAD

Tara Hinchliffe

Sam Wallace

TARA HINCHLIFFE



D.O.B 25/05/1998
Height 185cm

2020 SEASON STATS

Games Played: 4
Intercepts: 3
Deflections: 11
Rebounds: 6
General Play Turnovers: 2
Nissan Net Points: 126.5

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@TARAHINCHLIFFE_



2020 QUEENSLAND FIREBIRDS OFFICIAL MATCH PROGRAM

SAM WALLACE



D.O.B 16/01/1994
Height 193cm

2020 SEASON STATS

Goals: 110
Super Shots: 13
Rebounds: 11
Nissan Net Points: 186.5

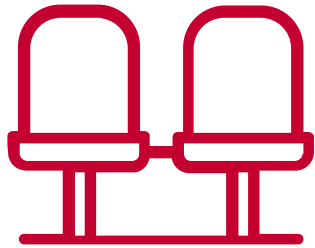
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2020 QUEENSLAND FIREBIRDS OFFICIAL MATCH PROGRAM

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Please stay in your allocated seat.
Ensure 2 seats are between you and other groups.



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FIND OUT MORE AT [SUPERNETBALL.COM.AU/NET-POINTS](https://supernetball.com.au/net-points)



DESPITE THE UNCERTAINTY OF 2020, OUR QUEENSLAND
FIREBIRDS SPIRIT NEVER FALTERS. WE ARE ON THE RISE.

Are you with us?

BEHIND YOUR BIRDIES

— Lara Dunkley

HER PARENTS TRAVELLED 2000KM A WEEK. NOW SHE'S A SUPER NETBALL SENSATION! ONE OF THE UP AND COMING SUPER NETBALL STARS, LARA DUNKLEY, SAT DOWN TO TALK ABOUT HER (VERY, VERY LONG) JOURNEY FROM COUNTRY GIPPSLAND TO THE QUEENSLAND FIREBIRDS.

WRITTEN BY ELLY MCNERNEY - THE WOMEN'S GAME

One of the up and coming Super Netball stars, Lara Dunkley, sat down to talk about her (very, very long) journey from country Gippsland to the Queensland Firebirds.

"I first started playing when I was 13 years old," Lara grins. In truth this is almost an understatement. The now-25-year-old's Firebirds profile describes her as playing sport "since she was in the womb."

"I played heaps of other sports as well as played netball; I was playing football. I danced; I played tennis. The reason I started playing was because my auntie was a local netballer back in the day.

"She pretty much said 'you should give netball a go.' She took me through my first training session and we never looked back. I loved it so much."

Not that her aunty's support was indicative of a family-oriented enthusiasm.

"It was kind of funny though," she chuckles. "Mum and dad didn't initially allow me to go. So, she snuck me into my netball session and gave me a pair of shoes and shorts and off I went."

After playing country netball in Victoria, Dunkley's talent shone through and she was chosen to join the regional academy and from there played in the Victoria Netball League.

"I started playing State League in Melbourne on a Wednesday night. Then from playing, I suppose was scouted from and trialled for the state team."

It wasn't the ideal path to get into the state team, but Lara's never give up attitude held her in good stead to get to that next level.

"I got knocked back a few times, it was probably was top age 17's, and I didn't make it. Bottom age 19, and I didn't make it, and then I made my first top age under 19, and then played for Victoria at nationals for three years."

Looking back, there were a lot of people along the way, but there were two special people in Lara's life that without them, she probably wouldn't be where she was.

"Mum and dad were crucial in that regard and especially the travel, because the state Victorian netball league team that I played for in Melbourne required me to be in Melbourne four times a week, so that was three hours to training and three hours home four times a week. So, my parents travelled 2000 kilometres a week for me and netball which is unbelievable I travel 10 kilometres. I think I'm very lucky, so they have been amazing."

Lara comes from a very sporty family; her dad was a professional AFL player for the Sydney Swans playing over 200 games and is in the Sydney hall of fame

"I think having dad play professional football before he kind of well he knows what it takes and what what's involved in the environment that you're putting yourself in and going through. And he was just someone that, you know, taught us what hard work really meant and whether you were knocked back, you know how to stand up again, or just the sacrifices you have to make"

After being selected in the Vixens line-up in 2019 as a

temporary replacement player, Lara debuted in Suncorp Super Netball for the Melbourne Vixens midway through the season in 2019 against the Sunshine Coast Lightning.

"I do remember just having that support from my teammates, at the Vixens around me and just made me feel really comfortable...it was very special. Mom was lucky enough to be there too"

After the 2019 season Lara was offered the opportunity to make the switch to sunny Queensland and join the Firebirds. The offer was too good to turn down, so Lara made the move up north.

"Yeah, it was a pretty smooth transition actually the firebirds were welcoming with to open arms and made me feel very comfortable moving to Queensland. It was really good, and the team were amazing."

Lara recalled a story from when she first arrived in Queensland to join the Firebirds, the flight landed late at night and Lara and the new firebirds were surprised with who was there to welcome them.

"I remember I arrived at the airport late the night that I came and Gabi and Romelda were there to pick us up and we didn't even know, we thought we're getting an Uber I back to our apartment. But they were there, and it was just felt like family and I think that's really important. To move interstate from close family and friends and just to have them there from the get-go, makes you feel so much more comfortable."

A few months into pre-season for Super Netball, the season was postponed due to COVID-19, where most

players that re-located interstate to play moved back to their home state, including Lara. She was lucky enough to have her 2 brothers Kyle and Josh who both play AFL.

"I'm very lucky to have a really good relationship with my brothers and having a play professional sport themselves that it made it a lot easier and the motivation was there because of what we were all doing so we had a routine of getting up in the morning and getting our session done and, yeah, trying to do it all together. The motivation was great to have them their whole way So, yeah, I was very lucky to have the boys."

Lara is loving life as a Firebird in Queensland, She made her debut for the Firebirds in Round 1 against the Sunshine coast Lightning, and is going to be a very important part of the firebirds line up for years to come.



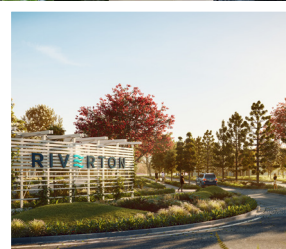
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NISSAN ARENA



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WHO'S THAT FIREBIRD?

Can you guess?



21



HULITA
VEVE

LARA
DUNKLEY

RUDI
ELLIS

TARA
HINCHLIFFE

MACY
GARDNER

ROMELDA
AIKEN

GABI
SIMPSON

GRETEL
BUETA

MAHALIA
CASSIDY

JEMMA MI
MI

KIMBERLEY
JENNER

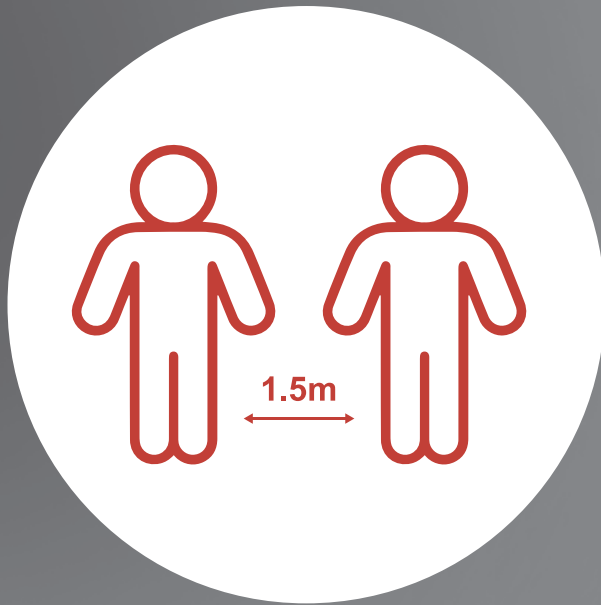
MIA
STOWER

INE-MARI
VENTER

TIPPAH
DWAN

RUBY
BAKEWELL-DORAN

NISSAN ARENA



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ASSOCIATE



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