



U15 YG Div 1



Trophy Recipients	
Best and Fairest	Ammie Vamah
Best and Fairest Runner Up	Sophie Whitton
Coaches Award	Emma Vitanza
Most Improved	Thalia Webb
Leading Goal Kicker	Taylah Green (30 goals)

Season Summary

What an unbelievable year for the Youth Girls under 15 Division 1 team finishing the regular season as undefeated Minor Premiers and continuing this momentum to win the Grand Final by nearly 60 points.

The season started out with a group of girls who were getting to know each other, how they play and what each other's strengths and weaknesses were. My desire was to lead the team into a particular game plan and style of play, and develop a culture that would ultimately win them a premiership. The girls adapted to this process seamlessly and took on board all the coaching staff had to offer. This included two nights of training a week, broken into: fitness, strength training (with John Vitanza) and skills on Tuesdays; and skills & game plan on Friday nights.

There wasn't a lot of time before the season started to put this process into action, but as the season progressed, the girls became more and more comfortable with executing the game plan which saw them playing an exciting running game of football. The end result gave us a lot of opportunities to score and shut out the opposition with only 11 goals being scored against us for the entire season. This is an incredible testament to the team, not only to our goal scorers, but also to our midfield & backline which, on most game days, was unable to be penetrated.

Spectators watching our girls have commented on how exciting the games were to watch and how they had the most "team first, unselfish attitudes" during their game play. This was a result of the team culture that was harnessed throughout the year, which has ultimately left this team close friends for life.

Assistant Coach: John Vitanza

Manager: Natasha Vitanza

Coach: Stuart Nash



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As for the Grand Final – what a day! Only one point up in the first quarter and less than a goal difference at half time saw a nail biting start to our game. Our fitness, determination and skill surpassed the opposition in the 3rd & 4th quarters with the girls winning the grand final 81-22. I couldn't be prouder of the growth of each player and the dedication they contributed to becoming a champion team. Thank you for the opportunity to be called your Coach.

I'd just like to thank my assistant coach, John, for all his hard work & dedication to the girls. Your never give up attitude was contagious throughout the team. To my manager, Natasha, your organisation and extremely delicious cupcakes made the year so much more enjoyable. Thank you. To the water boy, Daniel "Bobby" Singleton, you carried water like no other! Thank you for all your help on game day, at training and transporting team players as needed. To the parents, thank you for lending me your champion girls! Lastly to my girls. I will remember this season for the rest of my life. I hope in some way you have been inspired to become the best versions of yourself you can be and to never give up. Thank you for believing in me as a coach. You have all changed my life for the better.



Player Profiles:

Emma Vitanza – Co-Captain – “Captain Courageous”. What an outstanding year Emma has had leading her team from the mid field to a grand final win, winning best on ground and during the year being awarded the Best & Fairest player in the competition by the Umpires. Every game, Emma put her body on the line for her team mates and lead by example. One on one, Emma was very hard to beat. She was strong, had a great mark and fought hard to win every ball. Her kicking improved from last year which made her an elite player of the competition. Well done Emma.

Hannah Matthews – Co-Captain – Hannah was an awesome mid fielder. She could run all day, was super fit & fast often linking up through the mid field with her hand ball and run. Hannah was a solid tackler with a good kick and mark. Her leadership of this team is commendable. Hannah was always positive, driving her team to keep working hard. Thank you for dedication this year and well done.

Sophie Whitton – Vice Captain – “The Machine”. Sophie was an outstanding mid-fielder. She was fast, strong and elusive. She was very hard to tackle, always breaking the first tackle and setting up the forward line with a great left foot kick. If Sophie wasn't setting up goals, she was confidently taking the game on, running into the forward line and kicking goals herself. It was awesome to watch. Well done Machine.

Alexandra Parsons – “The Pocket Rocket”. Alex was an outstanding backline player always beating her opponent to the ball. With her speed and agility she could pick the ball up with one hand and turn on a 10 cent piece and deliver the ball forward. If she wasn't kicking the ball forward, she was always running past for a handball and linking up with her mid fields to set up play for the forwards. Whenever the ball went to Alex's side of the field, I always had faith that the ball would never get past her. And it never did. Well done Alex.



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Ammie Vamah –Ammie started in the backline where her strong marking and aggressive tackling saw her dominate at centre half back. Once her fitness progressed, Ammie was moved to the ruck and changed the game for our mid field. With her exceptional leap and tap direction she set up our running players with ease. Ammie's game hit new heights. She wasn't just rucking, she was taking marks all over the grounds, helping in defence and kicking goals. She was unstoppable. I'm so proud of you Ammie. Well done.

Taylah Green – Our full forward and leading goal kicker for the competition with 30 goals kicked for the season. Taylah had one of the best marks in the competition. With her marking ability, Taylah had many opportunities for shot on goal. If she wasn't marking the ball, she would make sure the ball would not leave the forward line. She was aggressive, a strong tackler and a great team player. Taylah was an unselfish player who often looked for someone in a better position for the benefit of the team. A great year for this great girl.

Thalia Webb – Thalia played in the forward line and improved out of sight this year in all aspects of the game. Throughout the season Thalia worked hard on her game, never missing training and taking on board the direction given to her by coaching staff. Her marking, her handball and particularly her aggression improved so much that it often won the hard ball in the forward line. Thalia had a very accurate kick and hardly missed a target. A well-deserved 'most improved' player. Congratulations.

Kandace Singleton – "Kandy". Kandy played in the mid field and forward line this year. She was a pleasure to coach. Always listening, always training at her best and giving her all on game day. Kandy is probably one of the most skilful players in the competition. She has an exceptional kick, a fantastic mark and her ability to read the game is second to none. Kandy took an unbelievable 'speckie' in the grand final, soaring a body length above the pack to take an outstanding mark. Kandy has an awesome football brain which often leads to her controlling her opponent and dominating the game. Fantastic year Kandy. Well done.

Bella Shepherd – Bella is a lovely girl, always smiling and always polite. She played the majority of the year in the forward line with each week showing improvements in marking & kicking skills. As one of our younger players, Bella's game vision improved later in the season. This showed her as a selfless player who would look for the option of hand balling to put another player in a better position to kick goals, rather than kick herself. Towards the end of the season, Bella was side-lined with an injury but her team spirit remained. She fought hard to get back onto the field to play in the grand final. Well done Bella.

Keeli Brown – "Flash". Keeli played on the wing all year and dominated in her position across the competition. She was fast, elusive and had great skills to complement her speed. She was either defending, linking up through the mid field or pushing forward and kicking goals. For her size, Keeli was a very tough and strong player who didn't back down to a contest. She played her best against the harder teams because she wanted to beat the best. What a great year. Well done Keeli.

Sarah Crowley – "The Quiet Assassin". Sarah was an exceptional player on the wing. She could run all day and was as tough as nails. Sarah showed a knack of reading the game which allowed her to leave her player at the right time to set up an attack. If she wasn't attacking, Sarah would push back and defend. She would often outrun her opponents which would free her up as a valuable attacking option resulting in winning possessions. One to watch! Great year Sarah, well done.



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Mary Wol – Mary entered the season a few weeks into the competition and played at centre half back. Her aggression and ‘no fear’ attitude in attacking the ball saw many opposition players retreat. Mary was an exceptional tackler, a good mark and had a good left foot kick which improved throughout the year. Mary has the natural talent to go a long way in AFL and I wish her every success in her future. Well done Mary.

Jordan Fenbow – “Jordo”. Jordo broke her wrist at the start of the season but when she came back into the game, she was as good as ever. Jordo played off the half back line and was a very good reader of the play, often leaving her opponent to mark the ball or run past for the handball. She had the ability to run forward at the right time to create goal opportunities for the team. Jordo was quick and elusive and had a good mark. She has a great future in the game. Awesome Jordo.

Georgina Suprain – “Georgie”. Georgie had a fantastic long kick which made her the obvious choice for fullback. Every time the opposition scored a point, Georgie’s kick in would put the opposition a kick and a half behind their goals. This gave our team a great advantage in attack. Georgie would leave her opponent at the right time to attack the ball and shut down the opposition’s opportunities to score. Georgie has improved throughout the season and her confidence in the game has grown. A great year. Well done Georgie.

Jasmine Cockayne – “Jaz”. Jaz came into the team midway through the season and for a first year player showed a lot of potential from the onset. Jaz’s personal confidence grew every game she played. She always attended training, had a good mark and her kicking game improved out of sight. I challenged Jaz when she started to never let her team down and she never did. She put her body on the line and her heart into every game. I look forward to seeing Jaz improve in the coming years. Congratulations Jaz.





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