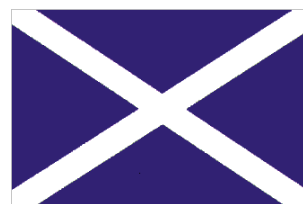
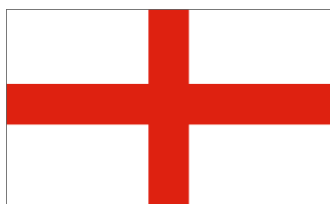
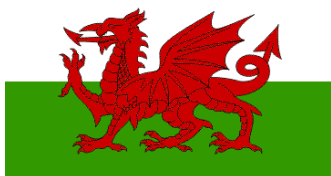


School Sport Australia Football United Kingdom and Republic of Ireland Tour Report January 10 - 31 2017

Compiled by Brendon Fotheringham - Tour Leader
March 2017



CONTENTS

Tour Leaders' Reports	page 3
Boys Team Coach's Report	page 5
Boys Team Manager's Report	page 17
Boys Team Trainer's Report	page 30
Girls Team Coach's Report	page 35
Girls Team Manager's Report	page 45
Girls Team Trainer's Report	page 52
Match Results	page 59
Squad Lists	page 61

Fotho's Tour Leader Report

A final message from me !

Congratulations on an extremely successful tour. I'm sure that many friendships have been forged and you also have many lifetime memories and experiences to reflect upon.

There is a huge list of contributors to the tour and I would extend a most sincere "Thank You" to....

- School Sport Australia for affording me the opportunity to act as Tour Leader
- Deneille Sutton in the SSA office for an awesome job with the tour admin
- Ron Pratt, SSA National Secretary Football for liaison with FFA and Nike and on tour support
- Seb van der Vleit at FFI Sports Tours for his outstanding overall tour organisation
- "Parents" for their assistance with the seemingly endless requests of forms and documents
- "Team Officials" for their tireless hard work both on and off the pitch
- "Players" for the way they conducted themselves on tour and their on-field performance

A special thank you goes to Kieran Gibson for jumping in the deep end when my family circumstance prevented me going on tour, his brilliant photography, and posting of photos on Google Drive.

I wish all players every success with their future in football and to those who have completed Yr 12, I thank you for your contribution to school sport. To those of you still at school, I hope to see you at the Pacific School Games in Adelaide later this year.

Brendon Fotheringham



Gibbo's Tour Leader Report

I would like to take the opportunity to thank all those involved in the organisation of this year's tour. Ron Pratt, our National Secretary, works tirelessly to ensure these tours are a success. His commitment to the sport is second to none, and I wish to thank him for his continued support.

To Brendon Fotheringham, thank you for your pre-tour organisation. I am sure everyone was aware of the attention to detail Brendon has, and the tour was a success due to his passion and commitment.

To the team officials, thank you for making the tour a success for our players. Our students leave the tour with an increased capacity, both on and off the field, due to your dedication and insight. It was truly a pleasure working with you all.

To Seb van der Vliet our tour organiser, thank you. Due to Seb's experience and understanding of world football these players were exposed to amazing experiences and opportunities. It is not easy organising 45 tickets to Manchester United whilst on tour.

Finally, to the players, it was a highly successful tour both on and off the field due to your professionalism and ability to respond and react to ever changing variables. The Girls are to be congratulated on going through the tour undefeated, and I am sure we will see your success flow into women's teams in the near future. What I enjoyed most was watching you become a 'team', and bonding together in such a short time.

To the boys' team, I was amazed at your level of internal evaluation and your ability to openly contribute to team discussions. Your ability to lift for every game over a heavy playing schedule showed your level of professionalism and commitment to playing for your country.

Best wishes for all your footballing endeavours, it was truly a pleasure.

Yours in football,

Kieran Gibson



SCHOOL SPORT AUSTRALIA

19 Years and Under

2017

UK & Ireland TOUR



BOYS COACH REPORT

DEAN STAFRACE



UK and Ireland TOUR 2017

Players and officials arrived for pre tour training on 10th January at Barker College

Players were engaged over the next three days with on and off the field preparations. The teams voted for the following Leadership Group;

Captain - Nathan Phillips Vice Captains - Daniel Blachura and Dominic Nascimben

The teams assembled at Sydney Airport for departure on the 13th of January.

All arrived well at Heathrow on the 14th January with minimal hiccups.

After arriving in London the teams had some time to unwind in the city before heading off to watch an EPL game, Watford v Middlesbrough.

The teams had pre-game and post-game meetings daily with video analysis and team planning. Morning walks were routine, with recovery sessions after each game.

15th January - England Independent schools

With no time to waste on the 15th January our first game v England Independents was a great start with no acclimatizing. With all strategic plans in place and playing tactically sound, the team was able to triumph in the opening game 4-1.

	Australia		England Independents
HT:	1	-	0
FT:	4	-	1
Goal Scorers:	Malfara 31 min OG 67 min OG 71 min Pufflett 90 min		Goal 52 min
Corners:	5		10
Free kicks:	6		17
Goal Kicks:	10		6
Starting Lineup:	Nascimbem, Blachura, Dobson, Gollan, Morrison, Phillips, Ssemakula, Duncan, Trew, Stewart, Jalloh		

MOM: Dominic Nascimbem

Game can be downloaded from

<https://drive.google.com/drive/folders/0B9cvspFxJNxpVUNKZmRJNVVoZEU>

16th January - Bristol College

After a steady start and with some strong games to come, the Australian squad tried some rotations and variations as contingency plans in preparation for the upcoming international games. Playing a practice match against Bristol College the day after a game against England Independents and with little time to settle in, the Aussies went down in the final minute to lose 1-2.

	Australia		Bristol City
HT:	1	-	1
FT:	1	-	2
Goal Scorers:	Trew 35 min		Goal 36 min Goal 90 min
Corners:	2		6
Free kicks:	17		15
Goal Kicks:	9		10

Starting Lineup: Bankes-Fay, Blachura, Gollan, Currey, Strachan, Duncan, Long, Malfara, Stewart, Pufflet, Heckenberg

MOM: Zac Duncan

Game can be downloaded from

<https://drive.google.com/drive/folders/0B9cvspFxJNxpVUNKZmRJNVVoZEU>

The teams had a day to recover and do some sightseeing of the Roman Baths in Bath.



18th January - Welsh Colleges

The squad was prepared for a tough hit out against Welsh Colleges. The Australians were off to a great start clearly dominating until conceding 10mins before the half. The Australians equalised 4 mins later only to concede again 2 mins after just before the close of the half. The Australians were extremely impressive in the second half, hitting the post several times and not taking the game away even against all the odds. This was a very solid performance without the final reward losing 1-2.

	Australia		Welsh Colleges
HT:	1	-	2
FT:	1	-	2
Goal Scorers:	Jalloh 39 min		Goal 35 min Goal 41 min
Corners:	3		4
Free kicks:	9		19
Goal Kicks:	2		12
Starting Lineup:	Bankes-Fay, Strachan, Currey, Dobson, Morrison, Phillips, Malfara, Trew, Pufflet, Jalloh, Ssemakula		

MOM: Trevor Ssemakula

Game can be downloaded from

<https://drive.google.com/drive/folders/0B9cvspFxJNxpVUNKZmRJNVVoZEU>



19th January - Welsh Schools

Again the squad had less than 24hrs to recover from a very physically intense game to play Welsh Schools. Against all the odds and decisions, the Australians came out firing going up 3-1 at half time after an early goal conceded. Unfortunately, the boys ran out of legs and became unsettled and open to go down 4-7. The squad was visible drained and fatigued with some injuries.

	Australia		Wales Schools
HT:	3	-	1
FT:	4	-	7
Goal Scorers:	Gollan 39 min Duncan 16 min Long 45 min Ssemakula 86 min		Goal 3 min Goal 50 min Goal 55 min Goal 63 min Goal 65 min Goal 83 min Goal 92 min
Corners:	5		9
Free kicks:	8		18
Goal Kicks:	4		10
Starting Lineup:	Nascimbem, Currey, Dobson, Gollan, Morrison, Phillips, Ssemakula, Duncan, Trew, Puflett, Jalloh		

MOM: Hassan Jalloh

Game can be downloaded from

<https://drive.google.com/drive/folders/0B9cvspFxJNxpVUNKZmRJNVVoZEU>



21st January - Republic of Ireland schools

With a day to somewhat recover and analyse the previous game, the squad came our raring to go and put the Aussies back on the map in the UK. By far this was the best performance to date. The Australian were made to warm up outside the ground unlike Ireland. The Australians were blistering in attack and defense with clinical patterns of play and transition opening up a solid and formidable Rep Ireland squad preparing for FIFA competitions. Australia won 2-0 in an intense and technically fantastic game.

	Australia		Rep Ireland
HT:	0	-	0
FT:	2	-	0
Goal Scorers:	Jalloh 61 min Jalloh 70 min		
Corners:	11		7
Free kicks:	13		10
Goal Kicks:	8		10
Starting Lineup:	Nascimbem, Blachura, Dobson, Gollan, Morrison, Phillips, Ssemakula, Duncan, Trew, Puflett, Heckenberg		

MOM: Jake Trew

Game can be downloaded from

<https://drive.google.com/drive/folders/0B9cvspFxJNxpVUNKZmRJNVVoZEU>



23rd January - Northern Ireland Schools

The Australians were well back on track and the vibe was high. Taking on Northern Ireland after their southern neighbours was not going to be an easy feat. Australia drew 1-1 after conceding a questionable penalty for hand ball. The Australians were extremely unlucky not to have won this game.

	Australia		Northern Ireland
HT:	1	-	0
FT:	1	-	1
Goal Scorers:	Puflett 18 min		Goal (pen) 58 min
Corners:	4		3
Free kicks:	9		18
Goal Kicks:	14		1
Starting Lineup:	Bankes-Fay, Strachan, Currey, Dobson, Stewart, Phillips, Malfara, Blachura, Puflett, Jalloh, Long		

MOM: Mitch Dobson

Game can be downloaded from

<https://drive.google.com/drive/folders/0B9cvspFxJNxpVUNKZmRJNVVoZEU>

Making our way across the Scottish inner coast seas to Edinburgh we prepared for the Scots.



25th January - Scottish Schools

AN EXTRAORDINARY DAY

The Scots always prove to be a difficult and physical squad, but we were up for the task as our lads travelled to Glasgow. With extreme dominance the Australians were creative and passionate, dominating most of the play, coming in at 0-0 on the break. The Aussies came out with some tactical changes but conceded early in the second half to then pull two goals back to take the lead at the end of 90 mins. The referee added 4 mins of extra time, and we were penalised for an off the ball incident and conceded a penalty in the 94th min. In true Australian fighting spirit, we regained the lead 1 min later. The referee then decided to play 3 more mins of added time to then award another penalty to Scotland, which was converted to make the final score 3-3. No words could explain what had happened today.

	Australia		Scotland
HT:	0	-	0
FT:	3	-	3
Goal Scorers:	Puflett 51 min Morrison 81 min Long 94 min		Goal 47 min Goal (pen) 94 min Goal (pen) 97 min
Corners:	3		9
Free kicks:	12		21
Goal Kicks:	13		10
Starting Lineup:	Nascimbern, Blachura, Dobson, Gollan, Morrison, Phillips, Ssemakula, Duncan, Trew, Puflett, Heckenberg		

MOM: Ben Morrison

Game can be downloaded from

<https://drive.google.com/drive/folders/0B9cvspFxJNxpVUNKZmRJNVVoZEU>



26th January - Scottish Independent Schools

The boys were tired and heartbroken from the previous day's events, and were now out for some regrouping. Travelling to Edinburgh to play Scottish independents the Australians were victorious winning 8-1. With clinical combinations and dominant possession, the boys were far more superior.

	Australia		Scotland Independents
HT:	3	-	1
FT:	8	-	1
Goal Scorers:	Heckenberg 3, 10 min Jalloh 16 min Strachan 39 min Ssemakula 72 min Trew 80, 85 min Phillips 86 min		Goal 30 min
Corners:	12		2
Free kicks:	12		12
Goal Kicks:	3		12
Starting Lineup:	Bankes-Fay, Strachan, Currey, Dobson, Stewart, Gollan, Malfara, Blachura, Duncan, Jalloh, Long		

MOM: Tilman Stewart

Game can be downloaded from

<https://drive.google.com/drive/folders/0B9cvspFxJNxpVUNKZmRJNVVoZEU>



28th January - England Schools

Travelling to Lilleshall for the game against England Schools, the boys were put through their paces. With fatigued bodies and various injuries the Australians battled through the final international. Going up 2-1 with complete dominance to concede just before the break, the squad was clearly becoming unsettled and exhausted. The second half was a complete opposite to the first, with the Australians unable to match the English with a number of sore bodies and drained emotions. The Aussies went down 2-5 but fought valiantly. This was a game that could have gone either way.

	Australia		England
HT:	2	-	2
FT:	2	-	5
Goal Scorers:	Puflett 25min Puflett 30min		Goal 18 min Goal 45 min Goal 62min Goal 64min Goal 87min
Corners:	5		2
Free kicks:	12		19
Goal Kicks:	13		7
Starting Lineup:	Nascimbem, Blachura, Dobson, Gollan, Morrison, Phillips, Ssemakula, Duncan, Trew, Puflett, Heckenberg		

MOM: Oliver Puflett

Game can be downloaded from

<https://drive.google.com/drive/folders/0B9cvspFxJNxpVUNKZmRJNVVoZEU>



30th January - Shropshire Academy

With our final tour game and wanting to leave on a win the boys delivered even with a number of players sore and weary. The Australians finished the tour off with a 2-0 victory against a very strong Shropshire Academy.

	Australia		Shropshire
HT:	0	-	0
FT:	2	-	0
Goal Scorers:	Morrison 60 min Malfara 77 min		
Corners:	3		4
Free kicks:	17		16
Goal Kicks:	6		9
Starting Lineup:	Bankes-Fay, Strachan, Currey, Heckenberg, Stewart, Gollan, Malfara, Blachura, Ssemakula, Jalloh, Long		

MOM: Alex Malfara

Game can be downloaded from

<https://drive.google.com/drive/folders/0B9cvspFxJNxpVUNKZmRJNVVoZEU>



TOUR AWARDS: ***Players Player: Mitch Dobson***
 Coaches Award: Zac Duncan
 Excellence Notice: Trials with Blackburn - Zac Duncan
 Australia Under 20s call up: Mitch Dobson and Oliver Puflett
 Captain and Performance Award: Nathan Phillips.

Overall the Australian Boys were impressive and complimented for their structure, patterns of play and possession. A number of players were identified by scouts and the team did Australia proud.

I would like to thank Ron Pratt as National Secretary for his ongoing efforts and generosity. Seb van der Vliet for his exceptional tour organisation again. Brendon Fotheringham for his tour preparation and incredible eye for detail and wish him the best for his own personal future. To Kieran Gibson for stepping in as Tour Leader and his tremendous professionalism and management of the two squads.

To Tony Olivera for the support, attention and camaraderie throughout the tour. His efforts and input was second to none. To Garry Burnett for his tireless efforts maintaining the boys' physical conditions throughout a tiresome and enduring tour.

Thank you to the parents and supporters and a special thanks to Andrew Blachura for the video recordings we required.

Well done, also to the girls' squad for their undefeated performance on tour.

I am honoured to have coached such a talented and aspiring group of young men, I wish them all the best for their footballing futures and hope to watch them progress to their dreams.

Dean Stafrace



AUSTRALIAN SCHOOLBOYS/SCHOOLGIRLS TOUR OF UK & IRELAND

13 JAN – 2 FEB 2017

BOY'S TEAM MANAGER'S REPORT

It was a pleasure being part of this wonderful experience, both from a football and educational aspect. The new friends I have made from amongst the very talented players, to the dedicated coaching and management staff will never be taken for granted. The organisation of the tour was impeccable - Brendon Fotheringham for ALL the initial preparation, email bulletins and hard work prior to the actual tour should be commended.

(Further acknowledgements and appreciations at the end of this report)



TRAINING CAMP - BARKER COLLEGE, SYDNEY 10-12 JAN 2017

Coach Stafrace was joined by Trainer Burnett, Manager/Asst Coach Olivera and a somewhat curious and nervous bunch of players. After a brief introduction and training gear presentation, it was straight onto the training pitch - where Coach Stafrace introduced the players to our preferred pre-game warm-up, playing formation(s), playing style, set-plays and individual roles. We crammed-in quite a lot in two and a half days – including a training game vs Blacktown City U/20's (in 40+ degrees), a couple of pool recovery sessions, a team dinner, team photo and arguably the highlight of the camp, the playing shirt presentation by Mr Paul Wade (former Socceroos Captain).



13 JANUARY (Travel Day)

The Squad departed Sydney at 4.45pm on Qantas QF1, with a transit stop in Dubai. Due to a Passport/Visa technicality, we almost left player Hassan Jalloh and Tour Leader Gibson in Dubai. Thankfully, Mr. Gibson's linguistic skills and international diplomacy got them both back on the plane with seconds to spare.



14 JANUARY (Travel Day)

After arriving in London mid-morning, we travelled via bus to Piccadilly Circus for a couple of hours of shopping. We then drove to Vicarage Road, home of EPL side Watford FC, to watch them play-out a sombre 0-0 draw with Middlesbrough. Sombre because less than 24 hours prior to kick-off, Watford had lost legendary Coach Graeme Taylor (a wonderful tribute was paid to the man by the club, both inside and outside the ground). After the match, it was the long drive to our Cardiff hotel, arriving around 8pm.



15 JANUARY (Game Day)

Travelled from Cardiff to Clifton High School to play our first game v England Independent Schools. The Boys commenced their tour on the pitch with a solid performance beating a talented English side 4-1. Goals from Alex Malfara, Oliver Puflett and 2 own goals. [Best on ground Dominic Nascimben.](#)



16 JANUARY (Game Day)

An Early morning breakfast treat for Liverpool, Newcastle United and England fans amongst our touring party with legend Mr. Peter Beardsley spotted in the hotel foyer. One Aussie Boys Head Coach was seen scampering across lounge chairs and coffee tables so as to get a photo with Peter.

Today we travelled to Bristol to play an afternoon game v Bristol College, result 1-2 with Jake Trew scoring a tidy individual goal. This game was notable for two reasons a) The Bristol College Captain and Left-Back taking the game by the scruff of the neck in the final minutes scoring a superb solo goal, and b) Daniel Blachura's head clash which caused him to see butterflies, unicorns and leprechauns for the rest of the game on the bench. A six hour visit to the Cardiff University Hospital (inc a CT Scan) cleared Daniel of any serious damage although it was enough for him to miss the next few games.

[Best on ground Zac Duncan.](#)

17 JANUARY (Rest Day)

Mid-morning, we travelled to the historic and scenic town of Bath. Players and staff took a self-guided tour of the famous Roman Baths, then a few hours of shopping. Players were then given a free afternoon when we returned back to our Cardiff hotel.



18 JANUARY (Game Day)

Today we played our first of two games in Cardiff v Welsh Colleges, result 1-2. It was one of those games where we dominated the game with approx. 70% possession and hitting the woodwork at least 5 times during the game (Hassan Jalloh scored a cracker from just outside the 18 yard box).

Best on ground [Trevor Ssemakula](#).

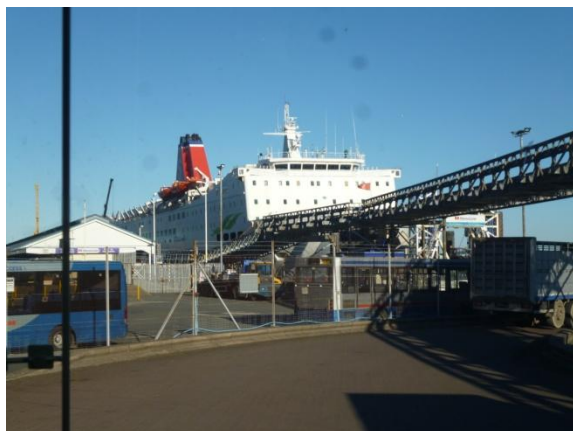


19 JANUARY (Game Day)

We played the Welsh Schools today in a game of two halves - we just about dominated the first half and going into the sheds 3-1 up. The second half was a complete contrast of the first - the lads seemed to hit a brick wall and totally capitulated. Without taking too much away from the inspired Welsh boys, we weren't even a shadow of the team that dominated the first half - conceding 6 goals and adding just 1 in the second half. Our goals came from Alex Gollan, Hassan Jalloh, Zac Duncan and Trevor Ssemakula. An enormous amount of soul searching took place that evening, with some very important football lessons taken on. [Best on ground Hassan Jalloh](#).

20 JANUARY (Travel Day)

It was farewell to Cardiff and onto the bus for the 2 and a half hour trek to the Ferry Terminal, 3 hour Ferry ride and another 2 hour bus trip into Dublin. Gorgeous scenery and landscapes greeted us along the way – not that most of the passengers would have noticed (headphones, mobiles and zzzzzzz was the priority today).



21 JANUARY (Game Day)

Today we played arguably the strongest opposition on tour - a very talented and determined Republic of Ireland side. In what was easily our best performance, every player wearing the green and gold played to their highest standard possible winning 2-0. Hassan Jalloh scored two opportunist goals via assists from Trevor Ssemakula and Jake Trew. We definitely learnt from the Welsh disaster, with the lads well and truly back on track. [Best on ground Jake Trew.](#)

22 JANUARY (Travel Day)

An early morning walking-guided tour of historic Dublin followed by a few hours of serious shopping was the order of today - before the short bus trip to Belfast. Once we arrived at the Ibis, it was a matter of dropping suitcases into respective rooms and down to the dining room for dinner. (a certain boys manager/assistant coach received a special chocolate cake treat& birthday sing-a-longoh shucks, you shouldn't have).



23 JANUARY (Game Day)

Today we embarked on a Bus Tour of Belfast (inc the famous Peace Wall) prior to a late afternoon game at the home of the Crusaders (Top 1st Division Team in Northern Ireland).



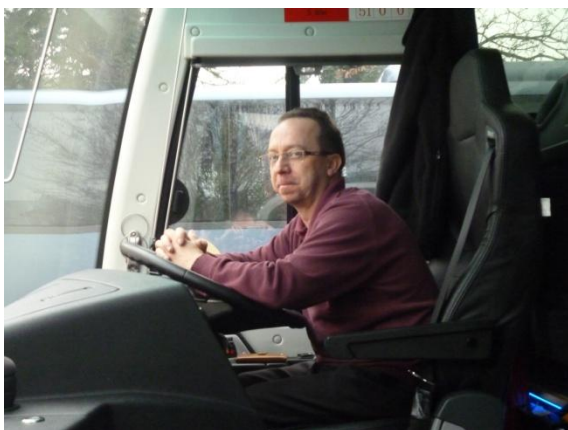
The game v Northern Ireland was another strong performance by our lads - a superbly taken goal by Oliver Puflett saw us go into the sheds 1-0 up. Some dogged defending almost won us the game if not for an extremely controversial referring decision which offered Northern Ireland the opportunity to equalise with virtually the last kick of the game - final score 1-1. [Best on ground Mitch Dobson.](#)

Our very warm Northern Irish hosts provided us with a wonderful dinner and a guided tour of Northern Ireland's National Stadium.



24 JANUARY (Travel Day)

A shorter 2 hour Ferry ride with a longer 4 and a half hour bus trip into the wonderful city of Edinburgh, Scotland. By this stage, players and officials were used to loading/unloading suitcases and bags on/off the bus - rumour has it that Trainer Gazza Burnett is considering entering the Mr Olympus Bodybuilding Competition after his efforts on tour. Bus Driver and friend Mark also helped with the lifting - just a little.



25 JANUARY (Game Day)

Back to the playing field and our opponent was Scotland Schools at local Renfrew FC, Glasgow. Another solid performance and a wonderful game. We led for most of the game, only to be denied by two controversial penalty decisions - in addition, approx. 7 minutes injury time was played allowing Scotland's third goal and equaliser to be scored (3-3 was the final score line). Our goals came from a screamer from Ben Morrison, Oliver Puflett and Angus Long. [Best on ground Ben Morrison.](#)

The very warm Scottish hosts provided a wonderful reception and lunch at the very popular Bella Vita Italian Restaurant - owner and avid shirt collector Mimmo served-up a feast. After dinner, both squads attended a Sports Science Lecture facilitated by former English professional footballer David Caldwell, followed by a short pool-recovery session.



26 JANUARY (Game Day)

An early morning Walking-Guided Tour of Historic Edinburgh was very much appreciated by players and staff - strolling along the cobble stone roads/paths took you back centuries. Edinburgh Castle was definitely the highlight as was the Royal Mile.



It was fitting that the goal bonanza of the tour would come on Australia Day. We played Scotland Independents Schools today - totally dominating the encounter 8-1 with goals from Jake Trew (2), Chris Heckenberg (2), Nathan Philips, Trevor Ssemakula, Hassan Jalloh and Kieren Strachan.

[Best on ground Tilmann Stewart.](#)

27 JANUARY (Travel Day)

It was farewell to Scotland as we embarked on our 6 hour bus trek to St Georges Park, home of the England National Football Teams. Along the way, we stopped-off at an interesting little place named Gretna Gateway with loads of named Factory Outlets - many damaged wallets here.



28 JANUARY (Game Day)

Today we were scheduled to play which was meant to be our biggest game of the tour against England Schools - unfortunately, pre-game proceedings did not get off to a good start at all. Traffic congestion from St George's Park to Lilleshall meant we were already late - throw in a 15min walk from car-park to playing venue/change-rooms (which were locked), a shoebox-sized dressing shed, no sideline benches for the players (a few spare chairs around the complex were gathered) and a rushed warm-up were all a recipe for potential disaster.

Despite the above hurdles, the lads played a decent first half - an early England goal was cancelled out by two well taken strikes by Oliver Puflett. We would have gone into H/T in the lead if not for a very late equaliser by the English off a corner (this would prove to be the turning point of the game). The English stepped-up their game, whilst we seemed to hit another one of those brick walls - eventually going down 2-5. A disappointing second-half performance and ultimate result after a promising first half display. [Best on ground Oliver Puflett.](#)

29 JANUARY (Rest Day)

An intro into Professional Strengthening & Conditioning, followed by a Hydrotherapy Session was the order of the morning – held at the fabulous St George's Park Complex.



The afternoon was spent travelling to Old Trafford, Manchester to watch the FA Cup fixture between Manchester United v Wigan Athletic - score ended-up 4-0 to Man U. This was a wonderful treat for the players/Man U fans - organised at late notice by our Tour Organiser Seb van der Vliet (an avid Man U fan himself - always one I suppose).



That evening after dinner we farewelled our National Secretary Ron Pratt and Tour Organiser Seb van der Vliet - they were presented with their very own Struddy's training shirt.

There was also a late treat for Liverpool fans back at St George's Park with legendary goalkeeper David James taking time out from his Pro-Licence Course to meet, talk to players and take some precious photos.

30 JANUARY (Game Day)

Another special moment during breakfast for Man U fans with legend Nemanja Vidic agreeing to meet and take photos with players.

Today we played our final game of the tour v Shropshire County Schools at Telford. On a cold and sleet ridden night, the lads dug-out a comfortable 2-0 result with a tap-in compliments of Ben Morrison and a screaming sealer from Alex Malfara. [Best on ground Alex Malfara.](#)

The traditional end of tour player presentations occurred after dinner - Mitch Dobson was voted Player's Player with Zac Duncan voted player of the tour by coaching staff/officials. It was also announced that Zac would remain in England for a trial with Blackburn Rovers - congrats Zac. Players also presented signed playing shirts to coaching and management staff.

31 JANUARY

An early rise, breakfast and that long trek to London - a 3 hour trip was turned into a 5 hour journey due to traffic congestion. Upon arrival in London, the players were given the option to either shop and/or walk down the Mall to Buckingham Palace (some chose to do both). Some more wallet damage occurred in and around Piccadilly Circus. After a few hours of sightseeing and shopping, it was off to Heathrow Airport and the long flight home (on QF2).



1 FEBRUARY (Travel Day)

2 FEBRUARY (Travel Day)

After a very long haul (virtually from St George's Park), players and officials were extremely glad to be home - where we were greeted by family, friends and Brendon 'Fotho' Fotheringham (who was keen to hear how the tour went).

CONCLUSION

I would like to firstly thank all the players for their impeccable behaviour, professional attitude and for representing their/our country with honour and distinction. For some it will be a collection of football memories for a lifetime, for others it will be the first of many. I wish you all the very best for the future.

To ALL the parents for your never-ending cooperation leading-up to the tour (Fotho and I really appreciated it), for those families who agreed to billet interstate players (special mention to the Morison's who agreed to billet the two Queensland players) and to those that travelled and followed the team, for all your assistance whilst on tour (special mention to Andrew Blachura for helping to video most games - apparently SBS have already made contact) - Thank you, thank you, thank you.....you all helped make the tour possible.

To Ron Pratt and Seb van der Vliet, for your expertise, guidance and friendship whilst on tour. Tour Leader, Kieran Gibson had massive shoes to fill when Fotho unfortunately had to withdraw from the tour - wow, what a great job. Not only did he have the responsibility of everything on tour, but did it with a smile, good humour and with very little sleep (due to all the sleep that a certain Boys Manager and room partner did get). Thanks also to the Girls Officials (David 'DOK' O'Keefe, Sally Wilson and Narelle Johnson) for all your support and friendship.

Finally, a big thank you to Garry 'Gazza' Burnett for your expertise and friendship during the tour - the way you kept the players fit and ready for play was fantastic. AND, Super-coach Dean Stafrace for your second-to-none organisation, football knowledge and attention to detail - the football lessons you passed onto the lads is one thing, but the life-lessons passed on I am sure will not be taken for granted. Thank you to you both for patiently guiding and assisting me through my first tour - a thoroughly enjoyable and memorable one indeed.

Tony Olivera
Manager/Assistant Coach
Australian Schoolboys Football Team 2017



Boys Team Trainer Report 2017 UK & Ireland Tour

Pre Tour Training 10 - 12th January

Barker College - 3 days - extreme temperatures

Players arrived at camp with no injuries of note. Some groin soreness.

2 days of training and a scratch match against Blacktown modified due to the temperature. Extra breaks and reduced duration of game.

Issues

Normally training would not have been conducted in such conditions in daytime but due to time constraints, lack of lighting etc. training went ahead as there was no time to reschedule.

The training was watched closely by me and the Manager and breaks were called for when players showed signs of heat distress or when we believed a break was needed due to the heat.

If these are conditions that others find themselves in, then the provision of eskies for ice and large water containers would be an advantage. Early starts and evening sessions with middle of the day for theory or down time.

Tour departure 13th of January.

Players reminded to remain hydrated.

Day One Arrival Heathrow 14th January

Long day of travel shopping watching an EPL game 2030 Arrive Cardiff settle in Dinner

Day Two 15th January

Morning walk after breakfast both Boys and Girls

Girls' trainer took both teams for stretching in function room whilst I assisted.

Game 1 v English Independent Schools at Clifton College, Abbots Leigh

Manager conducted warm up drill set after changing and players individual warm up. I completed any taping during this time, and changed. This was the routine for the tour matches.

Domenic Nascimben had taping for ankle, as a precaution.

Day Three 16th January

Morning walk after breakfast both teams Stretching

Game 2 v Bristol College at Bristol College WISE Campus, Stoke Gifford, Bristol

Daniel Blachura concussed in first half came off at half time with no idea of what was happening taken to Cardiff Hospital by Manager and checked out medically. Yes, concussed but scan cleared him of any serious damage. Management talked to father and Daniel will rest for the remaining games till Ireland.

Hassan Jalloh had to have both knees taped as a precaution he has been doing this himself for a while. Several bumps and bruise as well as scratches dealt with several players feeling sore from heavy ground.

Day Four 17th January

Rest Day tour of Bath

Several players express wish to sit at hotel and rest but all convinced to go on bus tour. Daniel Blachura was escorted by his roommate at all times.

Baths were very tempting maybe a visit to a therapeutic bath as well would have helped.

Afternoon down time for players to relax and look around Cardiff.

Day Five 18th January

Game 3 v Welsh Colleges at UWIC Cyncoed Campus, Cardiff

No new injuries but some soreness, Domenic Nascimben had taping for ankle. Daniel Blachura sat out due to concussion prior game. Again numerous scrapes and bruises due to Artificial pitch. Hassan had both knees taped in a modified Crystal Palace taping to ease pain. Tilmann had some abductor soreness relieved with pain relief and anti-inflammation cream.

On return to hotel many boys taking advantage of baths to have soda crystal or Epsom salt baths to ease muscle aches.

Oliver Puflett blister on heel required treatment which will continue for the rest of the tour. Treated as an open wound and watched in case of infection.

Day Six 19th January

Game 4 v Welsh Schools at UWIC Cyncoed Campus, Cardiff

Domenic Nascimben had taping for ankle, plus shoulder massage to relieve muscle soreness.

Daniel Blachura sat out due to concussion prior game, Again numerous scrapes and bruises due to Artificial pitch. Hassan had both knees taped in a modified Crystal Palace taping to ease pain.



Day Seven 20th January

Bus to Fishguard Harbour for the Ferry to Rosslare, Ireland. Arrived at hotel in Dublin after bus ride. Late Dinner. No game but a physically taxing day for players.

Day Eight 21st January

Morning walk for both teams to stretch previous days sitting down out of muscles.

Game 5 v Republic of Ireland at Home Farm Stadium, Whitehall, Dublin

No injuries but No 1 Domenic Nascimben had taping for right ankle, plus shoulder massage to relieve muscle soreness.

Daniel Blachura played this game. Again numerous scrapes and bruises. Hassan had both knees taped in a modified Crystal Palace taping to ease pain. Daniel had no issues.

Dinner at hotel. Room scarce at hotel for stretching or rolling, but theatre room to be used to store our baggage before bus ride was used for stretching by both teams

Day Nine 22nd January

Dublin walking tour for 2 hours then free time. Left hotel at 1500 for Belfast.

Arrived Belfast at 1830 and had dinner. Again, no room for meetings or stretching etc. Plus due to area players not able to leave hotel.

Day Ten 23rd January

No morning walk, tour by bus then on to Ulster University to drop off Girls and watch the first half of their game plus stretched legs.

Game 6 v Northern Ireland Schools at Crusaders FC, St Vincent St, Belfast

Domenic Nascimben had taping for right ankle, plus shoulder massage to relieve muscle soreness. Mitch Dobson injured back in tackle, taken from field. Zac went down but not injured “having a rest”. Again numerous scrapes and bruises. Hassan had both knees taped in a modified Crystal Palace taping to ease pain.

Day Eleven 24th January

Transfer to Edinburgh via ferry, another day sitting and travelling. Pool at hotel and spa used by both teams.



Day Twelve 25th January

Early start, no walk.

Game 7 v Scotland Schools at New Western Park, Renfrew

Domenic Nascimben had taping for right ankle, plus shoulder massage to relieve muscle soreness. Again numerous scrapes and bruises. Hassan had both knees taped in a modified Crystal Palace taping to ease pain.

Post-match function served pasta - great recovery food. Professional talk at night. Pool used again.

Day Thirteen 26th January

Game 8 v Scottish Independent Schools at Peffermiller Sports Centre, Peffermiller Rd

Domenic Nascimben had taping for right ankle, plus shoulder massage to relieve muscle soreness. Again numerous scrapes and bruises. Hassan had both knees taped in a modified Crystal Palace taping to ease pain.

Day Fourteen 27th January

Transferred to St Georges Burton on Trent

Easy day shopping on way to St Georges most players relaxed or slept on bus.

Day Fifteen 28th January

Game 9 v England Schools at Lilleshall National Sports Centre.

Locked out of change rooms till 20 minutes before start Officials reluctant to change start time due to their commitments. Domenic Nascimben had taping for right ankle, plus shoulder massage to relieve muscle soreness.

Nathan Phillips studded in ankle and toe unable to walk properly after game. RICER and rest.

Players had several stud marks broken skin and scratches. Due to small area for change room and only 2 showers and rushed as change rooms where needed by local girls to get changed. Most post treatment was done back at hotel by players after showering. Mainly powder and tape plus anti-pain cream.

Day Sixteen 29th January

Recovery session and hydro session at St Georges. Nathan participated but not 100% will wait till return to Australia for possible hospital treatment. Escorted Nathan on the bus and to and from the game with Dom.

Manchester United game and return.

Day Seventeen 30th January

Game 10 v Shropshire Schools at Telford school.

Late start - travelled to Telford. Boys had shopping time whilst girls where playing. Turned out to be a good idea as organisation at ground was not organised and players would have been out in the wet and cold before the game.

Changed in change rooms and players warmed up on 5 a side pitch due to darkness. Domenic Nascimben had taping for right ankle, plus shoulder massage to relieve muscle soreness. Grazes due to conditions and some soreness. Weather very cold and rainy Nathan and Zac sat game out.

Issues.

During games, several players had grazes covered with Elastowrap and Medi+pulv which worked well in the conditions. Very little infections and wounds healed relatively quickly.

Main problems where lack of time to treat post-game due to functions. Lack of room in Hotels to treat players after hours and lack of laundry facilities.

Trainer having to share room was not great as unable to do treatment in hotels properly, but understand the reason due to financial constraints.

An interesting and rewarding tour for a trainer and I was blessed to accompany a great team of players and great officials. Many thanks for the opportunity and yes, I would do it again in a heartbeat.

Garry Burnett





GIRLS COACH'S REPORT

Training Camp - Sydney

All the girls arrived at Barker College, Sydney on Tuesday 10th January for a 3 day training camp and the look on their faces when their Australian training and playing kits were presented was priceless!

The intent of the camp was to bring the girls together on and off the field and to ensure they had a very clear understanding of our playing philosophy and what role they were to play as part of this team in order to give them the best possible chance to perform at their best whilst on tour. Given the searing temperatures in Sydney that week, the work ethic, behaviour and attitude of all the players was exemplary and after 3 hard days of training (including an internal game on the Thursday afternoon), the end of the camp culminated in a team meeting which included the visit of current Matildas Coach Alen Stajcic who spoke to the girls about the importance of positive team spirit, positive team culture and positive team performance without any excuses.

Staj also stayed back to present the girls with their playing shirts and he then joined the players and their parents at a farewell dinner at the Blue Gum Hotel. The end of the night was the most emotional of the 3 days when Sally Wilson and I played some 'surprise' video messages from the player's parents, grandparents, old coaches and siblings all of whom have played such a major role in helping the girls get to this stage of their burgeoning careers. This initiative would have a marked effect on how each of the girls would behave and perform in the forthcoming weeks.

Game 1 v English Independent Schools (4-0 win), 15th January 2017

Starting Lineup - Kiara Rochiax / Molly Burke / Keisha Allen / Erin Pridmore (c) / Ally Green / Lisa Cochrane / Lucy Jerram / Lauren Featherstone / Joey Cartwright / Bianca Galic / Teigan Collister
Bench - Katie Offer / Anny Hedditch / Caitlyn Pickett / Alice Burke / Lauren Butler / Rosie Galea
Unavailable - Bree Alexander (injured)

After a long awaited build up our first game was finally upon us and the girls were buzzing. After an expected nervous and anxious start to the game from both sides, gradually the Aussie girls began to show their ascendancy with some slick pass & move possession based football which our English counterparts were finding difficult to handle. With 15 minutes gone on the clock it was our skipper Erin Pridmore who opened the scoring with a well timed finish from short range resulting from an Australian corner and this certainly gave our girls the early momentum and 5 minutes later Joey Cartwright popped up to score what would be one of many goals during the tour. A 2-0 score line is always dangerous, however apart from a 10 minute spell in the middle of the 2nd half where the English put us under some enormous pressure the Aussie girls dominated for large periods in the 2nd half and it was therefore just reward when Rosie Galea & Lucy Jerram scored their goals in quick succession in the 78th & 81st minute respectively to put the game out of reach for the Aussies. A great way to start the tour, the only down side being the injury to Kiara Rochiax which would see her miss the next 3 games.

MVP of the Match - Keisha Allen

Game 2 v Bristol College (2-0 win), 16th January 2017

Starting Lineup - Katie Offer / Keisha Allen / Erin Pridmore / Anny Hedditch / Lauren Butler / Lisa Cochrane (c) / Alice Burke / Rosie Galea / Joey Cartwright / Caitlyn Pickett / Teigan Collister

Bench - Bianca Galic / Molly Burke / Lauren Featherstone / Lucy Jerram

Unavailable - Bree Alexander (injured) / Ally Green (injured) / Kiara Rochiax (injured)

Given we were playing against semi professional women, this game was far more physical than our first game however the girls handled it comfortably and on a miserable old day in Bristol they also managed to play some highly attractive football resulting in a very professional 2-0 victory. Having played the day before the girls were understandably very sore and tired however from start to finish the football they played (and attempted to play) was a pleasure to watch. It was certainly a very tight contest in the opening 15-20 minute with either side prepared to give an inch however the introduction of some fresh subs on the 20th minute mark certainly changed the dynamic and speed of the game, Bianca Galic in particular changed the tempo significantly and it was her superb strike that gave us a well deserved 1-0 lead at the half time break. The 2nd half ebbed and flowed with both teams creating some good chances but it was Joey Cartwright who sealed an extremely courageous victory for the Aussie Girls when she scored her second goal in two days to ensure we kicked off our campaign with back to back victories.

MVP of the Match - Bianca Galic



Game 3 vs Cardiff Met Colleges (5-3 win), 18th January 2017

Starting Lineup - Katie Offer / Molly Burke / Anny Hedditch / Lauren Butler / Ally Green (c) / Rosie Galea / Alice Burke / Lauren Featherstone / Joey Cartwright / Caitlyn Pickett / Teigan Collister

Bench - Bianca Galic / Lisa Cochrane / Erin Pridmore / Keisha Allen / Lucy Jerram

Unavailable - Bree Alexander (injured) / Kiara Rochiax (injured)

Once again we found ourselves playing against a semi professional women's side who were crowned Welsh Champions the previous season and who were still involved in the European Women's champions League qualifying stages, needless to say the girls were going to have to be at their best today to beat formidable opponents. Goals a plenty was the theme of the afternoon with both teams playing some highly entertaining and fast paced football particularly when in possession of the ball, so it was no surprise when we conceded our first two goals of the tour during the 1st half after some poor defensive lapses in concentration against a quick and aggressive front two from Cardiff. At the other end, we were giving as well as we got and thanks to a superb penalty from Rosie Galea and yet another good finish from Joey Cartwright the girls went into HT locked at 2-2. The second half was a thrilling contest and whilst the opposition scored early to lead 3-2, the Aussie girls were lifted in the 2nd half by the introduction of co captains Lisa Cochrane & Erin Pridmore and instantly others lifted around them, Ally Green playing injured was playing out of her skin in both attack and defence. With Rosie off the pitch, Lauren Featherstone then stepped up to convert from the penalty spot to make it 3-3 and from that point the girls somehow found another gear and went on to score two more unanswered goals (thanks to Lucy Jerram & Joey Cartwright) which gave them a simply outstanding come from behind victory against a stunned Cardiff Colleges side who thought they had the game won on several occasions throughout the afternoon.

MVP of the Match - Ally Green



Game 4 vs Welsh Schools (1-0 win), 19th January 2017

Starting Lineup - Katie Offer / Keisha Allen / Lauren Butler / Erin Pridmore / Ally Green / Lisa Cochrane (c) / Alice Burke / Bianca Galic / Joey Cartwright / Lucy Jerram / Teigan Collister

Bench - Rosie Galea / Anny Hedditch / Lauren Featherstone / Molly Burke / Caitlyn Pickett

Unavailable - Bree Alexander (injured) / Kiara Rochiax (injured)

Playing against a very competitive Welsh team on the back of an energy sapping game the day before was always going to be a tough ask, however the girls gained some incredible confidence from the previous day's game and there was a growing belief amongst the squad that they could go on and achieve something special on this tour and this game was no different. On an icy cold afternoon on the outskirts of Cardiff this game was fiercely competitive from start to finish with tackles flying in everywhere (from both sides) whilst in attack the Aussie girls were slightly more creative and expansive with our play which was pleasing given the limited time we had together before we left Australia. No goals in the first half and for a long period in the 2nd half it looked like it was going to be a stalemate, however these girls once again found a way to raise the bar and in the final 10-15 minutes really dominated possession so it was pure jubilation when the baby of the team (Alice Burke) popped up with 8 minutes to go to slot home from short range in what would ultimately be the winning goal to keep our undefeated streak alive. It was just reward for Alice who was absolutely sensational in this game and showed real maturity well above her 14 years of age.

MVP of the Match - Alice Burke



Game 5 vs Republic of Ireland U17 National Team (2-2 draw), 21st January 2017

Starting Lineup - Kiara Rochiax / Anny Hedditch / Keisha Allen / Erin Pridmore © / Ally Green / Lisa Cochrane / Lucy Jerram / Rosie Galea / Joey Cartwright / Lauren Featherstone / Caitlyn Pickett

Bench - Alice Burke / Teigan Collister / Lauren Butler / Molly Burke / Bianca Galic / Katie Offer

Unavailable - Bree Alexander (injured)

This was probably the most enthralling match of the tour with both teams evenly matched right across the park and just when one team thought they had the upper hand, the other team would respond with interest and it was like this for the entire 90 minutes. The Irish were the only team that played a similar style of game to us so it was a pleasure to watch both teams go at each other especially early on when the pace of the game was frenetic. Thankfully it was the Aussie girls that took the lead thanks to another Joey Cartwright goal after some sublime passing combination play from the likes of Loz Featherstone, Rosie Galea and Lucy Jerram in the build-up. Sadly, a poor lapse of concentration saw us concede just before HT so we went into the break 1-1 and the girls knew this was their biggest test to date. The Irish were the better side for the first part of the second half and yet again our poor decision making lead to their second goal midway through the half however the girls responded as only they could and after Joey Cartwright scored an absolute screamer from a free kick from distance and this set up an amazing finish to the game with both teams having chances to secure the victory but alas it remained a stalemate and the score finished at two a piece which was probably a fair reflection of the game overall.

MVP of the Match - Joey Cartwright

Game 6 vs Northern Ireland Schools (2-2 draw), 23rd January 2017

Starting Lineup - Katie Offer / Anny Hedditch / Keisha Allen / Erin Pridmore / Lucy Jerram / Lisa Cochrane © / Molly Burke / Alice Burke / Joey Cartwright / Bianca Galic / Teigan Collister

Bench - Lauren Featherstone / Caitlyn Pickett / Rosie Galea / Kiara Rochiax

Unavailable - Bree Alexander (injured) / Lauren Butler (injured) / Ally Green (injured during warm up)

Unlike the Irish Republic team, the Northern Irish were a very physical and direct team so it took the Aussie girls some time to adapt to this approach from the opposition and our preparation wasn't helped by Ally Green going down injured during the early stages of our warm up. Once the girls warmed into the contest, they began to dominate possession and were creating plenty of goal scoring opportunities and thankfully Joey Cartwright (who just couldn't stop scoring) broke the deadlock when she finished off some great lead up work from Teigan Collister and Lucy Jerram down the left hand flank. On the other flank, Molly Burke was absolutely terrorising the opposition on the right hand side of the field and how we didn't score more goals as a result of some of her brilliant lead up play is beyond me. Late in the first half this was compounded when a lapse of concentration at the back saw us concede a very soft goal and subsequently we went into the break at 1-1. Although we spoke at HT about the need to start the 2nd half more positively, we regrettably didn't walk the talk and our opposition punished us for it by scoring an early goal to take a 2-1 lead but time was still on our side. Once again the girls rallied in the final 15-20 minute and that person again (Joey Cartwright) created and scored a goal from absolutely nothing to get the girls right back into contention with about 7 minutes remaining and whilst we created chance after chance after chance in those final few minutes, we simply couldn't find that finishing touch and the score remained 2-2 at FT.

MVP of the Match - Molly Burke



Game 7 vs Scottish Independent Schools (8-0 win), 26th January 2017

Starting Lineup – Kiara Rochiax / Molly Burke / Keisha Allen / Erin Pridmore © / Lucy Jerram / Lisa Cochrane / Caitlyn Pickett / Rosie Galea / Joey Cartwright / Lauren Featherstone / Ally Green

Bench – Lauren Butler / Bianca Galic / Alice Burke / Any Hedditch / Bree Alexander / Teigan Collister / Katie Offer

After a very refreshing two days off the girls were pumped for this game; it was -2C in Edinburgh, it was Australia Day and Bree Alexander was making her long awaited debut after working her socks off to get back on the field so it was a big occasion and once again the girls didn't disappoint. Right from the outset, the girls dominated technically, physically and mentally and as a result they completely played the Scottish girls off the park from start to finish. To be fair I don't think it would've mattered who we played on this day, the girls were simply in the zone and everything they did turned to gold. 3-0 at HT thanks to goals from Joey Cartwright, Lauren Featherstone (including sublime lead up work from Ally Green) and Bianca Galic. Bree Alexander entered the fray on the 25th minute mark to a rousing reception from her team mates on and off the field which typified the close bond these girls had developed since the training camp back in Sydney. The girls continued their domination in the 2nd half and when Bree Alexander scored our 4th of the game with a superb strike from distance the small Aussie contingent in the crowd and of course our bench erupted! Joey Cartwright then scored the teams 5th of the day after superb lead up play from player of the match Caitlyn Pickett (never seen someone play so well and not score herself) and after all the efforts on goal without success in previous games, Teigan Collister finally got her reward for all of her hard work and persistence with 3 goals in the space of 12 minutes to help us cruise to a resounding 8-0 victory on what was one of the highlights of the tour – the girls were simply unstoppable on the day.

MVP of the Match - Caitlyn Pickett



Game 8 vs Shropshire Colleges (3-1 win), 30th January 2017

Starting Lineup - Katie Offer (1st half) / Kiara Rochiax (2nd half) / Any Hedditch / Keisha Allen / Erin Pridmore / Lucy Jerram / Lisa Cochrane © / Alice Burke / Bree Alexander / Caitlyn Pickett / Lauren Featherstone / Teigan Collister

Bench - Lauren Butler / Joey Cartwright / Molly Burke / Rosie Galea

Unavailable - Bianca Galic / Ally Green

Even though the girls still had a lot to play for, sadly this was our flattest performance of the tour which to degree I can understand given the amount of games we had played in such a short space of time but it was a real shame due to the amount of family members, friends and relatives that had made the effort to attend this our last game of the tour. It was a game that was never in doubt in terms of the result as the girls were always comfortable, however we had set a very high benchmark throughout the previous seven games but for whatever reason we just weren't able to reach those same high standards on the night. In saying that, first half goals to Teigan Collister (thanks to a sublime assist from Loz Featherstone) and a Lisa Cochrane scorcher from distance were of the highest quality but realistically with the chances we created we could've / should've been 5-6 up at the break instead of 2-0. The second half saw a marked improvement particularly with the quality of our play from box to box which at times was a pleasure to watch with Lucy Jerram, Keisha Allen and Lauren Butler leading the way, however our final ball or attempt on goal was well below what we were all expecting on the night and whilst Alice Burke capped off a superb individual tour of her own with an outstanding finish from a Lucy Jerram assist, we regrettably copped a late goal from a set play to finish the game 3-1 victors.

MVP of the Match – Lucy Jerram





MVP of the Tour (Joint) - Joey Cartwright & Ally Green

Players' Player of the Tour - Erin Pridmore

Total Playing Minutes for each player:-

Kiara Rochiax	315 minutes
Katie Offer	375 minutes
Erin Pridmore	588 minutes
Keisha Allen	545 minutes
Ally Green	305 minutes
Lauren Butler	365 minutes
Anny Hedditch	382 minutes
Molly Burke	445 minutes
Bree Alexander	105 minutes
Alice Burke	475 minutes
Lisa Cochrane	542 minutes
Rosie Galea	400 minutes
Bianca Galic	408 minutes
Lauren Featherstone	415 minutes
Teigan Collister	455 minutes
Caitlyn Pickett	470 minutes
Joey Cartwright	470 minutes
Lucy Jerram	460 minutes

Closing Summary:-

Having only arrived back in Sydney 10 days ago, I've now had a few days to reflect on the 3 weeks away with all of the players and I can hardly come up with any suitable words to describe just how good you all were throughout the tour of the UK. Superb, outstanding and brilliant come to mind but even that doesn't fully capture what you girls achieved in going through the tour undefeated.

I've been privileged to coach many high calibre teams over the past 26 years but you girls are right up there amongst the best I've coached - if not, the best. The way you bought into my playing philosophy, goals & objectives for the tour, expectations and standards from day one of our training camp right through to our final game of the tour was a credit to all of you and for that I both thank you and congratulate you. Most importantly, I hope you enjoyed every minute of the experience and that you all make a conscious effort to stay in contact with each other (and with Sally & Narelle) for many years to come. No doubt your football adventures will now take you down very specific and different paths; however, I'm genuinely hoping that on the back of your achievements on tour it has motivated all of you to take your game to a new and even higher level now that you're back in Oz. I look forward to maintaining contact with all of you and will be watching your progress with interest from afar.

On a final note, I would like to thank the parents that travelled with us on tour - your support of the girls on and off the field was amazing and very much appreciated. For all those parents back home that showed your active support from afar on a daily basis - you probably didn't realise how much this meant to the girls but let me assure you it meant everything and it helped inspire them every single day.

Thank you to all the officials involved with the tour, Brendon, Kieran, Dean, Tony, Garry and special thanks to Narelle for keeping the girls as fit and healthy as possible throughout the tour.

Last but certainly not least, I would like to thank Sally Wilson for the enormous contribution she made to the overall success of the tour - I can hand on heart say we wouldn't have collectively achieved what we did without everything she did for me and the girls on a daily basis. The manner in which you took care of the girls like they were your own daughter throughout the entire trip certainly didn't go unnoticed - it was a super human effort.

Thanks for the great memories girls.

Kind Regards

David O'Keefe



GIRL'S TEAM MANAGER'S REPORT

Sydney Training Camp: Tues - Thurs 10-12 January

Most of our players, their families and officials arrived at Barker College in Hornsby, NSW at 1pm and began sorting uniforms. The remainder of the players and I arrived from interstate later and were driven by the billeting families in a convoy to meet the playing group around 5pm.

Girls Coach, David O'Keefe took all the players out to the field and gave them a short, sharp training session and set expectations while the parents asked questions and introduced themselves to each other. The players then went with their billeting families for dinner and to get acquainted.

Day 2 and 3 were training days consisting of positioning games, tactical plays and set plays as well as pool sessions conducted by the Sports Trainer, Narelle Johnson and pool staff. We announced the team Captains, Erin Pridmore Lisa Cochrane, who immediately stepped up and together with David brought the playing group together as a team.

David quickly ascertained the player's strengths and where the gaps were in their performance on the field. The game that was timetabled had to be improvised with a 11 v 11 format with two local players from North Shore Mariners FC, and a certain boys coach stepping in to help when the original external game plan fell through.

Over the course of the three days there were opportunities for the players to go off with their billeting family and have some bonding time. It also gave some players a chance to complete some necessary Year 12 school work before we departed for the UK. We were also introduced to Kieran Gibson, who was to step as our Tour Leader; Brendon Fotheringham was not able to accompany us in the UK & Ireland.

We had team photos during day three and an inspirational presentation from David and our guest speaker, current Matildas coach, Alen Stajcic who gave a personal talk to the playing group prior to us joining the boys team for a formal shirt presentation. Brendon acted master of ceremonies for the presentation with guest speakers, former Socceroo captain, Paul Wade and Matilda's coach, Alen Stajcic. After the formalities and photo opportunities we all went to the Blue Gum Hotel for a group dinner.



Friday January 13

QF01 departing Sydney airport at 4.45pm for Dubai and London.

We arrived Saturday January 14 at Heathrow and transferred to the tour bus, stopping in London briefly for acclimation and time zone adjustment.

We attended an EPL game, Watford v Middlesbrough. We continued in the bus and arrived in Cardiff for six nights, each day consisting of daily walks, stretching and team building.

Sunday January 15

Game 1, AUS v England Independent Schools

MVP, Keisha Allen

Girls won 4 - 0 at the beggar Bush Sports ground, followed by a presentation for both boys and girls (green and gold strip) and we had one player injured. (Bree Alexander)

The first goal was scored in the first half at the 15 minute mark by Joey Cartwright and a second at the 20 minute mark by Erin Pridmore. Substitutions occurred at 20 minute intervals in the first half and 25 and 30 minute intervals in the second half. The third goal was taken by Rosie Galea and the fourth goal by Lucy Jerram.

Monday 16 January

Game 2, AUS v Bristol College

MVP, Bianca Galic

Girls won 2 - 0 at the Bristol College WISE campus on a synthetic turf, playing in their blue strip. The first goal was scored by Bianca Galic at the 20 minute mark and the second goal was scored by Joey Cartwright in the second half at the 85 minute mark. Substitutions were at the 15, 17 and 23 minute mark in the first half and again at the same intervals in the second half.



Tuesday 17 January

As part of the educational component of the tour we visited the historic Bath Roman ruins. A full day event that included some shopping and R & R for the players. The scheduled Pathways to Pro didn't eventuate.

**Wednesday 18 January****Game 3, AUS v Cardiff Met****MVP, Ally Green**

Girls won 5 - 3 on a synthetic turf, wearing the blue strip, with two players out injured, Bree Alexander and Kiara Rochaix. It was a difficult game for the players as they are fatigued with a back to back schedule. Rosie Galea took a goal at the 11 and 13-minute mark. They rally in the second half after an inspirational talk from the coach. Then Lauren Butler takes a goal at the 54 minute, Lucy Jerram at 75 minutes and Joey Cartwright wraps it up with the fifth goal at the 83 minute mark.

Thursday 19 January**Game 4, AUS v Welsh Colleges****MVP, Alice Burke**

Girls won 1 - 0 on a grass pitch wearing the green and gold strip. In the final minutes of the game the goal to win was taken by Alice Burke, the youngest player on the team. We still had two players off injured but the girls managed well and maintained an upright position with only a handful coming to grief on the turf and mud.

Friday January 20

Transfer from Wales to Ireland on the Strenaline Ferry leaving Fishguard crossing the Irish Sea, docking at Rosslare and arriving at the hotel at 9pm.



Saturday January 21

Game 5, AUS v Republic Ireland Schools

MVP, Joey Cartwright

A very different feel as we arrived to play our fifth game. The referee and assistants were quite firm with their expectations and there was no room for delaying the entry on or off the field. The game was tense to say the least and Joey Cartwright scored the only two goals for the game bringing us to a 2 all draw on the whistle.

Sunday January 22

A Dublin tour and transfer to Belfast by 5pm

Monday January 23

Game 6, AUS v Northern Ireland

MVP, Molly Burke

The sixth game was held at Ulster University in Newtownabbey. Again, there was a firm expectation by the officials to move swiftly with warm up and change room activities and be on time. The game got off to a great start with Joey taking the first goal for Australia in the 19th minute. Then a second goal was lined up and Joey moved into position and secured it at the 75-minute mark, but it was Molly Burke who made MVP with her speed and style to keep the ball in our possession.

Later in the evening the girls watched the remaining time left in the boys' game. Then both teams travelled to the National Football Stadium where we had a brief function followed by a presentation to the boys team, their officials and our accompanying delegates. We then were treated to a tour of the facility, prior to its public launch scheduled for later this year.

Tuesday January 24

Hotel checkout and travelled to the ferry terminal using the Strenaline ferries. We departed at 11.30 for Cairnryan and we then arrived at our hotel destination at 5pm.

Wednesday January 25

The scheduled game was cancelled so the girls were afforded an additional day for sightseeing. We broke off into groups and some took the opportunity to visit the imposing Edinburgh Castle and its surrounds. Back at the hotel a guest speaker had been organised to address both teams. David Caldwell spoke on the importance of sport psychology, physiology and briefly touched on nutrition. He emphasised the importance of the growth mind set in sport and the detriment the fixed mind set can have on a player. Part of his presentation was a short practical demonstration and quick competition. The girls were quick to put their youngest team member, Alice Burke forward to trump the boys. The gamble paid off and the girls recorded another win.

**Thursday January 26****Game 7 AUS v Scotland Independent Schools****MVP Caitlin Pickett**

Australia Day across the other side of the world was not left uncelebrated by patriotic female players who walked their Edinburgh walking tour in Australian flag stickers and cloaks and swagman hats complete with corks. It was a late game, compared to all the other games, although it was welcoming to play on a synthetic pitch. The girls were charged with the Australia day sentiment and although they got off to a sluggish start the result was an 8 - 0 victory to end the day. Caitlin Pickett was the standout of the game.

Friday January 27

We departed Edinburgh, Scotland for England and transferred to St Georges Park, Newborough arriving quite late.

Saturday January 28

No game today for the girls. We had an early start, travelling to the Lilleshall National Sports Centre to see the boys' game followed by a team photo. Later there was a fitness and pool session.



Sunday January 29

St Georges Park facilities were world class and both teams were scheduled in for a hydrotherapy session. All players benefited from the expertise offered in the session, they trained as elite players do and had a session in the hot and cold therapy pools. The day concluded with an FA Cup match; Manchester Utd v Wigan at Old Trafford.

Monday January 30

Game 8, AUS v Shropshire schools
MVP, Lucy Jerram

The final game and the girls are fatigued. They win 3 - 1 on a synthetic turf. Teigan Collister gets the first goal at the 20-minute mark in the first half and Lisa Cochrane gets the second for the game at the 28-minute mark. Lucy Jerram was outstanding on the field in front of her family and Alice Burke took the third, and final goal for the tour, at 70 minutes. The girls were elated to have achieved such a result for such a fresh young team. We had a short presentation after dinner and in keeping with SSA values the girls voted using a secret ballot and it was Erin Pridmore voted as their Players' Player. She also received the signed shirt captains get from participating teams. Joey Cartwright and Alley Green both received balls signed by the players as the overall Most Valuable Players.

Tuesday January 31

We transferred to London and had some time to shop at Trafalgar square before we needed to get back on the bus and head to Heathrow. Quite a few players visited Buckingham Palace and surrounds, a few had a rest and the remainder shopped in Lilywhites sports store.

QF002 departs 4.45pm and that concludes the tour



Concluding Remarks

It was a privilege and pleasure to be part of such an awesome team and such an achievement for *women in sport*.

Thank you for the experience and memories that will stay with me for a very long time. The girls team work, performance and cohesiveness on and off the field was a credit to DOK's (David) expertise and passion for the game. I have learnt a lot about elite sport from you all and take away with me a greater understanding of elite player dedication and determination and I have also rediscovered personal strengths.

Thank you to the parents who supported the players, David and me both pre-tour and throughout the tour, it was very much appreciated. I have enjoyed the experience and hope that I was a role model to your daughters and I would like to remain in contact with you all.

A huge thank you to rest of the SSA Team for their outstanding work on and off the football field. Narelle, Dean, Tony, Garry, Kieran and Brendon; you were all fantastic.

Finally, thank you to David for his friendship, support and patience in guiding me in the role of manager for the Australian School Sports U19 Girls team 2017.

I look forward to seeing you all again in the future,

Sincerely yours,

Sally Wilson



Girls Trainers Report UK and Ireland Tour 2017

The SSA Girls team met on Tuesday 10th January, for 3 days of intensive training at Barker College before heading off to the UK and Ireland. All of the ladies were met with sweltering temperatures. I had the task of managing their hydration and a probability of blistering feet after training.

During these training days we talked to the girls about maintaining their health and fitness both mentally and physically for the duration of the tour and in particular, addressing the climate they would be playing in, which was to be a complete contrast to what they had been training in, and also their own recovery management during long travel periods between matches.

The majority of the girls came into camp with a clean bill of health, other than their preventative taping they would maintain throughout the tour. A few did have previous injuries but were aware of their own preventive measures to maintain them. Previous experience of a training camp, where many girls suffered from blisters due to the heat, meant that we encouraged the girls to tape their feet to prevent blisters.



I had to treat only one girl for blisters the day before leaving Sydney, this was Lucy.

Lauren Featherstone also had an issue on the last day of camp with a displaced toenail that was giving her pain when running. I taped her toes together and iced them.

Over the training period my other treatments involved:

Lauren Butler had calf strain which I taped.

Keisha Allen requested every day (mainly game days during UK tour) I tape her lower back as her running posture increased tightness.

A few girls asked for quick massage of their calves or hamstrings.



On 12th January, Breanne Alexander sprained her ankle during the last friendly game. RICE principle was applied over the next 2-3 days. Managing the swelling due to flying didn't help but she got thru it. The injury unfortunately affected her participation in 6 of the 8 games on tour.

I worked closely with Breanne everyday over the whole trip, to get her up and on the field for the last 2 games. In conjunction with RICE, to assist with the rehab of Bree's ankle I prescribed her a gradual series of stretching and strengthening her ankle exercises using bands and finally body weight bearing exercises she would do in her own spare time. I also forwarded her some information about her injury, why it happens, how to manage it and strengthen her ankle so it doesn't happen again.

<http://www.runnersworld.com/achilles-tendinitis>

<https://www.verywell.com/ankle-injury-rehabilitation-2549947>

Bree's ankle Rehab - Sent 24/1/17

Walking big step lunges
-up the hallway

30 jumping jacks
Side to sides
-back down the hall way

Jog up and down hallway

Calf raises; 10-15 reps using stairs
- both legs on the downward stretch for 10seconds, then up in to flex position for 1 count.
- single leg (same as above)

Backward side to sides
-up the hallway

20 reps single leg forward hops.
20 backward single hops

Directional lunges and or directional hops

An influenza infection passed through the majority of the team during the first half of the tour including myself and some officials but this was managed with cold and flu medication and cough lollies. This did not hinder the girls' performances on the field too much.

Treatment notes from the tour

15/1/17

Alley- hip and adductor issues

She sustained a tear in this area 2 weeks' prior at football training for her own club.

Massaged and got her to stretch it out followed by RICE

Alice- ankle taped

Molly- shoulder taped for GH joint instability from bad posture during running

Keisha- lower back taped due to tight periformus and QL

Kiara- after warm up came to me complaining of superficial calf tightness and pain. Massaged her. Unfortunately, over the duration of the game I noticed she looked in pain and came off the field at the end finding it hard to walk. I examined her knees as Kiara expressed how sore they were and I noticed how swollen her knees were I applied RICE. It was later suspected she may have Meniscus injury/ies or runner's knees.

16/1/17

I suggested to the officials it would be of value to the players to purchase some magnesium both an oral powder and for bath use to assist with soreness and recovery between games. ALL the players were given an oral dose and some to put in their bathroom baths at night.

Alley and Rosie- flossing hip (Alley tear in add) Flossing involves taping the limb tightly with a Floss band and getting the client to perform some active stretching. The Floss band works with the fascia of the muscles to increase blood flow to the area help release tension.

Molly- shoulder taping

Lauren Featherstone- mid quad tear; RICE

Lauren Butler- calf taping

Keisha- lower back- SI joint taping

Lucy- ES/QL piriformus taping

Kiara- meniscus knee taping. After the game she still complained of pain but now all over her body. A scan appointment of her legs was made as I was concerned for her that there may be possible ligament damage in her knees. I asked her about the pain and also her family history. She sat out games on 18th and 19th Jan.

David O'Keefe suggested we have Kiara examined by the physio at Cardiff City FC as he had a personal pre-arranged meeting there. The physio expressed a similar diagnosis to my findings and suggested Kiara get an MRI.

I took Kiara to hospital and radiologist to get an MRI of her knees on the 18th-19th. The results were negative for any strained ligaments or skeletal damage. It was assumed the cold weather, lack of movement in goal, repeated jumping to one side and her lean muscle mass were contributing to her pain. Kiara was asked to stay warm and have frequent baths to ease joint pain, especially as it was quite cold during the games and outdoor tours we did.

21/1/17

Lauren F- ear infection; ibuprofen

Joey- lower back/piriformus tightness; massage

Keisha- usual lower back strapping; massage before taping

Lisa- corked thigh/calf from second half of the game; RICE 24hrs

Lucy- toe cut; Bandaid

Erin- eyeball lump/virus (possibly from mud) also confirmed at doctor's appointment 22/1/17

Alley- usual adductor stretch and exercises; flossing

Rosie- hip flexor tightness; flossing

Teigan- swollen cheekbone; Ice

Molly- shoulder taping

Lauren B- came off limping. Sustained hairline foot fracture and superficial muscle strain confirmed by doctor's appointment 22/1/17. Forwarded some information about her injury, how to manage it and rehab her foot.

<http://www.emedicinehealth.com/script/main/mobileart-emh.asp?articlekey=104553>

22/1/17

Lisa-deep tissue massage on corked leg

23/1/17

Molly- shoulder taping

Keisha- back taped

Joey- lower back massage

Rosie- adductor flossing

Teigan- hip flexor flossing

Lauren B- RICE her foot

Bianca- R trap tightness; massage

Ally- usual flossing stretches pregame. During warm up she strained her hip flexor muscle; RICE + used compression bandage and also taped her adductor so she could walk. She sat out the game.

Forwarded Ally some information on her injury.

<https://myhealth.alberta.ca/Health/aftercareinformation/pages/conditions.aspx?hwid=bo1616>

Initial Exercises

Groin squeezes

Begin this exercise by lying in the position demonstrated with a rolled towel or ball between your knees (figure 2). Slowly squeeze the ball between your knees tightening your groin muscles (adductors). Hold for 5 seconds and repeat 10 times as hard as possible pain free.



Groin Stretch

Begin this exercise by standing tall with your back straight and your feet approximately twice shoulder width apart. Gently lunge to one side, keeping the other knee straight, until you feel a stretch in the groin (figure 3). Hold for 5 seconds and repeat 10 times at a mild to moderate stretch provided the exercise is pain free.



25/1/17

Lisa- quads and hamstrings massage

Lauren B- calves massage

Bree- calves massage

Erin- hamstrings massage

Keisha- QL and glutes massage

26/1/17

Ally- taped hip and also used compression bandage

Bianca- L trap tightness; massage

Lauren B- ankle taped

Breanne- ankle taped

Keisha-back taped

Joey- QL and ES massage

30/1/17

Joey- lower back and glutes; massage

Lucy- calves left tight; taped

Rosie- tight hamstrings and adductor issues; massage and flossing

Bree- calves, Achilles; massage

Lauren B- calf also foot/ankle taped

Keisha- back taped

Ally- hip taped & flossing

Breanne- ankle taped

Lauren F- soleus and calves; massage

Treatment of Boys Team Players

Zac- hamstring small tear; massage and stretching

Kieren- dressed few wounds from sliding on the ground to get the ball

Injury Prevention Measures

With the weather being quite cold we always had blankets for the sub players to wrap themselves to keep warm.

During down times, including while travelling, David requested I run recovery sessions in which I implemented a combination of pool, foam rolling, stretching, fitness training and meditation to keep the girls relatively injury free, fit and focussed for their games.

I encouraged the girls to purchase foam rollers, exercise bands or massage balls during the training camp at Barker College to assist in their recovery on tour.

I am very grateful for the opportunity given to have experienced the tour. I am proud of the girls for their effortless talent and taking on the responsibility with an open mind in reference to my holistic approach to athletic fitness.

Their receptiveness and camaraderie made my role a lot easier. Most of these girls are experienced at playing a high level of football. Their commitment to the game and their teammates prepared them to battle whatever was thrown at them, be the cold weather or injury and they all stuck together and helped each other when needed.

The added professionalism shown by officials and organisers to produce a successful tour was on point and is what I feel SSA is all about. I would like to thank all the officials, players, parents and tour organisers for contributing to a successful tour.

Regards

Narelle Stafrace



AUSTRALIAN SCHOOLS FOOTBALL

UNITED KINGDOM AND REPUBLIC OF IRELAND TOUR - JANUARY 2017

RESULTS

Boys

Game 1 - 15.01.17

Australia 4 v England Independent Schools 1
at **Beggar's Bush, Clifton College, Bristol**

Scorers: Malfara 31m, OG 67m, 71m, Puflett 90m

Game 2 - 16.01.17

Australia 1 v Bristol College 2
at **Bristol College, WISE Campus**

Scorers: Trew 35m

Game 3 - 18.01.17

Australia 1 v Welsh Colleges 2
at **Cardiff Met, Cyncoed Rd, Cardiff**

Scorers: Jalloh 39m

Game 4 - 19.01.17

Australia 4 v Welsh Schools 7
at **Cardiff Met, Cyncoed Rd, Cardiff**

Scorers: Gollan 39m, Duncan 16m,
Long 45 m, Ssemakula 86m

Game 5 - 21.01.17

Australia 2 v Republic of Ireland Schools 0
at **Home Farm Stadium, Whitehall, Dublin**

Scorers: Jalloh 61m, 70m

Girls

Game 1 - 15.01.17

Australia 4 v England Independent Schools 0
at **Beggar's Bush, Clifton College, Bristol**

Scorers: Pridmore 15m, Cartwright 20m
Galea 78m, Jerram 81m

Game 2 - 16.01.17

Australia 2 v Bristol College 0
at **Bristol College, WISE Campus**

Scorers: Galic 20m, Cartwright 85m

Game 3 - 18.01.17

Australia 5 v Cardiff Met 3
at **Cardiff Met, Cyncoed Rd, Cardiff**

Scorers: Galea 11m, Cartwright 13m 83m,
Featherstone 54m, Jerram 75m

Game 4 - 19.04.17

Australia 1 v Welsh Colleges 0
at **University of South Wales, Treforest**

Scorers: A. Burke 82m

Game 5 - 21.01.17

Australia 2 v Republic of Ireland Schools 2
at **A.U.L. Clonsbaugh, Dublin**

Scorers: Cartwright 19m, 34m



Game 6 - 23.01.17

Australia 1 v Northern Ireland Schools 1
at **Crusaders FC, ST Vincent St, Belfast**

Scorers: Puflett 18m

Game 7 - 25.01.17

Australia 3 v Scotland Schools 3
at **New Western Park, Argyllshire Ave, Renfrew**

Scorers: Puflett 51m, Morrison 81m, Long 94m

Game 8 - 26.01.17

Australia 8 v Scotland Independent Schools 1
at **Peffermill Playing Fields, Peffermill Road, Edinburgh**

Scorers: Heckenberg 3m, 10m, Jalloh 16m, Strachan 39m
Ssemakula 72m, Trew 80m, 85m, Phillips 86m

Game 9 - 28.01.17

Australia 2 v England Schools 5
at **Lilleshall National Sports Centre, Lilleshall, Newport**

Scorers: Puflett 25m, 30m

Game 10 - 30.01.17

Australia 2 v Shropshire 0
at **Thomas Telford School, Old Park Telford**

Scorers: Morrison 60m, Malfara 77m

Game 6 - 23.01.17

Australia 2 v Northern Ireland Schools 2
at **Ulster University, Newtownabbey**

Scorers: Cartwright 8m, 83m

Game 7 - 26.01.17

Australia 8 v Scotland Independent Schools 0
at **Peffermill Playing Fields, Edinburgh**

Scorers: Cartwright 12m, 21m, Featherstone 25m
Galic 39m, Alexander 55m,
Collister 76m, 82m, 85m

Game 8 - 30.01.17

Australia 3 v Shropshire 1
at **Thomas Telford School, Old Park Telford**

Scorers: Collister 20m, Cochrane 28m,
A. Burke 70m

Summary of Results

Boys

P	W	D	L	GF	GA
10	4	2	4	31	22

Girls

P	W	D	L	GF	GA
8	6	2	0	27	8

Australian Schools UK and Ireland Tour 2017 Team Lists

Boys

No.	Name	State
1	Domenic Nascimben	NSW
2	Daniel Blachura	NSW
3	Angus Long	Qld
4	Mitch Dobson	NSW
5	Alex Gollan	NSW
6	Chris Heckenberg	Vic
7	Ben Morrison	NSW
8	Blake Currey	NSW
9	Nathan Philips	NSW
10	Trevor Ssemakula	Vic
11	Zac Duncan	NSW
12	Alex Malfara	NSW
13	Oliver Puflett	NSW
14	Tilmann Stewart	Vic
15	Jake Trew	NSW
16	Kieren Strachan	Qld
17	Hassan Jalloh	NSW
18	Cooper Bankes-Fay	Vic

Girls

No.	Name	State
1	Kiara Rochaix	NSW
2	Lucy Jerram	WA
3	Molly Burke	Vic
4	Lauren Butler	Qld
5	Ally Green	NSW
6	Bianca Galic	NSW
7	Lauren Featherstone	NSW
8	Caitlin Pickett	Vic
9	Joey Cartwright	Vic
10	Teigan Collister	NSW
11	Alice Burke	Vic
12	Annalise Hedditch	ACT
13	Lisa Cochrane	NSW
14	Erin Pridmore	NSW
15	Rosie Galea	NSW
16	Keisha Allen	NSW
17	Breanne Alexander	WA
18	Katie Offer	Qld