

**Attention ALL Girls
Born 2010 & 2011**

**Are you interested in playing
Girls Footy in 2025?**



FAMILY Club

Make FRIENDS

Have FUN

Build FITNESS =

Play FOOTY!



Louise Stephenson
Past PSDJFC B&F Player
AFLW Player



Lulu Beatty
AFLW Player



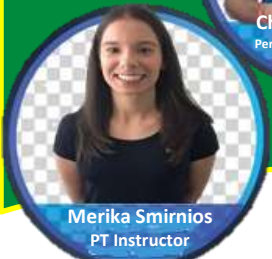
Jess Fitzgerald
AFLW Player



Phiv Demetriou
Level 2 Specialist Coach
& National Kicking
Presenter



Christopher Shen
Performance Psychologist &
Tackling Coach



Merika Smirnios
PT Instructor

**PARADE SAINTS
ARE RECRUITING NOW FOR AN ALL GIRL TEAM
FOR THE 2025 YJFL SEASON**

All Girls AusKick, U8 – U17 are Welcome!
All skill & fitness levels – no experience required

COME & TRY GIRLS FOOTY – BRING A FRIEND
Parade Saint Damians Junior Football Club

**2 FREE Fun Training session/s run by
AFL Level *Specialist Coaches & Players & PT
to learn skills, drills and have fun!**

Time: Footy Drills - 5.45pm to 6.45pm – PT Session 6.45pm to 7.30pm

Dates: Wednesday 14th August & Wednesday 4th September 2024

Where: Binnak Oval – Sharpes Road, Watsonia North

What to Bring: Water Bottle & Runners (& Footy Boots if you have them but not required).
Enthusiastic attitude to learn.



**BE A PART OF
THE TEAM WHEN
THE SAINTS GO MARCHING IN 2025!**

Enquire or Register your interest today! Contact us on: girlsfooty@paradestdamiansjfc.com.au