

sports guide.

Your ready-reckoner tool to help keep girls playing sport throughout 2018.

SUNCORP 

#TEAMGIRLS

toolkit

Sport	Time Commitment	Age group	Time of year	Role Models
Athletics	3 hours + competitions	5+	October to April	Sally Pearson Cathy Freeman Brooke Stratton
Australian Football (AFL)	Auskick: 60-90 mins Junior: training + 1hr match per week (up to 4 hours)	Auskick: 5-12 Junior Football: 8+	April to September	Erin Phillips Moana Hope Emma Kearney
Basketball	Training + 1 hr game	5+	All year, summer and winter seasons	Lauren Jackson Liz Cambage Marianna Tolo
Cricket	T20 Blast: 1.5 hrs per week Girls League: training + 2-3 hr game	T20 Blast: 7-12 Girls League: 11-17	All year, main season is in the summer	Meg Lanning Elysse Perry Lisa Sthalekar
Gymnastics	2 hours + competitions	3+	All year during school terms	Danielle Prince Georgia Rose Brown Emily Little
Hockey	Training + 1 hr game	6+	March to September	Madonna Blyth Rechelle Hawkes Emily Smith
Rugby League	Junior League: 1 hr Girls Juniors: Training + 1 hr game	Junior League: 5-11 Girls Juniors: 11-18	February to September	Caitlin Moran Kezie Apps Simaima Taufa
Rugby Union (7s)	Training + 30 min game	9+	All year, during school terms	Shannon Parry Sharni Williams Charlotte Caslick
Soccer	Miniroos Kick-Off: 45 mins Miniroos Club: 1 hr training + 40-60 min match Club: 2 x training + 1 hr match per week	Miniroos Kick-Off: 4-9 Miniroos Club: 5-11 Club: 12-18	All year, main season is during the winter	Sam Kerr Lisa De Vanna Ellie Carpenter
Softball	Batter Up: 60 mins Fast pitch: training + 1.5 hr match	Batter Up: 4-12 Fastpitch: 13-18	All year, main season is in the summer	Janice Blackman Chelsea Forkin Rachel Lack, Stacey Porter
Swimming	Learn to swim: 30-60 mins Squad: 2-3 x 1 hour training + competitions	Learn to swim: 3+ Squad: 11+	All year, during school terms	Cate Campbell Bronte Campbell Emily Seebohm Lakeisha Patterson
Tennis	Hotshots: 30-60 mins Club: training + 2 hr matches Private lessons can be started at any age.	Hotshots: 3-11 Club: 12+	All year, main season is in the summer	Serena Williams Sam Stosur Ashleigh Barty
Touch Football	Training + 1 hr game	5+	All year, summer and winter seasons	Emily Hennessy Danielle Davis Marikki Watego
Volleyball	Spikezone: 30 min games Club: training + 30-60 min game	Spikezone: 5+ Club: 13+	All year, summer (beach) and winter (indoor) seasons	Beth Carey Rachel Rourke Taliqua Clancy



Start playing. Keep playing.

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