IN SPORT

Basketball

1990	- VBA Specialist Training Camp - U14 girls - All Star 5
1992	- Participated in the Australian Country Youth Basketball Cup held in Albury - U16 girls
1992	- Selected to represent Victorian Country U16 State Squad to be held in Perth
1992	- Scholarship in Basketball Australia's Intensive Training Centre Program - Elite Squad
1993	- All Australian Team, Camp held at the Australian Institute of Sport
1993	- Scholarship in Basketball Australia's Intensive Training Centre Program - Elite Squad
1993	- Member of the Bendigo Lady Braves in the CVIBL
1994	- Participated in the Australian Country Youth Basketball Cup held in Albury - U18 girls
1995	- Selected to represent Victoria U20 girls State Squad
1994 - 2002	–Co-Captain of Bendigo Lady Braves Basketball team in the South East Australian Basketball Association
1999	– South East Conference Champions
2000	– South East Conference Champions and National Champions
2001	– Have been awarded player of the week **(SEABL)**
2001	– South Conference Runner – up
2001	– Awarded Most Consistent player for the Bendigo Lady Braves
2000/01	– First year in the Melbourne Tigers Basketball Club **(WNBL)**
2001/02/03	– Player of the Bulleen Boomers Basketball Club **(WNBL)**
2002	– Awarded Most Valuable Player for the Bendigo Lady Braves
2003	- South East Conference Champions and National Champions (All Star – Five, MVP league, MVP South Conference Grand final)
2003	- Awarded Most Valuable Player for the Bendigo Lady Braves
2004	- South East Conference Champions and National Champions **(SEABL)** (Frankston Lady Blues)
2005	- Vice Captain of the Frankston Lady Blues in SEABL, Coach's Award
2006	-South East Conference Champions and National Runners up **(SEABL)** (Co-Captain) Received two player of the weeks Awarded Most Valuable Player for the Bendigo Lady Braves National All Star Five Team
2005/06	Player of the Townsville Fire team **(WNBL)** Awarded Players Player and Commitment of Excellence award for the team
2006/07	Player of the Townsville Fire team **(WNBL)**
2007	Co-Captain of the Bendigo Lady Braves, **(SEABL)** South East Conference Champions – All Star Five Team, MVP for the team
2007/08	Co-Captain of the Bendigo Spirit team **(WNBL)**
2008	Co-Captain of the Bendigo Lady Braves (SEABL)
End of 2009	Retired

Games leading record holder in SEABL with **393** games with Bendigo and 2 season with Frankston

Played **125** games in the WNBL for Melbourne Tigers, Bulleen Boomers, Townsville Fire and Bendigo Spirit

COACHING EXPERIENCE

1997, 1998, 1999, 2000, 2001
Catholic College Bendigo

- Coach of Year 7/8, Year 9/10, Year 11 & 12 team

These school teams participated in the Catholic All Schools competition.
This consisted of training and coaching these teams in round robin events.

1999
Catholic College Bendigo
National Schools Basketball Tournament

- Coach of the Year 11 & Year 12 team, runners – up at this event that was held in Canberra

2005
Victorian Junior Basketball League

- Assistant Coach of the U16 girls Frankston Basketball team

2007/2008/2009
Basketball Victoria Country Council Events

- Deliver skills days from Aussie Hoops to U18 age level at Associations, as requested
- Attend the Jamborees and Mini Jamborees as Coaching Co-ordinator
- Assisted Director of Coaching, in Echuca and Albury and was Coaching Co-ordinator at the 2007 Foster Mini Jamboree
- Attend Gold Nugget and ITC Camps IAP Camps, as required

2008
South East Australian Basketball League

- Assistant Coach of the Bendigo Lady Braves

2008
Assistant Coach of the Country Victoria Girls ITC Team that toured USA

2008/2009
Assistant Coach of the U18 Women's Country Victoria State Basketball Team

2010
Assistant Coach of the Dandenong Rangers Basketball Team in the SEABL

2011
Currently Head Coach of Country Victoria