



11 November 2020

MEDIA RELEASE

ST MARGARET MARY'S COLLEGE

Netball Champion to train St Margaret Mary's College Students

25 budding school netball players from St Margaret Mary's College, Hyde Park will train with Professional Netball Player for the Sunshine Coast Lightning, Cara Koenen on Friday 13 November.

Born and raised on Magnetic Island, Ms Koenen has played with the Sunshine Coast Lightning since 2017, and has won two consecutive Suncorp Super Netball Championships and recently been selected in the Australian Origin Diamonds Squad.

St Margaret Mary's College, currently the NQ Vicki Wilson Regional Netball Champions, invited Ms Koenen to meet with the squad to provide the students with the opportunity to learn from a professional, something that Ms Koenen is passionate about providing for the regions.

"As a budding netballer who grew up on Magnetic Island, I have faced a number of challenges throughout my journey to become a professional athlete. As a result, I enjoy giving back to the regions and offering students the opportunity to receive the same skills and coaching as those in the metropolitan areas," Ms Koenen said.

St Margaret Mary's College Health and Physical Education Leader, Mrs Kim Cameron said that the college was thrilled to welcome a professional athlete of the calibre of Ms Koenen.

"Our Netball squad have shown their ability as NQ Vicki Wilson Champions in 2020 and making it to the Queensland State Titles. We are continually looking at ways to develop the skills of our students and the opportunity to have them to learn from Cara is fantastic." Mrs Cameron said.

Living on the Sunshine Coast, Ms Koenen balances her professional netball career with university study and casual work, and she still holds a very special place in her heart for North Queensland.

"Although I have moved away from my island home, my family have always been my greatest asset in life, providing constant advice, motivation and support and it is this that I want to be able to share with others," Ms Koenen said.

"It was so great to be able to come to Townsville in Round 13 this year with the Lightning to have a win against the Magpies. Playing at the Townsville Entertainment and Convention Centre in front of my home crowd was a dream come true."

"Whilst I am a professional athlete, I am also enrolled at Griffith University, completing a Bachelor of Criminology and Criminal Justice and Bachelor of Forensic Science, majoring in Molecular Biology, as well as recently having commenced online study for a Certificate III in Fitness."

"For me, meeting with students is more than just talking netball skills. It is an opportunity for me to share my personal experiences on time management, mental health, work-life balance, motivation, leadership skills, work ethic, commitment and sacrifices. I am looking forward to giving the St Margaret Mary's netball team skills to assist them in their netball career and life journey."

Date:- Friday, 13 November 2020

Time:- 11am to 11.30am

Location :- St Margaret Mary's College

For further information please contact direct:

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