



Arabella Ryan

Metropolitan West Region

Football – Queensland School Sport
Merit Team 2021

Other sports: Hockey, Touch Football,
Cross Country, Track and Field
and Swimming.

*What advice would you give to another
athlete wanting to succeed in their sport?*

*“Just practice a lot
and have fun.
Enjoy what you
do!”*

ABOUT ME

PERSONAL GOALS:

To play for the Matildas.

FAVOURITE ATHLETE:

Clare Polkinghorne because she is an amazing player that inspires.

FAVOURITE SUBJECT:

ADP – Health and Physical Education for advanced athletes.

CAREER GOALS:

To play professional football, then be a physiotherapist.

MY ATHLETE JOURNEY

What are some of your favourite school sport memories?

Winning the hockey season with an amazing group of girls. Playing for Met West with another amazing group of girls, coming runners-up and being selected in the Queensland Merit Team.

What motivates you to continue on your athlete journey?

I love sport, keeping fit and healthy and being part of a team. I have made so many new friends and I have so many amazing people supporting me.

What do you enjoy most about competing?

I love having fun with my friends and I enjoy playing football.

All athletes on occasions have bad days, either at training, in competition, or both. How do you overcome these “low” days?

Forget about that day, learn from what happened and focus on the next day.



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