



## Alana Hill

Peninsula Region

Football – Queensland School Sport  
Merit Team 2021

Other sports: Cross Country, Track and Field

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

*“Work hard, work smart, stay positive, never give up and most importantly don’t forget to have fun and enjoy the game!”*

### ABOUT ME

#### PERSONAL GOALS:

To become a professional football player and play on a club and national team.

#### FAVOURITE SPORTING TEAM / ATHLETE:

US Women’s national team and Rose Lavelle.

#### MY ROLE MODEL:

Alex Morgan. She is an excellent football player, she is smart and has a normal family life despite being famous.

#### FAVOURITE SCHOOL SUBJECT:

Health and Physical Education

#### CAREER GOALS:

I am interested in the medical field or law. I would also like to become a professional football player.

### MY ATHLETE JOURNEY

#### What is your favourite school sport memory?

*When I was 10 years old, I was selected as the youngest player on the Peninsula team and competed in the State Championships in 2019. I did not make it in Queensland School Sport merit team that year but I was determined to try again. I was devastated in 2020 when the competition was cancelled due to COVID, but being able to compete again in 2021 and making it into the merit team is for sure one of my favourite memories.*

#### What motivates you to continue on your athlete journey?

*I started playing football when I was just 4 years old. It is a fun and smart game. My dream is to play for a national team someday, either Australia, France or the United States. I know the odds are very small and I need to work really hard to be able to make it.*

#### What personal habits / routines do you use to prepare for “Game day”?

*I eat a healthy meal and go to bed early the night before. I drink chocolate milk and a small nutritious breakfast on game day. I always wear a high ponytail and listen to loud music to get my adrenaline going right before the game.*

#### What do you enjoy most about competing?

*The discipline that is needed before the game. The adrenaline and ability to think on your feet and deliver during the game. The feeling of accomplishment after the game if you win or the ability to lose gracefully and learn from it. These are important qualities, both on and off the field.*



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