

Sophie Holbeck

Sunshine Coast Region

Queensland School Sport Merit Team 2021: Football

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

"Work hard at your game, practice, practice and know that making mistakes is part of the journey."

PERSONAL AND CAREER GOALS:

To be a professional footballer and play for my state and country in the 2032 Olympic Games. I would also like to eventually play for a European team.

FAVOURITE SPORTING TEAMS:

Liverpool Football Club, The Matildas and the England national team.

MY ROLE MODEL:

Bruno Fernandes. He is a good leader and an excellent player along with Pedri Gonzalez who is a young talented creative player.

FAVOURITE SCHOOL SUBJECT:

Physical Education

GO TO FOODS:

MY ATHLETE JOURNEY

Pesto pasta and yoghurt with granola and frozen fruit.

What do you enjoy about competing?

Challenging myself, trying new things along with being a part of a team.

What aspect of training or competing do you feel you need to improve the most?

To be more vocal on the field.

As a young footballer, what has your sporting journey looked like so far?

I took up football at five years of age playing for a local team. I made the Churches Representative Squad prior to playing with the Sunshine Coast Fire for two years and Sunshine Coast United at ten years of age in the NPLW under Olivia Latimer. I currently play and train with Caloundra Football Club in the boy's team. Playing with Caloundra I have a great coach (Rui Spinola) who has taught me many things.



