



Star Clarke

Capricornia Region

Queensland School Sport
Merit Team 2021: Rugby League

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

“To have a strong mindset and work hard.”

ABOUT ME

PERSONAL AND CAREER GOALS:

To be a police officer and a professional rugby league player and represent Australia.

FAVOURITE SPORTING TEAM:

Penrith Panthers

MY ROLE MODELS:

Jillaroos/National Rugby League Women’s player
Tazmin Gray

FAVOURITE SCHOOL SUBJECT:

Physical Education

IF YOU MET YOUR FAVOURITE ATHLETE, WHAT QUESTION WOULD YOU ASK THEM?

How I can become a better rugby league player.

What is your favourite school sport memory?

Making the Queensland Merit team and getting this far in my first year of rugby league.

What motivates you to continue on your athlete journey?

The achievements I’ve made so far in rugby league have pushed me to want to continue to achieve more.

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

A morning protein shake, listening to music, warming up and dancing to shake away my nerves.

What do you enjoy most about competing?

The physical contact and winning a game.

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

Meditation, going for walks on the beach and talking to my coaches, siblings, parents or a close friend.

How would you describe yourself?

I listen and take on every piece of advice given from my coaches. I am very loyal, committed and have a strong mindset also a role model being a captain in the Capricornia and Port Curtis teams has helped with this.

MY ATHLETE JOURNEY



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