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## MEDIA RELEASE

### 2010 Queensland Firebirds team announced

In 2010 the Queensland Firebirds side will be a mix of four 2009 Australian Netball Diamonds players, young local talent and the return of the team's best, Netball Queensland announced today.

The impressive team list will feature returning players Laura Geitz and Lauren Nourse as well as their fellow Australian Diamonds team mates Natalie Medhurst and Amy Steel.

Also making the return to the Firebirds in 2010 will be the Jamaican shooting sensation Romelda Aiken, 2009 vice captain Clare McMenemy, speedy goal attack Alissa Castrisos and Sunshine Coast's Keirra Trompf.

Fresh from the Australian Institute of Sport (AIS), Queensland's young talent Laura Scherian, Sophie Croft and Jacqui Russell have also booked a spot in the team.

New Firebirds coach Roselee Jencke said the team consisted of a good mix of experience and youth.

"The Firebirds team will be a versatile unit having the ability to change up the line when required with players being able to play in a number of positions," she said.

"The experienced players will lead and challenge the younger members to build on their fitness and skills to produce improved performances for 2010."

Jencke said pre-season training will begin this month and will be critical to the Firebirds 2010 ANZ Championship campaign.

"The Firebirds fitness and strength is important to be able to cope with the demands of a grueling ANZ Championship competition."

"It is equally important to improve our court craft by drilling our strategies regularly at training and then getting valuable match practice under pressure to get the chance to perform and learn about each other's game."

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Having missed out on a finals berth in 2008 and 2009, Roselee is determined to take the team a step further in 2010, building on the team's fitness, skill and consistency.

"Consistency is an area of the game we have to work on and the ability to finish off opposition teams when we are in front and have the momentum," she said.

The Queensland Firebirds will begin their 2010 ANZ Championship campaign on March 21 at the Gold Coast Convention & Exhibition Centre and will play the remaining six home games at the Brisbane Convention & Exhibition Centre.

The ANZ Championship will be contested over 14 rounds before the finals in June.

Firebirds Season Tickets will be available soon. For more information about Season Tickets visit the website at [www.firebirds.net.au](http://www.firebirds.net.au).

### **2010 Queensland Firebirds**

Romelda Aiken  
Alissa Castrisos  
Sophie Croft  
Laura Geitz  
Clare McMeniman  
Natalie Medhurst  
Lauren Nourse  
Jacqui Russell  
Laura Scherian  
Amy Steel  
Keirra Trompf  
Sarah Wall

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