

## This Girl Can

### Chelsea Humphrey – Cardross Football Netball Club

I've only been playing women's football for now 3 seasons about to kick off our 4<sup>th</sup>. It has been one hell of a journey so far with wining the Cardross Women's best and fairest in year 1, to trying out for a few different VFL women's team in Melbourne to making into Williamstown VFL Squad. Though I have had a lot of setbacks with work commitments and injuries I will still be heading into my 4<sup>th</sup> year with all that I have to give. Last year I was given the opportunity to be assistant coach for our Cardross team through our season, we made in into the grand final with only falling short of 6. This season with starting my new career I have taken a step back from playing coach to now just playing alongside my team. It has been one hell of a ride so far and it can only get better. At first, I was hesitant and shy of the sport because it was a "male" based sport but now I cannot wait till football season starts every year, some years we don't even want a break. I have made so many new friends and had awesome experiences. I would 100% recommend any females wanting to give it ago JUST DO IT. You won't regret it 😊

