

2024



MEDIA GUIDE



FREMANTLE
DOCKERS

NAB AFLW
2024 SEASON

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Back row: Tara Stribley, Holly Ifould, Philipa Seth, Madeleine Scanlon, Serena Gibbs, Tunisha Kikoak, Aisling McCarthy, Tahleah Mulder, Dana East
 Third row: Joanne Cregg, Gabrielle Newton, Gabby Biedenweg-Webster, Ariana Hetherington, Mim Strom, Ashleigh Brazill, Oragh Lally, Sarah Verrier, Gabby O'Sullivan
 Second row: Ebony Antonio, Laura Pugh, Angelique Stannett (captain), Lisa Webb (coach), Hayley Miller, Áine Tighe, Emma O'Driscoll
 Front row: Makaela Tuhakaraina, Jae Flynn, Amy Mulholland, Megan Kauffman, Jessica Low, Mikayla Morrison, Airlie Runnalls

2024 *Fixture**

WEEK 1		SAT 31 AUG / 3.05 PM Windy Hill <i>Wurundjeri</i>
WEEK 2		SUN 8 SEP / 3.05 PM Fremantle Oval <i>Whadjuk</i>
WEEK 3		SAT 14 SEP / 4.05 PM Alberton Oval <i>Kurna</i>
WEEK 4		SAT 21 SEP / 12.05 PM Fremantle Oval <i>Whadjuk</i>
WEEK 5		FRI 27 SEP / 4.05 PM RSEA Park <i>Boonwurrung</i>
WEEK 6a		TUE 1 OCT / 7.15 PM GMHBA Stadium <i>Wadawurrung</i>
WEEK 6b		SUN 6 OCT / 2.05 PM Fremantle Oval <i>Whadjuk</i>
WEEK 7		SAT 12 OCT / 4.15 PM Fremantle Oval <i>Whadjuk</i>
WEEK 8		SAT 19 OCT / 4.05 PM Optus Stadium <i>Whadjuk</i>
WEEK 9		SAT 26 OCT / 2.05 PM Henson Park <i>Gadigal</i>
WEEK 10		TBC / TBC PM Fremantle Oval <i>Whadjuk</i>

* ALL TIMES ARE LOCAL

PLAYING *List*

#	PLAYER	DOB	DEBUT	CAREER GAMES
1	Gabrielle Newton	31/08/2001	Round 1, 2020	36
2	Kiara Bowers	16/11/1991	Round 1, 2019	49
3	Emma O'Driscoll	22/04/2000	Round 4, 2020	45
4	Angelique Stannett	15/04/1997	Round 1, 2019	57
5	Sarah Verrier	02/08/2002	Round 1, 2021	40
6	Madeleine Scanlon	08/03/2001	Round 1, 2022b	14
7	Aisling McCarthy	24/02/1996	Round 2, 2019	43
8	Dana East	10/06/2002	Round 1, 2022a	30
9	Gabby O'Sullivan	21/03/1994	Round 1, 2017	63
10	Áine Tighe	25/07/1992	Round 1, 2022a	29
11	Mikayla Morrison	01/03/2001	Round 4, 2022a	4
12	Ebony Antonio	18/12/1991	Round 1, 2017	57
13	Makaela Tuhakaraina	23/08/2003	Round 1, 2022a	16
14	Orlagh Lally	28/07/2001	Round 1, 2022b	17
15	Tara Stribley	22/03/2004	Round 3, 2022b	6
16	Serena Gibbs	03/06/2000	Round 5, 2021	8
17	Holly Ifould	02/09/2005	Yet to play	0
18	Philipa Seth	19/02/1994	Round 1, 2019	39
19	Hayley Miller	03/02/1996	Round 1, 2017	70
20	Jae Flynn	02/04/1999	Round 3, 2023	7
21	Mim Strom	07/11/2001	Round 1, 2020	49
22	Airlie Runnalls	25/06/1998	Round 1, 2022a	32
23	Joanne Cregg	01/07/1993	Round 1, 2023	8
24	Ashleigh Brazill	29/12/1989	Round 6, 2018	32
25	Megan Kauffman	21/03/1997	Round 1, 2022b	20
26	Tahleah Mulder	04/12/2001	Round 7, 2023	4
29	Ariana Hetherington	26/06/1999	Round 1, 2023	4
30	Jessica Low	05/11/1999	Round 1, 2022a	31
31	Gabby Biedenweg-Webster	13/01/1998	Round 5, 2022b	3
32	Laura Pugh	01/11/1993	Round 1, 2019	52
33	Amy Mulholland	06/08/1993	Round 1, 2022b	17
37	Tunisha Kikoak	12/05/2005	Yet to play	0

Club Leaders

President **CHRIS SUTHERLAND**

CEO **SIMON GARLICK**

Executive General Manager of Football **JOSEPH BRIERTY**

Head of AFLW **CLAIRE HEFFERNAN**

Executive General Manager of Talent, Strategy & Special Projects **PETER BELL**

AFLW List Manager **DARRYN FRY**

AFLW Football Operations Coordinator **ASHLEA RENSHAW**

AFLW Player Development Manager **LIANA NICI**

Coaching Staff

LISA WEBB Senior Coach

Lisa Webb returns for her second season as Senior Coach, bringing an extensive teaching and coaching background with her, as well as a strong bond with the playing group. Lisa was Fremantle's opposition and strategy coach at Fremantle between 2019 to 2022, and then joined her husband Marc at the Western Bulldogs, taking on the role as their AFLW midfield coach for Season 7. Last year, Lisa became the second former AFLW player to lead a side and will look to make an impact in Season 2024.

CAM SHEPHERD Director of Coaching

Cam Shepherd continues as the Director of Coaching for Season 2024, with an impressive number of accolades to his name. Cam is a two-time WAFL Premiership Coach, having held the Senior Coach position at Peel Thunder for nine seasons between 2012 to 2021. Most recently, Cam led the WAFL State team as Senior Coach for the third year in a row. Cam will continue to use his knowledge and experience, hoping to lead Fremantle to success in 2024.

KARA ANTONIO Assistant Coach (*backline*)

Another new addition to the coaching line-up for 2024, Kara Antonio was the inaugural Captain of the Club's AFLW side and led the squad for five years before retiring after Season 7 in 2022. The former Captain and All-Australian focused on her coaching experience at Subiaco in the WAFL after retirement, which will hold her in good stead returning to Fremantle.

MATT CONNELL Assistant Coach (*forwards*)

Matt Connell brings an array of experience to the forward line, having spent nine years in the AFL, between Adelaide Crows and the West Coast Eagles, winning two premierships as well as a Best & Fairest award with Adelaide during a successful era for the Club. Post retirement, Connell lived in the UK for four years and coached the Great Britain Lions in the International Cup as well as taking his teaching career full-time as Head of Sport at Newman College for nine years.

MARK TILBURY Assistant Coach (*midfield*)

Joining Fremantle as the Midfield Coach for season 2024, Mark Tilbury hails from a teaching background, running multiple school-based football programs, as well as spending 14 years in a variety of Coaching roles for Peel Thunder Football Club, both from a development level, through to league.



From left to right:
Craig Thomas, Matt Connell, Kara Antonio,
Lisa Webb, Lauren Stammers, Zac Langdon,
Mark Tilbury, Cam Shepherd

LAUREN STAMMERS Development Coach

Lauren Stammers returns for her third AFLW season with Fremantle as a Development Coach. Lauren was one of the game's pioneers in the AFLW exhibition matches between Melbourne and the Western Bulldogs and is a three-time premierships player with Coastal Titans in the WAWFL, including twice as captain. After retiring as a player, Stammers took up several coaching roles that took her from Subiaco to the West Coast Eagles, and now, Fremantle.

CRAIG THOMAS Opposition Analyst

Craig Thomas returns as Fremantle's Opposition Analyst for season 2024 who has been an integral part of the AFLW program since day one. When he's not at training with the squad, Craig juggles full-time teaching work at St Stephen's School as the Head of Health & Physical Education.

ZAC STROM Ruck Coach

Having played over 180 WAFL matches for South Fremantle, Zac Strom adds an array of experience to Fremantle's coaching line-up as the ruck coach for 2024. Zac has played everywhere on-field, however, will be working closely with the rucks, including his sister, Mim, on their craft for this season.

ZAC LANGDON Skills Specialist and Football Fundamentals

Zac Langdon joins Fremantle with a wealth of knowledge, as a former AFL athlete, making 56 AFL appearances across the GWS Giants and the West Coast Eagles. Zac hopes to provide as much support for the side on and off the field, developing their footy skills and fundamentals.

JOSH CORBETT Specialist Coach

Fremantle AFL forward Josh Corbett is back for his second AFLW season as a specialist coach for Fremantle's key position players. Corbett worked in a similar role in his time at the Gold Coast Suns and is extremely passionate in the AFLW coaching space.

KEY FOOTBALL SUPPORT STAFF

AFLW High Performance Manager **COREY MORRIS**

AFLW Head Physiotherapist **BRETT FLETCHER**

AFLW Analyst **SHANA KEMP**

Club Doctor **IONE PATTEN**

Dietitian **MEGAN KEARLEY**

Club Records

SEASON BY SEASON RECORD

YEAR	PLAYED	WON	LOST	DRAW	%	POSITION	FINALS
2017	7	1	5	1	64.1	7th (out of 8)	N
2018	7	3	4	0	89.8	7th (out of 8)	N
2019	7	6	1	0	141.2	2nd (out of 5)*	Y
2020	6	6	0	0	154.7	1st (out of 7**)	N/A
2021	9	6	3	0	185.1	5th (out of 14)	Y
2022 (A)	10	7	3	0	134.9	5th (out of 14)	Y
2022 (B)	10	3	6	1	66.8	12th (out of 18)	N
2023	10	4	6	0	71.9	13th (out of 18)	N

*Fremantle placed second in "Conference A" in 2019, after the competition was split due to the introduction of new teams in the competition that year.

**Fremantle placed first in "Conference B" in 2020, until the season ended early due to COVID-19, with no finals played and no winner crowned.

CLUB ADMINISTRATORS

YEAR	PRESIDENT	CEO	SENIOR COACH	CAPTAIN
2017	Dale Alcock	Steve Rosich	Michelle Cowan	Kara Antonio
2018	Dale Alcock	Steve Rosich	Michelle Cowan	Kara Antonio
2019	Dale Alcock	Steve Rosich	Trent Cooper	Kara Antonio
2020	Dale Alcock	Simon Garlick	Trent Cooper	Kara Antonio
2021	Dale Alcock	Simon Garlick	Trent Cooper	Kara Antonio
2022 (A)	Dale Alcock	Simon Garlick	Trent Cooper	Hayley Miller
2022 (B)	Dale Alcock	Simon Garlick	Trent Cooper	Hayley Miller
2023	Dale Alcock	Simon Garlick	Lisa Webb	Hayley Miller
2024	Chris Sutherland	Simon Garlick	Lisa Webb	Ange Stannett

LEADERSHIP GROUP

YEAR	CAPTAIN	VICE CAPTAINS	LEADERS
2017	Kara Antonio	Kiara Bowers, Kirby Bentley	Amy Lavell, Dana Hooker
2018	Kara Antonio	Kiara Bowers, Amy Lavell	
2019	Kara Antonio		Kiara Bowers, Gabby O'Sullivan, Ebony Antonio, Evie Gooch
2020	Kara Antonio		Kiara Bowers, Hayley Miller, Gabby O'Sullivan, Ebony Antonio
2021	Kara Antonio		Kiara Bowers, Hayley Miller, Gabby O'Sullivan, Ebony Antonio
2022 (A)	Hayley Miller	Ange Stannett, Kiara Bowers	Gabby O'Sullivan, Stephanie Cain
2022 (B)	Hayley Miller	Ange Stannett	Gabby O'Sullivan, Laura Pugh, Janelle Cuthbertson
2023	Hayley Miller	Ange Stannett	Gabby O'Sullivan, Laura Pugh, Áine Tighe
2024	Ange Stannett	Hayley Miller, Laura Pugh, Áine Tighe	Emma O'Driscoll, Ash Brazill

Individual Records

GAMES RECORDS

GAMES	PLAYER	YEARS
70	Hayley Miller	2017 -
63	Gabby O'Sullivan	2017 -
57	Ebony Antonio	2017 -
57	Ange Stannett	2019 -
52	Laura Pugh	2019 -
49	Mim Strom	2020 -
49	Kiara Bowers	2017 -
47	Kara Antonio	2017 - 22

GOALS RECORDS (FREMANTLE)

GAMES	PLAYER	YEARS
40	Gemma Houghton	2017 - 22
32	Ebony Antonio	2017 -
30	Sabrina Duffy	2019 - 21
25	Ashley Sharp	2017 - 21
23	Áine Tighe	2022 - 23
20	Hayley Miller	2017 -
21	Gabby O'Sullivan	2017 -

GREATEST WINNING MARGIN

POINTS	VERSUS	SCORE	YEAR
70	Gold Coast Suns	12.8 (80) def. 1.4 (10)	2020
67	West Coast Eagles	11.9 (75) def. 1.2 (8)	2021
49	Gold Coast Suns	7.13 (55) def. 1.0 (6)	2021
45	West Coast Eagles	9.6 (60) def. 2.3 (15)	2020
42	Carlton	7.9 (51) def. 1.3 (9)	2022

SCORING RECORDS

POINTS	VERSUS	SCORE	YEAR
80	Gold Coast Suns	12.8 (80)	2020
77	Richmond	11.11 (77)	2022
75	West Coast Eagles	11.9 (75)	2021
69	Kangaroos	11.3 (69)	2022
67	Brisbane Lions	10.7 (67)	2019

CLUB CHAMPIONS

SEASON	WINNER	RUNNER UP	THIRD PLACE
2017	Dana Hooker	Kara Antonio	Lara Filocamo
2018	Ebony Antonio	Dana Hooker	Kara Antonio
2019	Kiara Bowers	Dana Hooker	Gemma Houghton
2020	Kiara Bowers	Ebony Antonio	Hayley Miller
2021	Kiara Bowers	Stephanie Cain	Janelle Cuthbertson
2022 (S6)	Hayley Miller	Ebony Antonio	Ange Stannett
2022 (S7)	Kiara Bowers	Hayley Miller	Áine Tighe
2023	Ange Stannett	Emma O'Driscoll	Mim Strom

CLUB CHAMPIONS CONT.

SEASON	BEST CLUBWOMAN	BEST FIRST YEAR PLAYER
2017	Amy Lavell	
2018	Lisa Webb	
2019	Evie Gooch	Philipa Seth
2020	Kara Antonio	Mim Strom
2021	Ange Stannett	Sarah Verrier
2022 (S6)	Ange Stannett	Jessica Low
2022 (S7)	Ange Stannett	Orlagh Lally
2023	Ange Stannett	Jae Flynn



GABRIELLE NEWTON

Utility

Previous AFLW Club Western Bulldogs

Draft History No.1, 2019 AFLW Draft

Height 175cm

Honours 2020 AFLW Rising Star award nomination, 2020 AFLPA 22under22 team, 2020 Western Bulldogs Best First Year player

Preferred Name/Nickname Gabby

Senior Club (non-AFLW) Northern Knights, Carlton VFLW

Bio Gabby Newton is the ultimate utility, who is ready to take the Purple Army by storm in Season 9. The former number one draft pick played 36 games for the Western Bulldogs and has shown she is a force to be reckoned in the midfield and forward line with her agility, tackling prowess and ability to hit the scoreboard.

Fun facts Loves karaoke, works in Fremantle's Community Department.

Favourite footy game played to date Northern Knights NAB League Grand Final – we won undefeated in my draft year, HUGE!



EMMA O'DRISCOLL

Defender

Previous AFLW Club None

Draft History No.51, 2019 AFLW Draft

Height 172cm

Honours 22under22 team 2021, 2022 (S6), 2022 (S7), 2023 All Australian Team, 2023 Fremantle Fairest & Best runner up

Preferred Name/Nickname Drisco, Driz, Em

Senior Club (non-AFLW) Swan Districts

Bio All-Australian defender Emma O'Driscoll is known for her ability to intercept and create momentum off the backline. The 24-year-old registered a career-best season last year and was the league's leader in intercept possessions totaling 85 across the 10 rounds. She will continue striving to set the standard for Fremantle in Season 9.

Fun facts Netball background, hails from Northam, Physio and Pilates instructor.

Favourite footy game played to date In the hub during COVID we won against Collingwood at Victoria Park for Pride Round – it was epic! And when we beat Adelaide at Norwood Oval... and the RAC Derby always!



KIARA BOWERS

Midfielder (inactive)

Previous AFLW Club played for Melbourne in exhibition series' (2013, 2014, 2015) before AFLW commenced

Draft History 2016 AFLW Draft marquee signing

Height 164cm

Honours 2021 AFL Women's Fairest and Best, 2021 AFLW Coaches Association Player of the Year, 4x All Australian (2019, 2020, 2021, S7 2022), 4x Fremantle Fairest and Best (2019, 2020, 2021, S7 2022), 4x RAC Derby medal (2020, 2021 x2, 2022)

Preferred Name/Nickname Turbo

Pronunciation of name (phonetically) KEY-AR-UH

Senior Club (non-AFLW) Coastal Titans

Bio Four-time All Australian and midfield machine, Kiara Bowers will be hugely missed in Season 9. Bowers has been placed on the Club's inactive list, following the exciting news of her pregnancy – soon to be a mum of two.

Fun facts Carpenter, mother to son Nate with partner Adele, can juggle.

Favourite footy game played to date My first one v Melbourne was pretty memorable, so many of us made our debut that game... good memories.



ANGELIQUE STANNETT (CAPTAIN)

Utility (inactive)

Previous AFLW Club None

Draft History 2018 Rookie Signing

Height 163cm

Honours Fremantle Best Clubwoman 2021, 2022 (S6), 2022 (S7), 2023, Players' Award 2022 (S6), 2023, Fremantle Fairest & Best winner 2023.

Preferred Name/Nickname Ange, Smother Theresa

Senior Club (non-AFLW) Swan Districts

Bio Captain and Fairest and Best winner Ange Stannett asserted herself as a player to watch last season, registering multiple career-best performances. The utility is known for her agility, speed, and tenacity, with a 'never give up' mindset week in, week out. Although she won't be running out on the field in 2024, the skipper will lead from the sidelines and continue to show up for her team.

Fun facts Born in NZ, played 6 games for Perth Glory during 2015/16 W-League season, game day host for men's Freo AFL games, plays piano.

Favourite footy game played to date Freo v Collingwood – we were in the hub and backs were against the wall, everyone was so stressed off field about not being able to get home and we played one of our best team performances ever. Topped off with a concert in the change rooms from Pugh and Drisco.



SARAH VERRIER

Defender

Previous AFLW Club None

Draft History No.14, 2020 AFLW Draft

Height 168cm

Honours Fremantle AFLW Best First Year player 2021, AFLW Rising Star nomination R4 2022

Preferred Name/Nickname Sez

Pronunciation of name (phonetically) VEH-REE-AR

Senior Club (non-AFLW) Peel Thunder

Community Club Baldivis Junior Football Club

Bio Sarah Verrier has shown she can do it all, moving from being predominately in the backline into the midfield last season. Moving into her fifth AFLW season, Verrier is known for her strong kicking ability, vital decision-making, and agility, proving she is an invaluable asset for her team.

Fun facts Brothers Brendan and Steven used to play with WAFL Club South Fremantle, one of the best kicks in the team, can make good seagull noises.

Favourite footy game played to date Win against Collingwood over in the hub! Spent a while away from home and just smashing that game out with the girls and connecting with them so much.



AISLING (AISH) McCARTHY

Midfielder

Previous AFLW Club West Coast Eagles, Western Bulldogs

Draft History 2018 Rookie Signing

Height 165cm

Preferred Name/Nickname Ash, Aish Mac, Aisling

Pronunciation of name (phonetically) ASH-LING

Bio A new recruit to Fremantle for Season 9 and a former Gaelic footballer, Ash McCarthy has 43 AFLW games under her belt, bringing experience to Fremantle's midfield and forward line. McCarthy brings her speed and strength to move the ball forward, and her ability to make an impact in stoppages and clearance wins does not go unnoticed.

Fun facts One of five Irish players at Fremantle, Gaelic football background, is a physiotherapist, mother was born in Melbourne and lived there until she was 3 – has an Aussie passport.

Favourite footy game played to date Couple of times we've played Port Adelaide when I was at the Eagles – we got the W, and it was a good team performance! Also, the win against Essendon in Windy Hill last year was a gutsy performance.



MADELEINE SCANLON

Defender

Previous AFLW Club None

Draft History No.27, 2022 AFLW Draft

Height 172cm

Honours WAFLW Claremont premiership player 2022, Top 10 in Fremantle's Fairest and Best votes for 2023, AFLPA Education and Development Award 2023

Preferred Name/Nickname Madi, Mads

Pronunciation of name (phonetically) SCAN-LON

Senior Club (non-AFLW) Claremont

Community Club West Coast Amateurs

Bio Madi Scanlon is a running half-back who has impressive intercept marking skills and is a player who can drive the ball down the field in transition out of defence. Scanlon played every game in Season 8, which is a credit to her athleticism, speed and defensive pressure she brings to the side.

Fun facts Loves surfing, freediving, scuba diving, jet skiing, fishing, travelling to all corners of WA, reading, loves thrifting, works in marine science.

Favourite footy game played to date WAFLW Grand Final 2022 – Claremont, my team at the time, beat the undefeated East Freo to win the flag. At Fremantle, it's probably against Richmond in 2023 – was such a fun game, everyone played their role and we really showcased what we can do as a team.



DANA EAST

Midfielder

Previous AFLW Club None

Draft History No.31, 2022 AFLW Draft

Height 167cm

Honours 2022 AFLW Rising Star nomination round 9, 8th place in Fremantle's Fairest and Best Awards 2023.

Preferred Name/Nickname Easty

Pronunciation of name (phonetically) DAY-NA

Senior Club (non-AFLW) Swan Districts

Bio Dana East is a competitive inside mid who is clean in the contest and adds speed and agility to Fremantle's midfield. After a breakout season in 2023, East has proved she is one to watch, and will only look to build on her craft. Now with 30 AFLW games to her name, she has not missed a match since she debuted in Season 6.

Fun facts basketball background, from avocado farm in Manjimup (WA South West), father Heath played with WAFL Club East Perth, is a support worker with WhatAbility.

Favourite footy game played to date Round 1, RAC Derby 2022a – my debut round, the atmosphere, and the win!



GABBY O'SULLIVAN

Medium Forward

Previous AFLW Club None

Draft History 2017 pre-draft rookie selection

Height 167cm

Honours 2023 AFLW Goal of the Year nomination round 8

Preferred Name/Nickname Gabby, Gabs, Mitts, Gabstar

Senior Club (non-AFLW) East Fremantle

Bio Gabby O'Sullivan brings exceptional skills and versatility to Fremantle as one of the four inaugural Dockers who remain. With 63 games under her belt, she is known for her fierce competitiveness, agility and goal-scoring prowess. Expect O'Sullivan to showcase more of her speed and agility in 2024.

Fun facts Played SBL with Perth Redbacks, played College basketball for Coastal Georgia in US, won 2017 SBL championship with Perry Lakes Hawks, house mates with Orlagh Lally, country music fan, father John played with WAFL Club East Fremantle, teacher at SEDA.

Favourite footy game played to date Final game against North Melbourne in 2022. Great team win and the vibes after the game were electric.



MIKAYLA MORRISON

Forward

Previous AFLW Club None

Draft History No.30, 2020 AFLW Draft

Height 164cm

Honours AFLW Rising Star nomination R6 2022, represented WA at 2019 National U18 Championships.

Preferred Name/Nickname Morro, Dollcing, Doll

Senior Club (non-AFLW) Swan Districts

Community Club Bassendean JFC

Bio Powerful forward Mikayla Morrison is known for her explosive speed and accurate kicking and always leaves a lasting impact in every game she plays. After missing last season with an ACL injury, Morrison is set to return stronger than ever. She was quick to make an impact in just her second AFLW game in 2022, as she received an AFLW Rising Star nomination when she kicked three goals.

Fun facts Cousins with Fremantle great Des Headland. She is a Noongar, Yamatji and Kija woman. Assisted in the designs of Fremantle's AFLW Indigenous Jumpers, nursing student, Has a puppy named Lukey (named after Luke Combs)

Favourite footy game played to date Indigenous Round 2022a – the last time I played, being back home and wearing the guernsey I designed alongside my uncles.

ÁINE TIGHE

Key Forward

Previous AFLW Club None

Draft History pre-draft rookie selection 2019 AFLW Draft

Height 185cm

Honours 2023 AFLW Goal of the Year nomination round 1, 4th place in Fremantle's Fairest and Best Awards 2023

Preferred Name/Nickname Áine (pronounced Onya)

Pronunciation of name (phonetically) ON-YA TIE

Bio Fremantle vice-captain Áine Tighe is a talented key forward known for her strong marking and exceptional set shot skills. Hailing from the Republic of Ireland, Tighe made a seamless transition to Australian Rules footy, after recovering from two ACL injuries. Standing at 6ft tall, Tighe has shown she can consistently have impactful performances, including her performance against Hawthorn in round 3 last season, booting three goals, and taking 12 marks and 20 disposals.

Fun facts Works in Fremantle's Community Department, comes from Ireland and played Gaelic Football with County Leitrim, has overcome two knee reconstructions since arriving in Perth, physical education and maths teacher with a Masters in sports performance, Fremantle FC Next Generation Academy Coach

Favourite footy game played to date AFLW v Collingwood away game in 2022, on the road in the hub, backs against the wall and written off going into the game, but most of all because of the post-match rave in the changing rooms after, led by Drisco and Pughy!



EBONY ANTONIO

Utility

Previous AFLW Club None

Draft History 2017 (16) priority selection

Height 173cm

Honours AFLW All Australian 2018, Fremantle Fairest and Best 2018, AFLW Goal of the Year 2022, Fremantle Leading Goal Kicker 2022, RAC Derby Medal 2022, played for Allies in inaugural 2017 AFLW State of Origin match v Victoria

Preferred Name/Nickname Epps

Senior Club (non-AFLW) Swan Districts

Bio Another inaugural player for Fremantle, Ebony Antonio is known to bring her strength, athleticism, strategic mindset, and leadership to help her side on-field. As a prominent AFLW player, she has consistently showcased her versatility as a key forward and defender. With All Australian honours to her name, Antonio has become a vital asset to Fremantle and will look to build in 2024, having only played six games last season due to injury.

Fun facts Won 4x SBL titles with Willetton Tigers, played WNBL with West Coast Waves, Bendigo Braves and Bendigo Spirit (winning 2x titles), electrician, married to Kara Antonio, studying PT course.

Favourite footy game played to date First RAC Derby and first game at Optus Stadium



MAKAELA TUHAKARAINA

Forward

Previous AFLW Club None

Draft History No.38, 2021 AFLW Draft

Height 158cm

Preferred Name/Nickname Tux, Tuxxy, Tuxedo

Pronunciation of name (phonetically) MAK-AY-LA
TWO-HUCK-UH-RAIN-UH

Senior Club (non-AFLW) South Fremantle

Bio Makaela Tuhakaraina is an exciting small forward to watch, adding speed, athleticism and flare to the Fremantle's forward line. Hailing from a diverse rugby background, she brings her unique perspective and skills to the game, with exceptional agility and strength. Tuhakaraina now has 16 AFLW games under her belt and will look to make her mark in 2024.

Fun facts New Zealand born, former junior rugby league player who switched to WAFLW, likes to play guitar/ukulele

Favourite footy game played to date Juddy's (Kara Antonio) last game: just being able to put the jumper on and play alongside her for her last game is an honour and a moment I'll cherish forever!



ORLAGH LALLY

Forward

Previous AFLW Club None

Draft History rookie selection AFLW Draft 2022

Height 170cm

Honours Fremantle best first year player 2022 (S7), 7th place in Fremantle's fairest and best 2023

Preferred Name/Nickname Lally, Lals

Pronunciation of name (phonetically) OR-LUH

Senior Club (non-AFLW) Meath (Ireland)

Bio Orlagh Lally showed in 2023 she is one to watch in Fremantle's forward line, registering multiple career best performances throughout the season. Another player who hails from Gaelic Football in Ireland, Lally adds speed, strength and agility to the side and has shown she can be an asset anywhere on the field.

Fun facts Played Gaelic Football for County Meath, played in Meath's maiden All Ireland Senior Ladies Championship win over Dublin at Croke Park, featured on the 'Kiss Cam' at the AFL Grand Final 2023, works in Fremantle's Fans and Community Department, can Irish dance.

Favourite footy game played to date RAC Derby in 2022, Optus Stadium because my Mam and Dad were there.



TARA STRIBLEY

Forward

Previous AFLW Club none

Draft History No.59, 2022 AFLW Draft

Height 165cm

Preferred Name/Nickname Stribs, Stribbles, Raso

Senior Club (non-AFLW) Swan Districts

Bio Tara Stribley is a versatile small forward and winger who boasts speed and strong ball skills. Although Stribley missed the 2023 season due to injury, she will look to have a come-back season in 2024, after putting in an extensive amount of work and effort in the off-season and official pre-season.

Fun facts Indian heritage, plays the piano, grew up a die-hard Fremantle fan

Favourite footy game played to date Round 10 v Hawthorn 2022b. Was Juddy's last game and we got the win and was good fun to celebrate with the girls after. Was also special because Juddy passed down her jersey number to me after we won.



SERENA GIBBS

Forward

Previous AFLW Club Carlton

Draft History No.44, 2019 AFLW Draft

Height 178cm

Honours 2022 AFLW Rising Star nomination round 9, 8th place in Fremantle's Fairest and Best Awards 2023.

Preferred Name/Nickname Gibbsey, Serena, Rennie

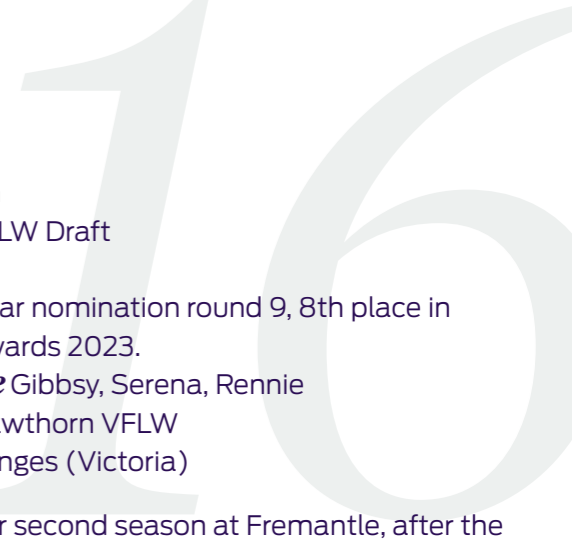
Senior Club (non-AFLW) Hawthorn VFLW

Community Club Eastern Ranges (Victoria)

Bio Serena Gibbs returns for her second season at Fremantle, after the tall utility played two games as a forward last season. Gibbs adds height and strength to the forward line, with strong contested marking skills and athleticism. After injuring both her PCL and MCL during pre-season, Gibbs is working hard to get back on-field for the 2024 Season.

Fun facts Traded to Fremantle in March 2023, played VFLW with Hawthorn, loves to skate on electric skateboard, loves to hike, currently works as an Education Assistant and wants to be a teacher in the future.

Favourite footy game played to date Round 6, 2021 v Geelong when I was playing for Carlton. I kicked 2 goals in my second game after a tough debut the week before. I felt so free on the ground and knew I played my role. Plus, we got the W.





HOLLY IFOULD

Midfielder (wing)

Draft History No.49, 2023 AFLW Draft

Height 168cm

Honours Best on Ground Medal in State Academy v SANFLW U23 All-Stars

Preferred Name/Nickname Holly, Hols, Hol, Holzeez

Pronunciation of name (phonetically) EYE-FOLD

Senior Club (non-AFLW) South Adelaide

Bio Fremantle's recent draftee Holly Ifould will look to make her mark in 2024. As an outside midfielder, Ifould knows how to bring speed, endurance and workrate to a game. The 19-year-old has a strong ability to cover ground, and impressive aerial ability, and uses her skills to hit targets with precision.

Fun facts Huge Yochi fan, loves hiking, must wear the same hair ribbon before a game, can do the splits and a headstand.

Favourite footy game played to date A Grade Women's Grand Final back in 2021 with Willunga Football Club. Being part of that team, winning the premiership and proving people wrong was a pivotal moment that made me realise football was my niche.



HAYLEY MILLER

Midfielder/Forward

Previous AFLW Club none

Draft History No.27, 2022 AFLW Draft

Height 171cm

Honours Captain for 3 seasons (2022a, 2022b, 2023), 2022 AFLW All Australia, Fremantle Fairest and Best 2022, Fremantle Leading Goalkicker 2022, RAC Derby Medal 2022b, represented Allies in 2017, 2x Dhara Kerr Medallist in WAFLW (2018, 2019), Fremantle Life Membership.

Preferred Name/Nickname Hayley, Hayls

Senior Club (non-AFLW) Subiaco

Community Club Coastal Titans

Bio Fremantle vice-captain Hayley Miller continues to assert herself as one of the elite players in the competition. With many accolades to her name, Miller has played an impressive 70 AFLW games to date and has not missed a match since round 7 in Season 6. The vice-captain will look to continue to dominate in the midfield with her speed, strength and tackling prowess. Each season, Miller shows she is one to watch not only in the midfield, but the forward line as well, with a consistent ability to hit the scoreboard – the 2024 season will be no different for Miller.

Fun facts Fremantle's first draft selection, Fremantle's games record holder, first Fremantle player to reach 50 AFLW games, is a Physiotherapist working as a therapy assistant in aged care, Starlight Ambassador.

Favourite footy game played to date Round 1, Season 6 2022 – Derby in front of a home crowd and my first as Captain. Had a bunch of debutants, got the win and Epps kicked goal of the year!



PHILIPA SETH

Defender

Previous AFLW Club None

Draft History No.28, 2018 AFLW Draft

Height 170cm

Honours Fremantle best first year player 2019

Preferred Name/Nickname Phil

Senior Club (non-AFLW) East Fremantle

Bio Entering her seventh season at Fremantle, Phil Seth consistently brings her speed, strength and agility to the backline. Seth is a player who knows how to control the game and is able to step up and lead wherever she is on-field. Now with 39 AFLW games to her name, Seth adds experience and poise to her side, and will look to have a strong 2024 season.

Fun facts Former touch rugby player, Physiotherapist.

Favourite footy game played to date A few highlights – my debut game v Melbourne (Club's first win away from home and 11 other debutants in that game), anytime we beat the Eagles, and a dominant win against Gold Coast pre-COVID cut off – we were flying!



JAE FLYNN

Wing/half back

Previous AFLW Club None

Draft History No.18, 2023 AFLW Supplementary Draft

Height 168cm

Honours WAFLW Claremont premiership player 2022, Top 10 in Fremantle's Fairest and Best votes for 2023

Preferred Name/Nickname Flynny, JJ, Flynndog

Pronunciation of name (phonetically) JAY

Senior Club (non-AFLW) East Fremantle

Bio Defender Jae Flynn returns for her second season at Fremantle, after playing seven games for the senior side in 2023. Flynn made an impressive debut in round 3 last season, which saw her keep her spot in the team until her injury in round 9. The former state league basketballer has been playing primarily a half back position, with her run and carry a feature of her game. Flynn played her career best game in round 6, amassing 14 disposals, eight kicks and three marks.

Fun facts former State basketballer, can ride a unicycle, can quote kids movie lines, teacher.

Favourite footy game played to date AFLW Debut against Hawthorn last year – was so nery but had too much fun playing!





MIM STROM

Ruck

Previous AFLW Club None

Draft History No.21, 2019 AFLW Draft

Height 182cm

Honours Represented WA at 2019 AFLW U18 National Championship, Second Runner Up in Fremantle's Fairest and Best 2023, All Australian squad 2023.

Preferred Name/Nickname Mim, Mimco

Senior Club (non-AFLW) South Fremantle

Bio Mim Strom continues to move from strength to strength each season and impresses with her dynamic abilities on the field. Standing tall at 6ft, she is an imposing figure in the ruck position, known for her exceptional marking skills and ability to win hit-outs for her side. The 22-year-old's work ethic is like no other, as she continues to improve each year.

Fun facts From Exmouth, can solve a rubix cube in good time, brothers played with WAFL Club South Fremantle, loves surfing, spearfishing and squash in the off season, works in Fremantle's Fans and Community Department.

Favourite footy game played to date 2020 v Carlton, scored 3 goals in 2 minutes to win the game!

AIRLIE RUNNALLS

Midfielder

Previous AFLW Club None

Draft History No.44, 2021 AFLW Draft

Height 165cm

Preferred Name/Nickname Dusty, Airs

Pronunciation of name (phonetically) AIR-LEE

Senior Club (non-AFLW) North Melbourne VFLW

Bio Airlie Runnalls will add experience to Fremantle's side this year as she returns for her fourth AFLW season. Runnalls adds remarkable speed, agility and a natural ability to win contested possessions, but is also known for her ability to hit the scoreboard when needed. Her career best performance saw her register 26 disposals and 14 kicks in round 9, 2022.

Fun facts Hails from Yarrawonga on NSW/VIC border, Fremantle's first interstate draft selection, PE Teacher.

Favourite footy game played to date Debut game v WCE.



ASHLEIGH BRAZILL

Defender

Previous AFLW Club Collingwood Magpies

Draft History No.35, 2017 AFLW Draft

Height 175cm

Honours All Australian 2019

Preferred Name/Nickname Braz, Ash

Senior Club (non-AFLW) East Fremantle, Swan Districts, (Suncorp Super Netball)

Bio Another exciting trade addition for 2024, Ash Brazill adds experience, leadership, athleticism, impressive decision making and strong marking hands to Fremantle's list. With All-Australian honours to her name, Brazill has played 32 AFLW games to date, and has proven to be a dynamic midfielder and defender on the field. A cross-code athlete, Brazill chose to retire from netball last year, committing to football full-time – she will be one to keep an eye out for in 2024.

JOANNE CREGG

Midfielder

Previous AFLW Club None

Draft History No.21, 2023 AFLW Supplementary Draft

Height 164cm

Preferred Name/Nickname Jo, Doc

Pronunciation of name (phonetically) JOE-ANNE

Senior Club (non-AFLW) Subiaco

Bio Jo Cregg had an impressive debut season in 2023, making an impact in preseason to ensure she was a shoe in to debut for round 1. Cregg played her career-best game against Essendon in round 4, amassing 15 disposals, 11 kicks and four marks. Cregg played every game apart from two last season, which she missed due to injury.

Fun facts Paediatric Doctor, piano instructor, an elite runner – finished second of all clubs at the WAFLW pre-season Yo-Yo test, registering 17.1.

Favourite footy game played to date 2023 Round 1 v Eagles – my debut.



MEGAN KAUFFMAN

Midfielder

Previous AFLW Club None

Draft History No.77, 2022 AFLW Draft

Height 165cm

Honours 9th place in Fremantle's Fairest and Best 2023

Preferred Name/Nickname Meg, Megs, Kauffy

Pronunciation of name (phonetically) MEE-GAN COUGH-MAN

Community Club Wembley Amateurs

Bio Now entering her third season at Fremantle, Megan Kauffman has gone from strength to strength since transitioning to AFLW from college tennis. The strong-bodied midfielder has truly made her impact felt on the field, highlighted by her career-high 14 tackles against Collingwood last year. Kauffman will look to take her game to another level in the 2024 season.

Fun facts Former college tennis player in the US, loves hiking, reading, works as a Strength and Conditioning Coach, High Performance Manager at West Perth in the WAFLW.

Favourite footy game played to date My first RAC Derby in Season 2022b – It was at Optus, which had great vibes and atmosphere and we won!



ARIANA HETHERINGTON

Ruck/Midfielder

Previous AFLW Club None

Draft History Signed as replacement player in 2023 for Mikayla Morrison (ACL injury)

Height 179cm

Preferred Name/Nickname Ari

Senior Club (non-AFLW) South Fremantle

Bio After earning a place on Fremantle's list as a replacement player last season, Ariana Hetherington was quick to make her mark at the Club, with a debut in round 1. Playing four games for the season, Hetherington showcased her strengths in the ruck, midfield and forward line – proving to be an asset anywhere on the field. Hetherington has been one to watch in pre-season, whose strength and athleticism has continued to improve and impress.

Fun facts loves playing Candy Crush, ex state league basketball, High School Science and Maths teacher.

Favourite footy game played to date Round 1 2023 Season – my debut game. Had only been picked up 3 weeks earlier, and although I didn't play much, I was still shocked to be a Docker, let alone selected to play Round 1! Head was still spinning, friends and family from all over had cancelled their Father's Day plans to come and watch me debut and the smile couldn't be wiped off my face the entire day. To top it off, we won the RAC Derby that day! Will never forget it.



TAHLEAH MULDER

Inside Midfielder

Previous AFLW Club None

Draft History No.3, 2023 AFLW Supplementary Draft

Height 170cm

Honours WAFLW Claremont premiership player 2022, Top 10 in Fremantle's Fairest and Best votes for 2023, AFLPA Education and Development Award 2023

Preferred Name/Nickname TJ

Pronunciation of name (phonetically) TUH-LEE-UH

Senior Club (non-AFLW) South Fremantle

Community Club Piara Waters

Bio After making her AFLW debut and playing four games in 2023, Tahleah Mulder will look to take her game to the next level once again. As a first-year player, Mulder showed remarkable maturity beyond her years. With her raw talent, explosive speed, and aggression at the contest, the 22-year-old could become a valuable asset to the Club's midfield in the absence of Kiara Bowers and Ange Stannett in 2024.

Fun facts Futsal background, pilates instructor, studying to become a PE & Health Teacher, Volunteers for Ocean Heroes, loves surfing.

Favourite footy game played to date R8 v Saints 2023, my first AFLW win.



JESS LOW

Defender

Previous AFLW Club None

Draft History No.52, 2021 AFLW Draft

Height 165cm

Honours 2019 WAFLW Rookie of the Year

Preferred Name/Nickname Jess/JLow

Senior Club (non-AFLW) Claremont

Community Club West Coast Amateurs

Bio Jess Low continues to impress after another consistent year in 2023, registering multiple career best performances and didn't miss a game for the season. With three seasons under her belt, Low has played 31 AFLW games and continues to showcase maturity beyond her years in defence, locking down the opposition's dangerous forwards each week. Her humble nature and aggression towards the contest make her a valuable member down back.

Fun facts Works as a paralegal outside footy, loves a romance novel, enjoys baking, former trumpet player.

Favourite footy game played to date Debut RAC Derby at Fremantle Oval.

GABBY BIEDENWEG-WEBSTER

Defender

Previous AFLW Club Gold Coast Suns

Draft History Mature age recruit – 2022 AFLW Sign & Trade Period

Height 173cm

Preferred Name/Nickname Gabba

Pronunciation of name (phonetically) Bee-den-weg Web-star

Senior Club (non-AFLW) Williamstown VFLW, Collingwood VFLW

Community Club Wollongong

Bio Gabby Biedenweg-Webster was signed as a replacement player for Club captain Ange Stannett who injured her ACL in preseason. Gabby instantly impressed, displaying her athletic abilities and dashing pace across the backline in match simulations and training during her short time at the Club. The running defender spent two seasons on the Gold Coast Suns list, playing three senior games before returning to Williamstown where she has previously won a Best and Fairest.

Fun facts She has a tattoo in tribute to Steve Irwin, Physio assistant, studying to become a Physiotherapist.

Favourite footy game played to date Games played in Mackay, family watched my debut and playing with some quality mates.

AMY MULHOLLAND

Defender

Previous AFLW Club None

Draft History No.83, 2022 AFLW Draft

Height 163cm

Preferred Name/Nickname Mullers

Senior Club (non-AFLW) Subiaco

Community Club Wembley Amateurs

Bio Amy Mulholland is a dynamic, fast, small forward who now has 17 games to her name after two AFLW seasons. Mulholland had her career best season in 2023, registering seven tackles, four marks and five kicks in round 2 v Collingwood. The 31-year-old will look to use her speed in the midfield and forward line for her side to hit the scoreboard in 2024.

Fun facts Former Gaelic footballer for Armagh, Client Services Manager for an accounting firm.

Favourite footy game played to date First RAC Derby win in S7 2022: first and only game at Optus to date for me and Mum was also over from Ireland to see this one, which made it extra special.



LAURA PUGH

Defender

Previous AFLW Club None

Draft History No.59, 2018 AFLW Draft

Height 174cm

Honours 5th place in Fremantle's Fairest and Best 2023, Co-Vice-Captain 2024

Preferred Name/Nickname Pughy, Loz

Pronunciation of name (phonetically) PEW

Senior Club (non-AFLW) West Perth

Bio Laura Pugh once again demonstrated why she is one of Fremantle's most consistent performers in 2023, gathering a career-high disposal count of 140. Pugh averaged 14 disposals per game and notched up a career-best 39 rebound 50s for the year. No matter where she plays on the field, the 30-year-old consistently applies her craft and delivers on her role, leading by example for her younger teammates.

Fun facts Basketball background, musically talented, can play the recorder, occupational therapist in a residential aged care facility in dementia care, owns 8 chickens, would love to own a mini pig.

Favourite footy game played to date Debut against Melbourne at Casey Fields that resulted in a win. Debuted with many of my great friends and Turbo's first game too. Really special moment and day.



TUNISHA KIKOAK

Utility

Previous AFLW Club None

Draft History Signed as replacement player for Kiara Bowers in 2024.

Height 180cm

Preferred Name/Nickname T

Pronunciation of name (phonetically) TUH-NEESHA, KICK-OE-ACK

Senior Club (non-AFLW) Tasmanian Devils

Bio Signed by Fremantle as a replacement player for pregnant star Kiara Bowers, Tunisha, a 180cm talent from Tasmania has brought her strong contested work and athleticism to the Club. After narrowly missing out on the 2023 AFLW Draft, Kikoak doubled down on her efforts, showcasing her versatility and strength with the Tasmanian Devils and the Under 23's All-Stars. Her standout performances caught the eye of Fremantle. Known for her ability to play across three lines and dominate in the ruck, Kikoak brings both height and athleticism to Fremantle's AFLW side.

Fun facts Works in admin and keen to explore the coaching pathway.

Favourite footy game played to date My last under 17s game for North Launceston. It was my first game coming back from concussion and as it was my last game, I just had fun with the team and ended up winning the game against a tough side.



FREMANTLE *Oval*

TICKET BOOTH/ MEMBERSHIP

Bankwest Sea Container for Fremantle Merchandise

Food Truck

Ice Cream Truck

OH WHAT FUN! Airbrush tattoos
Player signing
Glitter bar
Popcorn station

Load 'Em Up

Purple Hands Foundation Marquee

Giant Guess Who?

Macca's Marquee

Emily Taylor's Dumpling Pop Up

Pop-up Bar

DJ Dyson

Live Music

Coffee Van



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