

RAE DOWER



Head Coach of Canberra United,
Westfield W-League.

It's very rewarding being a coach and it's the people and the players that you meet over the years and the re-connections that you make with them years down the track that makes you realise just how much you can / have impacted their lives.

- ▶ For a lot of players it is a personal choice to play recreational football rather than elite football, but they still love the game and I think whoever

is coaching them can ensure that they have fun, enjoy themselves and find their experience in football as positive

- ▶ I love the day to day interaction with the players and staff - the chance to really learn and grow together as a team
- ▶ I always thought I'd play the game forever, but when I had to retire due to injury in 2005 I found it was a natural progression to stay involved in the game - it's the closest thing you can get to still playing. And I also think I'm pretty good at it and I can offer a real point of difference as a female role model to the next generation of female footballers

SANDRA HILL



Player and coach in Canberra.

I started coaching because I wanted to be involved with the football community here in Canberra.

- ▶ It wasn't until Rae signed me up for a coaching course which really set my mind on coaching. After I got my qualifications I contacted Capital Football straight away and they told me there was a position with an u12 Academy
- ▶ The greatest thing about coaching is watching young footballers chase their dreams and

inspiring them to develop new skills. I guess it's that feeling knowing I've been apart of their development and hopefully helping them make a career for the game. Not only do I get to see them come to training the next day keen to learn more, I feel as though my knowledge has grown enormously ever since I've started coaching. So really it's just the greatest job

- ▶ Rae has been my biggest inspiration and mentor. She always thought I'd make a good coach and went out of her way to help me. Her coaching manners have taught me how to speak and encourage skills within a player. So having her to look up to really gave me confidence and helped me know how to coach my team