



Liz Ellis AM

Sportsperson, Speaker, Sports and General Broadcaster

Liz is one of Australia's most successful Netballers ever. Until her retirement in 2007, she was captain of the Australian Netball Team and Sydney TAB Swifts. She surpassed the record for most test matches played for Australia.

Liz's career highlights include 3 World Championships, 2 Commonwealth Games Gold Medals and 4 National Premierships, as well as being named Aust's Most Valuable Player on four occasions.

Last year Liz became a Member of the Order of Australia (AM) in the Australia Day Honours for "services to netball and the encouragement of women in sport, and to the community through support for a range of charitable organizations".

In 2007 Liz led the Australian Netball team to victory in the World Championship final against New Zealand and was awarded Best Player for the game. Earlier in the year she led Sydney TAB Swifts to their fourth Commonwealth Bank Trophy title, which was also a back-to-back win. In 2006 after an historic undefeated season record Liz's Swifts were awarded *National Team of the Year* along with West Coast Eagles (AFL) at 2006 Australian Sport Awards.

Netball has become one of Australia's most played sports and Liz has helped increase the game's profile through her on-court talent and off-court drive and passion. In 1997, Liz initiated the Liz Ellis Netball Clinics, which coach more than 2000 young netballers every year. It is this enthusiasm for promoting netball that has made Liz a positive role model for young sportspeople and it's not surprising she was voted *Favourite Female Sports Star* for the 2006 Nickelodeon Kids Choice Awards.

As well as being one of the country's highest profile elite athletes, Liz is also a highly sought after speaker and broadcaster. She has appeared on numerous television and radio programs as a general sports commentator and presenter, including the 2000 and 2004 Olympics, and 2006 Commonwealth Games.

Now commentating the sport she excelled in, Liz can be seen on Channel 10 and ONE HD with Luke Darcy during the netball season. And this year Liz will also be covering the Commonwealth Games for ONE HD.

She has appeared on various TV panel, quiz and chat shows including *Good News Week*, *20 to 1*, *David Tench Tonight*, *60 Minutes*, *Sunrise*, *Celebrity Ready Steady Cook*, *110% Tony Squires*, ABC TV's *The Fat*, *The Glasshouse* and *The Einstein Factor*. Liz has been heard regularly on Triple M's *Wil & Lehmo*, *The Shebang*, *The*

Cage and *Dead Set Legends*, as well as Radio National, 2UE and ABC, and presented a weekly sports segment on Triple J for five years.

Liz has also contributed to *The Australian* and *Australian Netballer Magazine* and written two netball related books *Playing the Game* and *Netball Heroes*.

She has an Arts/Law degree from Macquarie University and is on the board of various organizations including the Australian Sports Commission, the NSW Institute of Sport and Sydney Olympic Park Authority. She put her legal career on hold to concentrate on netball, her business commitments and media projects.

Liz is in high demand as a motivating and entertaining guest speaker. Her achievements, strategies and philosophies on life are inspiring.

Player

- 2007 Captain Australian Netball Team- awarded Best Player after winning World Champs
- 2006 Commonwealth Bank Trophy Most Valued Player for 2006 Season
- 2006 Awarded player of the CBT Grand Final in addition to the Swifts undefeated season
- 2006 Captain Australian Netball Team and Sydney TAB Swifts
- 2006 150 Commonwealth Bank Trophy Matches (June 9 2006)
- 2005 Captain Australian Netball Team and Sydney TAB Swifts (2001, 2004 Premiers)
- 2005 Achieved record for most test matches ever played for Australia (still held)
- 2004 Played 100th test match for Australia
- 2004 Captain Australian Netball Team and Sydney TAB Swifts
- 2002 Commonwealth Bank Trophy Most Valued Player
- 2002 Players' Player of the Year
- 2002 Goal Keeper of the Year
- 2002 Commonwealth Games Gold Medallist
- 2002 Captain Sydney TAB Swifts
- 2001 Awarded Player of the Grand Final
- 2001 Captain NSW Netball Team
- 1999 Winners Netball World Championships
- 1998 Commonwealth Games Gold Medalist
- 1992 Captain Australian Under 21 Team
- 1991 Australian Netball Team member

Coach

- Liz Ellis Netball Clinics:
 - o Now in 13th year - over 20,000 participants
 - o Largest commercial netball clinics in Australia
 - o Also runs private clinics

Liz Ellis (continued....)

TV appearances

- 2010 Women's Golf Open & Ladies Australian Open on ONE HD
- 2009/10 Guest appearances *Good News Week*, Ten
- 2009/10 Regular guest panelist on Thursday Night Live on ONE HD
- 2009 Guest appearances on The Einstein Factor, ABC
- 2008-10 Netball commentary with Luke Darcy on Channel 10 & ONE HD
- 2008 Guest appearance on *Celebrity Ready Steady Cook*, Channel 10
- 2008 Panelist - *The Back Page* & Trans-Tasman Netball series hosting, Fox Sports
- 2008 Guest appearances *Good News Week*, Ten
- 2006-7 Guest appearances on *20 to 1*, Channel 9
- 2007 Guest spots on *Sunrise*, Channel 7
- 2006 Guest appearance on *David Tench Tonight*, Channel 10
- 2006 Guest appearance on *Celebrity Ready Steady Cook*, Channel 10
- 2005-6 Regular guest on *The Glasshouse*, ABC TV
- 2005 Guest spot on *60 minutes*, Channel 9
- 2005 Guest appearance on *The Einstein Factor and Beat the Chef* ABC TV
- 2004 Presenter for Athens Olympics overnight updates, Channel 7
- 2004 Regular guest panelist on *110% Tony Squires* on Channel 7
- 2003 Reporter/Panelist for the *Rugby World Cup* Channel 7, Oct/Nov
- 2003-4 Sports wrap presenter (1 segment per week) on *Sunrise*, Channel 7
- 2001-02 Presenter (7 week series) for *Personal Best* Network 10, Jan-Dec
- 2000-01 Commentator- *Winter X Games* Channel 10
- 2001 Commentator for the *Great Outdoor Games*, Channel 10
- 2000-03 Regular guest panelist on *Sportsworld*, Ch 7
- 2000 Overnight host for the *Sydney Olympic Games*, Channel 7
- 1999-00 Regular guest panelist on *The Fat*, ABCTV

Radio

- 2010 Guest host of National ABC Grandstand
- 2007-8 Regular guest spot on Triple M's national drive show *Wil & Lehmo*
- 2006-7 Regular guest on Triple M's top rating national drive program *The Shebang*
- 2005-6 Regular guest on *The Cage* Breakfast show Triple M, Sydney/Melbourne
- 2005-6 Regular panelist on *Dead Set Legends*, Triple M Sydney,
- 2005-6 Monthly guest spot on Radio National,
- 2005-6 Saturday Breakfast spot on 2UE
- 2003 Guest spot on *Big Sports Breakfast* (1 segment per week) on 2KY
- 1999-04 Fri Breakfast show *Sports Wrap* on Triple J

Print Media

- *Netball Heroes*, Book, Allen & Unwin June 2005
- *The Australian*, Regular Columnist 2003
- *Playing the Game*, A guide to playing netball, Published 2001, Reprinted 2002, Harper Collins Publishers Pty Ltd
- *Australian Netballer Magazine*, regular contributor

Guest Speaking

Liz is an inspirational speaker and has been involved in a diverse range of public speaking roles including: MC, guest/keynote speaker and presenting awards. Some of Liz's speaking topics include:

- Team building
- Goal setting
- Leadership
- Motivation
- Achievement
- Nutrition
- Sport
- Coaching

Board Member

- Australian Sports Commission
- Sydney Olympic Parks Authority
- Australian Sports Drug Agency
- Institute of Sport Management
- NSW Major Events

Other Accolades

- 2009 Presented with an Order of Australia in the Australia Day Honours List
- 2008 10th place in the Fiat Celebrity Challenge, Melbourne Grand Prix
- 2006 Sydney TAB Swifts awarded *National Team of the Year* along with West Coast Eagles (AFL) at 2006 Aust. Sport Awards
- 2006/7 Nominated for Australian Sports Award
- 2006 Voted *Fave Female Sports Star* for the Nickelodeon Kids Choice Awards
- 2003 10th place in the Mini Celebrity Challenge, Melbourne Grand Prix

Current Sponsors

- Holden
- Willis Insurance

More details available at www.lizellis.com.au

Please contact Liz Ellis' managers Liz Adams or Jess Ball: Tel: 03 9804 7187