

Liz Ellis AM

Sportsperson, Speaker, Sports and General Broadcaster

Liz is one of Australia's highest profile elite athletes and most successful Netballers ever. She surpassed the record for most test matches played for Australia in 2005 and captained the Sydney Swifts and Australian Netball Team until her retirement in 2007.

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

Liz is also a highly successful and experienced broadcaster. She appears on television and radio as a sports commentator and presenter, and can be seen on Channel 10 and One HD during the netball season. Liz's articulate and engaging wit and down to earth manner has also seen her in demand on many entertainment programs on both radio and TV. Liz has also enjoyed broadcasting for ABC Local radio.

"Liz was excellent... She has great presence, a really lovely natural style and her content is first class"- Kristen Plummer, Manager, International HR Director Forum CEO Forum Group

In 2009, 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".

"[Liz was] able to engage everyone both from personal experiences and what they are trying to achieve in their business life in a very warm, honest and humorous manner"- Dick Shaw, Richard Shaw and Associates Pty Ltd

Her achievements, strategies and philosophies on life are inspiring, and provide motivating and entertaining insights, as a highly sought after guest speaker.

"Great sense of humor and very easy to relate to... very motivating and everyone could have taken away [something] to use in their day-to-day roles"- Feedback from Bayer Management Development Day



Player Achievements

- 2007 **Best Player** World Championships
- 2007 **Captain Australian Netball Team and Sydney TAB Swifts**
- 2006 **Commonwealth Bank Trophy Most Valued Player**
- 2006 **Captain Australian Netball Team and Sydney TAB Swifts**
- 2006 **Player of the CBT Grand Final**
- 2006 **150 Commonwealth Bank Trophy Matches**
- 2005 **Captain Australian Netball Team and Sydney TAB Swifts (2001, 2004 Premiers)**
- 2005 **Achieved record for the most test matches ever played 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 **Gold Medalist Commonwealth Games**
- 2002 **Captain Sydney TAB Swifts**
- 2001 **Awarded Player of the Grand Final**
- 2001 **Captain NSW Netball Team**
- 1999 **World Champions, Team member**
- 1998 **Gold Medalist Commonwealth Games**
- 1995 **World Champions, Team member**
- 1992 **Captain Australian Under 21 Team**
- 1991 **Australian Netball Team Member**

Continued Liz Ellis

Coach- Liz Ellis Netball Clinics

**Now in 15th year- over 22,000 participants
Largest commercial netball clinic in
Australia
Also runs private clinics**

Television

2008-
current **Netball Commentary** Channel 10 and
ONE HD, Co-host
2011 **The Circle** Channel 10, Guest co-host
2011 **Can We Help?** ABCTV, Guest
appearance
2010 **Ladies Masters and Aust. Open Golf
Tournaments** ONE HD, Host
2010 **Commonwealth Games** Channel 10 and
ONE HD, Opening Ceremony Host and
Commentary
2009-10 **Thursday Night Live** ONE HD, Regular
Panelist
2009-10 **The 7pm Project** Channel 10, Guest
panelist
2009 **The Squiz** SBS, Guest appearance
2005-09 **The Einstein Factor** ABCTV, Guest
appearance
2008 **Netball Trans-Tasman Series** and **The
Back Page**, Fox Sports, Foxtel, Co-host
2008-11 **Good News Week** Channel 10, Panelist
2007 **Sunrise** Channel 7, Guest appearances
2006-09 **20 to 1** Channel 9, Guest appearances
2006 **David Tench Tonight** Channel 10, Guest
appearance
2006-11 **Celebrity Ready Steady Cook** Channel
10, Guest appearances
2006 **Temptation** Channel 9, Guest
appearance
2005-06 **The Glasshouse** ABCTV, regular guest
panelist
2005 **60 Minutes** Channel 9, Guest story
2005 **Beat The Chef** ABCTV, Guest
appearance
2004 **Athens Olympics: Overnight updates**
Channel 7, Presenter
2004 **110% Tony Squires** Channel 7, Guest
appearances
2003 **Rugby World Cup** Channel 7, Reporter /
Panelist
2003-04 **Sunrise Sports Wrap** Channel 7
Presenter/Guest appearance
2002 **Home and Away** Channel 7, Guest
appearance
2001-02 **Personal Best** Network 10, Host
2001 **Great Outdoor Games** Channel 10,
Guest host

2000-03 **Sportsworld** Channel 7, Guest
appearances
2000-01 **Winter X Games** Channel 10,
Commentator
2000 **Sydney Olympics Games** Channel 7,
Overnight Host
1999-00 **The Fat** ABCTV, Guest appearances
Radio
2011 **Afternoons** 702 ABC Radio Sydney,
Guest fill-in host
2010-11 **National Afternoons** ABC Local Radio,
Guest fill-in host
2010 **Grandstand** ABC National Radio, Guest
co-host
2007-08 **Wil and Lehmo** Triple M's National Drive
Show, Guest appearances
2006-08 **The Shebang** Triple M's National Drive
Show, Guest appearances
2006-07 **The Cage** Breakfast Show Triple M,
Syd/Melb, Guest appearances
2005-06 **Dead Set Legends** Triple M Sydney,
Guest co-host
2005-06 **Radio National** ABC, Guest
appearances
2005-06 **Saturday Breakfast** 2UE, Guest
appearances
2003 **Big Sports Breakfast** 2KY, Guest
appearances
1999-04 **Breakfast show** Triple J, Weekly Sports
update (with Adam and Wil)

Writing

2005 **Netball Heroes**, Book, Allen & Unwin
2003 **The Australian**, Regular Columnist
2001 **Playing the Game**, A guide to playing
netball, Published 2001 (reprinted 2002,
Harper Collins)
2001 **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

Continued Liz Ellis

Awards/Merits

- 2011 Inducted into the Australian Netball Hall of Fame
- 2009 Presented with an **Order of Australia Medal (AM)** in the Australia Day Honors List
- 2009 Inducted into Sports Australia 'Hall of Fame'
- 2008 Introduction of the "**Liz Ellis Diamond**" awarded to Australia's most outstanding netballer
- 2008 NSW finalist – Australian of the Year
- 2008 Inducted into NSW institute of Sport Hall of Fame
- 2007 10th place in the **Fiat Celebrity Challenge**, Melbourne Grand Prix
- 2006-00 Australia Day Ambassador
- 2006 Nominated **Australian Sports Award**
Voted **Favourite Female Sports Star** ,
Nickelodeon Kids Choice Awards
- 2006 TAB Swifts awarded **National Team of the Year** along with West Coast Eagles (AFL) at 2006 Aust. Sport Awards
- 2006 10th place in the **Mini Celebrity Challenge**, Melbourne Grand Prix
- 2003

Liz's manager is Liz Adams and Jess Ball
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