



## Heidi hopes to reach netball's heights: Junior Sports Star

GENERAL 29 JUN 10 @ 03:57PM | BY ELIAS JAHSHAN



Heidi Sfiligoi is in Hills District's 15-and-under team rep team to contest the NSW Stage Age Championships this weekend.

WHEN Heidi Sfiligoi was asked why she liked netball, the 15-year-old found it hard to explain.

"Ummm I don't know I just love it," she said, laughing.

After some prodding, this week's Advocate Junior Sports Star nominee, who has played netball for eight years, said the competitive nature of the game was one reason why she keeps coming back for more.

The Loreto Normanhurst student is playing in the Hills District Netball 15-and-under team which will contest the NSW Stage Age Championships in Newcastle this weekend.

She is already part of the Independent Girls' Schools Sports Association's 16-and-under team and is already

part of Loreto's first-grade netball team.

On top of her three main teams, the year 10 student also plays basketball and coaches one of Loreto's junior netball teams.

And with training at least twice a week plus playing matches every weekend, time management is something Heidi has had to master.

"It's hard to organise but I think it will be really beneficial for me," she said.

The West Pennant Hills teen credits her mum for introducing and nurturing her talent.

"She's pretty good at netball," she said.

"I just aspired to be like her."

\* Nominate for the Cumberland-Courier Junior Sports Star Awards by using the form in Sport or at [hornsbyadvocate.com.au](http://hornsbyadvocate.com.au)

Athletes aged 10-16 are invited to enter the campaign, proudly sponsored by Rebel Sport.

The Advocate Junior Sports Star will receive \$1000 and a medal.

The overall Cumberland-Courier Medal winner will receive another \$1000. There is also a Young Achiever Award and a Contribution to Sport Medal.