

# **Kingborough Lions United Football Club**

**Driving Growth  
Building Community  
Inspiring Excellence**



**Women's Super League  
Program Prospectus**

# Welcome

**Kingborough Lions United Football Club** is a proud, semi-professional club, located 12 minutes south of Hobart, the capital city of Tasmania. Tasmania is 250km off the South-East corner of mainland Australia.

We compete in Tasmania's Women's Super League and offer an environment designed for committed footballers who want to develop, compete, setup success and belong to something meaningful.

For players considering a move from mainland Australia or overseas, we know this decision is about more than football. It is about opportunity, lifestyle, support, and growth. This prospectus is designed to give you a clear picture of who we are, how we operate, and what you can expect if you join our club.

At Kingborough Lions United, we welcome committed players into a genuine club family. Our coaches, staff, and volunteers work hard to ensure every player feels supported, challenged, and at home, so you can focus on performing at your best.

**Roar with the Pride**

Kingborough Lions United F.C.





# WE ARE KINGBOROUGH

## VISION

“A leading, dynamic and inclusive sporting community that is inspired and empowered to love the world game”

## MISSION

“Creating a stronger and healthier community through football”

## VALUES

**Excellence** - We strive to be the best we can be at all times, on and off the pitch.

**Respect** - We value ourselves, each other, and our environment.

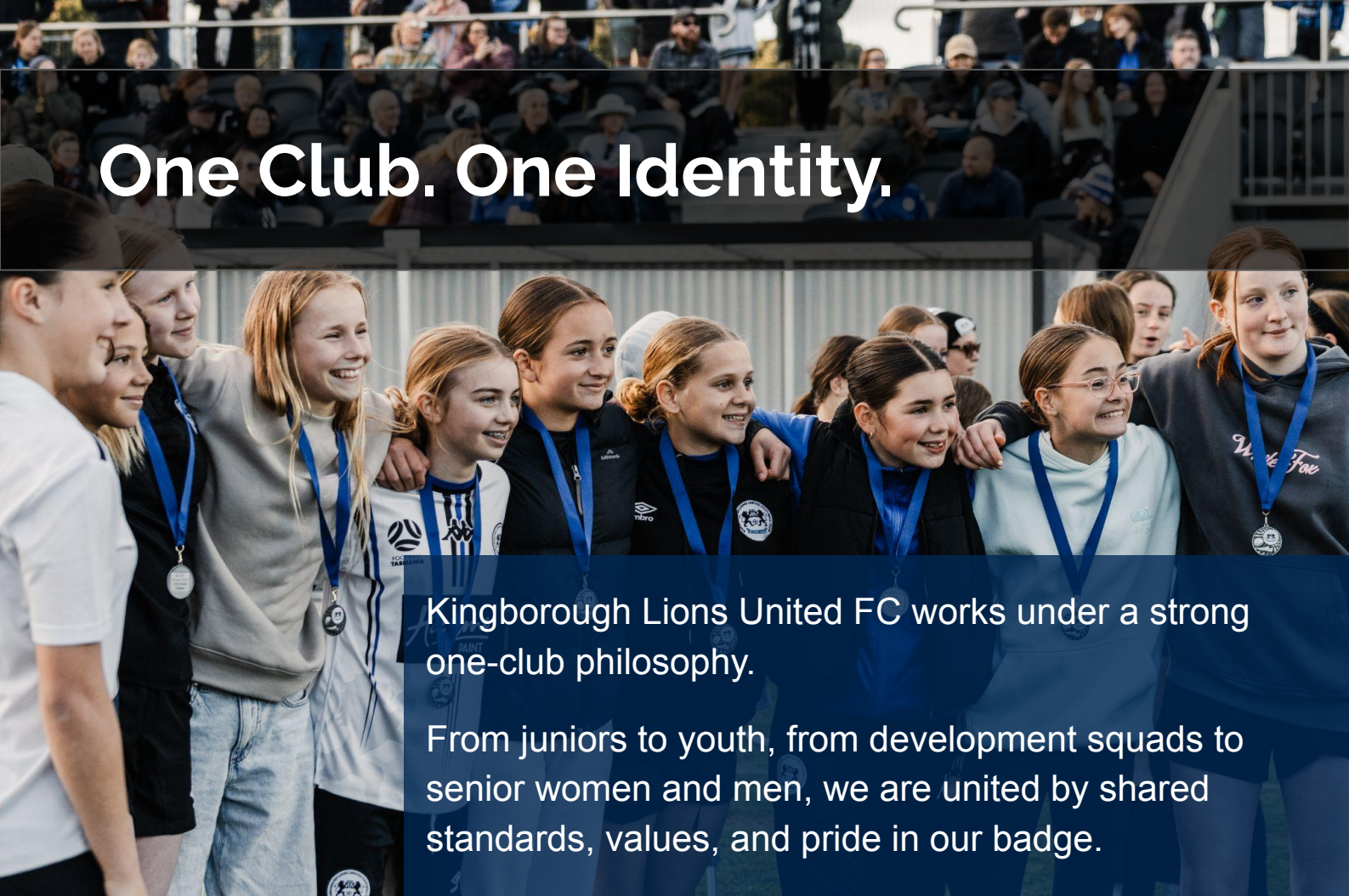
**Responsibility** - We take ownership of what we do and lead by serving others.

**Community** - We build strong relationships and a sense of belonging.

**Growth** - We improve by always learning and finding better ways to do things.



# One Club. One Identity.



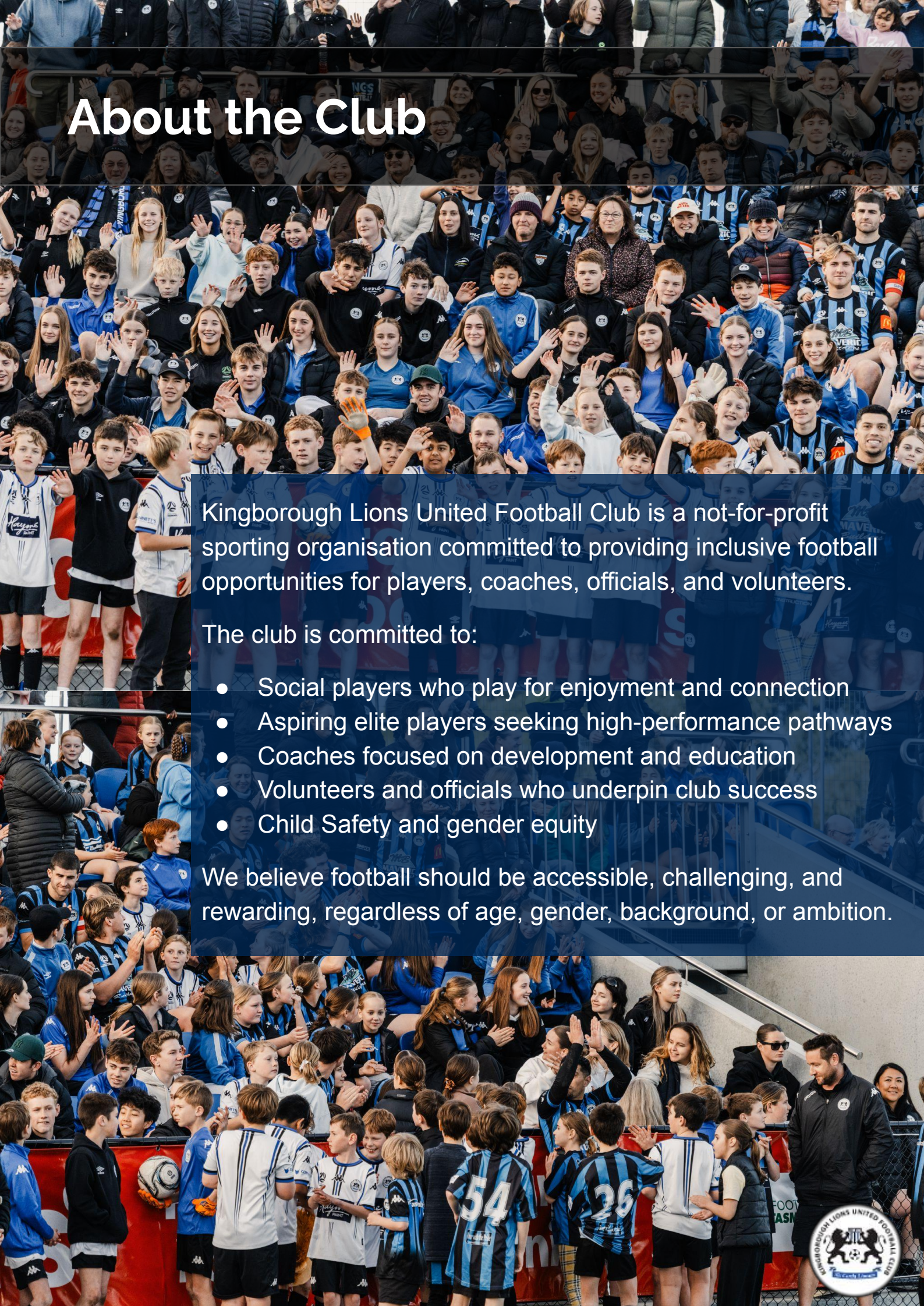
Kingborough Lions United FC works under a strong one-club philosophy.

From juniors to youth, from development squads to senior women and men, we are united by shared standards, values, and pride in our badge.

Players are visible, valued, and connected across programs, creating a vibrant and supportive football culture.

We are a club where women's football is respected, invested in, and celebrated.





# About the Club

Kingborough Lions United Football Club is a not-for-profit sporting organisation committed to providing inclusive football opportunities for players, coaches, officials, and volunteers.

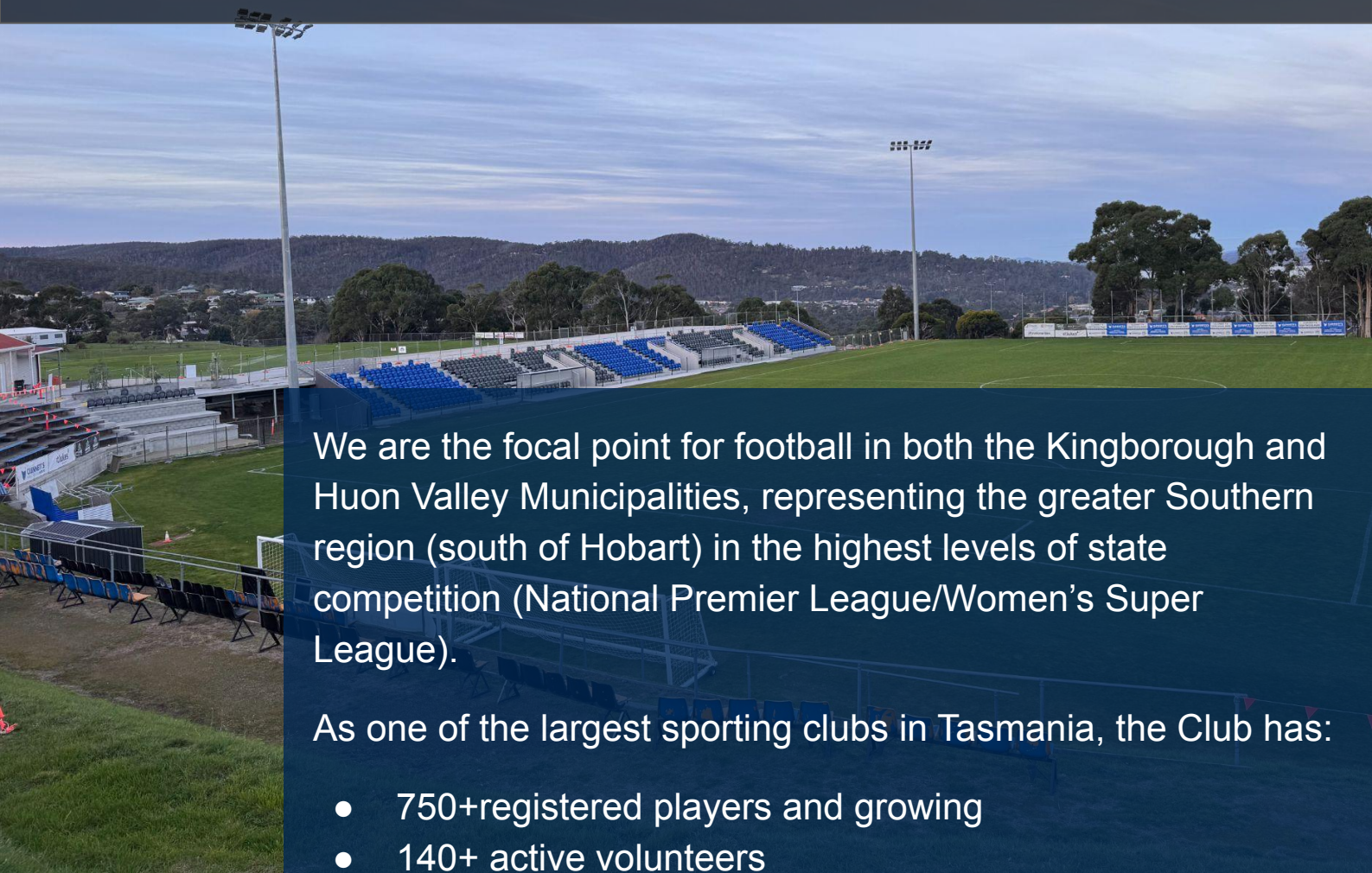
The club is committed to:

- Social players who play for enjoyment and connection
- Aspiring elite players seeking high-performance pathways
- Coaches focused on development and education
- Volunteers and officials who underpin club success
- Child Safety and gender equity

We believe football should be accessible, challenging, and rewarding, regardless of age, gender, background, or ambition.



# A Leading Club



We are the focal point for football in both the Kingborough and Huon Valley Municipalities, representing the greater Southern region (south of Hobart) in the highest levels of state competition (National Premier League/Women's Super League).

As one of the largest sporting clubs in Tasmania, the Club has:

- 750+ registered players and growing
- 140+ active volunteers
- Football programs operating year-round
- Around 40 percent female participation
- 54+ teams across junior, youth, and senior football
- Regular state representative players
- Ongoing investment in elite facilities and infrastructure

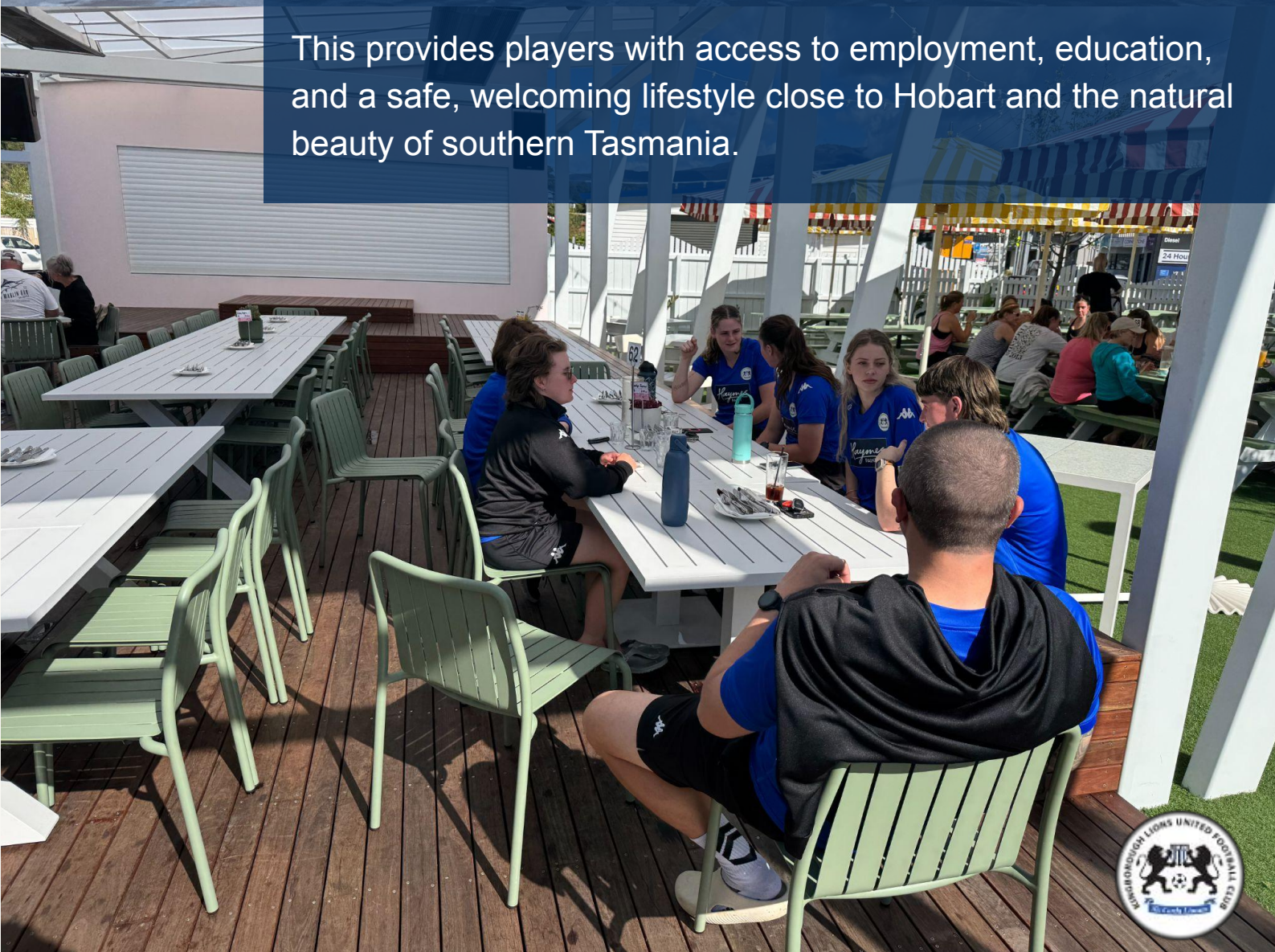


# Community and Location

The club is based in Kingston, the central hub of the Kingborough municipality, 12 minutes south of Hobart.

Kingborough has a population exceeding 41,000, with the wider Huon Valley adding a further 17,000 people to the community catchment. It is one of Tasmania's fastest-growing regions and is characterised by high levels of education, professional employment, and community engagement.

This provides players with access to employment, education, and a safe, welcoming lifestyle close to Hobart and the natural beauty of southern Tasmania.



# Club Future



Kingborough Lions United FC is destined to be the premier football club in Southern Tasmania. Our strength lies in our large and growing membership base, extensive catchment area, and significant investment in infrastructure and development.

Recent and ongoing facility upgrades include:

- Eight modern, gender-neutral change-rooms
- Treatment and medical rooms
- Dedicated referees' facilities
- A new grandstand currently under construction
- Planned future clubrooms, kiosk, and function spaces
- Redeveloped pitches with improved drainage and lighting

Our focus is on creating a boutique football destination that supports high-performance outcomes and an exceptional match-day experience.



# Women's Super League Program



The Women's Super League (WSL) is Tasmania's highest-level female football competition, with eight teams competing across the north and south of the state. The league continues to grow, strengthening participation and providing clear development pathways for female footballers, aspiring to transition to NPLW inline with other states in 2027.

KLUFC has been a founding WSL club since 2017 and is committed to promoting excellence, fostering talent, and contributing to the growth of the beautiful game among female athletes statewide.

Our WSL program is designed for players who want to train in a demanding environment, compete at a high standard, and pursue their football ambitions while being supported holistically.

Underpinned by a women's development competition, our program supports the transition from youth to senior football and focuses on developing players who are technically capable, tactically intelligent, physically prepared, mentally resilient, and strong communicators and leaders.



# Coaching & Football Philosophy

Our coaching philosophy is grounded in high-performance football and a clear intent to compete and win at the highest level in Tasmania. We provide a demanding, professional environment where players are challenged tactically, physically, and mentally, while being supported to continually improve as individuals within a team-first framework. Development at KLUFC is purposeful and performance-driven, with learning embedded in competition, accountability, and standards

**Playing Style:** A proactive, conclusive possession-based style of football that inspires attacking play, driven by a positive attacking mindset which utilises individual skill and combination play to create and score goals from unpredictable avenues.

The style is animated by a fast transition mentality and sustained by collective, organised, assertive pressing and defending.

The playing style is underpinned by individuals with high levels of physical fitness, athleticism, mental agility and emotional intelligence who understand their roles and play with pride.



# Performance Environment

The KLUFC WSL weekly program consists of three structured football sessions per week, including an integrated strength and conditioning component. In-season recovery and review sessions may replace one training session depending on match load and roster requirements.

Injury prevention and performance monitoring is conducted using VALD testing, overseen by the Club's Sport and Exercise Medicine Coordinator and Strength and Conditioning staff. This testing informs individualised strength and conditioning plans, which players are expected to take ownership of and implement, both within scheduled sessions and independently using club facilities.

Ongoing post-activity check-ins, physio reviews, and performance discussions support players in managing load, recovery, and development across the season.



# International Players



**Visa Requirements** - Overseas player will need a valid Visa to come and play football in Australia. The most common visa is the Visa 417 – Working Holiday Visa which is valid for 12 months. The length of stay can vary depending on your country or origin. Scan QR Code for more information on applying for a visa to Australia:



Australian  
Visa Information

**Health Insurance** - We recommended taking out private health insurance while you are in Tasmania & Australia. Scan QR code for more information on visa health requirements:



Health  
Requirements



# Player Support

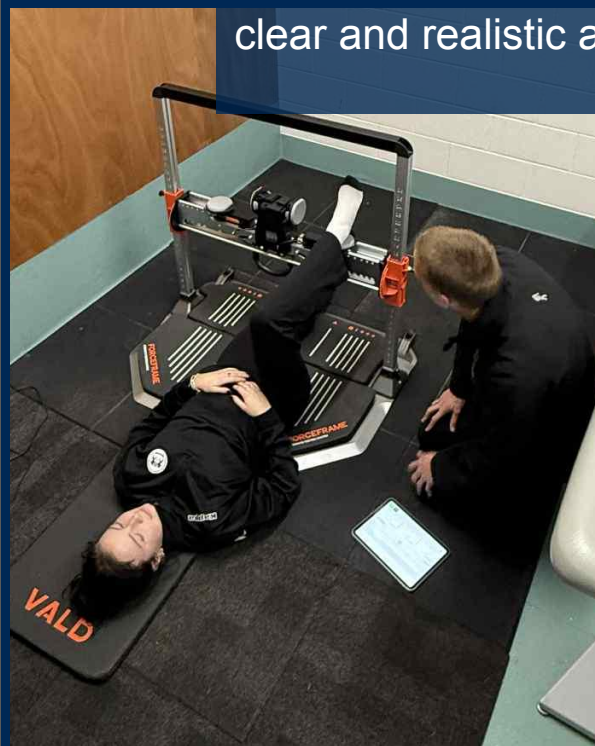
## What the Club Can Provide

- Physio support and dedicated Strength and Conditioning
- Full match-day kit and training apparel
- Assistance with finding appropriate accommodation
- Opportunities for paid coaching within KLUFC programs
- Support in finding employment through club networks and sponsors (based on your skills, knowledge, interests & experience)
- Ongoing welfare and transition support
- Weekly expense reimbursements (within amateur cap)

## What the Club Cannot Provide

- Match payments (WSL is an amateur competition)
- Airfares or transport costs
- Rent payments

Our aim is to support players in every way possible, while remaining clear and realistic about Football Australia's amateur competition rules



# Player Experiences

## Hannah Walsh (UK Player 2024 & 2025):

"I've found the Club to be incredibly supportive with excellent new facilities and grounds. I've enjoyed my time playing and coaching at KLUFC and am looking forward to returning for the 2026 season"

## Tilly Wills (UK Player 2024 & 2025):

"Coming back from a serious injury, I wasn't sure if I wanted to continue playing. Coming to KLUFC has reignited my love of the game and the physio and medical support team have been fantastic support as I regained my confidence."





**Tasmania** is an island lying 250 kms off the south-east corner of the Australian mainland. Measuring 315 kms from east to west and 286 kms north to south it is the smallest of Australia's six states.

Tasmania is surrounded by smaller islands, including King Island and Flinders Island in the north and Bruny Island in the south. The state has a total land mass area of 68,331km<sup>2</sup> and is separated from the Australian mainland by Bass Strait.

Tasmania was originally named Van Diemen's Land and known for its wild and beautiful landscapes, friendly people, temperate climate, world-class food and wine, rich history and relaxed island lifestyle.

Tasmania is similar in size to the Republic of Ireland and a little larger than Hokkaido. It is 60 times bigger than Hong Kong but only one-seventh the size of Thailand.

An island of dramatic coastlines, rugged mountains, spectacular wilderness and sparkling highland lakes. With an estimated population of just over 540,000 people, Tasmanians breathe some of the world's cleanest air and drink some of the world's purest water.

Tasmania is similar in size to Ireland and offers an exceptional quality of life for those seeking balance alongside football.





**Hobart** is Tasmania's capital city and the second oldest capital in Australia, offering a rare blend of history, natural beauty and modern culture. Set beneath the foothills of Mount Wellington, the city combines heritage charm with a relaxed contemporary lifestyle in a stunning waterfront setting. It is little surprise that Lonely Planet has ranked Hobart among the world's top places to visit.

The city is renowned for its food and culture, with award-winning restaurants showcasing Tasmania's world-class produce and the freshest seafood straight from the Southern Ocean. Hobart's historic sandstone buildings sit comfortably alongside modern architecture, while Salamanca Place, just steps from the waterfront, features galleries, theatres, cafés and the iconic Salamanca Market, widely regarded as Australia's best outdoor market.

Beyond the city, southern Tasmania offers remarkable experiences within easy reach, from Port Arthur and the Tasman Peninsula to Bruny Island, the Huon and Derwent Valleys, and Mount Field National Park.

Whether exploring the waterfront, visiting MONA, or enjoying one of Hobart's many festivals, it is a city that quickly captures the hearts of those who visit. All of this within easy reach of the club.



# Thank You



Thank you for taking the time to learn about Kingborough Lions United Football Club and our Women's Super League program.

If you are a committed footballer seeking a high-performance environment, strong club culture, and an outstanding lifestyle experience, we would welcome a conversation.

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