



SOPHIE SZTAR

Student Athlete Passionate About Sports Physiotherapy and Performance

CONTACT

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SKILLS

Teamwork and collaboration
Leadership and communication
Reliability and responsibility
Time management
Positive attitude
Willingness to learn
Strong understanding of team sport environments

INTERESTS

Basketball
Physiotherapy
Health & Wellness
Community Service

Chasing the science of performance.

ABOUT ME

Hi, I'm Sophie. I'm a Year 10 student from Melbourne with a strong interest in basketball, physiotherapy, health, and athlete recovery.

Through representative basketball, refereeing, and community involvement, I've developed teamwork, discipline, communication skills, and a strong willingness to learn. I'm passionate about understanding how athletes recover, stay healthy, and perform at their best, and I'm excited to gain experience in a professional sports healthcare environment.

BASKETBALL JOURNEY

Representative Basketball Player

Melbourne Tigers VJBL Under 18 Girls

- Train and compete in representative-level basketball competitions
- Demonstrate commitment, resilience, and teamwork
- Balance school responsibilities alongside competitive sport
- Developed strong interest in athlete performance, recovery, and injury prevention

LEADERSHIP & REFEREEING

Training Referee — MCBA Basketball Association

- Currently completing training to become a qualified basketball referee
- Apply basketball rules fairly and confidently during games
- Developed communication, leadership, and decision-making skills
- Work responsibly with players, coaches, and officials

COMMUNITY INVOLVEMENT

Volunteer — C Care Community Program

- Assisted with meal deliveries to homeless and low-income community members
- Developed empathy, communication, and community awareness
- Enjoy supporting and helping others through community service

CAREER INTERESTS

- Sports physiotherapy
- Athlete recovery and rehabilitation
- Health and wellness
- Injury prevention
- Supporting athletes to perform at their best

EDUCATION

Mount Scopus Memorial College, Burwood VIC

Year 10 Student — 2026

- Interested in future pathways in health sciences and physiotherapy
- Strong interest in sport, health, and wellbeing