

# Libby Birch

## The Advertiser

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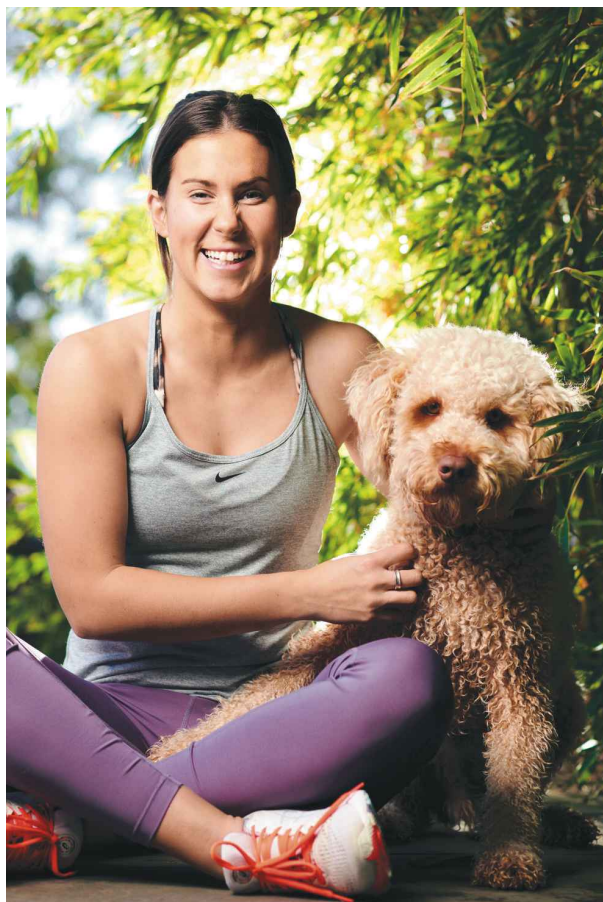
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# Libby Birch

This star defender for AFLW's Melbourne Football Club proves that brains and brawn go well together



**Who** AFL Women's player Libby Birch. **Where** Family home overlooking the Maribyrnong River in Melbourne that was designed and built by Libby's parents. **Favourite thing** Cooper is my Groodle. He's a little legend who makes me laugh every day. **Inspiration** Casual and comfortable with lots of natural light. **Home is** A place you feel connected to, your personal inner sanctum. A safe space to be yourself or with the people that mean the most to you.

She's a fierce competitor on the field with her beloved Melbourne FC team, but Libby Birch jokes she could have easily been a tradie. She even helped lay bricks to rebuild the family home following a devastating storm 10 years ago.

"Every room in the house collapsed and we had to build a new house from scratch. I was put to work," she says. "My parents actually flip houses and I will often go in and help out with some painting, getting rid of old tiles from the bathroom or demolishing a wall."

With a no-nonsense attitude to hard work that has served her well in sport too, Libby credits her parents for keeping her in check.

"Something that I have picked up from my

parents is, 'why get someone else to do something when you can do it yourself?' It's important to keep challenging yourself."

Now playing in her seventh season of AFL, Libby also recently graduated with a degree in physiotherapy. Unlike her male AFL counterparts who are paid handsomely, Libby took five years to complete her degree as she played competitively, studied hard and was casually employed to pay her way.

"Some women are working full time and then training from 4pm to 10pm. There's a lot of demands on women in professional sport and we are pushing for full-time contracts to reflect our commitment and improve salaries."

Words: Catherine Nikas-Boulos Photos: Eugene Hyland



### SEINFELD DVD BOX SET

I know every line in every episode off by heart. I am a self-professed, Seinfeld geek. I often flick on an episode during any spare time I have and I still laugh every time no matter how many times I've watched it. 'These pretzels are making me thirsty.'



### BOOB ARMOUR

When I pack my bag for a game of footy, this is the first item, along with my mouthguard, that I grab. It is the most important protective shield. I always wear these in my sports bra to ensure I am protected against injury and impact to the breasts.



### 2018 AFLW PREMIERSHIP MEDAL

A very proud team sporting achievement that I will never forget. It will go down as the most special day in my sporting career to date.



### EGGS

This is a little strange but I just love eggs. They are my favourite savoury food that I regularly cook up for breakfast, lunch and sometimes even dinner. They are a great source of protein and always number one on my shopping list.



### CANDLES

I love my candles. I rely on for relaxation and mindfulness. Whenever I'm working from home or having a bath I always flick one on and watch the flame and smell the perfume.



### DESK

I love my desk in my room. It's where I get all my work done from home. It's a really spacious space with natural light from my bedroom windows. Although it's really messy at times, it is my favourite place in the house.



### JET SKI

I am very much an adventure girl who loves being on the water. It's been a part of my life ever since I was a little girl. I love to take my jet ski out in summer with my mates. It is an awesomely fun way to get around on the ocean.



### 2020 ALL AUSTRALIAN TEAM TROPHY

This individual honour is something I'm extremely proud of. Having only begun my football journey at 18 after having had no football experience in my junior years, it was something I never expected nor dreamt that I could achieve.