

Sammy Bremner

Former Australian Jillaroos captain

Sam Bremner is one of the most decorated rugby league players of all time.

A former captain of the St George Illawarra Dragons, Sydney Roosters, New South Wales Blues and Australian Jillaroos, Sam was born and raised in Helensburgh on the NSW south coast.



The daughter of Gary Hammond, a professional rugby league player for the Cronulla Sharks and Illawarra Steelers in the 1980s, Sam grew up playing a variety of sports including OzTag, touch football, athletics and gymnastics, but it was on the rugby league field where her star shone the brightest.

In 2012, while playing for the Helensburgh Tiger Lillies, Bremner made her State of Origin debut for New South Wales, scoring a try in a 10-34 loss to Queensland. In 2013, she was then selected as a member of Australia's World Cup-winning squad, scoring five tries in a 72-0 win over France and a try in the final against New Zealand.

Consistent performances for club and state over the next few years earned Sam the 2016 RLPA Players' Champion Award, as well as a position in Australia's 2017 World Cup team, where they once again dominated their opposition, beating New Zealand in the final 23-16.

In 2018 Sam was announced as captain of the St George Illawarra Dragons for the inaugural NRLW Premiership season.

In 2019, she sat out due to the birth of her first child, Reef, instead joining the team's staff as an assistant coach, before returning to lead the Dragons to the NRL Nines title in 2020.

In 2021 Sam welcomed her second child into the world, Lakey, before returning to the NRLW in remarkable fashion, leading the Roosters to the 2022 NRLW Minor Premiership and being voted by her peers to the Rugby League Players Association Dream Team.

Sam retired from professional rugby league at the end of 2022 after captaining Australia to a 54-4 win over New Zealand at the famed Old Trafford, her third consecutive World Championship.

After more than 10 years at the very top of rugby league, Sam now juggles broadcast roles at Fox Sports and Triple M, the facilitation of high-performance programs in the corporate and mining sectors, as well as her main passion, inspiring mothers to return to good health physically,

mentally and emotionally, postpartum.

Client testimonials

“ Sam was one of the best fullbacks we have ever seen play rugby league. When she ran out people watched...and that was a long time before the game is where it now is. I have no doubt generations of players are going to want to follow in the footsteps of Sam Bremner.

- *Rugby League Immortal, Andrew Johns*

“ Sammy’s return to the top level on two separate occasions after having her children was an inspiration to a lot of people. With her third due in September, there is no one better placed to motivate and encourage other women through their postpartum journey’s.

- *Australian Jillaroos Head Coach, Brad Donald*

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