



KIARA BOWERS

Talent Profile





Stamping her name in history with the 2021 AFLW League Best and Fairest, Kiara Bowers threatens to just keep getting better.



NATIONALITY

Australian

DATE OF BIRTH

16/11/1991

TEAMS

Coastal Titans
Fremantle

CAPABILITIES

Guest Panellist
Ambassador
Social Media
PR Campaign
Appearances

INTERESTS

Health & Nutrition
Lifestyle
Family
Environment

BIO

Selected as one of Fremantle Football Club's Marquee Players heading into the inaugural season of AFLW in 2017, Kiara Bowers had it all in front of her to make the transition from amateur to elite footballer.

However an ACL injury in 2016 ruled her out of the 2017 season, and it was not until 2019 when Bowers pulled on the Dockers guernsey for the first time.

After two years on the sideline, the talented Bowers was finally on show and debuted in Round 1, 2019.

A strong, classy midfielder, Bowers finished her first season with All-Australian honours and won the Fremantle Best and Fairest. She also finished equal fourth in the AFLW League Best and Fairest.

2019 was just the beginning for Bowers. She once again claimed All-Australian and Club Best and Fairest honours in 2020, while improving her average disposals per game from 17.1 to 17.6, and having an incredible average of 14 tackles per game. She also improved her position in the AFLW League Best and Fairest, finishing second.

In 2021 Bowers claimed the trifecta of All-Australian and Fremantle Best and Fairest awards, and went one better across the league to be crowned equal winner of the AFLW League Best and Fairest after averaging 21 disposals a game.

With three seasons under her belt, Bowers averages 11.9 tackles a game and is respected across the league for her professionalism and elite approach to training and playing.

Away from the football field, Bowers and partner Adele are parents to son Nate.

Bowers is a carpenter by trade, and aspires to be a role model for women in male dominated industries.





To request more information about
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