

Tayla Harris

Dual Professional Athlete and Social Leader

Tayla Harris is an Australian Rules Footballer, boxer and former Young Australian of the Year Victoria.

Tayla doesn't just shine on the field or in the ring. After a photograph of Tayla kicking a goal became the target of online trolling in 1029, she courageously used the experience to fight online bullying and promote greater respect towards female athletes.



Tayla began her AFLW journey in Women's Exhibition Series where she represented Melbourne. After strong performances in those matches, she earned herself a marquee signing with Brisbane for the inaugural season of the AFLW competition in 2017. In one year she received an All-Australian team selection. Tayla moved to Melbourne and was traded to Carlton where she was again selected as an All Australian in 2018 and 2020. She was also Carlton's leading goalkicker on two occasions and collected Mark of the Year two years running.

Tayla is a talented dual-sports athlete. Along with her AFLW prowess, Tayla has an impressive professional boxing resume, boasting 8 wins, 1 loss and 1 draw. She has previously held two weight division titles as an Australian Champion, a testament to her incredible athletic ability, toughness and desire to push boundaries, set goals and inspire across two different sports. Tayla has aspirations to regain her Australian title, and one day, fight for a World Title.

Following the 2021 season, Tayla joined the Melbourne Football Club and hasn't looked back. In 2022, in season six of AFLW, the Demons finished runner up, their best result to date. Later that year, in season seven, Tayla and the Demons captured their first premiership, a career highlight for Tayla. She was also rewarded with her fourth All-Australian selection.

Tayla Harris Talks About

- Women and Girls in Sport
- Diversity
- Inclusion
- On-line Bullying
- High Performance
- Leadership

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