

Anthony Minichiello

Rugby Coach & Keynote Speaker

Anthony Minichiello is a renowned Australian sportsman who played 15 seasons at the pinnacle of rugby league. Recognised as ‘the face of the National Rugby League in 2014’, when he retired at the end of that season, he was the most capped player in the history of the Sydney Roosters (302 games).

An entrepreneur who is passionate about health and fitness education for children, Anthony owns and operates MiniFit. He is also an ambassador for the Sydney Roosters, NRL and a number of commercial clients.

Anthony is in demand as a keynote speaker who is able to bring together key themes that overlap in the world of sport and business.

More about Anthony Minichiello:

Born and raised in Sydney’s south-west, Anthony spent his childhood burning energy on gymnastics floors and little athletics tracks across New South Wales – honing the speed, balance, agility and endurance that would later become staples of his game.

As a teenager Anthony Minichiello dazzled scouts with his ability to play centre, five-eighth, wing and fullback in both rugby league and rugby union, sparking a code tug-of-war in 1996 that was won by rugby league legend, Arthur Beetson, who promptly signed him to the Sydney Roosters.

In 2000, aged 19, he made his first grade debut for the Roosters, who quickly became a dominant NRL force over the next five years. A switch from wing to fullback at the beginning of the 2003 season then took Anthony’s game to a new level, pre-empting immediate selection to the New South Wales and Australian teams.

Over the next two years everything Anthony touched turned to gold – his electric displays breathing new life into the game and leaving fans on the edge of their seats week-after-week.

A string of team and individual successes followed, culminating in the 2005 Golden Boot Award, crowning him the world’s best rugby league player.

Persistent back, neck and ankle problems put a cruel stop to Anthony’s ascendancy in 2006,



threatening to end his playing days and eventually forcing him to rebuild his body from scratch.

Willed on by fans, coaches and players alike, Anthony managed a triumphant return and, incredibly, was able to lead a young Roosters side to the 2010 NRL Grand Final with trademark defence and sweeping runs.

In 2011 Anthony Minichiello was selected to the New South Wales State of Origin side and produced a commanding, error-free performance and a match-winning try that sent 81,000 NSW fans into delirium. He later capped off an incredible year by successfully leading Italy through European qualifiers for the Rugby League World Cup.

In 2013 Anthony Minichiello cemented his position as one of the most talented and enigmatic players of his era, captaining the Sydney Roosters to the Minor Premiership, their 13th NRL Premiership and being named the NRL's favourite son.

Anthony was rewarded with a contract extension and announced as the face of the National Rugby League in 2014, before retiring at the end of the season as the most capped player in the history of the Sydney Roosters (302 games).

Anthony currently owns and operates MiniFit, a company dedicated to educating children about the importance of healthy eating and being active. He is an ambassador for the Sydney Roosters, NRL and a number of commercial clients, as well as a regular on the public speaking circuit.

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