



# MATILDA (TILLY) KEARNS

## OLYMPIAN & WATER POLO CHAMPION

**BEING AN ELITE ATHLETE TAKES COMMITMENT, SACRIFICE, AND STEELY DETERMINATION — AND MATILDA KEARNS, AFFECTIONATELY KNOWN AS TILLY, EMBODIES ALL THESE ATTRIBUTES AND MORE.**

Named the best center in the world at the 2023 World Championships in Fukuoka, Japan, and returning from the 2024 Paris Olympics with a silver medal, Tilly's journey has been nothing short of extraordinary.

Growing up under the influence of her father, former Wallaby Phil Kearns, Tilly was inspired by his global sporting achievements. Observing the respect and admiration others had for him instilled in her the importance of leading by example. This philosophy is reflected in her day-to-day life as she strives to inspire young women, advocating for lower barriers to sports participation.

Tilly first encountered water polo at age 12, and by 15, she was determined to turn her passion into a career. At 19, she qualified for the Aussie Stingers and made her mark at the FINA World League Finals. Her contributions were crucial in the Stingers' fifth-place finish at the 2020 Tokyo Olympics, and her outstanding role in the Paris Olympics campaign was instrumental to the team's success.

In 2019, Tilly took a bold step by moving to the United States to join the University of Southern California (USC) water polo squad. This decision required significant sacrifices, including leaving behind relationships and the Sydney lifestyle she cherished. However, her dedication paid off—she became USC's top scorer in 2023, netting 64 goals, and was a finalist for the prestigious Peter J. Cutino

Award in both 2022 and 2023. Additionally, Tilly has been on the Academic Honor Roll at USC every year, reflecting her commitment to balancing athletics with academics.

Tilly's engaging personality has made her a favourite on social media, where she shares the realities of life as an athlete with over half a million followers on TikTok. Her fun-loving nature and relatable insights resonate particularly with young women, allowing her to influence and inspire a new generation.

With a philosophy centered around balance, Tilly understands the importance of combining rigorous training with enjoyment. This grounded approach helps her navigate the challenges of professional sports while ensuring she approaches every match with a sense of fun rather than pressure. Her ability to transform nervousness into excitement is one of her superpowers, a valuable lesson she imparts to her followers and audiences.

With her unique blend of athletic prowess and relatable charisma, she continues to be a powerful advocate for girls in sports and an inspiring role model.

Tilly Kearns is available for media and PR opportunities, corporate hosting, speaking engagements, and brand partnerships.

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