

# A Werribee Tigers promotion ***the inside word*** ***with SCOTT WEST***

Being involved in the VFL now, one thing you don't have to worry about is travelling too far for games. Yes, we have to drive to Ballarat or Frankston, but in reality with the freeways and open roads now, I wouldn't say it's much of an issue when preparing players for a game.

Last weekend was a bit different, it was our turn to travel up to Brisbane to play Morningside in the Foxtel Cup semi final. Having experienced plenty of travel throughout my career, you know that some players cope with it a lot better than others. Only experience really helps you weed out what are and aren't the best things to be doing. We didn't have a lot of guys with experience in this field, so as coach, there was a slight worry how they would react. There is real balance between making a big deal about it and not addressing it at all.

Sports people are creatures of habit, so the plane travelling can really throw them out. Some players battle with the flight. Sitting there for two hours can be a real struggle. Once you've flicked through the paper or a magazine it's like, "Mmm what am I going to do for the next hour and a half?" The really annoying ones start flicking ears and pushing the seat in front of them.

Once players land, some find it hard not to go into holiday mode, especially going to the warmer states in the middle of winter. Another area players struggle with is rooming together. You just pray you don't get the snorer, the really messy one or the guy who has bad gas all night and is proud of it. It's easy to see the next morning who drew the short straw. Their eyes are hanging out of their heads.

The two major issues for me are time management and food. It's amazing how many guys get to dinner and breakfast and see all the food in the buffet and eat until they nearly explode. The advice that I was given early was, don't eat it just because it's there. Stick to your normal meal sizes. My first trip I put on nearly 3 kilos. Fair to say it was a lesson learnt the hard way. Time management can be a problem, you have no car to drive down the street, no play station, no computer to facebook or tweet. You find a lot of players just sitting in their room for hours on end becoming dehydrated and lazy, which, when you're preparing to play footy, isn't a great thing.

Using traveling as an excuse for a loss or poor game is a cop out. Looking back in history you see that West Coast dominated the competition and Brisbane won three flags in a row. That just reinforces that attitude and preparation are the key factors for success. It shouldn't matter where you play or when you play, there are no excuses.



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