



SOUTH BARWON FOOTBALL & NETBALL CLUB

## SENIOR FOOTBALL PRESEASON UPDATE



We are just one week into our 2018 Preseason Campaign and couldn't be more pleased with how things are progressing. With great early off field support from Johnny Van Dort and Benny Holt numbers have been fantastic with over 40 on the track each night with a high number of apologies as guys battle pre Christmas work, university and school exams, others because they are lucky enough to be jet setting all over the world!

This preseason has been planned with heavy focus on developing a game plan that compliments the list but suits the standard of the competition. Our coaches will invest the time to have the players understand not just how to execute it but why each component is important.

We are clear on our key objectives over the summer;

- To raise standards of Strength and Conditioning and prepare the players to not just play but be successful GFL Footballers.
- Create an advantage with our ability to outspread any opposition and become the outnumber at the next contest
- Increase our endeavour to win the ball assisted by an outnumber
- Establish a team defence mentality complimented by our ability to score quickly
- Invest time in developing a leadership model capable of setting and maintaining high standards on and off the field.

Training Venues and times will vary throughout preseason as we tailor the program to our group and utilise the best available facilities.

All are welcome to attend any of our sessions, to obtain a Training Calendar please contact Dave Farrell (Senior Coach) on 0401 047 005 or email [DFarrell@jeldwen.com](mailto:DFarrell@jeldwen.com)

### Update on List Management

#### Retention and Recruitment of Players

We have taken a very considered approach when it comes to managing our list. With changes to Colts age eligibility for season 2018 we saw our list retention as our first and highest priority. A lot has changed off-field and we have made every effort to be transparent about our direction and get greater buy in from the playing group.

### STAFF APPOINTMENTS

#### SOME NEW FACES AND SOME RETURNING



By far the most time has been committed to establishing the right off-field structure and recruiting in a mix of experience to create an environment focused on individual player development.

With Travis Agg taking on the new role as Director of Coaching we have been very deliberate with our recruitment and appointing of staff.

James Donaldson (above left) has accepted the Coaching Role of the 12:00pm side while Wayne Amos (above right) returns to lead our forwards along Tim Sherman (Backline) and Adam Perus (Midfield) all in assistant coaching roles.

Michael Rheese joins us as Head of Strength and Conditioning and is working through key appointments to support him in areas of Rehabilitation, Conditioning and Injury treatment.

While with Jeremy Polgar onboard as match day runner and development coach, Mitch Troy re-appointed as Colts Coach and Damien McMahon round out our confirmed coaching appointments to date.



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Following our list review we identified some areas that need strengthening and have been actively targeting specific players for these roles.

### EARLY ADDITIONS TO THE LIST

**Charlie Francis** has committed after played 19 games in the last two years at the Falcons and was a Co-Captain of the 2017 squad and was the recipient of Geelong Falcons 2017 Trademark player of the year. Charlie's addition to our list is really exciting not just because of his footballing ability and further potential but his character and leadership qualities that we will continue to

develop. We won't see any of Charlie til post-Christmas as he is taking a solo trip through Vietnam and Cambodia.



**Lachie Noble** returns after a hugely successful and consistent year at the Falcons. One of only two players to play all 21 games, kicked 34 goals placed 4th in the B&F and took out the most consistent award after polling votes in 13 games. He will bring some great energy to the group and will do whatever it takes to be successful at this level.

**Rick Read** has bought straight into our program and coming from a beef and dairy farm on the outskirts of Wodonga he has a terrific work ethic. In nine games with the Falcons in 2017 he has played through the ruck and also a key backman while sneaking forward to hit the scoreboard on the odd occasion. Rick is studying and living on Res at Deakin Waurin Ponds but has

unfortunately been struck down with glandular fever. He is in good spirits and on a modified training plan but has had to head home for a few weeks of recovery.



**Louis Herbert** is planning a move to Geelong and with North Ballarat VFL side in recess has committed to playing fulltime with us. He brings experience beyond his age drawn from time at TAC, VFL and AFL level. Very quick for his size we expect him to add another option up forward and provide some support to those developing there.

**Ollie Lee** returns after spending the last couple of seasons between SBFNC and his home club of South Warrnambool.





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He brings some great experience back to the group and while keen to take his own game to another level has expressed his preparedness to assist the development of others.