

## **School Sport Australia Football**

### **United Kingdom and Republic of Ireland Tour Report**

**January 10th – 29th 2019**





### Tour Leader Report

Congratulations to all Players and Officials on an extremely successful tour. Many friendships have been made and you also have many lifetime memories/experiences to reflect upon. Representing Australia in any sport is an absolute honour, and everyone on this particular tour represented the country with distinction!

There are a number of contributors to the tour that I need to pass-on my sincere appreciation:

- School Sport Australia (Deneille and Michael, for all their support and work in the SSA Office)
- Ron Pratt, SSA National Secretary Football (for all his liaison with FFA and overall support of the tour. Ron works tirelessly to ensure these tours are a success)
- FFI Sports Tours (Seb van der Vliet, for all the outstanding tour organisation and support whilst on tour. Due to Seb's experience and understanding of world football these players were exposed to amazing experiences and opportunities)
- "Parents" (for their assistance with the seemingly endless requests of forms and documents)
- "Team Officials" (for their tireless hard work both on and off the pitch, thank you for making the tour a success for our players)
- "Players" (for the way they conducted themselves on tour and their on-field performances, and for their professionalism to be able to respond and react to consistently changing tour conditions.

A special thank you goes to Kieran Gibson for his early pre-tour organisation, behind the scenes work and his support organising the pre-tour camp – doing all of this whilst not being 100% health-wise.

I wish all players every success with their future in football, may the Tour they have just completed be the catalyst for a bright career in the sport!

### Touring Players & Officials

No	Name	State
1	Nicholas BILOKAPIC	NSW
2	Jeremy SIARAKAS	NSW
3	Jarred McKINLEY	NSW
4	Ethan BEAVEN	NSW
5	Christian CIRINO	NSW
6	Jarrod GALEA	NSW
7	Connor ROSE	NSW
8	Adam FARKAS	NSW
9	Rhys OSMOND	NSW
10	Luis LAWRIE-LATTANZIO	SA
11	Michael RUHS	NSW
12	Yusuf ALI AHMED	SA
13	Robert TKATCHENKO	ACT
14	Jasper BOURCHIER	WA
15	Andrew MARANTA	WA
16	Declan COLLINS	WA
17	Braith FOXE	NSW
18	Rian DEL NIDO	SA
	Tony OLIVERA	Tour Leader (ACT)
	Adrian MAZZARELLA	Head Coach (VIC)
	Dean STAFRACE	Manager/Asst Coach (VIC)
	Garry BURNETT	Trainer (WA)
	Seb VAN DER VLIET	FFI Sports Tours (NSW)



## FFI Sports Tours (Seb Van Der Vliet) Professionally Organised Tour Itinerary

Thu 10th Jan	Depart Sydney for the UK on SQ 222 at 16.10
Fri 11th Jan	Arrive London at 05.55, transfer to Cardiff, Training session PM
Sat 12th Jan	Training session AM. <b>PM watch Cardiff City v Huddersfield Town</b>
Sun 13th Jan	<b>Game 1 v England Independent Schools (2pm KO)</b>
Mon 14th Jan	<b>Game 2 v Bristol City Academy (7:30pm KO)</b>
Tue 15th Jan	<b>Sightseeing Excursion to Bath – visit the Roman Baths 11am</b>
Wed 16th Jan	<b>Game 3 v Swansea City Academy (7pm KO)</b>
Thu 17th Jan	<b>Game 4 v Cheltenham (7:30pm KO)</b>
Fri 18 th Jan	Ferry from Holyhead to Dublin
Sat 19th Jan	<b>Game 5 v Republic of Ireland (1pm KO)</b>
Sun 20 th Jan	<b>AM guided bus tour of the City of Dublin</b> , Transfer to Belfast via bus
Mon 21st Jan	<b>AM guided bus tour of the City of Belfast, Game 6 v Northern Ireland KO (6pm KO)</b>
Tue 22nd Jan	Stenaline transfer Belfast 11.30 arrive Cairnryan then travel to Edinburgh, Scotland
Wed 23rd Jan	<b>Free Day – Shopping and sightseeing the Royal Mile in supervised groups, evening watch Hearts vs Dundee</b>
Thu 24th Jan	<b>Game 7 vs Scotland in Glasgow (1.30pm KO)</b>
Fri 25th Jan	<b>Travel to Game 8 v Fleetwood Town (7:30pm KO)</b> , then transfer to St George’s Park.
Sat 26th Jan	<b>AM travel to Trafford Centre in Manchester for some shopping, then watch FA Cup game Manchester City vs Burnley</b>
Sun 27th Jan	AM Hydro-Therapy session, Transfer to London, <b>evening watch FA Cup game Chelsea vs Sheffield Wednesday</b>
Mon 28th Jan	<b>Game 9 v Queens Park Rangers (2pm KO)</b>
Tue 29th Jan	Fly out on SQ317 at 10.55am
Wed 30th Jan	Arrive Australia 20.25pm

## Tour Educational Focus

Although most of the tour was football focused, there were plenty of opportunities for players/students to take-in the history that the UK & Ireland have to offer, including the following:

### 15 Jan - Sightseeing Excursion to Bath



Players and officials visited the picturesque town of Bath, including a self-guided tour of the Roman Baths

### 20 Jan - Guided bus tour of the City of Dublin



Players and officials were provided with a guided tour of Dublin, which included the historic Trinity College

### 21 Jan - Guided bus tour of the City of Belfast



Players and officials were provided with a guided tour of Belfast, which included the port area where Titanic was built and the famous Peace Wall

### 23 Jan - Sightseeing the Royal Mile in supervised groups



Players and officials visited historic Edinburgh Castle, and some walked most of the cobbled stoned Royal Mile

### **What do I think could be improved on (inc recommendations) for the following year?**

Unfortunately, and sad to say, the playing kit supplied by Struddy's was of a very poor quality (not of FIFA International Standard). Also, quantity of uniform purchased by parents/players was not enough – for example the travelling polo top was also used for travel to/from games, meals and some excursions (this made it extremely difficult with limited laundry opportunities). A better-quality gear provider needs to be sourced, plus a few more training and stepping-out shirts need to be ordered by families.



### **What worked well?**

Ffi Sports Tours professionalism and continued organisation of the tour is absolutely outstanding. Seb's network of contacts in and around the UK/Ireland is invaluable – this ensured quality games vs quality opposition (both against professional clubs and International Associations). He was also able to secure tickets to hard to access EPL and FA Cup games (particularly at Stamford Bridge, home of Chelsea FC and Etihad, home of Manchester City).

Seb's knowledge of geographical UK & Ireland also ensured that we were provided with educational sightseeing opportunities and guided tours. His own knowledge of the British Isles was invaluable as we were bombarded with questions from our students/players.

### **Any issues**

The only issue of note we had was with the injury to poor Nicholas Bilokapic, who was injured during the warm-up to the very first game vs England Independents (Trainer Garry Burnett will provide details in his report).

Tour Leader

Tony Olivera

### **Head Coach's Report**

Fri 11th Jan	Arrived London at 05.55, transferred to Cardiff, check in to the Clayton Hotel.  Team Meeting: Analysis of Practice game played in Sydney during training camp.
Sat 12th Jan	Individual player meetings. Gave individual player feedback in preparation for first game.

Sun 13th Jan

### **Game 1 v England Independent Schools**

Boys had a very difficult game. The weather conditions were extremely difficult to play in. High wind, rain and very cold. Players did not adapt to the conditions and struggled to play football as planned. Players also found it very difficult to adapt to the opposition and solve the football problems that they posed. We were also very naïve giving 3 penalties away during this game. Players very disappointed with their performance. They completed their post-game weights and wellbeing diaries in the changing room after the game.

Mon 14th Jan

### **Game 2 v Bristol City**

Began the day with a team meeting to discuss the England Independent Schools game. Broke the team into defenders, midfielders and attackers. In their groups they had to identify the main 3 problem areas in our game. We shared them. Then they were required to discuss solutions. All was recorded in preparation for the pre-game meeting scheduled in later in the day.

Due to heavy traffic we arrived to the game with minimal time to get warmed up and ready. The opposition set up with a middle third defensive block. They were disciplined in their shape to begin with. Our players started very well and kept good possession. An improvement on last game. However, the opposition had one counter attack and scored. AUS did well to come back and score to hit the lead. Unfortunately, once again naïve giving away 2 penalties to lose the game 3-2. Again, all were disappointed to walk away with a loss.

Tue 15th Jan

### **Sightseeing Excursion to Bath – visit the Roman Baths**

Great day to see the very interesting Roman Baths as well as some time to casually walk around the city and socialize with each other. Great day out together.

Completed the day with a post-game meeting in which we analysed the Bristol City game and together identified important areas for improvement moving into the Swansea game.



Wed 16th Jan

### **Game 3 v Swansea City**

The morning consisted of pre-game meeting and individual meetings with players to discuss individual improvements that can be made.

Later in the day we had the pre-game meeting to discuss game plan.

We arrived to Swansea Academy. Got ready as quickly as possible and began warm up.

A positive performance this game. Swansea were a very good team. Well organized with some strong players. We had opportunities to score but again missed good chances finishing the game with a loss.

No time after game to do post-game weigh ins or wellbeing diaries. Players completed the wellbeing diaries on the bus instead.

Thu 17th Jan

### **Game 4 v Cheltenham Town**

Held a post-game meeting in the afternoon with some clips from the Swansea game. Just before leaving we had pre-game meeting. The weather was the coldest (-2 degrees) we played in but, minimal wind. AUS got a good start to the game scoring first but, then conceded a couple of quick goals. Michael Ruhs (captain) really stood up and clearly did not want to lose again. He managed to score a hat-trick and put AUS back in the lead. The team then dominated the game recording their first win of the tour. Boys very happy after the game. A well-deserved and long-awaited win.

Fri 18th Jan

Ferry from Holyhead to Dublin

Good opportunity to get some rest and socialize.

Sat 19th Jan

### **Game 5 v Republic of Ireland**

Pre-game meeting held. Playing their first game against a National Team. First time they experienced the line up before the game with National Anthems. Strongest opposition they played so far. Some players really stood up to the increased level while others found it difficult to deal with. Players disappointed with the loss but, appreciated the meal the opposition were nice enough to put on for us after the game.



- Sun 20th Jan            **Dublin guided walking Tour of the City AM. Transfer to Belfast PM**
- Mon 21st Jan           **Game 6 v Northern Ireland**
- Pre-game meeting held. Players did not seem mentally ready for the game in warm up. Opposition very vocal where as our players were quite passive. Northern Ireland seemed very clinical in their finishing. The first mistake of the game led to their first attack and they scored. It was 2-0 at half time. This proved to be our toughest game going down 7-0 by the end of the match.
- Tue 22nd Jan           Stenaline transfer Belfast 11.30 arrive Cairnryan then travel to Edinburgh, Scotland
- Good day to rest and socialize.
- Wed 23rd Jan           **Walking Tour Edinburgh AM,** rest of the day at leisure
- We used today to talk to players about the mental side of their game. It was evident that from the Northern Ireland game, players were not playing to their potential. It was necessary to build them up to be mentally prepared for the game against Scotland. We used questioning to derive the answers from the players. We covered topics like effort, professionalism, accountability, etc. All players responded well to the discussion.
- In the evening we had a post-game meeting regarding the Northern Ireland game. We reinforced the importance of Accountability on the pitch. We used errors during the Northern Ireland game to reinforce this. Players responded well. Captains were asked to stay back afterwards in which they expressed how they thought the meetings were very constructive and necessary.
- Thu 24th Jan           **Game 7 v Scotland**
- Pre-game meeting held to go through line up and new game plans for the game.
- Game went very well. AUS deserved at least a draw but, unfortunately lost 3-2. Had good opportunities to score but, could not capitalize. Best performance of tour so far.



Fri 25th Jan

**Game 8 v Fleetwood Town**

Great hospitality from Fleetwood Town today. Putting on a dinner for all players. Pre-game meeting was done in changing room before game. Spirits were high and team played well. Winning their 2<sup>nd</sup> game of the tour was very rewarding for the players.

Sat 26th Jan

Transferred to St George's Park.

St. Georges park was a great experience for the boys thoroughly enjoyed it and was definitely a highlight.

Sun 27th Jan

Transferred to London

Mon 28th Jan

**Game 9 v QPR**

Pre-game meeting was held at hotel before leaving. Today's game was played in difficult conditions. Windy and very cold. Players started ok and finished the game very strong. All players had an opportunity to play seeing it was our last game. Boys very satisfied with the win.

Post-game meeting took place in the changing room to thank each other for the great experience and finished with giving each other a hug/hand shake to show appreciation.

Tue 29th Jan

Fly out on SQ317 at 10.55am

Head Coach

Adrian Mazarella



## Manager/Assistant Coach's Report

### **8th January**

Players all meet at training facility, players were addressed by staff of expectations, schedule, football philosophy and strategy.

Players trained then had a recovery session

### **9th January**

Players trained again in the morning

The 16s played a practice match vs a local Sydney Club

Presentation took place at Kareela Golf Club Reception where parents and players joined to have a shirt presentation and dinner together. Captains were announced

Captain is Michael Ruhs

Vice captains are Connor Rose and Andrew Maranta

### **10th January**

Players and staff met at Sydney International Airport to travel to UK

### **11th January**

The team arrived in London Heathrow early in the morning around 5:30am

We then traveled to Wales to our accommodation in Cardiff at the Clayton Hotel

Players and staff settled in and then attended a training session that evening to loosen up

### **12th January**

Players trained at Cardiff training facilities indoor center.

After training we were all treated to an English Premier League Game to watch Cardiff City vs Huddersfield Town FC



### **13th January**

Players had team walk to Cardiff Castle

Team meeting for game against England Independents

Free time

Departed for Game against England Independents

Starting line Up: Rian, Jeremy, Jarred M, Ethan, Christian, Adam, Jarrod G, Luis, Michael, Rhys, Connor

Goal Scorers: Rhys Ormand

Playing times. See attached

*Injuries.* Nicholas Bilokapic sustained a fractured right pointer finger. In which he underwent surgery in hospital and took no further part in any games.

Andrew Maranta sustained a strained groin. Missed some games as a result

Robert was unwell and rested for a couple of games

### **14th January**

Players went for routine team morning walk to castle

Team meeting about game ahead in Bristol

Free time

Departed for Bristol City

Starting line Up: Rian, Jeremy, Jarred M, Ethan, Christian, Adam, Jarrod G, Luis, Michael, Rhys, Connor

Goal Scorers: Connor Rose scored two goals in the 38 min and 43 min

Playing times. See attached

### **15th January**

Players and Staff went to Bath and visited the Roman Bath House

They also spent the day sightseeing and some free leisurely time

Team meeting took place to focus on game ahead at Swansea



### **16th January**

Players had tour of Millennium Stadium in Cardiff

Team meeting

Free time

Departed for Swansea FC

Starting line Up: Rian, Jeremy, Jarred M, Ethan, Christian, Adam, Jarrod G, Luis, Michael, Rhys, Connor

Goal Scorers: nil

Playing times. See attached

*Injuries.* Braith Fox - hyperextending his knee

*Notes:* Andrew did not play due to coach wanting to rest them for full game next day. Players who did not get much of a game will play more next game. The game was cut short due to lights being programmed to switch off

### **17th January**

Recovery session

Team meeting and video analysis of Swansea game

Free time

Departed for Cheltenham

A solid performance winning 7-4 after being 3-1 down.

Starting line Up: Rian, Robert, Jarred M, Ethan, Christian, Andrew, Declan, Yusuf, Luis, Rhys, Jasper

Goal Scorers: Michael 3 Connor Rhys Luis and Jarrad G

Playing times. See attached

*Injuries.* Braith is injured and did not play

### **18th January**

Recovery session

Travel to Ireland on Coach Ferry then Coach. All day

Arrive in Ireland at Maldron Hotel in Dublin

Dinner and bed preparing for game tomorrow



## **19th January**

Breakfast

Team meeting and pre-game for Ireland Game

Free time

Departed for Ireland at National Sports Centre

Unfortunately, the boys did not quite get over the line and lost 2-0

Starting line Up: Rian, Robert, Jarred M, Ethan, Christian, Andrew, Adam, Jarrad G, Connor, Rhys,

Goal Scorers:

Playing times. See attached

*Injuries.* Braith is injured and did not play

## **20th January**

Breakfast

Team meeting and post-game for Ireland Game

Dublin Bus sightseeing tour

Transfer to Belfast and check in to Ibis Belfast

Team Meeting

Dinner and Bed

## **21st January**

Breakfast

Team meeting and pre-game for Northern Ireland Game

Sightseeing in Belfast

Dinner at Hotel

Departed for Ireland at Midgley Park

A very disappointing effort and performance to be beaten 7-0

Starting line Up: Rian, Jarrad M, Ethan, Jarrod G, Adam, Rhys, Luis, Michael, Yousef, Robert, Declan

Goal Scorers: Nil

Playing times. See attached

*Injuries.* Braith injured and did not play



## **22nd January**

Breakfast

Team meeting and post-game for Nth Ireland Game

Free time and recovery

Transfer to Ferry

Ferry from Belfast to Cairnryan then onto Edinburgh, Scotland

Check in to Novotel Edinburgh

Dinner and bed

## **23rd January**

Breakfast

Team meeting

Free time

Watched Scottish Premier League - Hearts vs Dundee

## **24th January**

Breakfast

Team meeting and pre-game for Scotland Game

Free time

Departed for Glasgow to play at Toryglen

Starting line Up: Rian, Jeremy, Ethan, Christian, Jarrod G, Connor, Adam, Rhys, Luis, Michael, Robert

Goal Scorers: Michael Ruhs, Jasper Bouchier

Playing times. See attached

Injuries. Braith is injured and did not play



## **25th January**

Breakfast

Late Check-out of Hotel

Depart Edinburgh for Game at Fleetwood Town

Starting line Up: Rian, Jeremy, Jarred Mc, Christian, Yusuf, Connor, Andrew, Declan, Luis, Jasper, Braith

Goal Scorers: Connor 2, Yusuf, Rhys, Luis

Playing times. See attached

*Injuries.* Ethan injured and did not play

Transfer to St Georges Park and Check-Into Hilton Hotel

## **26th January**

Breakfast

Team meeting

Free time at Trafford Centre, Manchester

Watched English Premier League – Manchester City vs Burnley

## **27th January**

Breakfast

Hydro Therapy Session

Late Check-out of Hotel

Depart St Georges Parks for London

Check-Into Hotel

Watched English FA Cup – Chelsea vs Sheffield Wednesday



## **28th January**

Breakfast

Team Meeting

Depart Hotel for Game vs Queens Park Rangers

Starting line Up: Rian, Jeremy, Jarrod Mc, Yusuf, Jarrod G, Connor, Ethan, Declan, Luis, Jasper, Braith

Goal Scorers: Connor, Christian, Michael

Playing times. See attached

Presentation Dinner at local Italian Restaurant – Players Player of the Tour (Michael Ruhs), Coaches/Managers Award (Ethan Beavan)

## **29th January**

Breakfast

Early Check-out of Hotel

Depart Heathrow Airport

Flight Home – Singapore Airlines Flight SQ317

I would like to thank Adrian, Garry and Tony for all their assistance whilst on Tour. I also like to express my appreciation to School Sports Australia for the opportunity, Ron Pratt and Kieran Gibson for both of their support prior to the Tour and finally Seb Van Der Vliet for his professionalism and organisation of the Tour, simply outstanding.

Manager

Dean Stafrace

### Totals Times

	Engl	Bris	Swan	Chelt	Rep Ireland	Nth Ireland	Scot	Feetlwd	QPR	Total	Avg	Notes
Nicholas	45	0	0	0	0	0	0	0	0	45	6	Broken finger (Eng)
Jeremy	60	65	28	70	60	60	90	90	90	613	76	Sick (Chelt)
Jarrad M	90	90	90	45	70	45	25	90	45	590	73	
Ethan	90	70	90	65	90	90	65	0	90	650	80	
Christian	45	90	90	90	90	45	90	55	45	640	79	
Jarrold G	45	54	55	90	90	57	90	10	90	581	72	
Connor	70	90	90	45	70	60	60	80	80	645	80	
Adam	45	76	45	15	75	75	90	0	45	466	58	
Rhys	60	59	90	45	70	55	85	10	50	524	65	
Luis	65	80	57	45	50	90	90	90	50	617	76	
Michael	75	65	90	60	90	80	85	35	70	650	80	
Yousef	45	45	35	90	20	40	0	90	20	385	48	Didn't want to play
Robert	30	0	41	90	50	90	90	0	45	436	54	Sick (Eng). Knee. (Fleet)
Jasper	45	45	33	60	20	35	30	90	45	403	50	
Andrew	25	0	0	45	40	33	15	80	0	238	29	Groin (Eng). Fleetwood
Declan	65	35	45	90	15	45	0	90	45	430	53	
Braith	45	45	21	0	0	0	0	90	90	291	36	Hyperextend (Swa)
Rian	45	90	90	90	90	90	90	90	90	765	94	



## Trainer's Report

### **DAY 1: FRIDAY 11TH JANUARY**

1700hrs: Training session starts –

Most players feeling good and eager to train.

Couple needed minor taping and adjustments. Worked out a plan for pre-game. Strapping first Repairs then any massages.

### **DAY 2: SATURDAY 12TH JANUARY**

1130hrs: Training session starts –

Taping for Rhys, Yusuf, Braith knee taped for preventive post Medial tear.

### **DAY 3: SUNDAY 13TH JANUARY**

1400hrs: MATCH 1: AUS SCHOOLS VS ENGLAND INDEPENDENT SCHOOLS (synthetic 3G)

Strong winds, rainy and cold temperatures

Taping for Braith, Yusuf knee light, Rhys K tape heel and calf. Andrew feeling chesty and unwell chose not to play but rest and get better. This was a display of maturity by all the team, honest about injuries or illnesses. Yusuf calf rub.

During first half Nicholas sustained injury to finger on right hand. Extremely painful asked to have it splinted at half time but could not continue. Put arm in a sling. Dressed fingers to help prevent aggravation of injury.

Spoke to manager and waited to see how Nic was in morning.

### **DAY 4: MONDAY 14TH JANUARY**

0800hrs: Nicholas taken to Cardiff Hospital for assessment and treatment

At hospital Nicholas seen by ED doctor and then referred to Trauma Clinic.

1930Hrs: MATCH 2: AUS SCHOOLS VS BRISTOL ACADEMY (synthetic 3G)

(No treatment on players required)



#### **DAY 5: TUESDAY 15TH JANUARY**

0730hrs: Nicholas taken to Cardiff Hospital for Surgery in company with Dean Stafrace and Mr Beaven a family friend.

1245hrs: Transfer Nicholas back to hotel after surgery was success - Nicholas felt a little "heady" but other than the oblivious disappointment fine. Escorted Nic on a tour of Cardiff Castle as he wanted to see the sights.

Checked on Nicholas during the day and up till lights out.

#### **DAY 6: WEDNESDAY 16TH JANUARY**

1900hrs: MATCH: AUS SCHOOLS VS SWANSEA CITY (Synthetic 3G)

Cold weather and a little wet but players where happy to play Strapped Braith 's knees, Connor had a slight groin pain but attend to it with massage. Rhys injured shoulder but recovered okay, calf massage before games due to tightness. Used K Tape which helped.

#### **DAY 7: THURSDAY 17TH JANUARY**

1900hrs: MATCH: AUS SCHOOLS VS CHELTENHAM TOWN (Synthetic 3G)

Hard played game on a good synthetic surface. Andrew feeling better, after feeling ill earlier-on in the day.

#### **DAY 8: FRIDAY 18TH JANUARY 2019**

Check in at Holyhead Harbour for 1400hrs Stenaline crossing to Dublin

(No treatment on players required)

#### **DAY 9: SATURDAY 19th JANUARY**

1300hrs: MATCH: AUS SCHOOLS VS REPUBLIC OF IRELAND (Grass Pitch)

(No treatment on players required)



**DAY 10: SUNDAY 20th JANUARY**

Transfer to Belfast 1500Hrs

Treated players as requested by them, most just rested. Rian asked for some pain relief but had trouble swallowing caplets and tablets.

**DAY 11: MONDAY 21st JANUARY**

1800hrs: MATCH: AUS SCHOOLS VS NORTHERN IRELAND (Synthetic 3G)

Wind Rain and cold made for a very uncomfortable game.

Couple of minor injuries. Rian has flu like symptoms, used Seasick tablets for Nausea and liquid paracetamol as well as throat lozenges

**DAY 12: TUESDAY 22nd JANUARY**

Check in at Belfast for 1530hrs Stenaline crossing to Cairnryan, Scotland

Rian Del Nido still suffering from flu like symptoms purchase liquid paracetamol and "cough" medicine after consultation with chemist. Rian stayed in room had evening meal sent up and checked on him till lights out. Briefed his roommate Nicholas about what to do.

**DAY 13: WEDNESDAY 23rd JANUARY**

(No treatment on players required)

**DAY 14: THURSDAY 24th JANUARY**

1330hrs: MATCH: AUS SCHOOLS VS SCOTLAND (Synthetic 3G)

(No treatment on players required)



**DAY 15: FRIDAY 25TH JANUARY**

1930hrs: MATCH: AUS SCHOOLS VS FLEETWOOD TOWN (Synthetic 3G)

Transfer to HILTON HOTEL ST GEORGE'S PARK

(No treatment on players required)

**DAY 16: SATURDAY 26H JANUARY**

1000hrs: Hydro Therapy session

(No treatment on players required)

**DAY 17: SUNDAY 27th JANUARY**

Transfer to CHELSEA MILLENNIUM HOTEL, LONDON

(No treatment on players required)

**DAY 18: MONDAY 28th JANUARY**

1400hrs: MATCH: AUS SCHOOLS v QPR

(No treatment on players required)

**DAY 19: TUESDAY 29th JANUARY**

Flight Home

### **Injuries by Team Numbers**

No 1 – Nicholas Bilokapic – Broken finger in first half of first game has to be unluckiest player of the tour. The excellent treatment by the Cardiff Hospital was the best part of this sad time for Nicholas.

No 2 – Jeremy Siarakas – Slight Hip flexor pain early in tour but was good by Erie. Had his right ankle studded in final game against QPR.

No 3 – Jarred Mc Kinley – Had a runny nose and slight feeling of being unwell. Some strapping on right thigh early in tour, severe graze on right hip after Scotland game lead to non-adhesive dressings being applied for rest of the tour. Several different dressing combinations tried eventually fixed with a mixture.

No 4 – Ethan Beavan – Head clash in the Scotland game left Ethan with a black eye, Luckily Scottish team doctor had a look at Ethan after game and agreed that he was not going to need to go to Hospital but to watch for signs of concussion. No signs were displayed by Ethan but he chose to wait for the QPR game before returning to play.

No 5 – Christian Cirino – played well and had no injuries that I had to treat.

No 6 – Jarrod Galea – rolled ankle in Cardiff but was good to go next morning.

No 7 – Connor Rose – slight concern over his groin in Cardiff but was ready to go in Dublin. Treated a blister on right heel for last half of tour.

No 8 – Adam Farkas - played well and had no injuries that I had to treat. Perpetual motion.

No 9 – Rhys Osmond – Calf – K-tape Swansea shoulder massaged calf occasionally during tour.

No 10 – Luis Lawrie-Lattanzio – Sore in calf and requested right ankle be strapped did it once but felt fine afterwards.

No 11 – Michael RUHS – Right Hamstring twinge in Edinburgh but recovered by Fleetwood.

No 12 – Yusuf Ali AHMED – strapped knees for first game but did not get it done again. Regularly just if he felt he need it.

No 13 – Robert Tkatchenko – Had some strapping done ala “Crystal Palace” was tried but did not work, did a normal knee taping. Was a little hesitant to play after knee pain but passed a fitness test and played.

No 14 - Jasper Bouchier – Tight calf muscles in Cardiff Release conducted on the groin and upper thigh treated on an ongoing as required regime for tour.



No 15 – Andrew Maranta – suffered from a chest cough and flu like symptoms. Played in Swansea game? And continued also had groin release for tight muscles. Jammed fingers in door jamb in hotel in Chelsea. On our arrival in Perth handed over to Andrew’s guardian to have finger checked by a doctor as one was very painful still.

No 16 – Declan Collins - played well and had no injuries that I had to treat.

No 17 – Braith Fox – Had right knee meniscus and MTL problems. Knee taped and left knee as a precaution also taped. This was with little success until finally in Fleetwood he played a blinder after 6 different strappings we hit upon one that worked and worked well. Left knee had a Crystal Palace strapping this worked for Braith.

No 18 – Rian Del Nido – Was thrown in to the deep end when Nic was injured. Suffered with flu like symptoms and generally unwell. Had to spend time keeping him on deck. Anti-sea sickness tablets, liquid cough and flu medication obtained in Belfast helped him feel good enough to play. Belfast game was a test for him and he was fairly exhausted after the game. In Edinburgh he stayed in his room and I organised his meals to be taken to him, He was better after the rest and played all the games.

Overall touring party was in good health for the majority of the time. Apart from Nicholas’s finger, most injuries where soft tissue, and able to be handled in house.

Thank you for the Tour it was a privilege to tour with another fine example of Australia’s football future.

Trainer

Garry Burnett