

Samir Belhout leads his troops into battle this morning, here is what he has been thinking.



Day 1:

The Collingwood kicks off today on campus but thankfully we have a bye into the second round so we can rest today. Preparation for the game tomorrow has been going since Monday morning, with the lads trying to implement Brendan Egans recently taught 48 hour plan. Brendan has been working with the team in the nutrition aspect during pre-season, so now seems like a good time to use his pre-match advice.

Since we're not playing today I think I'll take the opportunity to go watch one of the games at half 2 if I can sneak out of the lab. The DCU-Mary I game is the one that catches the eye the most given the good run Mary I went on in 2012 and the fact DCU usually have a strong team. Hopefully it's a good, competitive game and will get the competition off to a good start.