



Tongue training at South



CANBERRA Raiders' great Alan Tongue has pushed through his fair-share of grueling pre-seasons during his years in Rugby League. And at some stage early in his career, he even began to enjoy them, viewing it as a way he could gain an advantage on his team mates and get a foothold in professional football.

“Fitness was something that I always prided myself on,” he told The Griffin Tale this week. “I probably wasn't blessed with the most natural talent for the game, so I had to really work hard on my fitness and in the gym, and I came to really enjoy the pre-season time. I really hooked in.”

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Pre-season

So far we have had great numbers at pre-season and lots of old and new faces.

A reminder that Tuesday trainings will be held at Fellows Oval until further notice. Thursday trainings will remain at South. Bring runners, boots and mouth guards to all sessions.



Team building with Alan Tongue



Alan Tongue will be hosting a fitness session for the Griffins and Dixon Advisory reps at South Oval next Thursday, sharing some of the team-building tips that helped him become a League legend.

A Tamworth product, Tongue made a name for himself at the Raiders as a tenacious, hard-tackling fitness freak who would go on to captain the Green Machine for five years from 2007. He played over 200 premierships matches during his 11-year career, winning the Raiders Player of the year award in 2006, and in 2008 walked away with the Dally M Awards for Lock of the Year and Captain of the Year awards.

Post footy, Alan now uses his fitness skills to work with a wide range of groups, from sporting clubs to mentoring young students and working with troubled kids in juvenile justice programs

“In all my work, it’s all about physical-based learning,” he said.

“My career in Rugby League has taught me so much about the positive aspects of team work, and the respect, mateship and unselfishness it brings, which are some pretty good life principles to get across.”

Alan’s also been a client of Dixon Advisory for the last 12 years, and now puts the staff there through their paces at regular boot camps, as well as conducting team building sessions with the Dixon team.

He said the Griffins and Dixon teams could expect a mix of challenges throughout the session on Thursday, anything from a game of cricket, soccer or oz tag, to some more strenuous exercises like boxing.

“There’ll be a good mix of exercises in there. It’s all stuff you can do at your own pace, but obviously the more you put in, the more you’ll get out of it.”

And he said it’d provide a relaxed, meet-and-greet opportunity for both the Griffins and Dixon Advisory teams.

“Getting behind the boxing bag is not the normal way that you’d meet a financial planner or someone who runs a self-managed super fund, but it should be a great way to meet new people and meet some of the faces from Dixon Advisory. I can’t speak highly enough of them and the work they do,” he said.

***Thursday’s session with Alan Tongue kicks off at ANU South Oval at 6pm.**

DIXON BBQ AND FREE INFO SESH THIS THURSDAY @ SOUTH

Following the training session with Tonguey this Thursday, Dixon Advisory will be hosting a free BBQ and info session on their wide array of services, including the new ANU Player Referral Program.

We encourage you to bring along any friends or associates who may be interested in having a run, hearing about Dixon’s services or making some cash through our new Player Referral Program.

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Griffins can look forward to some exciting things in 2015:

- New Griffins training singlets ready collect from South for \$25
- Griffin Pryde Memberships
- Inaugural ANU vs Melbourne University AFL game

Stay tuned to hear more about these events in the New Year!

***Pryde: <collective noun> a group of Griffins.**



Griffins in profile

Brent Ritchie

Nickname: Ritchie, Risky

What's something your fellow Griffins might not know about you?

I talk a lot so there might not be much left! But I almost lost my left leg when I was 16 thanks to a blood infection. Luckily I made a full recovery and now have the best non-dominant disposal at the club!



What do you like to do when you're not pulling on the blue and white for the Griffins?

I like to play a bit of guitar. I don't take it as seriously as I did when I was younger but I like rocking out a few of the classics.

What's something you're looking forward to this year?

It's really just the little things about footy I am looking forward to the most. I love getting along to training, engaging in my own brand of quality chat. In the 'twilight' of my career I'm just gonna enjoy generally getting around the boys and girls (and myself of course!).

What's your favourite footy memory?

2009 Griffins Senior Premiership. The Team had a sensational day out winning by 10 goals. I kicked four second half goals and picked up best on ground, it doesn't get any better than that! It was great to have my parents across from WA on the day too.

Who's your Griffins hero?

Hard choice! Billy Quinn for me has been synonymous with the Griffins during my time at the club. He is both a Premiership Player and Premiership Coach for the Club, a rare feat at any level.

Buzz words



with Jimbo McMillan...

Buzz Words - Pre-season, squirtman, no-u-turns, getbehindmegirls

We are now well into February which for the women's team is about nine weeks from our first game. We've had a mix of old and new faces getting amongst pre-season with the lads and it's been great to get a few Ash Kays in the legs. Numbers have been solid, hovering around eight women per session; this number should start to increase now we've signed up a bunch of future griffstars from O-week.

This year's proposal by AFL Canberra should make the competition more interesting with spots up for grabs in the first division following several seeding rounds.

The past two years has seen a remarkable increase in training intensity, preparedness to put bodies on the line and of course, skills and enthusiasm. This year I am looking for increased consistency throughout games as we have had a tendency to fade in and out of games, regardless of the opposition. One thing Nick and I are very keen on is on-field leadership, so the next few weeks we'll look to appoint a leadership group and expect more positive enforcement from these players on game day.

Lastly, thanks to Greg for giving the women the opportunity to train with the lads, it makes our job a lot easier as we don't have to be the bad guys this early in the year.

Claire Reynolds

Nickname: Reynolds

What's something you're looking forward to this year?

Really looking forward to meeting all the new players and improving our game throughout the season. Who's for another grand final?!

What's your favourite footy memory?



Playing in the 2013 grand final. The whole team was so chuffed to be there and happy with the effort we put into the game, no one cared that we didn't actually win. The coaches might have wished we cared a bit more...

Most embarrassing moment?

Over-enthusiastically launching myself at a tackle bag and winding up in a rotating face plant.

What's something your fellow Griffins might not know about you?

While on exchange in Edmonton I played dodgeball as one of the "Shaggers". It means something else in Canada.

If you could have one super power what would it be?

The power of dance.