



Dockers player Nick Suban (purple Guernsey) warms up with SWAS squad juniors including Jake Ryan of the Imperials (with blue laces) and to his right, Leigh Scaini of the Southerners.

Docking in to help juniors

KAREN HUNT

TEN teenagers from the Lower South West Football League had a rare opportunity last week to train alongside players from the Fremantle Dockers.

The 15-year-olds are part of the 40-strong South West Academy of Sport squad.

The squad came together at Dunsborough playing fields last Thursday to train with coaches and players from the Dockers including young guns, midfielder Stephen Hill and defender Nick Suban.

Many parents were present at the one-hour training session, which included a variety of drills, according to SWAS development coach Wayne Barnden.

"It was a good learning curve and the boys got exposure to drills the Dockers do themselves," Barnden said.

"This year we have a very strong group. To have 10 of the 40 is a credit to the region."

The local boys are Beau Chatley, Christopher Dalgish, Trent Fox, Jordan Lowe, Jake Ryan, Leigh Scaini, Matt Wheatley, Taine Wilson, Marty Zambotto and Tyler Bennett.

Barnden said the squad would train once a week over the next six or seven weeks.

When the season begins the boys will receive elite training focusing on diet as well as strength and fitness as they prepare to represent the South West.

SWAS chief executive officer Bernice Butlion commended the Dockers for taking time to train with the juniors and leading by example.

"Although these players are considered to be elite they took time off their busy schedule to interact with the local community, share playing skills and offer advice," Butlion said.

The Dockers were in the South West as part of the annual AFL community camp program, in which players and coaching staff visit communities in the weeks before the NAB Cup.

Bunbury previously hosted the Dockers at a community camp in 2003.