

OFFICIAL MAGAZINE OF THE MELBOURNE FOOTBALL CLUB PRE-SEASON EDITION

HEARTBEAT

SEASON GUIDE 2016

PLAYER FEATURE

DOM
TYSON

PLAYER
PROFILES
2016

DAISY
PEARCE

PAUL
ROOS
GIVES HIS
THOUGHTS
ON EVERY PLAYER

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TO
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ABOUT
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PAUL Roos' third – and final – season as Melbourne coach has now arrived. Roos' reign could be likened to a trilogy, which has set the scene for a more exciting story to come. Already, Roos has overseen Melbourne from a two-win team – when he took over in September 2013 – to seven wins last year. It's a considerable effort, given Melbourne endured its fifth worst season in VFL/AFL history in 2013.

Now, there is light at the end of the tunnel – even if it remains unclear how long the journey will take.

Still, the 2005 premiership coach, said there was genuine excitement about the club in 2016, given "the changes that have been made over the past two years and the improvement we've started to see".

Roos said he was optimistic about regaining several players this year, after injury marred their 2015.

"[Dean] Kent, Christian Salem and Sam Frost were out for a long period of time, so they're probably three names that jump out at you. We saw a bit of them playing and when you put those guys back into the team, we certainly look better," he said.

"Again, [Aaron] vandenBerg and Dom Tyson missed a lot of football, so they're guys we're starting to develop into good players and we didn't have them for the whole season last year. Seeing them back training again [is exciting].

"I'm really excited about Dom's year; he had a lot of injuries last year and battled through which is a good characteristic. They're the names that probably jump out at you."

And Roos wasn't adding any pressure on the likes of Christian Petracca, who was sidelined last year due to a knee injury.

"Everyone wants to know about the young guys, but the reality is we haven't actually seen the young guys play. Everyone talks about Christian Petracca but I haven't seen him play [in the AFL], whereas I've seen Dean Kent play, Salem play, vandenBerg and Tyson play. We know what we miss when they weren't playing," he said.

"They're the names that immediately jump off the page because of the amount of games they missed last year."

There is no doubt 2016 is a season of transition.

Roos said senior assistant coach Simon Goodwin, who will take over as coach at the end of the season, had been given "autonomy in terms of running the program".

"When you're an assistant coach and you become a senior coach, all of a sudden you've got to run your own program and plan your training drills," he said.

"There's a lot more help now, so he's been fantastic in really running the programs this pre-season and driving

the other coaches and driving the development and driving the education – it's been terrific."

Passing the baton isn't something new for Roos. He did it at the end of the 2010 season, when he handed over the Sydney Swans senior coaching position to John Longmire.

"This is a younger team than we had when I was at Sydney, so we've really beefed up the development staff [and] there are probably more people to manage," he said.

"Equally, there are more bodies to do more things so as a guy who's been around footy for a long time – there are some changes [I've seen].

"In some ways, I see some similarities. Simon is really well organised like John was and they're similar. But probably more staff and more things to do than there were before [are the main differences]."

Roos said entering his final season as Melbourne's senior coach had a "similar" feel to when he coached his last year with Sydney.

"I didn't think I'd coach again, so it's the second time I've been through it. I'm probably more prepared for it now and more excited about [it]," he said.

As for what's next? Roos said greater family time was on the agenda.

"[My wife] Tami is a priority with the family and getting overseas a little bit more. I'll still be involved in the footy season and will hopefully do some work with Fox and continue the relationship, which I've had with them which will be good," he said.

"The priority is on the family and the sacrifice that Tami has made and now to repay [that].

"She's been here for 24 years [after moving from the United States], so that's probably more what we're thinking about. We're just really looking forward to getting the best result we can for Melbourne."

Still, Roos is hellbent to make the most of every opportunity in his last season.

"The expectation is more [on] an appreciation of how tough the competition is and we still have got a lot of work to do," he said.

"Our expectations are that we turn this footy club into a really, really good footy club. We would love to have a date on when that's going to happen but it's not as simple as that. I think we've got great personnel, we've improved our playing list, we've got a lot of talent on the list and now we've got to develop them and teach them how to win.

"So they're my expectations, that we continue to evolve as a footy club and continue to improve and the destination we want to get to is hopefully not too far away."

ROOS SET FOR 3RD AND FINAL INSTALMENT

by Matt Burgan

FRONT PAUL ROOS
BACK SIMON GOODWIN

SEASON PREVIEW



CHRISTIAN SALEM was ready and raring to go for a huge 2015.

With his first full pre-season under his belt, the second-year player started to make his mark, locking down a space on Melbourne's half-back line for the first six games of the year.

But in his seventh consecutive game, Salem felt his hamstring give way and was subbed out partway through the clash with Hawthorn.

From there, it was a long road back to senior football.

"It was pretty frustrating," Salem said.

"I ended up playing the first seven games of the year then did my hammy.

"Then four weeks into rehab, I was meant to come back the next week. I did my other one, which meant I missed about 12 weeks of footy, which wasn't ideal."

Not to be deterred by the setbacks, Salem instead focused his energy on finishing the season strongly, building fitness through the VFL, before returning for the final three rounds of Melbourne's season.

In the round 23 match against GWS Giants, he showed his wares, registering 24 possessions and seven tackles

increasingly likely.

"We haven't really spoken a whole lot about a fixed position," Salem said.

"I've been doing about 50 per cent of my pre-season with the midfielders and 50 per cent down back, which is good, just to change a few roles and get used to different positions when I'm in them.

"But whatever's best for the team is what I'll play."

Salem is one of a number of young Demons looking to make an impact off the back of injuries.

In a similar vein, small forward Dean Kent missed the majority of 2015 with a severe hamstring injury, but has been one of the standouts this pre-season.

"Another one that we haven't seen much of but is really important to us is Kenty," Salem said.

"He missed quite a bit of last year with his hammy, but it's going to be awesome having him back buzzing around in the forward line."

Another player Salem expects to improve is fellow 2014 draftee and former Brighton Grammar schoolmate Jayden Hunt.

Having had an interrupted first two seasons through back



It's a really exciting time at the club

< CHRISTIAN SALEM

CHRISTIAN

to be among Melbourne's best performers and finish his season on a high.

"I had a strong focus on getting back as quickly as I could and I ended up playing the last three games," Salem said.

"I was pretty happy with how I finished off and I'll try and use that to launch into this season."

With the learning experience of 2015 behind him, Salem has completed close to a full pre-season heading into his third year of senior football.

"It's been a much better pre-season because it's been more footy-focused," he said.

"We've done a lot more work on our offence and it's been all about ball movement and how we want to play."

With his ability to read and set up the play, Salem has the potential to play an important role in the transition between defence and attack.

While he shone at half-back last year, the 20-year-old's silky foot skills mean a shift into the midfield looks

injuries, Hunt broke through for six VFL games in 2015 and impressed with his speed and smarts around goals.

"Jayden Hunt's gone to another level," Salem said.

"He was a bit skinny last year – he's put on some size, and his learning ability in terms of playing roles and using the footy, has got a lot better.

"So he's one that's just improved dramatically."

Salem is among a group of talented youngsters looking to play their role in Melbourne's push up the ladder.

With the likes of Angus Brayshaw, Jesse Hogan, Alex Neal-Bullen and Billy Stretch gaining significant experience in their first full seasons, Salem said it was good to see the group developing together.

"It's very exciting – I think you'll see more young guys come through this year like Clayton Oliver," Salem said.

"Hopefully Sam Weideman's up and going [at some point] because what he's done on the track so far has been pretty impressive – even though he's been in



SALEM

and out of the rehab group.

"Some of the guys are building on last year – we all know about Gussy (Brayshaw) and how impressive he was, so hopefully he can take it to another level, along with Bill Stretch and Alex Neal-Bullen."

With three players under 23 – Jack Viney, Tom McDonald and Hogan – all finishing in the top four of Melbourne's 2015 best and fairest, the scene has been set for young players to make their mark.

With 22 AFL games now under his belt, Salem is among those looking to make an impression in 2016.

"It's a really exciting time at the club and I think it's one for us younger players," he said.

"The older guys have been there for a while and now us second, third and fourth year players really drive [the excitement]."

Whatever excitement the 2016 season brings, expect Christian Salem's left boot to be a key part of the ride.

by Anna Harrington



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WHEN considering some of Melbourne's brightest talent, the likes of Jesse Hogan, Tom McDonald, Jack Viney, Christian Salem, Angus Brayshaw and Christian Petracca often come to the forefront of people's minds.

That's looking at the players who enter the 2016 season 23 years or younger.

But there is also one player who mustn't be forgotten in that group: Dom Tyson.

It's not two years since the classy midfielder finished second in Melbourne's best and fairest, yet after a frustrating 2015, marred by several injuries, Tyson is on track to return to the type of form that saw him come runner-up to Nathan Jones in the Keith 'Bluey' Truscott Memorial Trophy in 2014.

"I've improved this pre-season and I've got a lot more confidence back in my body and I'm just excited to get amongst it, playing in 2016. Hopefully I can be part of a side that's ready to play better footy," he said.

"Some things I couldn't control and other things were good learning experiences for me last year. Hopefully in three to four years' time I can look back and say that the 2015 season was a year that shaped me as a player, knowing how far I can play with injury, respecting the game and knowing my body.

"I was 21 turning 22 last year and I felt like I learned a lot about my craft and becoming a consistent footballer. Hopefully I can take all of those experiences into 2016 and perform close to 2014 again, so that's what I'll be hoping to do."

Tyson enters this season with 50 AFL matches to his name, including 13 with Greater Western Sydney from 2012-13. He notched up his half-century – and 37th Melbourne game – against North Melbourne at the MCG

in round 19 last year, before injury finished his year.

In total, he missed six matches last season (rounds eight and nine with a knee injury and the last four with a hamstring), but it was the injury early in the year that impacted his 2015.

"The knee was probably the main one, when I tweaked the medial in round four [against Richmond] and played on. In hindsight, I probably should've just taken the medicine and missed a few weeks to make sure it was right for the rest of the year," he said.

"I didn't quite get it right and consequently the hamstring compensated and gave away by about round 17 or 18 and I missed the last month of footy, which was frustrating.

"I went away and had a good off-season and travelled and freshened up. Since then I haven't missed too much of a beat with training. Hopefully, we can put on a good display in 2016 and beyond."

Tyson said Melbourne's midfield brigade was making

“
I certainly expect and think we'll improve on last year
”

**READY TO ATTACK
2016**

— by *Matt Burgan* —

TYSON

genuine progress and he was determined to help take the group to the next level.

"In terms of age, experience, size and speed, we've got quite a few boys now that we can throw through the middle and that's what most good sides have. Our midfield grunt and spread is also building," he said.

"Blokes like [Jack] Viney, [Aaron] vandenBerg and [Angus] Brayshaw will be important, as will Bernie [Vince] and Nathan [Jones], who did a lot of work in 2015."

In his third season at Melbourne, Tyson said he now felt part of the red and blue tribe and was determined to help take the club forward.

"I want to be around for a long time and play footy for Melbourne," he said.

"It's really exciting and without looking too far ahead, it's nice to know that you'll be playing footy with blokes who are going to be around for a while.

"It's really exciting for me and other blokes around my age and younger."

Tyson said the transition from Paul Roos to Simon Goodwin as senior coach was really starting to take shape.

"It's great for the overall stability of the club to have a senior coach who has come in with the same methods, even if a few things have been tweaked," he said.

"Overall, there is a familiarity with

players and staff already there, so it should be relatively smooth.

"Already Goodwin has taken on a pretty big role and it'll increase – he's already taking over the training side of things, which has been good. Overall, it's exciting to have stability for the next four seasons with the senior coach."

As for 2016, Tyson was adamant about how Melbourne will fare.

"I certainly expect and think we'll improve on last year. Every side wants to improve and we're like every other in that aspect," he said.

"By the way we've trained this pre-season there is a lot of confidence in the group that we can have a pretty good 2016 and improve on 2015."

"If we can be competitive in every game this year and be in a lot of games at three quarter-time, hopefully we'll win more than we lose. That's the aim for the club. It's just exciting for the club and I really can't wait for the start of the season."

DOM TYSON >

SOON





2016 AFL FIXTURE



RD	DATE	OPPONENT	VENUE	HOME/ AWAY	TIME	TV NETWORK
1	Sat, 26 Mar	GWS GIANTS	MCG	Home	1.40pm	Foxtel
2	Sat, 2 April	Essendon	MCG	Away*	2.10pm	Foxtel
3	Sun, 10 April	North Melbourne	Blundstone Arena	Away	1.10pm	Foxtel
4	Sun, 17 Apr	Collingwood	MCG	Away	3.20pm	Seven
5	Sun, 24 Apr	Richmond	MCG	Home	7.10pm	Seven
6	Sat, 30 Apr	St Kilda	Etihad Stadium	Home	1.45pm	Seven
7	Sat, 7 May	Gold Coast SUNS	Metricon Stadium	Away	5.10pm	Foxtel
8	Sun, 15 May	Western Bulldogs	MCG	Home	3.20pm	Seven
9	Sun, 22 May	Brisbane Lions	MCG	Home	1.10pm	Foxtel
10	Sat, 28 May	Port Adelaide	TIO Traeger Park	Home	1.40pm	Foxtel
11	Sat, 4 Jun	Hawthorn	MCG	Away	1.45pm	Seven
12	Mon 13 June	Collingwood	MCG	Home	3.20pm	Seven
13	Sun, 19 Jun	Sydney Swans	SCG	Away	1.10pm	Foxtel
14	Bye	-	-	-	-	-
15	Sun, 3 Jul	Adelaide Crows	MCG	Home	3.20pm	Foxtel
16	Sat, 9 Jul	Fremantle	TIO Stadium	Home	7.10pm	Foxtel
17	Sun, 17 Jul	St Kilda	Etihad Stadium	Away	3.20pm	Seven
18	Sat, 23 Jul	West Coast Eagles	Domain Stadium	Away	2.35pm	Foxtel
19	Sun, 31 Jul	Gold Coast SUNS	MCG	Home	1.10pm	Foxtel
20	Sat, 6 Aug	Hawthorn	MCG	Home	2.10pm	Foxtel
21	Sat, 13 Aug	Port Adelaide	Adelaide Oval	Away	7.10pm	Foxtel
22	Sun, 21 Aug	Carlton	MCG	Away*	1.10pm	Foxtel
23	TBC	Geelong Cats	Simonds Stadium	Away	TBC	TBC

* RECIPROCAL HOME GAME

2016 AFL WOMEN'S GAMES



GAME	DATE	TEAMS	VENUE	LOCAL TIME
1	Sun, 6 Mar	Melbourne v Western Bulldogs	Highgate Recreation Reserve, Craigieburn	5.10pm
2	Sun, 22 May	Melbourne v Queensland	MCG	10.40am
3	TBC	Western Bulldogs v Melbourne	Venue TBC (<i>Hampson-Hardeman Cup</i>)	TBC



2016 VFL FIXTURE



RD	DATE	OPPONENT	VENUE	HOME/ AWAY	LOCAL TIME
1	Sat, 9 Apr	Frankston	Casey Fields	Home	7.00pm
2	Sun, 17 Apr	Collingwood	MCG/Holden Centre	Away	11.45am
3	Sat, 23 Apr	Williamstown	Casey Fields	Home	7.00pm
4	Sun, 1 May	Essendon	Windy Hill	Away	12.00pm
5	Sun, 8 May	Northern Blues	Casey Fields	Home	2.00pm
6	Sat, 14 May	Sandringham	Trevor Barker Oval	Away	2.00pm
7	Sat, 21 May	Box Hill Hawks	Casey Fields	Home	7.00pm
8	BYE	-	-	-	-
9	Sun, 5 Jun	Port Melbourne	Casey Fields	Home	2.00pm
10	Sat, 11 Jun	Collingwood	Casey Fields	Home	2.00pm
11	Sat, 18 Jun	North Ballarat	Eureka Stadium	Away	2.00pm
12	BYE	-	-	-	-
13	Sun, 3 Jul	Richmond	ME Bank Centre	Away	2.10pm
14	BYE	-	-	-	-
15	Sun, 17 Jul	Footscray	Victoria University Whitten Oval	Away	11.40am
16	Sun, 24 Jul	Sandringham	Casey Fields	Home	2.00pm
17	Sat, 30 Jul	Coburg	Piranha Park	Away	2.00pm
18	Sat, 6 Aug	Essendon	Casey Fields	Home	7.00pm
19	Sun, 14 Aug	Werribee	Casey Fields	Home	2.00pm
20	Sun, 21 Aug	Geelong	Simonds Stadium	Away	11.00am
21	Sat, 27 Aug	Box Hill Hawks	Box Hill City Oval	Away	2.00pm

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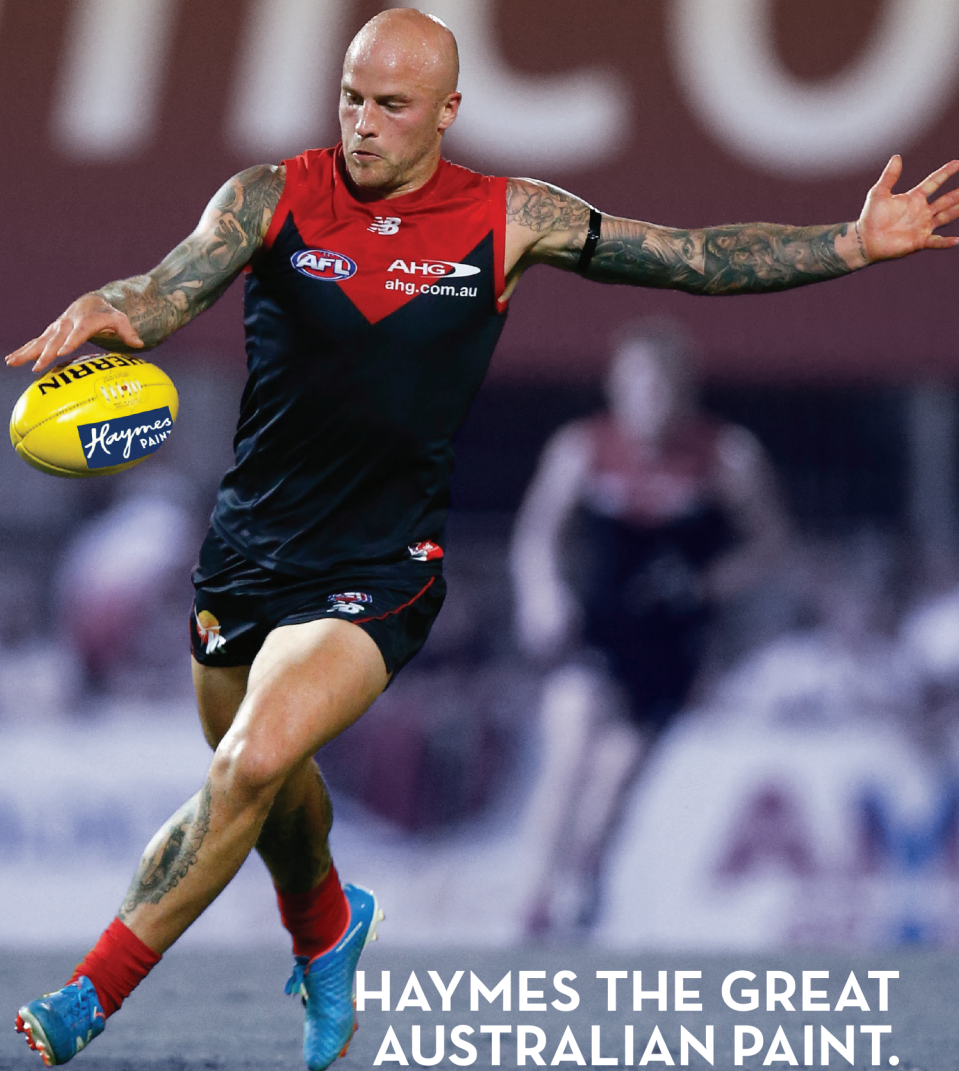
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Anna Harrington speaks to women's team captain Daisy Pearce about her new role at Melbourne.

Anna Harrington: Daisy, tell us about the role you've taken up at the club.

Daisy Pearce: It's like an internship. Peter Jackson approached me about the idea of working at the club or within the industry. He tried to get a gauge about where I see myself fitting in and the list got way too long to start off in any one place. So the idea is to get a really good experience and a good taste of the whole football club, from the administration all the way down to the footy department. So I'll get the opportunity to do that over the next couple of years and work out what really gets me ticking and focus on that.

AH: Are there any areas you're particularly interested in focusing on down the track?

DP: Naturally my heart lies over at AAMI Park in the footy department but I'm looking forward to all the different experiences. I'm in the commercial operations at the moment and working a bit in sponsorship too. I'll probably surprise myself – things I didn't even know were a part of working in a footy club, or different aspects that you don't see from the outside – may just bob up and really interest me.

I'm really grateful for the opportunity I've got to effectively "try before I buy" in all areas and I really hope that over the first few years I'll be able to make

a contribution to the club, not just get something out of it myself.

AH: What do you think are the strengths that have made you suited to working in this environment?

DP: I've always thrived in a team environment because I like working with people. When you work in a big group you see everyone else's strengths and you can role model different parts of the way you go about things based on their strengths. Coming from the background I have in midwifery, it's a pretty high pressure environment at times, so I don't think the pressure of working within a footy club will faze me too much. I enjoy that pressure so hopefully I can shine in those moments.

AH: Peter Jackson has said you and Michelle Cowan were identified as talent through our involvement with women's footy. How has that journey led you to a position at Melbourne?

DP: That's the beauty of sport – it gives you the opportunity to network and have conversations and

get opportunities you may not have had previously. Playing footy and talking footy is what we do every weekend, but through being involved at Melbourne in the exhibition games, it gives you the opportunity to do it in this environment. Then people working within the industry take a bit of notice and realise that you've got a lot to offer the game – and how passionate you are about the game as well. So I think it's probably opened a few doors in that sense.

AH: Between your position as captain of the women's team and your role at the club, it must be a pretty exciting time for you personally?

DP: Over the last few years, I've loved every minute of it. I've been working full-time as a midwife while being an ambassador for the Melbourne Football Club and the AFL, and playing as well. So it means I've been spread pretty thin. Hopefully being here means that my workplace, my training and my playing is all pretty centralised. I'll have access to some great facilities and hopefully it all works in together and contributes – not just to my career, but also my ability to play over the next couple of years as well.



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PLAYER PROFILES

* Jake Melksham is suspended for the 2016 season and was therefore not included in this year's player profiles

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NATHAN JONES



PAUL ROOS

"Probably in hindsight, one of the better things that happened to Nathan was his neck surgery, because it allowed him to just work on his running. We know he's a good runner, but he needs to translate that into game day running. From what I've seen from his training, he's been exceptional. We know he's got the ability to cover the ground – not just around the stoppages, which he's been good at – but we want him to use his ability to get out in the open field. We want Nathan to get more ground balls in the back 50, kick more goals in the forward 50 and really use his running as a weapon. He's certainly been able to do that and I think he'll have a terrific season in 2016."

Gold Player Sponsor

Cold Rock Caroline Springs

Silver Player Sponsor

Barbara Box & Leanne Diez

Bronze Player Sponsor

Toby Dundas

PLAYER STATS

Date of birth:

20/01/1988

Height:

180cm

Weight:

87kg

AFL debut:

2006

AFL games:

201

AFL goals:

95

Recruited:

Mt Eliza (VIC),
Dandenong Stingrays (VIC)

Drafted:

2005 NAB

AFL Draft (No.12)

Honours:

Co-captain 2014,
Captain 2015-16, Best & fairest

2012, 2013, 2014, Second Best &

Fairest 2007, NAB AFL Rising Star

Nominee 2006, 2007

2



BERNIE VINCE



PAUL ROOS

"Bernie came off a fantastic season and there are no signs that he's going to drop off. He's worked really hard on his running and has got super fit – even though he missed a bit of training with a broken finger – but he was able to keep running. He makes us a really good team, when he's got ball in hand. He's a great decision-maker and there are no signs of Bernie dropping his game off. Bernie should be an elite midfielder again in 2016."

Gold Player Sponsor

John McCully

Silver Player Sponsor

Ian Sunderland
& Peter Ashton

Bronze Player Sponsor

Ian Jackson

PLAYER STATS

Date of birth:

2/10/1985

Height:

186cm

Weight:

88kg

AFL debut:

2006

MFC debut:

2014

AFL games:

172

AFL goals:

104

Recruited:

CMS Crows (SA), Woodville-
West Torrens (SA), Adelaide

Drafted:

2005 NAB AFL Draft

(No.32 – Adelaide), 2013 NAB AFL Draft

traded by Adelaide

Honours:

Adelaide Best & Fairest 2009,
Melbourne Best & Fairest 2015, Melbourne

Third Best & Fairest 2014, International
Rules Series 2011, Michael Tuck Medal 2012,
Adelaide pre-season premiership side 2012

23



1



JESSE HOGAN

PAUL ROOS

"Jesse has had a measured pre-season. With the body he's got – we know he's had issues in the past with his back – he's done most sessions and trained really, really well. We're trying to put a good forward line around him and we'll try to continue to improve his craft. He's a very smart player and an elite runner. The defensive side of his game is something we're really working on with him, so he can become a good tackler. Most of all, we're looking forward to seeing what he can do this year."

Gold Player Sponsor

Jan Pallpratt & Patricia Wing Jan

Silver Player Sponsor

Bernie and Lorraine Holtzschke

Bronze Player Sponsor

Pinball Spare Parts

PLAYER STATS

Date of birth:

12/2/1995

Height:

195cm

Weight:

104kg

AFL Debut:

2015

AFL games:

20

AFL goals:

44

Recruited:

Marist (WA),

Claremont (WA)

Drafted:

2012 GWS Giants

Trade Incentive Rule Selection,

17-year-old access (No.2)

Honours:

NAB AFL

Rising Star 2015, Melbourne

leading goalkicker 2015

3



CHRISTIAN SALEM

PAUL ROOS

"Christian played some really good football last year. He's had a pretty good pre-season without probably excelling as much as I'd like, but we know he's got great football skills. He's hard, he's tough, we missed him last year when he wasn't playing – which is a big tick for a young player – and I think he could be one of the real keys for us to get up the ladder nice and quickly."

Gold Player Sponsor

Club Assist

Silver Player Sponsor

The Burgess Family - Horizon Supply Pty Ltd

Bronze Player Sponsor

Barry Fisher

PLAYER STATS

Date of birth:

15/7/1995

Height:

183cm

Weight:

83kg

AFL debut:

2014

AFL games:

22

AFL goals:

7

Recruited:

Hampton Rovers (VIC),

Sandringham Dragons (VIC)

Drafted:

2013 NAB

AFL Draft (No.9)

4



JACK WATTS

PAUL ROOS

"Wattsy has done things this pre-season we haven't seen before. He's got his fitness levels to the highest standards and he's worked really hard on his contested game – his tackling, chasing and forward pressure. We'll probably settle him in a forward role this year – that third tall forward – and if his pre-season is an indication, we're pretty excited about what we might see."

Gold Player Sponsor

Ian McKenzie

Silver Player Sponsor

Nick Brockbank

Bronze Player Sponsor

Croydon Sports Injury Clinic

PLAYER STATS

Date of birth:

26/3/1991

Height:

196cm

Weight:

94kg

AFL debut:

2009

AFL games:

115

AFL goals:

83

Recruited:

East

Sandringham (VIC),

Brighton Grammar (VIC),

Sandringham Dragons (VIC)

Drafted:

2008 NAB AFL

Draft (No.1)

5



CHRISTIAN PETRACCA

PAUL ROOS

"Christian had his knee injury last season and then his foot injury over Christmas. The foot set him back a bit and hopefully he learned from that. He's gradually getting better and better – we know what good football tools he has, but the reality is that we haven't seen him play a game of AFL football. He's got tremendous strength, speed, skill and agility. He can play forward and mid, but we just want to see him play at some level – and hopefully play consistently – throughout the season."

Gold Player Sponsor

Trucks Nuts

Silver Player Sponsor

Emily and Pam Haddrell

Bronze Player Sponsor

Doug Derham

PLAYER STATS

Date of birth: 4/1/1996

Height: 186cm

Weight: 96kg

AFL debut: yet to debut

AFL games: 0

AFL goals: 0

Recruited: Beverley Hills

(VIC), Eastern Ranges (VIC)

Drafted: 2014 NAB

AFL Draft (No. 2)

6



CHRIS DAWES

PAUL ROOS

"Dawes's probably had a bit of an interrupted pre-season with some minor injuries, which has hurt his preparation a little bit. We know where Dawes's going to play – he's that big key forward. At his best, he can mark, kick goals and he works extremely hard. He should be an important part of our team."

Gold Player Sponsor

GlezerLanteri Family Lawyers, iSport Genius, Rehab Assist, Nick Newton

Silver Player Sponsor

Deevas + Deeman

PLAYER STATS

Date of birth:

16/05/1988

Height: 193cm

Weight: 104kg

AFL debut: 2008

MFC debut: 2013

AFL games: 115

AFL goals: 126

Recruited: Brighton Grammar

(VIC), Sandringham Dragons (VIC), Collingwood

Drafted: 2006 NAB AFL Draft (No.28

– Collingwood), 2012 NAB AFL Draft traded by Collingwood

Honours: Collingwood premiership

side 2010, Melbourne leading

goalkicker 2014, Collingwood

pre-season premiership side 2011

7



JACK VINEY

PAUL ROOS

"Jack had a terrific season last year. He's had a full pre-season and got a great understanding of the game plan. He's become a really good listener and he's a great student of the game. Jack's one of our most trusted players in the team and he should improve again in 2016, and become a very, very good midfielder in the competition."

Gold Player Sponsor

John, Janella, Lucy and Katrina Hodgson

Silver Player Sponsor

Roland Communications Pty Ltd – Gina and Roland Hartskeerl

Bronze Player Sponsor

Torsten Kasper – Chisholm & Gamon

PLAYER STATS

Date of birth:

13/4/1994

Height: 178cm

Weight: 85kg

AFL debut: 2013

AFL games: 49

AFL goals: 11

Recruited: Ashburton (VIC),

Carey Grammar (VIC),

Oakleigh Chargers (VIC),

Casey Scorpions (VIC)

Drafted: 2012 NAB AFL Draft

(No.26 – father/son)

Honours: Second Best and

Fairest 2015, NAB AFL Rising

Star Nominee 2013

8



HERITIER LUMUMBA

PAUL ROOS

"H' had an interrupted pre-season, due to two ankle operations, but he's a true professional. He started off the season really well last year and I know he's really keen to have a consistent full season this year. While he hasn't had the greatest of pre-seasons, having been around footy for so long, we think he'll pick it up. He'll probably play more down back this year, as a running/linking half-back, where he played his best footy last year."

Silver Player Sponsor

H Factor

Bronze Player Sponsor

Brettell Developments

PLAYER STATS

Date of birth:

15/11/1986

Height: 188cm

Weight: 87kg

AFL debut: 2005

MFC debut: 2015

AFL games: 218

AFL goals: 30

Recruited: Rossmoynce (WA),

Claremont (WA) Collingwood

Drafted: 2005 NAB AFL

Rookie Draft (No.20), 2006

Rookie elevation (Collingwood),

2014 NAB AFL Draft traded by

Collingwood

Honours: Collingwood

premiership side 2010,

All-Australian 2010, Collingwood

pre-season premiership side 2011

9



JACK TRENGOVE

PAUL ROOS

"Jack's attitude has been fantastic. He's starting to get back in the main group and starting to do some match practice, after being sidelined with his foot injury. It's great to see him out there, because it gives all of our players a real boost. Our expectations are probably low, until we actually get to see him play."

Gold Player Sponsor

Gaudry Family

Silver Player Sponsor

Trident Business Group - Chris Borella

Bronze Player Sponsor

Reds, Blues & Demons

PLAYER STATS

Date of birth:

2/9/1991

Height: 185cm

Weight: 86kg

AFL debut: 2010

AFL games: 81

AFL goals: 38

Recruited: Kybybolite (SA),

Sturt (SA)

Drafted: 2009 NAB

AFL Draft (No.2)

Honours: Co-Captain 2012,

2013, International Rules

Series 2011, NAB AFL Rising

Star nominee 2010

10



ANGUS BRAYSHAW

PAUL ROOS

"One of the things we're really working on with Angus is his training habits. They've certainly improved and he's got more consistency in his training after Christmas. We see him as a midfield/forward and working with the midfield more. He's got great attributes and has good competitiveness and we expect him to improve again this year."

Gold Player Sponsor

Sleigh Group of Companies

Silver Player Sponsor

Barry Fisher

Bronze Player Sponsor

Di Conza Family

PLAYER STATS

Date of birth:

9/1/1996

Height: 187cm

Weight: 88kg

AFL debut: 2015

AFL games: 21

AFL goals: 5

Recruited: Hampton Rovers (VIC),

Sandringham Dragons (VIC)

Drafted: 2014 NAB

AFL Draft (No.3)

Honours: NAB AFL Rising Star

Nominee 2015 (fifth overall)

11



MAX GAWN

PAUL ROOS

"Probably for the first time, I suspect, he's had some real continuity in his training. He's had some really high level training sessions, which have been really important. He's certainly marking the ball better down the line. We know ruckmen are going to have to go forward a bit, so it's going to be an important role with 90 rotations on the interchange. The expectations on Max are really high going into the season."

Gold Player Sponsor

Necole & Tony Gawne

Silver Player Sponsor

Maeven Property Pty Ltd

Bronze Player Sponsor

Merlin, Sugar & Jacqui Parry @I Support Demons Business

PLAYER STATS

Date of birth:

30/12/1991

Height:

208cm

Weight:

112kg

AFL debut:

2011

AFL games:

39

AFL goals:

18

Recruited:

Ormond (VIC), Sandringham Dragons (VIC)

Drafted:

2009 NAB

AFL Draft (No.34)

12



DOM TYSON

PAUL ROOS

"Dom's been fantastic. He's been a real standout in all facets. He's got fitter, quicker, bigger and stronger. He's worked extremely hard with Benny Mathews around the stoppages. Dom was second in our best and fairest two years ago and I think he's really set for a big impact on the team and the competition."

Gold Player Sponsor

Old T Dees

Silver Player Sponsor

Bill Harries

Bronze Player Sponsor

Celtic Connection

PLAYER STATS

Date of birth:

8/6/1993

Height:

186cm

Weight:

85kg

AFL debut:

2012

MFC debut:

2014

AFL games:

50

AFL goals:

26

Recruited:

Camberwell (VIC), Trinity Grammar (VIC), Oakleigh

Chargers (Vic), GWS Giants

Drafted: 2011 NAB AFL Draft

(No.3), 2013 NAB AFL Draft

traded by GWS Giants

Honours: Second Best and Fairest

2014, NAB AFL Rising Star

nominee 2012

13



CLAYTON OLIVER

PAUL ROOS

"Clayton is a young kid that needs to work on his game, but we've seen some exciting things in passages of training sessions. He's very hard around the ball and very clean around stoppages. He's big and strong, but his open field running needs some work. He's a young kid who can also play forward and mark it, so from what we've seen, we've really liked."

Gold Player Sponsor

Dee Nation

Silver Player Sponsor

Barlow Family

Bronze Player Sponsor

Justin Bourke, Jack Tracey & Pat Doyle

PLAYER STATS

Date of birth:

22/7/1997

Height:

187cm

Weight:

86kg

AFL debut:

yet to debut

AFL games:

0

AFL goals:

0

Recruited:

Mooroopna (Vic), Bendigo Pioneers (VIC),

Murray Bushrangers (VIC)

Drafted: 2015 NAB

AFL Draft (No.4)

Honours: Morrish Medal 2015

14



LYNDEN DUNN

PAUL ROOS

"He showed last year – and what we're looking for from Dunny again – is consistency. He's showed he can play some really good footy, as he did against Tom Hawkins at Geelong last year. It's really now about him grasping what we want him to do with regards to the game plan and making simple decisions. When he does that, he's a very good player."

Gold Player Sponsor

MVM

Silver Player Sponsor

MVM

Bronze Player Sponsor

MVM

PLAYER STATS

Date of birth:

14/5/1987

Height:

192cm

Weight:

102kg

AFL debut:

2006

AFL games:

161

AFL goals:

96

Recruited:

Moonee Valley (VIC), Calder Cannons (VIC)

Drafted:

2004 NAB AFL Draft (No.15)

Honours:

Melbourne vice-captain 2015

15



BILLY STRETCH

PAUL ROOS

"Billy is a really good student of the game – a really good listener and a good athlete. He's put on some size and strength this pre-season, which was one of his main focuses. He's built for the game – he's got good speed, good endurance and now he's got some size about him. Once again, like most young players, he just needs consistency. He can play wing, half-back and high half-forward, so I'm looking forward to seeing him improve this year."

Gold Player Sponsor

GlezerLanteri Family Lawyers, iSport Genius, Rehab Assist, Nick Newton

Silver Player Sponsor

William Lyall

Bronze Player Sponsor

Mouse Promotions

PLAYER STATS

Date of birth:

8/9/1996

Height:

180cm

Weight:

76kg

AFL debut:

2015

AFL games:

11

AFL goals:

2

Recruited:

Henly Sharks (SA), Glenelg (SA)

Drafted:

2014 NAB AFL Draft (No.42 – father/son)

16



DEAN KENT

PAUL ROOS

"Dean has probably been in our top three or four performers this pre-season. He hasn't missed a session and has been training really, really well. Like Jay Kennedy-Harris and Jeff Garlett, if Dean can be an expert up-and-back small forward, with his speed and finishing skills, and can take his fitness level into 2016, he should be a really exciting player for us."

Gold Player Sponsor

Super 16

Silver Player Sponsor

Bob Jane T-Marts Essendon

Bronze Player Sponsor

Western Demons

PLAYER STATS

Date of birth:

24/2/1994

Height:

179cm

Weight:

86kg

AFL debut:

2013

AFL games:

32

AFL goals:

24

Recruited:

Federals (WA), Perth (WA)

Drafted:

2012 NAB AFL Draft (No.48)

17



SAM FROST

PAUL ROOS

"Post-Christmas, Sam has been training really well. He gives us real speed at the contest. We probably got him here as a defender, but we saw last year what an impact he makes as a forward. So we're training him as a forward/ruckman in that second ruck position. He also has speed forward of the ball. We're really trying to teach him more about the forward craft and a little bit of ruckwork to help our number one ruckman."

Gold Player Sponsor

Stephen Bell

Silver Player Sponsor

Di Conza Family

PLAYER STATS

Date of birth:

28/8/1993

Height:

194cm

Weight:

92kg

AFL debut:

2012

MFC debut:

2015

AFL games:

24

AFL goals:

2

Recruited:

Ormond (VIC), Wesley

College (VIC), Sandringham

Dragons (VIC), GWS Giants

Drafted:

2012 NAB AFL

Rookie Draft (No.1); 2012 NAB AFL

Draft rookie elevation (No.83),

2014 NAB AFL Draft traded by

GWS Giants

19



BEN NEWTON

PAUL ROOS

"Benny had a really interrupted pre-season, but he's working hard to get back into the footy skills. He missed pretty much all the pre-Christmas work and a lot of January and February, so he's behind the eight ball. Still, he really works hard with his game and we've certainly seen that he can play the high half-forward/wing and midfield roles. We saw that early last year, so we're certainly hoping that he can get back to that level."

Gold Player Sponsor

David Rose

Silver Player Sponsor

Emily and Pam Haddrell

Bronze Player Sponsor

Western Demons

PLAYER STATS

Date of birth:

8/8/1992

Height:

183cm

Weight:

81kg

AFL debut:

2014

MFC debut:

2015

AFL games:

15

AFL goals:

11

Recruited:

Mundijong Centrals

(WA), South Fremantle (WA),

Port Adelaide

Drafted:

2010 NAB AFL Draft

(No.35), 2014 delisted free agent

20



COLIN GARLAND

PAUL ROOS

"Col's been a really solid player for us. He's consistently played over a number of years and we really just hope he continues that. Probably the thing we want from Col is just to try and add a little bit of offensive stuff to his game. He's a great lockdown defender, a really good decision-maker and ball user, so we want the ball in his hands as much as possible. We're just going to try and encourage him to be a bit more aggressive offensively."

Gold Player Sponsor

Toorak Village Dental Clinic

Silver Player Sponsor

Worldwide Customs & Forwarding Agents

Bronze Player Sponsor

Ian Dunstan (Kalgoorlie, WA)

PLAYER STATS

Date of birth:

28/4/1988

Height:

191cm

Weight:

92kg

AFL debut:

2007

AFL games:

135

AFL goals:

16

Recruited:

North Hobart (TAS),

Tassie Mariners (TAS), Tasmania

VFL (TAS)

Drafted:

2006 NAB AFL Draft

(No.46)

Honours:

Second Best and

Fairest 2013, NAB AFL Rising

Star nominee 2008

21



CAMERON PEDERSEN

PAUL ROOS

"We've seen Cam play some very, very good AFL football and we've seen him play for Casey. So it's really about the consistency for Cam. It's understanding what we want from him and doing it over and over again. If he does that, we've seen that he can play AFL football."

Gold Player Sponsor

Judy Gillard, Ian Murtun, Chris and Donna Turner

Silver Player Sponsor

Ralph and Roberta Laurie

Bronze Player Sponsor

Mike Sargaent

PLAYER STATS

Date of birth:

17/3/1987

Height: 193cm

Weight: 96kg

AFL debut: 2011

MFC debut: 2013

AFL games: 52

AFL goals: 45

Recruited: Mooroolbark (VIC),

Box Hill Hawks (VIC),

North Melbourne

Drafted: 2011 NAB AFL Rookie

Draft (No.17 – North Melbourne),

2011 NAB AFL Draft rookie

elevation (North Melbourne), 2012

NAB AFL Draft traded by North

Melbourne

22



VIV MICHIE

PAUL ROOS

"Viv has worked really hard and hasn't missed a session. We saw last year when he played seven games in a row that he started to find his feet at AFL football. The challenge is doing it consistently in a game. He's very clean around the ball, he's a good tackler and he's a good decision-maker, so he has a lot of attributes to be a competent AFL player. It's just about doing it week in, week out."

Silver Player Sponsor

Darien & Rob Thompson

Bronze Player Sponsor

Trevena, Croatto, Southey

PLAYER STATS

Date of birth:

23/2/1992

Height: 185cm

Weight: 83kg

AFL debut: 2013

MFC debut: 2014

AFL games: 18

AFL goals: 0

Recruited: Fitzroy Juniors

(VIC), Oakleigh Chargers (VIC),

Fremantle

Drafted: 2010 NAB AFL

Draft (No.44 – Fremantle),

2013 NAB AFL Draft traded

by Fremantle, 2016 NAB AFL

Rookie Draft (No.24)



24



JAY KENNEDY-HARRIS

PAUL ROOS

"After a little bit of an interruption, the good stuff we've seen from Jay has been really good. He's got back his speed, which he needs to show, and put pressure on and kick goals when he can. The opportunist small forward is a hard role to play, but he's got some good role models, particularly in Jeff Garlett, who's played that role really, really well. So he needs to emulate that and he's certainly got the tools to be able to do it."

Gold Player Sponsor

Celtic Connection

Silver Player Sponsor

Gail Lutton and Marg Monk

Bronze Player Sponsor

Brian Lovelock

PLAYER STATS

Date of birth:

21/3/1995

Height: 173cm

Weight: 73kg

AFL debut: 2014

AFL games: 22

AFL goals: 11

Recruited: Kew Comets (VIC),

Oakleigh Chargers (VIC)

Drafted: 2013 NAB AFL

Draft (No.40)

25



TOM McDONALD

PAUL ROOS

"Tommy has had a great pre-season. He had a little tweak in his shoulder at one stage, but it's not too bad. I know he wants to get back to that real consistent level of his first seven or eight weeks last year, where he was probably – if not – the best defender in the competition. He was certainly one of the top two or three. So offensively and defensively we need him to be playing well."

Gold Player Sponsor

Torsten Kasper - Chisholm & Gamon

Silver Player Sponsor

Mark Davis

Bronze Player Sponsor

Be Energized Massage Therapy

PLAYER STATS

Date of birth:

18/9/1992

Height:

194cm

Weight:

101kg

AFL debut:

2011

AFL games:

82

AFL goals:

7

Recruited: Edenhope-Apsley (VIC), North Ballarat Rebels (VIC)

Drafted: 2010 NAB AFL

Draft (No.53)

Honours: Third Best and Fairest

2012, 2015, NAB AFL Rising Star

nominee 2012

26



SAM WEIDEMAN

PAUL ROOS

"Sam has been managed thoroughly throughout the pre-season, given the injuries he's had coming out of TAC Cup. He's got great natural football instincts and natural forward instincts. If he gets his body right, trains hard and learns the game really well, we can see that he's going to be a really good player."

Gold Player Sponsor

Glenn Ashworth

Silver Player Sponsor

Andrew Clough

Bronze Player Sponsor

Louise & Robert Christie

PLAYER STATS

Date of birth:

26/6/1997

Height:

195cm

Weight:

93kg

AFL debut:

yet to debut

AFL games:

0

AFL goals:

0

Recruited: Vermont (VIC),

Xavier College (VIC),

Eastern Ranges (VIC)

Drafted: 2015 NAB AFL

Draft (No.9)

27



LIAM HULETT

PAUL ROOS

"Liam's a young player that's learning. We're teaching him how to play forward and how to play back. He has a big, strong body, but the expectations for him are just to become a good listener. Wherever he plays, we just want him to improve and learn good habits."

Gold Player Sponsor

Alan and Patricia White

Silver Player Sponsor

Steve Johnson

PLAYER STATS

Date of birth:

17/3/1997

Height:

193cm

Weight:

89kg

AFL debut:

yet to debut

AFL games:

0

AFL goals:

0

Recruited: Bonbeach (VIC),

Dandenong Stingrays (VIC)

Drafted: 2015 NAB AFL

Draft (No.46)

28



OSCAR MCDONALD

PAUL ROOS

"Oscar has done everything right. Again with young players, it's more the consistency of effort. We saw his two games last year were really good. He's got really good football instincts – he's got good size, shape, speed and athleticism. It's really just picking up good habits and doing them over and over again. If he can do that quickly, he should become a productive player for us early in the season."

Gold Player Sponsor
Victorian Fire Places
Silver Player Sponsor
Warmington Family
Bronze Player Sponsor
Roslyn, Morgan, Camille & Ian Wright

PLAYER STATS

Date of birth:
18/3/1996
Height: 196cm
Weight: 94kg
AFL debut: 2015
AFL games: 2
AFL goals: 0
Recruited: Edenhope-Apsley (VIC), North Ballarat Rebels (VIC)
Drafted: 2014 NAB AFL Draft (No. 53)

29



JAYDEN HUNT

PAUL ROOS

"Jayden's been a really positive story from the pre-season. His running's got to an elite level – we know how quick he is, but he's become a really good endurance runner. We're probably trying to play him wing/half-back/half-forward to give him some tools. He's still learning the game and he's still young, so we're looking to really improve him in all different areas of the game, but I'm excited to see what he might be able to bring."

Gold Player Sponsor
The Funston Family

PLAYER STATS

Date of birth:
3/4/1995
Height: 187cm
Weight: 81kg
AFL debut: yet to debut
AFL games: 0
AFL goals: 0
Recruited: East Sandringham (VIC), Brighton Grammar (VIC), Sandringham Dragons (VIC)
Drafted: 2013 NAB AFL Draft (No. 57)

30



ALEX NEAL-BULLEN

PAUL ROOS

"Alex probably had an inconsistent pre-season. He's had some good training sessions and some where he's probably dropped off a little bit. Once again, like all the young players, he needs to work on his craft. He needs to be the hard, tough player that we saw last year. He also needs to be clean with the ball and tackle really well, be disciplined and a really good listener. If he can do that, he can certainly improve on last year."

Gold Player Sponsor
Perkins Family
Silver Player Sponsor
Jan Armstrong and Matt Ware
Bronze Player Sponsor
SA Demons

PLAYER STATS

Date of birth:
9/1/1996
Height: 182cm
Weight: 83kg
AFL debut: 2015
AFL games: 11
AFL goals: 6
Recruited: Plympton (SA), Glenelg (SA)
Drafted: 2014 NAB AFL Draft (No. 40)

31



JACK GRIMES

PAUL ROOS

"Grimesy's a real professional. He presents himself well, trains really well and prepares well. We probably see an opportunity for Jack to play a little bit differently this year, in a wing role or even a forward role, given his athleticism. With the game at 90 interchange rotations, blokes like Grimesy are at a premium. We're not limiting his roles and what he can do, so the back end of pre-season, we started to train him more in the midfield and forward. We know he's played down back, so we'll give him an opportunity to play in different areas."

Gold Player Sponsor

Josh Hoppe & Daniel Moon

Silver Player Sponsor

Ruth Fleming & Micky Ashton

Bronze Player Sponsor

NSW Demons

PLAYER STATS

Date of birth:

11/5/1989

Height:

187cm

Weight:

85kg

AFL debut:

2008

AFL games:

98

AFL goals:

11

Recruited:

Hurstbridge (VIC),

Northern Knights (VIC)

Drafted:

2007 NAB AFL

Draft (No.14)

Honours:

Co-Captain 2012-14,

Second Best and Fairest 2012,

NAB AFL Rising Star nominee 2009

32



TOMAS BUGG

PAUL ROOS

"Tomas has shown post-Christmas he's really grasped what we want him to do. He's made a massive improvement, which is to be expected with a new player coming to the club over the first couple of months. He can play wing, midfield, half-back, half-forward and we see him as a really versatile player, who can work his way into our team."

Gold Player Sponsor

Casey Demons Supporter Group

Silver Player Sponsor

Mark and David Freilich

Bronze Player Sponsor

The Tragics

PLAYER STATS

Date of birth:

5/4/1993

Height:

184cm

Weight:

83kg

AFL debut:

2012

MFC debut:

yet to debut

AFL games:

65

AFL goals:

16

Recruited:

Gembrook (VIC),

Caulfield Grammar (VIC),

Gippsland Power (VIC), GWS Giants

Drafted: 2011 17-year-old access

selection (GWS Giants), 2015 NAB

AFL Draft traded by GWS Giants

Honours:

NAB AFL Rising Star

nominee 2012

33



JAKE SPENCER

PAUL ROOS

"Jake had a little bit of an interrupted pre-season. When Jake's really focused on his game and really 100 per cent committed to being better, he improves significantly. We saw that last year in pre-season. His challenge will be between him and Max Gawn battling for the number one ruck spot. So whoever misses out needs to keep improving and continue getting better. But he can play some good AFL football."

Gold Player Sponsor

Graham and Val Peters

Silver Player Sponsor

Kaye Hargreaves and Julie Lockhart

PLAYER STATS

Date of birth:

9/10/1989

Height:

203cm

Weight:

105kg

AFL debut:

2009

AFL games:

36

AFL goals:

6

Recruited:

Hermit Park (QLD),

Redland (QLD)

Drafted:

2008 NAB Rookie Draft

(No.35), 2010 NAB AFL Draft

rookie elevation (No.96)

34

MITCH KING

PAUL ROOS

"A developing ruckman, Mitch has been working really hard with the other rucks and with ruck coach Greg Stafford on his craft. We know that he needs to put on weight and that he's a long-term prospect, but he's certainly shown some really good skills in the pre-season."

Silver Player Sponsor

Diane Mountney

PLAYER STATS

Date of birth:

1/1/1997

Height:

199cm

Weight:

90kg

AFL debut:

yet to debut

AFL games:

0

AFL goals:

0

Recruited:

Wodonga (VIC),

Murray Bushrangers (VIC)

Drafted:

2015 NAB AFL Draft

(No.42)

35

BEN KENNEDY

PAUL ROOS

"Ben really turned a corner post-Christmas and at the camp up in Maroochydore. Like Tomas Bugg, he's starting to feel more comfortable around the club and his teammates. I think he's going to be a really valuable player, firstly as that small pressure forward, kicking goals. Then, hopefully, we can unleash him into the midfield. He's hard, tough and works really, really hard on his game."

Gold Player Sponsor

Edmond Lobazza

Silver Player Sponsor

Jamie Davis Family & Elliot Swart Family

Bronze Player Sponsor

Big Footy Demons

PLAYER STATS

Date of birth:

3/3/1994

Height:

175cm

Weight:

76kg

AFL debut:

2013

MFC debut:

yet to debut

AFL games:

25

AFL goals:

15

Recruited:

Brighton District (SA),

Glenelg (SA), Collingwood

Drafted:

2012 NAB AFL Draft

(No.19), 2015 NAB AFL Draft

traded by Collingwood

36

JEFF GARLETT

PAUL ROOS

"Jeff's probably been one of the standouts of the pre-season. His forward pressure against his teammates has been elite, and his energy and fitness levels are really high. We really put it to him that he sees himself as one of the top small forwards in the competition and he's really been embracing that in the pre-season."

Gold Player Sponsor

Di Conza Family

Bronze Player Sponsor

Sebastian Leopold

PLAYER STATS

Date of birth:

3/8/1989

Height:

180cm

Weight:

74kg

AFL debut:

2009

MFC debut:

2015

AFL games:

129

AFL goals:

223

Drafted:

2009 NAB AFL Rookie

Draft (No.6), 2010 NAB AFL

Rookie Draft elevation (No.85),

2014 NAB AFL Draft traded

by Carlton

Honours:

Carlton leading

goalkicker 2013, NAB AFL Rising

Star nominee 2010

37



AARON VANDENBERG

PAUL ROOS

"When Aaron first arrived last year, he came with a shoulder reconstruction, so this is his first real pre-season he's had. We've managed him a bit because he had some ankle soreness, but he's put on size and weight and he's fitter. He certainly made an impact last year on size and whether that's forward or midfield, we want him to improve and get better. We also want him to be more consistent in his approach to everything he does. But most of all, we're looking forward to seeing what he can do this year."

Gold Player Sponsor

Bernie and Lorraine Holtschke

Silver Player Sponsor

Scott Lipman

Bronze Player Sponsor

Friends of Flanders

PLAYER STATS

Date of birth:

3/3/1992

Height: 188cm

Weight: 91kg

AFL debut: 2015

AFL games: 14

AFL goals: 5

Recruited: Tathra (NSW),
Ainslie (ACT)

Drafted: 2015 NAB AFL Rookie
Draft (No.2), 2015 NAB AFL
Draft rookie elevation

39



NEVILLE JETTA

PAUL ROOS

"Nev knows where he's at, as a player at AFL level. He's become a really good lockdown defender on those small forwards. What we need Nev to do now – if we want to be a good team – is for him to not only be a really good defensive player, but to be a really good offensive player. Like Col Garland, he's good with ball in hand. He's a good decision-maker and a good kick, so we really want Nev to step up offensively and maintain his defensive attitude."

Gold Player Sponsor

Micallef Family

Silver Player Sponsor

Craig and Darcy Thompson

Bronze Player Sponsor

Fred Oldfield & Tim Johnson

PLAYER STATS

Date of birth:

12/2/1990

Height: 180cm

Weight: 80kg

AFL debut: 2009

AFL games: 73

AFL goals: 21

Recruited: Carey Park (WA),
Swan Districts (WA)

Drafted: 2008 NAB AFL Draft
(No.51), 2014 NAB AFL Rookie
Draft (No.50), 2014 NAB AFL
Draft rookie elevation

41



MITCH WHITE

PAUL ROOS

"Mitch has been a little bit inconsistent through pre-season, but we saw last year that he can play AFL football. Although he only played one game, I think he played well. It's now about learning his craft as a defender – he's a good size for a third or fourth tall defender at 188 to 190cm. He's got good speed and really good endurance. He's just got to get on top of his concentration factor and get used to the demands of AFL football, but hopefully he'll improve again this year."

Bronze Player Sponsor

Nams Industries

PLAYER STATS

Date of birth:

10/4/1996

Height: 188cm

Weight: 87kg

AFL debut: 2015

AFL games: 1

AFL goals: 0

Recruited: Seaford (VIC), St.
Peter's College (VIC), Dandenong
Stingrays (VIC)

Drafted: 2015 NAB AFL
Rookie Draft (No.20)



42



JOSH WAGNER

PAUL ROOS

"Josh came to the club as a mature-age rookie and we saw that he's a fair way further advanced than the young kids – particularly with his body shape, understanding of the game and his size factor, compared to the other guys. He's trained really, really well. It'll be interesting to see how he can adapt from where he's played to playing with the Melbourne Football Club. He's got good skills, is a good decision-maker, attacks the ball really well and is a good tackler, so the basic skills we're seeing are really important."

Bronze Player Sponsor
QLD Demons



PLAYER STATS

Date of birth: 24/6/1994
Height: 189cm
Weight: 84kg
AFL debut: yet to debut
AFL games: 0
AFL goals: 0
Recruited: Aspley (QLD)
Drafted: 2016 NAB AFL Rookie Draft (No.6)

43



JAMES HARMES

PAUL ROOS

"Harmesy's had a really solid pre-season and his goal would be to improve on last year. He's certainly improving at training – he's become a better listener and a better learner, which is really important. He's showed that he can play at the level. It's about working on all areas of his game and improving, going into 2016."

Gold Player Sponsor
Tori Williams
Silver Player Sponsor
Theo and Lisa Schreurs
Bronze Player Sponsor
NSW Demons

PLAYER STATS

Date of birth: 5/10/1995
Height: 185cm
Weight: 85kg
AFL debut: 2015
AFL games: 8
AFL goals: 3
Recruited: Devon Meadows (VIC), Dandenong Stingrays (VIC)
Drafted: 2014 NAB AFL Rookie Draft (No.2), 2015 NAB AFL Draft rookie elevation

44



JOEL SMITH

PAUL ROOS

"He's progressing really nicely. Joel's a very, very good athlete, with both his speed and endurance. You can tell with some of his football instincts that he has played some football. He previously played at under 14 and 16 level, so the indications are that it shouldn't take too long for him to pick up the game again."

Gold Player Sponsor
Tim & Mary Anne Holland



PLAYER STATS

Date of birth: 25/2/1996
Height: 191cm
Weight: 84kg
AFL debut: yet to debut
AFL games: 0
AFL goals: 0
Recruited: Maribyrnong Park (Vic),
Drafted: 2016 NAB AFL Rookie Draft (No.41) - three-year unregistered player)

45



MATT JONES

PAUL ROOS

"Matt's had a terrific pre-season. He brought a great attitude into pre-season after having a frustrating year last year. He's working on his weaknesses and has become more of a student of the game, which is only going to help him. The way the game's being played now, a guy with his athleticism, there's certainly spots there for him to take – if he's prepared to work hard enough to get them."

Silver Player Sponsor

Connie and Bruno Roda

Bronze Player Sponsor

Butler Electrical Pty Ltd - Allan Sultana

PLAYER STATS

Date of birth:

18/10/1987

Height: 188cm

Weight: 82kg

AFL debut: 2013

AFL games: 51

AFL goals: 10

Recruited: South Croydon (Vic), Labrador (Qld), Box Hill Hawks (Vic)

Drafted: 2012 NAB AFL Draft (No.52)

46



DEAN TERLICH

PAUL ROOS

"Dean by his own admission had a disappointing 2015 season, but he has really attacked pre-season. He had a couple of little hiccups along the way, but his attitude's been fantastic. He's a previous top three finisher in the best and fairest, so he can play. It's whether Dean, on the back of his work, forces his way into the team, with his skill set. He's a good defender when he wants to defend and a good attacker when he wants to attack. He's probably trying to put those two parts of his game together to make him a good player."

Silver Player Sponsor

Rod and Janice Brown

Bronze Player Sponsor

Stephen Lewinsky

PLAYER STATS

Date of birth:

13/12/1989

Height: 186cm

Weight: 84kg

AFL debut: 2013

AFL games: 35

AFL goals: 2

Recruited: Osborne (NSW), Murray Bushrangers (VIC), Sydney Swans, Norwood (SA)

Drafted: 2008 NAB AFL Rookie Draft (No.68 – Sydney Swans), 2012 NAB AFL Draft (No.68)

Honours: Third Best and Fairest 2013

47



MAX KING

PAUL ROOS

"Max had a bit of a hiccup with some knee tendonitis, but has certainly attacked this pre-season a lot more vigorously than what he has in the past. He's improved significantly and we know that he's got good skills for AFL football – he's a nice kick, can take a mark and can kick a goal. It's again just the consistency of performance."

Gold Player Sponsor

Progressive Demons

Bronze Player Sponsor

Membership Volunteers Group

PLAYER STATS

Date of birth:

24/9/1995

Height: 200cm

Weight: 96kg

AFL debut: yet to debut

AFL games: 0

AFL goals: 0

Recruited: Wagga Tigers (NSW), Murray Bushrangers (VIC)

Drafted: 2014 NAB AFL Rookie Draft (No.19)





1. PRAHRAN BASKETBALL COURTS

I like to head down there on my day off for a shoot around.

2. COIN LAUNDRY CAFE ARMADALE

It's my favourite coffee spot. I swing past there for a magic take away coffee most mornings.

3. CENTRAL PARK IN MALVERN

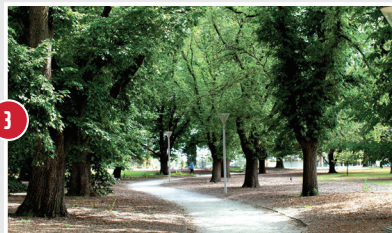
Usually once a week I'll head down with my roommate Billy and his dog Morris and throw the tennis ball or vortex around.

4. ST KILDA BEACH

After training, if the weather is producing, I'll head down to dip the feet in the water.

5. CHADSTONE SHOPPING CENTRE

A good spot to break up my day off and do a bit of clothes or shoe shopping.



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