Ο Κόσμος

Leadership to crow about

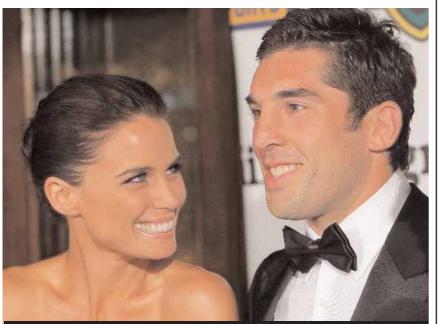
ANYONE who can help guide his side out of the NRL cellar and transform them into genuine premiership threats obviously has the makings of a great leader.

nd that is why the Roosters' Braith Anasta was

night.

Anasta inherited the Bondi club's captaincy from Craig Fitzgibbon midway through last year's forgettable season, and quickly embraced the new-found responsibility this year.

Overseeing a group of loose awarded the Captain of cannons - Todd Carney, Jake



On the red carpet at the 2010 Dally M Awards... Jodi Gordon and Braith Anasta looking very happy. Picture: Adam Ward

the Year award on Tuesday Friend and Nate Myles are just

three players with ugly track records, but who have acquitted themselves brilliantly off the field in 2010 - Anasta has helped maintain harmony and always led from the front foot.

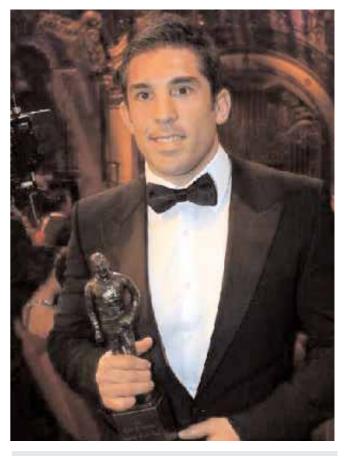
He has consistently tried to reason with referees, slotted back into lock to accommodate Carney at five-eighth, and always made himself available to the media.

While coach Brian Smith has helped transform the Roosters, his job has been no doubt made easier with Anasta at his immediate service.

Anasta has already won a premiership with the Bulldogs and will need to call on his September experience in the coming weeks to get even more out of his troops, many of whom are new to the post-season.

Petero Civoniceva has long been respected by his peers, and Cameron Smith a natural leader, but nobody will deny Anasta the prestigious award.

Article from the Daily Telegraph



Braith Anasta (born Braith Anastasakis on 14 January 1982 in Sydney, New South Wales) is a Greek-Australian professional rugby league footballer who captains the Sydney Roosters in the National Rugby League competition. Anasta previously played for the Bulldogs and has played representative football

for both New South Wales and Australia. His usual position is lock, however he is also capable of playing at five-eighth.

What is it like constantly performing in front of large crowds of people?

The buzz I feel when I'm on the field in front of a full-capacity crowd is the reason why I play. My office is the football field, so to turn up to a game in front of so many people who appreciate what I do feels great. I love being outdoors, and I'm either training or playing outside all week, so it's the perfect job for me.

What are some of the highlights of your career so far?

Winning the Premiership with the Bulldogs in 2004 was a definite highlight. It's what every player dreams of. Playing for Australia in my first year of rugby league was also something that I'll never forget.

What did you want to be when you were growing up?

I definitely wanted to be involved in sport. I had a pretty sporty family and my uncle,

George Piggins, played for South Sydney Rabbitohs. My family were mad rugby league supporters, so from a young age I always wanted to play rugby league. I also wanted to be a fireman.

I always looked up to him – he was my idol.

What is a big myth about being a high profile player? That footy players have a lot of time to themselves. The reality is that this type of career is a lot more time consuming than people think. I'm pretty much on call 24/7 and training sessions change all the time. It really is a full-time job.

Do you enjoy being in the public eye?

It's got its positives as well as negatives. I've wanted to be a professional athlete my whole

> life and now that I've achieved this it's good to finally get all the attention and accolades. It's a good feeling to have people respect what I do.

On the other hand, some of the negatives are that there are some who are very passionate about the game and their team, and players can cop a lot

one day off on a Sunday. This time is all about fitness, getting in shape and preparing our bodies for the season ahead.

Do footy players have many any other commitments outside of the game?

It depends on the player. If you're a high profile player in the team, your schedule is a lot more demanding with more media commitments and work for sponsors. There may be events with fans, or visits to sick children who like to see their sporting heroes. These responsibilities come with being a professional athlete, but it's something that I enjoy doing.

Do you find it difficult balancing your sporting responsibilities and personal life?

It can become tough and I have to make sure that I take time to see my friends and family as much as possible because they are a big part of why I am where I am today.

If a player is happy on, as well as off, the field then they're going to perform better and play good football.

What opportunities are there for sponsorship and media work for footy players?

Sponsorship in rugby league is pretty hard to come by, but there are definitely opportunities in media and commentary with jobs such as public speaking. It's hard to organise this sort of work while I'm playing, but it's an avenue of employment that I'd like to pursue in the future.



If you didn't become a player, would you have still stayed in the sporting industry?

I was always interested in being involved in the playing side of rugby league. Most people these days who get jobs in the sporting industry have experience playing the game at some level. I don't think I would have had anything to do with the game if I wasn't playing. Who was your sporting hero as a kid?

Growing up, my sporting hero was Greg Norman. I thought he was a great ambassador for Australia and for the game of golf. He was not only successful on the golf course, but he was also a great businessman. of criticism from the media and fans. But that's what comes with the territory and, for me, the positives outweigh the negatives.

How much training do you do?

If the team plays on a Sunday there will be recovery time on the Monday. Then there's a light session on Tuesday with a half-day fitness session on Wednesday, as well as weights sessions early in the week. Late in the week we'll brush up on our skills and

make sure we're prepared with a set game plan for the weekend game.

Training is intense not only during the season, but also in the off-season. We get five or six weeks off straight after our last game, but after that, the off-season starts with some really hard work. Even in the off-season we basically train every day, with maybe

What other jobs could people do if they are keen to get into the sports industry?

There are many different opportunities behind the scenes, and professional clubs like the Roosters offer a great environment to work in. For example, our team has physiotherapists, masseurs and chiropractors all working with us. There are also a lot of young trainers who have studied hard and forged successful careers by watching and learning from more experienced trainers. If you're not going to be a player, being part of the support staff is a great opportunity to be involved in the sport.

Interview from www.careerfaqs.com.au