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Socceroos.. The Turkish-base in Antalya

Nineteen Socceroos have arrived in Turkey for the squad's pre-World Cup training camp and they're using world-first technology to ensure they utilise every second.



With only a few weeks until Australia's pivotal first group-stage game against France, the Socceroos coaching set up is working against the clock to ensure their players hit peak fitness.

Australia's sport scientists are regarded as some of the best in the world, so it's little surprise that Socceroos' Head of Sports Science Dr Craig Duncan is using world-first technology to overcome the challenges of amalgamating a squad based around the world.

"Over the previous three months we have worked on a strategy focused on making sure players come into camp in

a physiological condition [that will] meet the requirements of the training schedule," Duncan told socceroos.com.au.

"Our experience with managing travel is extensive and most players have been based in Europe so flight times and time zone changes are not disruptive to the wellbeing of the player.

"For those travelling from Australia and Asia we prepare and implement a travel strategy to ensure they are ready to train when required.

"We also use technology that monitors the players physiological status on a minute-by-minute basis."

The Turkish-base in Antalya, in addition to providing a picturesque surrounding for the Australians, is well positioned for the Socceroos squad.

Although players flying from Australia faced a long journey, due to its position between Europe and Asia and close distance to Russia, the majority of the squad will suffer minimal travel fatigue. **If they** do, that's where Duncan's tech comes into its own.

"This technology..we are the first to use internationally and gives us data that enhances our ability to predict a player's readiness to train," Duncan added.

Peter Pelekanos: Marconi back where we belong

The ever-reliable Peter Pelekanos believes Marconi Stallions are on the right track to return to greatness in their first season back in the top flight of NSW football.

Since cementing his place in the side in 2016 the no nonsense defender has been a constant feature in a squad seeking to restore pride to a club that boasts a tremendous history within Australian football.

As one of the thirteen clubs that in 1977 formed the National Soccer League – the country's first ever truly national sporting competition – the Fairfield based side would go on to lift a record four national titles and feature in all 28 NSL seasons before the competition disbanded in 2004 to make way for the newly formed A-League.

Marconi then immediately entered the NSW Premier League as it was known at the time, in which they would be crowned champions in 2012 just before the league was rebranded under the National Premier Leagues banner.

Few would predict the bumpy road ahead for the club as a torrid 2015 season

would be the worst in Marconi's decorated history, resulting in their infamous relegation to NPL NSW Men's 2.

"When the club started to rebuild after getting relegated is when I joined Marconi," explained Pelekanos.

"We spent two years in NPL 2 and fought for our way back up.

"It was a big thing while we were in NPL 2 as we knew at the time that such a big club can't be in this league.

"It really was a driving force that helped us get back into the top tier where we definitely belong.

"We are very familiar with the history of this club and we try to do everything we can to live up to the expectations."

Having featured in every minute of the 2018 NPL NSW Men's season so far, Pelekanos believes his personal development must be attributed to powers greater than hard work.

The 23-year-old defender has benefited

greatly from the mentoring of his experienced defensive partner in former Socceroo Michael Beauchamp, as well as the mentality driven into the squad by coach Peter Tsekennis.

"It's been an absolute pleasure playing with Michael Beauchamp," beamed Pelekanos.

"He's full of experience and is the ultimate pro.

"I've spent the last two years playing alongside him and I've learnt so much, and it has me playin now in my first season NSW Men's competit

"There's plenty of imp to come as well.

"And with Pete (Tsek Flea (assistant Peter Pi ever since they car they've really change up for us and th mentality is now a about winning.

"We think we can go very far in this competition and are expecting a big year.'

Marconi have made an encouraging start to their 2018 campaign, now sandwiched in the middle of four teams sitting on 8 points – within a single win of the top five.

Last weekend's 1-0 victory over Pelekanos' former club Blacktown City has the side in good stead and raring to go for their next match against Rockdale City Suns.

"We got off to a very good start obviously with a big opening win against Sydney

Pelekanos. wed by a bit of a rut but inst Hakoah and the win ktown, especially the win, fited spirits as we're back ways leading into the next

huge match for us coming big win, and we're full of afidence going into the ime.

Rockdale are going to e a tough opponent as hey've got dangerous boys p front that can do some amage.

