



By **George Stavroulakis**

THE 2020 NATIONAL PREMIER LEAGUES NSW WOMEN'S SEASON WAS SUPPOSED TO BE A HUGE ONE FOR SYDNEY OLYMPIC'S RISING YOUNG STAR ANGELIQUE HRISTODOULOU BUT NO ONE WOULD HAVE IMAGINED THAT A WORLD-WIDE VIRUS WOULD PUT A STOP TO MANY THINGS, INCLUDING OUR BEAUTIFUL GAME.

SELF-ISOLATION CHRONICLES WITH ANGELIQUE HRISTODOULOU



Not just a good footballer, but an astute University student who has since had to make some adjustments since COVID-19 shed its ugly presence on the world. **"The spread** of COVID – 19 has affected me personally as the University I attend has been shut down and my studies have now moved online. **"I have** to study at home and be present in lectures and tutorials via my computer. **"The NPL** as you know has also been temporarily postponed which means I am unable to train and play the sport I love which has been very hard to deal with." **Hristodoulou** is lucky that both football and University has kept the Olympic youngster sane during self-

isolation.

"My Uni work has been keeping me occupied. **"I am** very lucky to have my dad (Eric, a former NSL great) who has been taking me up to the local park to train. **"Of course,** we have been following safety measures and he has been coaching from a far. **"I have** also been going on runs and have created a home gym so I can work-out. "Unfortunately, nothing compares to match fitness, but we have to try our best to keep as fit as possible." **Football** is a powerful sport that connects everyone and anything in its path, something Hristodoulou sorely

misses.

"There are a lot of things I miss about football. **"I miss** not being able to train with my teammates and miss seeing everyone regularly. **"Most of** all I miss the competitiveness of the games on the weekend." **Asked what** her message was to the NPL NSW Football public about the safety measures currently being deployed across the nation the youngster stated. **"We have** to listen to the expert advice that has been given to us in order to overcome the virus and hopefully resume playing the game we all love and miss, stay safe everyone."

LYNCH KEEPING BUSY IN LOCKDOWN PERIOD

By **Mark Stavroulakis**

Lily Homes Stadium is home to one of the National Premier Leagues NSW Men's finest defenders in Blacktown City's Grant Lynch – a home he and everyone in the NPL cannot play at the moment due to this tough period of uncertainty.



"Your correct, it has been a time of uncertainty for everyone.

"I have been very fortunate my job is in healthcare so I am still able to work but outside of that I have been following all the recommended guidelines to limit the spread and like most people in this league doing as much individual training as I can."

Known as one of the cult heroes at Blacktown City with an ever-expanding fan club, Lynch has been busily training keeping himself fit and healthy.

"Most of my time before this all happened was spent working or playing football and that hasn't really changed only now the football has been replaced with running.

"My training has been mostly running and sprinting mixed in with some skipping and body weight exercises and then following the prescribed running that Blacktown City have given us."

Work wise, Lynch has not been affected too much by COVID-19 and has continued to work at a private hospital for now.

"Yes I have continued working (for now) at a private hospital but am looking to help in the public sector in the next few weeks."

The sportsmanship, camaraderie and playing the world game with his mates at a competitive level have been some of the aspects Lynch has missed.

"It sounds cliché but the thing I definitely miss most is the team.

"I'm lucky that I play with friends at a high level and the atmosphere in the change room is something that you cannot re-create or replace.

The Futsalroo international pleased the importance of obeying government orders during this down time with the hope of getting back to everyday life sooner rather than later.

"I think the most important thing right now is to understand that all the measures put in place are designed to help as many Australians as possible and to never take your health or your families health for granted."