

SANFL DETAILS

SATURDAY

Table with columns for South and West teams and their scores.

BEST - South: Clarke, Kenna, Cupido, Handby, Warren, Parry, McGlone, Archard, Neagle. West: Haynes, Slattery, McMillan, Newberry.
SCORERS - South: Cupido, Warren 7.1, Love 3.0, Ellis 1.3, Kenna, Neagle 1.1, Archard 1.0, Sampson, Davey, Thewlis, Wright, Handby 0.1, rushed 0.1. West: Haynes 5.2, McMillan 3.0, Bonaddio 2.2, Hollands 1.1, Fisher 1.0, Newberry, Bennett, Bricknell, Slattery 0.1, rushed 0.2.
UMPIRES - C. Doddridge, S. Hay, T. Philp.
REPORTS - South: Clarke, for allegedly striking in the first quarter. West: Archibald, for allegedly engaging in rough play in the first quarter.
CROWD - 2232 at Encounter Bay.

Table with columns for Glenelg and Central teams and their scores.

BEST - Glenelg: Fisher, Smith, Mules, Panozzo, Rogers, Douglas, Sherwood, McConnell, Willits. Central: Slade, Symes, McKenzie.
SCORERS - Glenelg: Rogers 5.3, McConnell 3.0, Mitchell 2.4, Duldig 2.3, Logan 2.2, Douglas, Fisher, Ruwoldt 2.0, Backwell 1.2, Willits 1.0, Moore, Kirk 0.1. Central: Ware 2.1, Slade 2.0, O'Sullivan 1.1, L. Westhoff, Scoullar 1.0, J. Gowans 0.3, Wilson 0.2, C. Gowans, Obst 0.1, rushed 0.2.
INJURIES - Central: J. Gowans (jarred elbow).
REPORT - Central: C. Gowans, by umpire Williams, for allegedly striking Cranston.
UMPIRES - T. Pfeiffer, S. Grun, R. Williams.
CROWD - 4627 at Adelaide Oval, double-header.

Table with columns for Eagles and Norwood teams and their scores.

BEST - Eagles: Vince, Oakley, Westbrook, McKenzie, Lindsay, Symmons. Norwood: Hughes, Zorzi, Gallagher, Bailey, Campbell, Sandery, B. James, Thomas.
SCORERS - Eagles: Westbrook 4.1, Vince, Passador 3.2, Oakley 2.2, Lindsay, Symmons, Powell 1.0, Earl, Ciccollella 0.1, rushed 0.2. Norwood: Vlatko 3.1, Campbell, Borlace, DeJongh 3.0, Sandery 2.2, Thomas 1.0, Hughes 0.3, Bartemucci, Bown 0.1, rushed 0.1.
INJURIES - Eagles: Symmons (bruised jaw). Norwood: Gibson (virus).
UMPIRES - T. Dey, T. Medlin, C. Rowston.
CROWD - 4627 at Adelaide Oval, double-header.

DRAW

ROUND FOUR - Friday: North v Sturt (Adelaide Oval, 7.40pm). Saturday: Port v South (Alberton Oval, 2.20pm). West v Norwood (Broad Spectrum Oval, 2.20pm). Tuesday: Central v Eagles (Adelaide Oval, 3pm). Bye: Glenelg.

PREMIERSHIP TABLE

Table with columns for P, W, L, D, F, A, Pc, Pts for various teams.

LEADING GOALKICKERS

Table with columns for player name, Rd 3, and Total.

RESERVES

South 13.18 (96) d West 14.6 (90), Glenelg 23.14 (152) d Central 7.11 (53), Norwood 20.11 (131) d Eagles 10.3 (63). Ladder: Glenelg 6, North, Norwood 4, West, Port, South, Central 2, Sturt, Eagles 0.

SANFL PLAYER OF THE YEAR

- Woodville-West Torrens v Norwood
Bernie Vince (Woodville-West Torrens) 3
Gavin Hughes (Norwood) 2
Brett Zorzi (Norwood) 1
Glenelg v Central District
Adam Fisher (Glenelg) 3
Jeff Smith (Glenelg) 2
Ben Mules (Glenelg) 1
South Adelaide v West Adelaide
David Clarke (South Adelaide) 3
Stephen Kenna (South Adelaide) 2
Ben Haynes (West Adelaide) 1
Leaders - 6: Jeremy Clayton (Port). 5: Adam Fisher (Glenelg). 3: Daniel Schell (Central), Nathan Lonie, Chris Ladhams (North), Kris Massie, Nick Jackman (Norwood), Richard Douglas (Glenelg), Bernie Vince (Eagles), David Clarke (South).

GLENELG

Table with columns for Kicks, Mks, Hbl, F/for, F/og, Gls, Pts, H/O, Tkl for Glenelg players.

CENTRALS

Table with columns for Kicks, Mks, Hbl, F/for, F/og, Gls, Pts, H/O, Tkl for Central players.

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Lowest point for long time: Laird

DOUG ROBERTSON

IT HAS happened before and Glenelg's been responsible for it most of the time... thrashing Central District.

The re-emerging Tigers belted Central by 95 points at Adelaide Oval on Saturday, which was the Dogs' biggest loss since June 1992 when Glenelg won by 125 points.

And it's impossible to forget Central's humiliation in 1975 when Glenelg kicked a historic 49.23 (317) to beat Central by 238 points.

That still hurts but Saturday's loss has the potential to be just as devastating if it heralds the Dogs' run is over. They have dominated the competition since 2000 but they were feeble against routine pressure on Saturday.

"It did look that way and all week we spoke about getting on the front foot," coach Roy Laird said. "We didn't have anybody who could take a ball then actually ride a tackle - we were pretty ordinary in securing the footy."

"This is our lowest point for a long time... we'll find out about ourselves over the next few weeks."

Glenelg coach Mark Mickan has already done that and he has found the grit that has been missing for years. He has reinvented Ben Mules and David Mitchell as midfielders, Ryan Willits as a key defender and Jeff Smith and Aaron Rogers look capable of regularly being match-winning forwards.

Mild-mannered Mark is often undersold by his understating nature but there's a smart footbaler inside.

"Getting people really fit accounts for a fair bit," he said. "But the thing you're always fighting against is people getting ahead of themselves. We've got to coach them to be mature about the situation at any given time."

"We've won two games out of three so keeping our heads about us is very, very important. I can't see an easy game in the SANFL... it won't be until the end of the season that the final five emerges, I think."

At last, Tigers burning bright

Doug Robertson

THE mighty have fallen and high-flying Glenelg are back in business after humiliating a meek Central District by 95 points at Adelaide Oval yesterday.

The born-again Tigers - cellar dwellers or thereabouts in recent seasons - controlled every minute of the clash that became interesting only in the depth of the damage to be inflicted on the hapless Dogs.

It was the Bulldogs' biggest loss for more than six years, surpassing the 82-point belting they suffered against West Adelaide in July 1999 and the 74-point whipping by the Eagles last Anzac Day.

To add insult, Chris Gowans was reported for striking.

As much as Central - without Luke McCabe, Daniel Schell and Nathan Steinberner - was lamentable, the Tigers were impressive. They kicked 13.10 to 2.2 in the middle quarters and blasted the Bulldogs out of the contest.

Midfielders Adam Fisher (19 disposals, five effective tackles), understated skipper Ben Mules (18, five), Justin McConnell (23, two), David Mitchell (25, one), who kicked 2.4 but should have slotted six, Ben Moore (18, one) and Richard Douglas (19, two) thrashed their more fancied opponents at the tough stuff and embarrassed them for skills.

Key forwards Aaron

SCOREBOARD

Scoreboard table showing Glenelg 148 vs Central 53.

GOALS
Rogers 5; McConnell 3; Mitchell, Duldig, Logan, Douglas, Fisher, Ruwoldt 2; Backwell, Willits, Moore.
GOALS
Ware, Slade 2; O'Sullivan, L. Westhoff, Scoullar.
BEST
Fisher, Smith, Mules, Panozzo, Rogers, Douglas, Sherwood, McConnell, Willits.
BEST
Slade, Symes, McKenzie.
INJURIES/REPORTS
GLENELG: Nil. CENTRAL: J. Gowans (jarred elbow); C. Gowans reported by umpire Williams for allegedly striking Cranston.
Umpires: T. Pfeiffer, S. Grun, R. Williams.

Rogers, who kicked 5.3. Jeff Smith and Mitchell and Matthew Duldig were also hard at it. For Glenelg fans who, for so long, have been craving for a return to the glory days of the 1970s and '80s, the result was a moment to treasure.

The Dogs' day was done by the second quarter when Glenelg picked up 50 more disposals and refined its blend of controlled aggression, hard running and team style.

The Tigers kicked three unanswered goals in the first five minutes of the term before an aberration of five consecutive points, then another major, all without a reply.

Smith dominated with seven effective touches for the quarter and threw his imposing 198cm, 98kg frame into action to intimidate the

Dogs' big men. Defenders Paul Sherwood, Jarrad Sundqvist and Luke Panozzo ran forward almost without fear of being tackled - unheard of against Central for six years.

"Intensity is the thing we controlled pretty well, that shows itself in those in-close situations," Tigers coach Mark Mickan said. "The players around the ball were aggressive and disciplined."

Central coach Roy Laird could not hide his displeasure. "Two weeks in a row we've been meek around stoppages and in the basic elements of the game," he said.

"It takes some courage for an individual to stop that rot - to just go and meet the footy and do something brave for the side. We didn't have anyone to do that."

Holme cracks the whip for Glenelg

Anthony Barich

GLENELG will be one of the toughest units in the SANFL by the time former Olympic coach Leon Holme is finished with it.

And, with new coach Mark Mickan's blessing, he's cracking the whip.

Holme, who coached super heavyweight lifter Dean Lukin to a gold medal at the 1984 Los Angeles Olympics, is now running the weights room down at Tigerland.

With six years at the Adelaide Crows, three at the Power, seven with Charlie Walsh and his AIS cycling program, two with the Adelaide 36ers and 20 with Olympic weightlifters, Holme has a wealth of experience to offer.

He's also working with a group of South Australian triathletes.

Holme's role at Glenelg was at the request of Mickan, who played with the Crows with his assistants, Stephen Rowe and Peter Caven, when the weights' guru was at West Lakes.

It's mandatory for the Tigers' senior and reserves players to attend Holme's weights sessions - when last year it was not - and the

results are already showing with the Bays muscling to strong wins over last year's grand finalists Woodville-West Torrens and Central District in the past two weeks.

Holme's program is six-pronged, starting with "pre-hab" - recognising predispositions to injuries as a result of lack of core and rotator cuff stability.

The program has been set up along with two physiotherapists to cover those aspects - the end result reducing the incidence of injuries.

"(The weights program) is bloody good for an SANFL outfit," said Holme, who has also written programs for West Adelaide, Port Adelaide, North Adelaide and Sturt.

To help run the program he's using the leadership group which was selected by the players themselves, including captain Ben Mules, Ben Moore, Paul Sherwood, Adam Fisher, Jeff Smith and Ty Allen, Lucas Block and Brett Backwell.

Each player gets a personalised program as most young players are underweight. "If I feel they have the muscular structure to play the game at that level they're



HANDS ON: Leon Holme puts Ben Moore through his paces

taken into the maximum strength program," Holme said.

"They need to bulk up to have that physical presence, to stand their ground and not be intimidated."

Maximum strength training involves low repetitions and higher weights.

Next is converting their increased strength to power, which enhances agility and spring.

"It's not size for size's sake, and I'm not particularly interested in muscular endurance like circuit training - that is developed on the field," Holme, who also advises on nutrition and supplements, said.

The program is not mandatory for the Tiger under-17s and under-19s, but Holme expects most to attend anyway.

Sellar dominates against Irish

Anthony Barich

JAMES Sellar can enhance his status as this November's No. 1 draft pick by again dominating the Under-17 International Rules Series at AAMI Stadium from 1.50pm today.

Although scouts have been aware of Sellar for a while, he came into his own on Thursday when, playing at full forward, he dominated the match against the Irish.

Player agents from Adelaide to Western Australia said they would not be surprised if Sellar went No. 1 in this year's draft

-widely tipped to be the best since Chris Judd's draft of 2001.

So dominant was Sellar that the Australians had to alter their handball-possession game and just kick to him and Tom Hawkins, son of Geelong legend Jack Hawkins, one-out on their opponents.

"In our four games among ourselves, we'd set up a plan to run the ball, but James was so good down there we found we were using one handball too many," Australian assistant coach Jason McCartney said. "It's not just in the air that he's dangerous. Once it hits the

ground, he lays crunching tackles, and he has this ability to run down his opponent."

After kicking four goals on senior debut for Glenelg two weeks ago, Sellar was targeted by the Eagles last week, with McCartney jokingly saying: "Welcome to the big league."

"The first time I saw them, at an AIS camp in Canberra in December, James and Bryce Gibbs just stood out as mature professionals," he said.

"This year's draft has a super pool of talent."