

The Valencia Diaries – Day 3 (Eventually...)



Yes, those are Oranges. Growing in the street.

Although this is day three, published on day 5 as I forgot about it. There will, therefore be no day 4 or 5. If anyone's bothered....

Another session with the S+C coach to start the day, waken the muscles and get filmed. The squad appear to all be in high spirits as there was a great deal of laughter involved in the various tasks that Phil Morland programmed for the squad today.

More stretching, more breakfast, then I as evicted so that the support staff could carry out some testing on the players. Why, oh why did Windows chose this particular time to upgrade..? An hour wasted watching files crawl off to Scottish Hockey and then the wee dots chasing each other around the screen as Windows re-thingied my laptop. Finished just in time to be un-evicted. Oh well... *C'est la vive* as they say over the border.

Quick few shots of some table tennis then back for this.

Then more editing and off to training with the squad, hopefully to a pitch cleared of Russians this time.

First match is tomorrow against Ghana. Scotland should win this one, but Head Coach, Gordon Shepherd, is not a man to allow complacency to set in, so it is likely to be an all-out effort with the aim to, first, win and, second, to win by as big a margin as possible. The win is the main goal, everything that comes with it will be a bonus.

Ultimate goal is to head Pool 'B', then play the fourth place finishers in Pool 'A' in the knock-out stages.

Then I'll be busy!

And somehow, I'm marginally less keen than I was at the top of the page.