

# Hibs' defender Charalampos Mavrias is working hard to improve fitness

Charalampos Mavrias, the Greek international full-back who joined Hibs as a free agent in October believes that playing for the Development Squad has improved his fitness as he steps up his bid for a first team debut.



'Harry' was part of the side that kept a clean sheet in the SPFL Reserve Cup away to Kilmarnock on Monday and has also featured in a friendly against Dundee United.

He is enjoying life at Easter Road despite having not featured competitively for Hibs since his arrival last month and he revealed that his team-mates have all welcomed him into the close-knit group and helped him settle into life in Edinburgh.

He told Hibs' Media: "It's very important that I got a few games with the Reserves as they have helped me a lot.

"I played in the last two games and it is good for my fitness and getting my rhythm back because I had not played a full game in a long time and got that in my legs.

"Slowly, I am feeling the development in my fitness and my condition, which is the most important thing.

"Also, during training, I am trying to improve everything that I need to improve on so that I can help the team when I get my

chance.

“My team-mates are all really friendly. I felt straight away that I had become part of the family – this is all because of the lads.

“They made sure I was in the group straight away and they help me inside training and also outside if I need something. Everyone has been available for me and it’s been great.

“I am getting used to them! I am also trying to improve my English, so I am speaking more to try to improve that and also to understand.

“It’s very important to have these skills.”