

## Ali Carle



# Kiddy test would sort out tribunal

**H**OW can a head-butt be worth just one week on the sidelines? You have to be kidding me.

I, like you, am sick of hearing about the inconsistencies of the AFL tribunal - but this latest decision is sicker than any of the Michael Jackson jokes that did the rounds less than an hour after his demise.

But here we sit, Troy Chaplin out for a fortnight after a dubious in-the-play bump that he was apologising for almost before he hit the ground, while Jared Brennan purposefully strikes the one part of the body the AFL has sworn to protect with the ball nowhere near him and he only gets a week because what, he's a nice guy?

Why can't the tribunal throw out this stupid points system that challenges even the sharpest astrophysicist, and instead do what I do, and put it through the 'Kiddy Court'?

Come on panel, put your calculators, super-computers and the abacus away and instead imagine a child sitting there in the boardroom with you.

Then try as hard as you can to explain to him or her that intentional head-butts are bad, but not too bad if you've been a very good boy in the past.

Perhaps some of those Underbelly-type family members should try the 'but he's a nice bloke routine and has a good record' and see how much leeway that gives them in the courts.

Then try to get Little Johnny to accept if you make a split second decision in the field of play, launch yourself at the ball but, at the last moment, realise you're not going to make it so curl in

to protect your body but bump someone square, well none of that matters if you've made some mistakes before.

Surely the first question even a six-year-old would ask is 'did he mean it'?

Brennan chose to react to sledging in a manner that even Chuck Norris would have only used in the burliest of bar-room brawls.

He didn't strike, he didn't slap, he didn't push, he didn't elbow. It wasn't a clumsy mid-air attempt.

He purposefully drove his head into another's - so much so that it bled.

While frankly I also find the delight in which most seem to adore Josh Carr's sledging also dubious (he would probably get a good talking to in my 'Kiddy Court') the fact is, that we are trying to police the game to a) protect the players and b) ensure it's a product that's clean and safe so that the yummy mummies chose Aussie Rules over any other sport.

These decisions don't seem very clean to me and as any mum would tell you, children need consistency and in that mind, just take a look at Docker Luke McPharlin's bump on Crow Scott Stevens in round three. No eyes on the ball, head high contact, enough force to ensure Stevens missed a game - yet no case to answer.

Please, for once and for all, bring back some uniformity and let a player's intent factor into these decisions and bugged the points.

**Ali Carle can be heard 6-9am weekdays on 104.7 Triple M.**

# Hall hits wall

SCOTT GULLAN  
MELBOURNE

**BARRY** Hall's chances of playing next year are dwindling by the day.

Collingwood coach Mick Malthouse yesterday not only dismissed the idea but questioned whether the Sydney bad boy would cope with the increased scrutiny of playing for a Melbourne club.

And his most likely suitor, the Western Bulldogs, distanced themselves with coach Rodney Eade saying it was highly unlikely Hall would continue his career at the Whitten Oval.

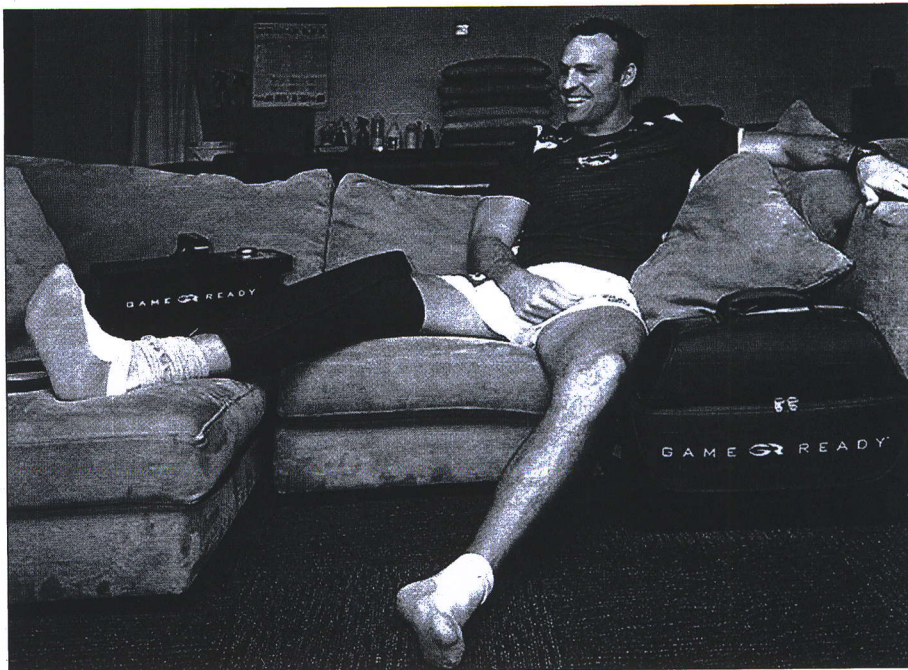
Malthouse said he wouldn't give the idea of recruiting the 32-year-old forward "two seconds of thought".

"If Paul Roos and Brett Kirk can't get the best out of a bloke, and he's prepared to move with those blokes, who I have the highest admiration for, then I am not about to take that on," Malthouse said.

"I think the Sydney press are pretty lenient... I don't think you (the Melbourne media) would be leaving him alone.

"Do you need that pressure? Barry has to put up with it and if he comes to Melbourne, good luck!"

# Well-heeled



GETTING READY: Geelong's Brad Ottens uses the Game Ready device to treat his knee injury at home.

## Star treatment for warriors

### ZAC MILBANK

THE salary cap was introduced to even up the AFL.

While it has served its purpose to a significant extent, there is still scope for the competition's "haves" to gain a distinct advantage over the "have nots".

The affluent clubs - such as Collingwood - are tapping into the latest technology in a bid to have their players recover ahead of their cash-poor rivals.

Mick Malthouse's men have this year embraced Bodyflow, a portable device which uses electric pulses to improve blood flow and reduce lactic acid in bruised muscles.

As many as 10 clubs - including Richmond, the Western Bulldogs and most recently Port Adelaide - are also using Bodyflow. But as the Power trials two portable machines, the Magpies continue to reap the benefits of purchasing a unit for every player.

Club Warehouse sales manager Rob Duncan, a sports medicine supplier based in Melbourne, says the Pies got hooked on the Bodyflow product during pre-season.

"They (Collingwood) do their high altitude camp every year in Arizona," Duncan said.

"And they tested it (Bodyflow) when they went last time. They had some players on it and some not on

it and the results they got back for the players on it were pretty favourable."

Which raises the issue of what advantage Collingwood's players are actually getting.

"They use it predominantly to flush out the by-products in players' muscles which enables them to recover quicker," Duncan explained.

"It also assists with DOMS (delayed onset muscle soreness). A lot of the interstate clubs are using it on flights as they're travelling every second weekend.

"It's starting to get a lot of publicity because a lot of clubs are looking for an edge to recover quicker between games. It's pretty cutting-edge stuff."

Joining the high-tech trend is Geelong ruckman Brad Ottens. He is recovering from a knee injury and using what is known as Game Ready.

Instead of using traditional ice packs to reduce swelling, Ottens straps Game Ready's cold compression bandage to his leg while he sits on the couch.

But at around \$10,000 per machine, the Game Ready - used regularly in the English Premier League and NFL - is only just beginning to filter into the AFL.

"They're not being used a lot at the moment because they're a bit expensive,"

## RECOVERY RITUAL

### Bodyflow

How it works: Uses shock therapy to increase blood flow in bruises while sitting on the plane or watching TV.

Cost: Portable unit - \$3500. Permanent machine - \$8500.

Who uses it: AFL players, NRL players, Cricket Australia, Cyclists Shane Kelly and Simon Gerrans.

### Game Ready

How it works: Cold compression bandage is attached to injury while sleeping or sitting.

Cost: Unit - \$5000.

With extras - \$10,000.

Who uses it: Geelong's Brad Ottens, English Premier League players and American NFL players.

### Skins

How it works: Fabric in the garment compresses muscles to increase blood flow and reduce lactic acid build up while playing or recovering after a match.

Cost: Full length body suit - \$300.

Who uses it: Bulldog Jason Akermanis, cricketer Brett Lee, NRL players, netballers, basketballers and athletes.

Duncan said. "They're (Game Ready) a portable icing machine which is connected to a hose and the hoses are connected to wraps (compression bandages).

"Depending on what part of the body it is, those wraps can be attached to the calf, thigh, elbow or shoulder.

"Then it pumps chilled water through the wraps and keeps it at a particular temperature for a fair amount of time. If you've got inflammatory problems or a corky, you can leave it on overnight."

There is, however, a cheaper alternative in the Skins garments - being worn by many athletes from different sporting codes such as the AFL, NRL, basketball and netball.

"They (Skins) assist with blood flow, with what they call gradient compression,"

Duncan said. "The garment has different gradients in the fabric, enabling the different areas of the garment to push the blood around back to the heart. It stops the blood pooling down towards your feet when you're flying or driving."

"With so many products starting to flood the market, it's no surprise clubs such as Adelaide are also investing in their facilities to improve recovery."

"There's definitely a big emphasis on it (recovery) these days," Crow Chris Knights said.

"We've got a big facility that's going to cater for it really well. I think it's required, given the increased training workload that we do on and off the field. We need to keep our bodies in the best shape possible."