* Athletics in the Summer & Footy in the winter that was my life from the age of 7 years old. Mum was a state Hockey rep and Dad was a keen Yachty who just missed out on the Helsinki Olympics (Did umpteen Sydney Hobarts, Melbourne Devonport's and Melbourne Hobarts).
* Grew Up in an extremely competitive environment with 2 Brothers - Both Keen sportsmen & successful. Elder Stephen a decathlete Aust. representative And played a handful of Cats 2nd 18 games. And Grant, VFA Geelong West Roosters after a stint at Geelong U19s.
* Played Footy for North Geelong as a junior 3 premierships in a row. My Junior Aths Club was Chilwell I won Athlete of the year In 1975
* I graduated into the senior team in 1980 as a 15 year old at North. I went into senior Aths and joined Geelong Guild.
* In 81 Geelong invited me to try out for the U19s By the end of the  season I had broken into the 2nd 18 team which went on to win the premiership. Which incidentally we won again in 82, I had played 5 games of senior footy by then and was on my way carving out a life in Football.
* I had begun my plumbing apprenticeship by now and had big days riding to Shell and riding to training after a day on the shovel or in the pipe pits.
* At 21 I played my first game for Victoria against WA, but what I really wanted was a crack at the SA team - They were the arch enemy.
* By the time I was 23 I had begun to reach some lofty heights I had won the Simpson Medal for best afield in the WA Vs Vic game and that year an All Aust team was picked and I was in it we were lucky to have a test series lined up that year and were to travel to Ireland to take on the Irish in a 3 test series at Croke park in front of 40,000 screaming Irelanders. Was Runner up in the B&F to 2 time Carji Greaves medalist Mark Bos.
* Played first and Last Grand Final for the Cats in 1989 - unfortunately lost by 6 points.
* Left Plumbing for Sales and have been there ever since.
* Became Skipper of the Cats for 2 seasons, injured my knee and was out for 12 months. Slowly got back to form but couldn't come to terms with the Club at the end of the '93 season and found myself playing for the Brisbane Football Club - The Bears which were soon to join with the Fitzroy Football Club and become the Brisbane Lions. While up North Shane and I started Arctic Heat from ARS sports prods.
* Coached Williamstown for 3 seasons then Coached the Leopold Lions where I held various positions through the age groups.
* Also coached the U16 GFL interleague side in Ballarat to a wonderful victory - Undermanned and outsized.
* Worked in the Media from the; Courier Mail, Sunday Footy Show, Geelong Advertiser, The Pulse, K Rock and 3AW even write for a lifestyle magazine Surf Coast Living. Have and do MC Hosting. Taken Classes at the Victorian Fitness Academy for three years. Developing an outdoor Adventure Element to our business - Completed 2 trips of 40 people to Papua New Guinea doing the Kokoda Track, And I still compete as an Athlete at Geelong Guild in the 40+ age group.
* Have Been training people for longer than I can remember, gained my C 3 & 4 and Pt Diploma in Fitness, to give me the technical edge on my vast experience.
* Owner Manager of In - Sync - Fit since 2011. And Loving it!!
* My kids I'm proud to say all lead healthy lives - Even Julie-Ann does her time at the ISF.

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