

**LEAGUECENTRAL**  
NRL NEWS

MY TEAM >



**MINICHIELLO PREPARES FOR SYDNEY TO HOBART**



**Minichiello prepares for Sydney to Hobart**

THE NRL tough guy steps out of his comfort zone and onto 'Loyal', a one hundred foot racing yacht, testing his sea legs in the harbour

**THERE** are a few nerves for me ahead of my first Sydney to Hobart because of the unknown - how the weather will be and how fast it can change. But I'm really excited.

You never know what will happen on a football field but you always know your role, what your job is.

And you always know it's going to be hard and tough.

I'm tackling the Sydney to Hobart with the same mindset and preparing for it to be really tough. My role on the boat is to work the grinders which control the runners. I'm there to add a bit of muscle and grunt as well. And I'll just help out where I'm needed. There's a real team atmosphere on the yacht.

I hear I'm supposed to have a few stories to tell when we are on the rail so I've been thinking of a few good footy stories to tell, which I'm hoping will keep us entertained when we're a bit tired.

I've been really surprised by just how physical sailing is.

**RELATED COVERAGE**

- > 67TH Rolex Sydney To Hobart *The Daily Telegraph*, 1 day ago
- > Hobart success special for Jess *Herald Sun*, 2 days ago
- > Mini's memories both good and bad *The Daily Telegraph*, 4 days ago
- > Race winner accused of spying *The Australian*, 5 days ago
- > Investec Loyal takes lead from Wild Oats *Adelaide Now*, 6 days ago

It's like a well-oiled machine out there where we all have a role, a job, we all train hard. It's not that dissimilar to being with a footy team.

Everyone asks me what I'm going to enjoy the most about the trip and I really think it's going to be finishing.

I can't even imagine what it's going to be like with thousands of boats around watching us start. I just think it's going to be a lot of fun.

I'm sure there are parts I'm going to dread but I'm not thinking about that yet. I'm thinking about how good it will be when we get to Constitution Dock at the end on the race. That will be really special.

**Roosters star Anthony Minichello has joined the crew on the supermaxi Investec Loyal for the 67th Sydney to Hobart to help raise money for the Loyal Foundation and Humpty Dumpty charity.** To make a donation to the Loyal Foundation go to [www.loyalfoundation.com.au](http://www.loyalfoundation.com.au)

**Find** whatever you're looking for

**Connect** with the right business

**Share** your experiences

Click here to find out more

Find us on Facebook

**SIGN UP NOW!** WIN \$43,000  
**SC SUPERCOACH**

**SUPER COACH** | **TIPPING CENTRAL**

Email:

Password:  **PLAY**

**SIGN UP NOW!** WIN \$43,000