

Flagstaff Hill Football Club coaches (from left) Graham Tomkins, Rod Mitchell and Craig Burfitt. Picture: DAVID CRONIN

Fit Falcons ready to fire

Amelia Broadstock

FLAGSTAFF Hill Football Club is hoping a number of key new recruits and players returning from injury this season will help it bounce back from its 11thplace finish in 2013.

Coach Rod Mitchell says the Falcons are looking forward to their first match against premier Reynella on April 5.

"We're confident this season we will improve on 2013 and have expectations that we will play deep into the finals," Mitchell says. "We're working hard to get the result we're hungry for.

"There's no reason why we can't go all the way."

Matt Carey will return as Flagstaff Hill captain after an injury-plagued 2013.

Also returning from injury are Michael Shearer, Paul Mellen and Kane Abbott, while Sam Hiosen and Mark Hollis are back at the club.

The Falcons have recruited Jericho John, Ben Matthews and Jarred Pomeroy.