

## Boxing I

By George Reed



# Bernard Hopkins

THE EXECUTIONER

They say you're only as old as you feel, that time catches up with all of us eventually. However for a lot of modern-day athletes it isn't catching up with them as quickly as it used to due to a big advancement in training methods and, well, the best chemicals money can buy to stave off the effects of aging.

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“Absolutely brilliant, fantastic, a perfect week”, summed it up for Hull FC director of rugby Shaun McRae when *Island Connections* caught up with him on the last day of the club's winter training week in Tenerife T3 facilities in Costa Adeje.

The excellent sporting centre is increasingly popular with international teams in many disciplines, and word of mouth, that most effective of publicity tools, is paying a major part it would seem.

Shaun told us that Hull chose to come here, their first club trip to Tenerife, initially on the advice of a travel agency specializing in training breaks for professional clubs, but the deal was sealed after a chat with the sporting directors of Warrington Wolves who were in the same T3 spot in 2011 and 2010.

With many new faces in the coaching staff and quite a few



# SUZUKI Swift Sport

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Three weeks of training rolled into one – the players from Hull FC in full flight at T3



# A perfect week {HULL FC}

L-R, Marco Brown (Ñandu), Shaun McRae and Peter Smith



new members of the playing squad, a week away like this is an excellent way to gel the team and bring them closer together. “Being here has been of real benefit”, Shaun commented, “the players have been focused, there are no distractions, and the great weather means we can practice all day”, which they did on almost each of their seven days apart from one afternoon's break when they all de-camped to Siam Park for a few hours fun and relaxation. But the focus was firmly on training, with a few friendlies coming up before their first competitive game, against Warrington Wolves, on February 5th, both Shaun and the head coach Peter Gentle were already seeing improvements in the side. Peter said it had been “a terrific week, first class, from the pitch, the weather, the post-training facilities...it's been like three weeks of intensive training rolled into one”, adding that he would “definitely recommend the facility” to anyone and hopes to come back.

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