

Mindfulness through football

While some barristers practise mindfulness, Bar FC members find the best form of meditation to be running around the Domain on a weekly basis chasing a round leather ball. For forty minutes, each player's mind is emptied of the usual distractions; thoughts of deadlines, difficult legal issues and getting through the 'too hard' pile of chamber work are all replaced by a single thought. How



to get that ball into the back of the net. For this reason alone, Bar FC continues to be an important aspect of life at the bar for many. This year, Bar FC competed in a weekly lunchtime competition played in the Domain between April and August. The results were mixed with some games slipping away from us as Lady Luck always was just out of reach. A strong surge towards the end of the season however meant that a spot in the finals was secured. Unfortunately, a narrow loss (2-1) to Sydney Business School meant that we did not progress past the semi-final stage. Nevertheless, the season was an enjoyable one with Richard Di Michiel winning the Golden Boot for the season (yet again), Sebastian Hartford Davis getting the Sir Alex Award (for most valuable player) and David Larish won Rookie of the Year.

After 11 years, Bar FC is now stronger than ever. This year saw a replenishment of the squad as a result of Gillian Mahony encouraging all readers to strap on the boots and head to the paddock. While not all readers took up the challenge, Bar FC welcomed a number of readers and others to the team. Newcomers Dewashish Adhikary, Elly Aitkenhead, Graham Connolly, Nicholas Condylis, David Larish, Thomas Liu and Savitha Swami added much-needed pace and guile to the team.

Also great to welcome back some players who for various reasons had a small hiatus in their football careers with Bar FC. Despina Christofis, Stephen Free and Sheriff Habib

SC making a number of appearances in the DSL Competition.

Notwithstanding a squad of over 70 players, Bar FC is always looking for new members to ensure the longevity of the team. Players of all abilities are catered for and welcomed to the team. Should you be interested in playing the beautiful game in 2019 and beyond, please contact the team manager, David Stanton (Sir Alex) on d.stanton@mauricebyers.com for more information.

The 2018 Tri State Football Challenge

On Saturday 8 September 2018, members of NSW Bar FC headed south to Melbourne to compete in the annual Tri State Football Challenge against the (best) of the Victorian and Queensland bars.

The weather was not kind to us with the massive electrical storms in Sydney on the Friday night leading to numerous flights being cancelled out of Mascot. Four of our players at the airport that night who had their flights cancelled, and were unable to get rescheduled early flights the following day. So, before had even leaving Sydney, we had lost Patch(aldinho), Coutinho, Younan and Anais D'Arville. Not a very promising start.

However, by match time on Saturday afternoon, we were able to field a squad of 13 at the picturesque South Yarra FC grounds (although Gillian Mahony, making her

much anticipated return to the squad was unable to actually play due to injury).

The first game between Victoria and Queensland Bar saw an upset 2-0 victory to Queensland, with NSW goalkeeper Harris having volunteered (as usual) to keep for Queensland and maintaining a clean sheet. Lo Surdo SC was referee for that match.

The next game saw NSW take the field to play Queensland. In an impressive attacking display in the first minutes, Condylis (on his NSW Bar FC interstate debut) picked out Di Michiel who passed to Morrison, then back to Condylis who scored the first NSW goal. Not to be outdone, Di Michiel scored at the 15-minute mark to give us a handy 2-0 lead. Queensland responded with a spirited attack and Harris made a great save to keep the score at 2-0. At the 25-minute mark, Di Michiel scored again giving NSW a 3-0 lead at half time.

In the second half, Morrison nodded in a fantastic corner from Condylis to make it 4-0. The tiring NSW defence was then sorely tested, but with our sweeper Philips keeping the backs in a formidable defensive line, and Harris working hard in goals, NSW managed to keep the Queenslanders scoreless with a fulltime score of 4-0.

After a short break, NSW took the field again, this time against the Victorians. Victoria commenced with a series of strong attacks. Thanks to spirited performances from de Meyrick, Griscti, Bedrossian, Liu, Maghami and (Asher) D'Arville, and with Harris in goals, the Victorian attacking forays were repulsed. Di Michiel managed to score the first NSW goal at the 12-minute mark, and a minute later Morrison was unlucky to just miss with his own shot Under heavy pressure from di Michiel, Victoria conceded an own goal, which was quickly followed by another stike for NSW, putting us up 3-0. Just before half time, Victoria

scored their first goal, making the half time score 3-1 in NSW's favour.

In the second half, considerable pressure by the Victorians resulted in a headed goal off a corner and it was game on with NSW under the pump and only ahead 3-2. But, just when it was needed most, the goal of the day was scored by Condylis, who won the ball deep in midfield, and then ran half the length of the pitch in possession, weaving through several determined Victorian midfielders and defenders, to score a magnificent fourth goal. Morrison took advantage of a despondent Victoria to score another run-away goal soon after to take NSW's tally to five. The Victorians pressed hard in the last 10 minutes but could not breach the valiant NSW defence, and at full time the final score was 5-2 in NSW's favour.

Two great wins for NSW Bar FC saw NSW retain the silverware.

The touring squad (that actually made it to Melbourne) was as follows:

- Faraz Maghami
- Geoff O'Shea (Manager)
- Simon Philips (Captain)
- Nick Condylis
- Hugh Morrison
- John Harris
- Vahan Bedrossian
- Rohan de Meyrick
- Richard di Michiel
- Thomas Liu
- Ivan Griscti
- Anthony Lo Surdo SC
- Gillian Mahony

Special thanks must go to Geoff O'Shea for managing the squad and to Asher D'Arville for filling in at extremely short notice.

2018 Tri-State Bar Sport Law Conference

On the morning before the 2018 Tri State Football Challenge, the annual Tri-State Bar Sport Law Conference took place in the rooms of the Victorian Bar Association in Owen Dixon Chambers. Aply organised by Tony Klotz of the Victorian Bar (with input from Anthony Lo Surdo SC), the conference was (yet again) a great opportunity of members of the three eastern seaboard bars with an interest in sports law to gather and exchange views about topics of interest.

Adrian Anderson, formerly a senior executive with the AFL and now a member of the Victorian Bar, started proceedings with an excellent presentation about Natural Justice in Sports Tribunals.

Sadly, John Didulica from Professional Footballers Australia was unable to make his presentation, having been called away at short notice to Istanbul to deal with issues involving the Socceroos training camp.

John's absence however allowed more time for Ivan Griscti to make a highly informative presentation of the procedures involved in, and his experiences of, appearing before the FFA Disciplinary and Ethics Committee. This progressed into a wide ranging panel discussion (involving Simon Philips and others) dealing with attendees' experiences appearing before sports disciplinary tribunals generally.

The conference was well attended, thoroughly enjoyable and the perfect pre-cursor to 'the Festival of the Boot' which took place later in the day.