

THE LAST LINE OF DEFENCE

NAME: DEEJ MSHELIA
SPORT: RUGBY UNION
AGE: 19
HEIGHT: 6FT
WEIGHT: 80KG



BORN IN NIGERIA, DEEJ MSHELIA KNOWN AS "DJ" IS FULLBACK AND THE OCCASIONAL WINGER FOR CAMBORNE SCHOOL OF MINES RFC.

HE IS TOP TRY SCORER FOR HIS SIDE AND EVEN HAS HIS OWN PERSONALIZED BOOTS JUST INCASE YOU DIDN'T CATCH HIS NAME WHEN HE ACCELERATES PAST YOU, USAIN WHO?

I WAS INTO ATHLETICS BUT STARTED PLAYING RUGBY AT 11 YEARS OLD. I REMEMBER MY FIRST RUGBY TACKLE, I DIDN'T SEE IT COMING, NEXT THING I KNOW I WAS HIT HARD, I HAD TO STOP TRAINING. I WAS A BIT OF A GIRL BACK IN THE DAY. I HATED GETTING TACKLED.

BEING A FULLBACK IS GREAT, THE FREEDOM THAT YOU GET IS THE BEST.

SIZING UP THE PLAYER IS ONLY NATURAL. IF HE'S A BIG WINGER I TEND TO RUN ROUND HIM, USU-

ALLY SIZE DOESN'T MATTER, I TRY TO TEST MY OPPOSITION OUT IN THE FIRST FIVE MINUTES OF THE GAME. BEING AWARE OF WHAT IS GOING ON AROUND YOU IS CRUCIAL.

TRAINING CONSISTS OF TWICE A WEEK WITH THE TEAM AND I TRY TO TRAIN 3 TIMES A WEEK WEIGHTS OR CARDIO, THIS VARIES DEPENDING ON NIGHTS OUT (LAUGHS).

THE NIGHT BEFORE A GAME I EAT A LOT OF CARBS, FRIDAYS ARE MY PASTA DAYS, APART FROM THAT I TRY AND STICK TO PROTEIN. STAY AWAY FROM JUNK BECAUSE YOU ARE WHAT YOU EAT (LAUGHS).

MY CHILL IS AT THE FLAT PLAYING ON THE PLAYSTATION AND SLEEP A LOT. WHEN I'M NOT TRAINING I LIVE A LAZY LIFE, BUT I BLAME THAT ON THE FACT I NEED TO REST SO I HAVE MORE ENERGY. I DON'T TAKE ANYTHING TO SERIOUSLY EVEN LOSING ON FIFA. FOOTBALL AIN'T MY SPORT ANYWAY.

WHEN BY MYSELF I LIKE TO TRAIN

LISTENING TO DRUM & BASS ANYTHING SLOWER IS JUST ANNOYING, YA KNOW I LIKE TO LIVE MY LIFE IN THE FAST LANE. I USUALLY CONCENTRATE ON SPRINT AND FOR POWER LOTS OF SQUATS.

BEATING TWO OR MORE PLAYERS TO SCORE A TRY GIVES ME SUCH A RUSH AND IS MY FAVOURITE WAY TO SCORE A TRY. USUALLY IT MAKES ME MORE RELAXED THEN FOR THE REST OF THE GAME.

“FOOTBALL AIN'T MY SPORT ANYWAY”

THE SIX NATIONS KICKED OFF IN ITS USUAL STYLE OF FAST PACED AND GLORIOUS RUGBY, WITH THE ODD UGLY PLAY. ENGLAND AND IRELAND WILL BE PLAYING EACH OTHER ON THE 27TH OF FEBRUARY AND WHILE MOST EYES WILL BE CAST UPON THIS MATCH A FAIR FEW WILL BE CONCERNED ABOUT THE SECOND OLDEST VARSITY MATCH IN THE WORLD.

THE BOTTLE MATCH TAKES PLACE BETWEEN TWO MINING INSTITUTES THE CAMBORNE SCHOOL OF MINES BASED IN CORNWALL



AND THE ROYAL SCHOOL OF MINES BASED IN LONDON.

THE FIRST RECORDED MATCH WAS IN 1902 RESULTING IN A DRAW.

THE WINNING TEAM TAKE HOME THE 'BOTTLE', A 3-FT TALL TIN BEER BOTTLE ADORNED WITH THE TWO CRESTS OF THE INSTITUTION.

THE BOTTLE WAS APPARENTLY ACQUIRED BY RSM STUDENTS FROM A BASS CHARRINGTON BEER LORRY AND WAS PRESENTED AS A TROPHY FOR THE 1946 RSM VS CSM MATCH.



THE BOTTLE MATCH IS TRADITIONALLY HELD DURING THE LAST WEEKEND OF FEBRUARY.

IN 2008 THE RSM WERE HOUND-ED FOR REMARKS PLACED ON A RSM STUDENT UNION WEB SITE. THE COMMENTS WERE MADE AGAINST CAMBORNE SCHOOL OF



N A BOTTLE

MINES AFTER A RECENT BOTTLE MATCH. THE ANCIENT COMPETITION THOUGH HELPS TO FUEL A FIERCE RIVALRY AND IS GREATLY ANTICIPATED EVENT.

RSM CURRENTLY RETAIN THE BOTTLE FROM LAST YEARS WIN IN LONDON. THEY WON A TIGHTLY CONTESTED GAME 14-10 MAKING IT THEIR 40TH WIN OF THE COMPETITION COMPARED TO CSM'S 33.

CSM HAVEN'T WON THE MATCH SINCE 2007 AND A WIN THIS YEAR WOULD BE A GREAT WAY TO SEE IN THE NEW DECADE.

ROB HUDSON IS THE CAPTAIN OF THE CSM RUGBY TEAM. HE DOES NOT DOUBT THE DIFFICULTY OF THE TASK IN HAND BUT HE HAS FAITH THAT HIS GREAT SQUAD CAN RISE TO IT.

BEING THE CSM CAPTAIN IS IN HUDSON'S EYES ONE OF THE GREATEST HONOURS HE HAS HAD BESTOWED UPON HIM: "TO BE ABLE LEAD THE TEAM IN TO THIS YEAR'S BOTTLE MATCH WILL BE A REAL PRIVILEGE." HE IS EXCITED TO TAKE THE TEAM AND HIMSELF INTO THE CSM HISTORY BOOKS.

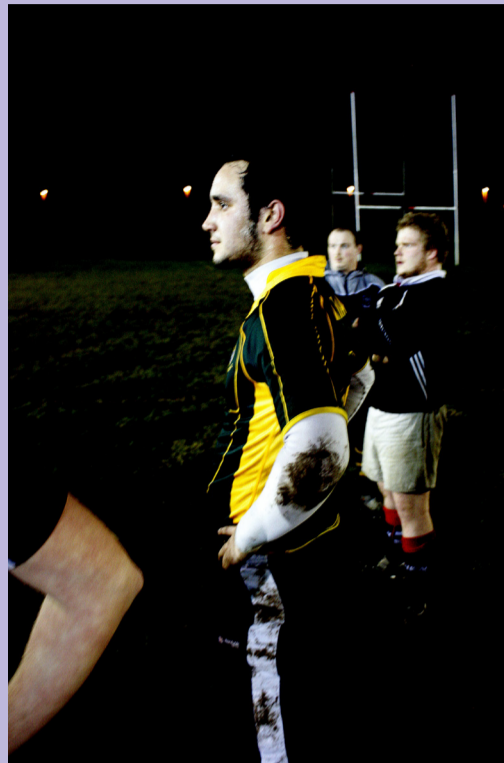
TALKING ABOUT THE BOTTLE MATCH FROM LAST YEAR, ROB FELT THE TEAM LACKED STRENGTH AND DEPTH. A REAL BLOW TO THE CAMPAIGN WAS THE LOSS OF LEADING FLY HALF MATT DURRANT TO A HAMSTRING INJURY MOMENTS BEFORE THE GAME. "WITHOUT SUFFICIENT COVER WE REALLY STRUGGLED TO FILL THE VOID," SAID HUDSON.

OPTIMISTICALLY THOUGH HE BELIEVES THIS YEAR THE TEAM HAS BEEN BLESSED WITH FRESH TALENT AND THE BOYS HAVE GELLED TOGETHER: "THE YEAR SO FAR HAS NOT BEEN A 15 MAN EFFORT, WITH OVER 35 PLAYERS REPRESENTING THE CSM TEAM, ANY ACHIEVEMENT THIS YEAR WILL BE THROUGH THE EFFORTS OF ALL THE PLAYERS WHO HAVE TRAINED AND REPRESENTED THE TEAM THIS TIME ROUND."

HUDSON BELIEVES THIS COHESION MAY TURN OUT TO BE THE KEY FOR WINNING THE MATCH THIS YEAR.

THE SUPPORT AND THE RIVALRY BETWEEN THE TEAMS, HAS MADE THE BOTTLE MATCH WHAT IT IS TODAY.

IT IS THE PASSION THAT BOTH TEAMS AND SETS OF SUPPORTERS HAVE FOR THE GAME THAT MAKES THE THE ATMOSPHERE IN ROB'S WORDS "UNBELIEVABLE."



THIS IS WHY HE BELIEVES THAT THE EVENT IS FAR FROM FORGOTTEN:

"I WAS ON THE RSM/IMPERIAL COLLEGE WEB SITE AND THEY SPOKE OF THE BOTTLE MATCH AS THE BIGGEST EVENT OF THEIR YEAR."

HE BELIEVES THE CSM BOYS ALSO REGARD BEING PART OF THE EVENT AS AN HONOUR AND THE GAME MATTERS TO THEM MORE THAN ANY OTHER:

"IT IS THE CLOSEST THAT MANY MEMBERS OF THE SQUADS WILL GET TO PLAYING THEIR SPORT ON



A PROFESSIONAL OR INTERNATIONAL STAGE."

AS CAPTAIN THE PLAYERS AND THE CSM INSTITUTE WILL LOOK TO ROB FOR GUIDANCE AND LEADERSHIP. HE IS THOUGHTFUL ABOUT THE DANGERS OF OVER HYPING A GAME:

"THE TEAM EXPEND HUGE AMOUNTS OF EMOTIONAL ENERGY IN GAMES SUCH AS THE BOTTLE MATCH, WHICH CAN BE JUST AS TIRING AS THE PHYSICAL EXERTIONS. I WILL BE LOOKING TO KEEP THE TEAM CALM, TOGETHER AND WITH EVERY MEMBER OF THE

SQUAD REALLY SUPPORTING ONE ANOTHER. WE WILL WANT TO BE FIRED UP WITHOUT A DOUBT AND WILL LOOK TO HIT THE GROUND RUNNING."

HIS FAVOURITE

SAID: "ICE COLD UPSTAIRS; RED HOT IN YOUR CHEST!" SERVES AS A PERFECT MOTTO FOR THE BOYS TO STAY CALM AND COMPOSED THE GAME: "IF WE GO INTO THE GAME WITHOUT FEAR, THEN WE LEAVE THE GAME WITHOUT REGRET."

HOW IMPORTANT WOULD A WIN BE THIS YEAR THEN FOR THE INSPIRING CAPTAIN, "LOSING AND WITNESSING THE BOTTLE WAS ONE OF THE WORST FEELINGS I HAVE EVER EXPERIENCED, IT HAS BEEN OVER A DECADE SINCE THE BOTTLE WAS WON BY CSM IN CORNWALL; AS FAR AS I'M CONCERNED THAT'S 10 YEARS TOO LONG.

WITH THE RECENT RELEASE OF RUGBY FILM "INVICTUS" IT IS FITTING TO REMARK ON THE USE OF SPORT AS A VEHICLE OF UNITY. THE FILM TELLS THE STORY OF SOUTH AFRICAN PRESIDENT NELSON MANDELA AND SOUTH AFRICAN RUGBY CAPTAIN FRANCOIS PINNEAR UNITING A DIVIDED POST APARTHEID SOUTH AFRICA BY GETTING BEHIND THEIR TEAM FOR THE RUGBY WORLD CUP. FOR CSM'S OPENSIDE FLANKER, MALTESE SAM BORG AND SOUTH AFRICAN, BLINDSIDE FLANKER KIERAN FORSYTH THIS IS WHAT THEIR GAME IS ABOUT AND ARE KEEN TO SHARE THEIR THOUGHTS ON THE MATTER OF NATIONALITY AND RUGBY:

KIERAN:

"I WOULD SAY THAT PLAYING IN A TEAM WITH A VARIETY



OF NATIONALITIES NOT ONLY BRINGS SOME INTERESTING PLAYING STYLES BUT HAS THE ADDED BONUS OF ALLOWING PEOPLE TO KNOW OF OTHER BACKGROUNDS WHETHER THIS IS IN TRAINING, 'OFF THE PITCH' SITUATIONS OR IN GENERAL UNIVERSITY LIFE. FOR EXAMPLE, WE HAVE THE MALTESE FLAIR, SOME NIGERIAN PACE AND OF COURSE SOUTH AFRICAN 'ELEGANCE' IN SOME PLAYERS. HOWEVER, JOKING APART, I BELIEVE THAT IT'S A GREAT TESTAMENT TO THE SPORT THAT SO MANY BACKGROUNDS CAN COME TOGETHER AND UNDERSTAND ONE ANOTHER THROUGH THE LOVE OF THE GAME."

SAM:

"I THINK THE COMPANIONSHIP AND UNITY WE GET FROM SPORT IS TESTAMENT TO JUST HOW IMPORTANT A PART IT PLAYS IN OUR LIVES. SPORT, LIKE MANY OTHER FACETS OF LIFE, ALLOWS PEOPLE FROM ALL OVER THE WORLD TO COME TOGETHER AND THERE IS NO QUESTION THAT IT BRINGS WITH IT A WEALTH OF DIFFERENT CULTURES, EXPERIENCES AND STORIES. ALTHOUGH I SPEAK FOR ALL SPORTS, I THINK RUGBY, THROUGH ITS PHYSICAL NATURE, EPITOMISES THE SPECIAL BOND YOU HAVE WITH FELLOW PLAYERS AND THE FACT THAT SO MANY PEOPLE

AROUND THE WORLD PLAY ONLY MOTIVATES YOU TO LEARN DIFFERENT WAYS OF APPROACHING THE GAME WHILST ENJOYING THE UNIQUE FEATURES EVERY NATIONALITY IS RENOWNED FOR.