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**A CATHOLIC ALL BOYS' DAY & BOARDING
COLLEGE IN THE EDMUND RICE TRADITION**
Reception to Year 12

MEDIA RELEASE

August 20, 2021

Power Captain inspires First XVIII

Port Adelaide Captain Tom Jonas may have a crucial match tonight, but that didn't stop him coming out to Rostrevor College last night to provide encouragement to the First XVIII Football side which plays its most important intercollegiate match of the year tomorrow.

The star defender, who played First XVIII before graduating from the College in 2008, told the young players and draft hopefuls to soak up the moment as "school footy is the best fun they will ever have".

Rostrevor College and Sacred Heart College have been lining up against each other at "Intercol" for the past 98 years in an event steeped in tradition, passion and school pride.

"I told the boys to make the most of it because it doesn't get any better than this," Jonas said. "You win together, you lose together, you celebrate together."

"I love the occasion that is Intercol. It's great to have that connection back to the school.

"My best mates came from Rostrevor from my school days and my footy days and it's nice to be able to get back here and give a little bit back and wish the boys all the best for a big game this weekend."

Jonas said despite the crucial Power/Bulldogs match tonight, which will determine whether Port secures a home final, he was happy to make the time to observe the training session of the Rostrevor squad, which includes several draft hopefuls and Norwood U18 players.

Rostrevor First XVIII Captain and Norwood U18 Co-Captain Jayden Gale, said it was a great mental boost for the side to have Jonas attend their final training before their "big match".

"It was great of Tom to come out and give the boys his support and encourage us all to soak up the moment," Gale said.