

MATCHDAY

EDITION 21

SAT 30TH MAR VS FALKIRK



THE BUSINESS END

RIDGERS ON THE BELIEF GROWING

PLUS ALLOA REPORT, FOOTBALL MEMORIES
& MORE COMMUNITY NEWS

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MANAGER PREVIEW

WITH JOHN ROBERTSON

Good afternoon and welcome to today's Ladbrokes Championship match with Falkirk. I would like to warmly welcome Ray, his backroom staff, the board and, of course, the Bairns fans that have travelled north today to support their side in another extremely important fixture for both teams.

Falkirk have been on a very good run of form recently and have strung together some very good results as they have battled out of the bottom position and brought Queen of the South and Morton in to the relegation battle.

Their team was transformed by Ray going in to the January window, making several changes to his squad to add to the talent that had already been assembled. They have shown the quality that they have and this is being rewarded with a fine run. We all know that it was the Bairn's that stopped our long unbeaten run in December and we will need to be at our best once more if we are to claim all three points this afternoon.

Our injury situation has been slowly clearing and Tom Walsh has been drip fed back in to the team. It is important that we don't rush him back too early and ruin the rehab he has come through since picking up his groin injury. Anthony MacDonald should also be available shortly after his thigh injury. With games coming thick and fast, it's important that we have as many players as possible available to keep the squad fresh and competitive for the run in with so much to play for.

We have been playing well and picked up another three important points on Tuesday night with a victory that we made unnecessarily tighter than it should have been, by not keeping up our concentration to the very end.

We have spoken about the need to be ruthless at either end of the pitch. Some of our play in the last few games has been excellent, with the players moving the ball about confidently and we want them to continue in this vein of form and keep expressing themselves with positive performances.

We are now at the stage of the season where victories are vital and every point crucial as the final placings reach ever closer. We went third on Tuesday and we have encouraged the players to keep looking upwards to finish the season on a high.

I have no doubt that you will be there every step of the way encouraging us on to the very end.

Enjoy the match

Robbo



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CAPTAIN CARL

TREMARCO'S MATCH PREVIEW

Good afternoon and welcome to today's Ladbrokes Championship match against Falkirk, I hope you're well.

We just need to keep on going, the games are coming thick and fast and we keep on grinding them out. It's another home game this afternoon so if we keep playing the way we have been, minus the 20 minutes on Tuesday night, then we shouldn't be far away.

We're not looking any further than today's game against Falkirk. We'll try to put today's game to bed and then focus on Tuesday. Falkirk are a good team when they get going and have been in good form themselves.

I'm feeling really fresh going into the game, it was obviously the Manager's decision to give me a rest on Tuesday and I respect that.

Enjoy the game

Carl Tremarco



an Fraser

FROM THE CHAIRMAN

Let me begin by thanking our remarkable supporters, shareholders, sponsors, patrons, service providers, employees and volunteers for everything they do for Inverness Caledonian Thistle FC. We are most grateful for your steadfast support and good cheer, and together, we will continue do our best to make the Club better, play great football and continue to compete for honours.

I would also like to welcome the directors and players of Falkirk FC to Inverness – it's our pleasure to host their trip to the capital of the Highlands. Here's to a competitive game of football, fairly played and with no injuries.

Every remaining match is important and what's required is that as committed supporters, we unite behind our manager and footballers, and demonstrate our collective commitment and patronage for this great Club.

As always, if you have any feedback on how we are doing or suggestions on how we can improve, please send them to me at graham.rae@ictfc.co.uk - I'd be pleased to hear from you.

Please join me in wishing our team the very best for today's match. Warm regards and thanks for your support – it really does matter to everyone at the Club.

Graham Rae
Chairman

MATCH REPORT

26.03.19, CALEDONIAN STADIUM,
SCOTTISH CHAMPIONSHIP

INVERNESS CT 3
ALLOA ATH 2



DONALDSON IS FOCUSED ON ONE THING ONLY

Caley Thistle continued their great run of recent form in 3-2 win against Alloa on Tuesday. Aaron Doran, Sean Welsh and Jordan White each scored to eventually win all three points and take the Caley Jags to third in the table. The visitors managed to notch two goals later in the second half, from the spot and via a deflected shot at the back end of the game. It finished 3-2 to ICTFC at the Caledonian Stadium.

Caley Thistle's dominance would eventually bare fruit. Sean Welsh whipped an excellent ball cross from the right hand side and it was the in-form Doran who rose highest above all to meet the pass. The Irishman had a neat finish, flicking the ball into the side netting from 15 yards with an accurate header.

Eventually ICT notched their second from the spot at the 35th minute. Aaron Doran knocked down a deep cross to White in the the box, who was then crippled by Flannigan with a mistimed tackle. It was an easy penalty decision from Steven Reid. Sean Welsh stepped up to hit it down the middle and extend the lead.

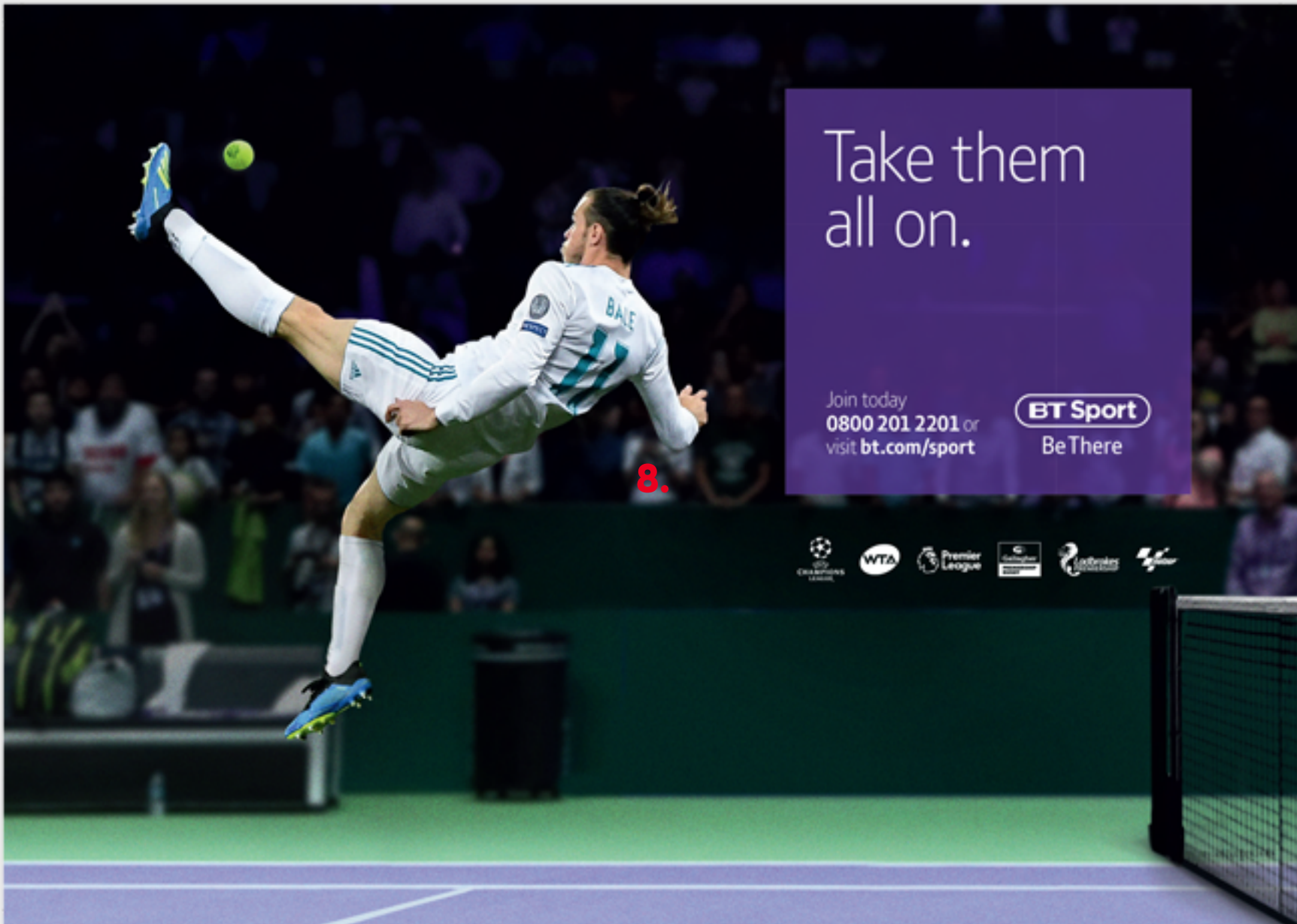
The threat from ICT's top scorer would eventually be fulfilled at the 61st minute as Jordan White beat an offside trap in the middle of the pitch to receive a Polworth pass in space, and he had all the time in the world to dink Neil Parry from close and get his 14th goal of the season.

Ten minutes later, it seemed that Alloa had received a conciliatory goal after being awarded a penalty. Jamie McCart had a clumsy challenge on Trouten in the box and his effort from 12 yards was reached by Ridgers.

It not enough to keep it out, as it knicked off the post in the bottom left. At the 90th minute, Alloa managed to tighten the scoreline even further. A speculative Iain Flannigan shot received a wicked deflection off of McCart that completely wrongfooted Ridgers.



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8.



COMMUNITY NEWS

Football Memories with Ian Broadfoot

We had a special football memories session on Friday as it is being held at the newly done up Inverness Dementia Resource Centre located on Strothers Lane. We were joining with the Inverness Football Memories group and had been kindly invited to take our football memories groups along to check it out. Football Memories is a partnership between Alzheimer Scotland and the Scottish FA and supports people living with dementia through their local football clubs. There is also a special guest speaker coming along to chat and it is Inverness Caledonian Thistle's historian, Ian Broadfoot. Ian has been the historian for the club since the merger in 1994 and has seen the ups at the club with promotions, winning the Scottish Cup and playing in Europe, but has also seen the downs of relegation. He is currently writing a book to celebrate the clubs 25th anniversary of the club and hopes to have it available to buy in the summer. Ian was a great speaker for us to have and was able to get round the room to chat to everyone.

Weekly Courses

Our next block of weekly courses is up on the website at www.ictfc.com/weekly-courses for classes starting after the Easter holidays in April and right through until the end of June. We have classes for boys and girls aged 3-14 years old and our aim is to provide fun and exciting sessions no matter what level of football you are at. Whether you are just starting out and want to try it, or you have played before then we will test your skills. We also have sessions specifically for goalkeepers so you can learn how to train like a professional. We have classes for everyone so sign up and see.





Following a long working partnership with Lochardil primary developing our understanding of the global goals through projects like Soccer Aid football day. We have now taken that respect and knowledge to the next level to share our understanding with our local community and become the first club in Scotland to use Bala Fairtrade footballs within our community set up and also with our Ladies team.

This important step will see the message being spread across the community and hopefully inspire others to do the same and follow our lead. This project very much focused with pupils at Lochardil Primary, hearing what they had to say and tackling their take on global goals at a local level.

To celebrate the event we are holding a photo opportunity at the IRA Astro pitches with the New Bala footballs the Ladies team & pupils from Lochardil primary.



MARK RIDGERS

ON THE BELIEF GROWING FOR THE CALEY JAGS



Mark Ridgers has been one of Caley Thistle's most consistent players this season and has said the belief in the Caley Thistle dressing room is growing going into the business end of the season. The Caley Jags are on a run of four straight wins in all competitions and Tuesday's win over Alloa took them above Ayr United into third.

The Caley Thistle number one said: "When you look at the table, I think we've always believed that we can do it. We've never been too far off it, someone told me the other day that we've not been below 6th place all season."

"Results wise it has been frustrating with the draws but now these extra points are meaning a lot to us, we now find ourselves in a strong position where we are five points ahead of Dunfermline and now above Ayr, putting pressure on them to get the results."

"I think we you look at it overall we're coming onto a bit of form at the right time of the season for us and we just need to keep getting wins. It doesn't really matter how now it's just about trying to get the maximum three points from every game."

Ridgers admitted the Caley Jags are looking up in the table, with Dundee United currently above ICTFC in second spot.

He said: "We're currently ten points behind United but with a game in hand, which we still need to win. I think it's always been a case of we need to catch who is above us, we have caught Ayr, yes they do still have games in hand, but right now it's more or less about us."

"We need to keep doing what we have been doing and we've picked up at the right time to go on the a good run of form."

Ridgers was as frustrated as anyone to concede two late goals against Alloa on Tuesday but he says at this stage of the season it is all about getting the three points on the board: "The Manager was obviously frustrated, as a team we were too and, as a goalkeeper, I was too as you want to keep clean sheets. We were in control of the game for a good 80 minutes."

"When you look at the goals we've lost, it's a silly challenge from Jamie for the penalty and I managed to get something on it but not enough then the second goal is just a mad deflection."

"I think the scoreline doesn't really reflect the game. I thought we were brilliant in moving the ball around, the way we were passing and to get the three goals to be comfortable after 80 minutes. Their two goals makes it more exciting however we did enough to see the game out."

The Caley Thistle goalkeeper expects Falkirk to pose a tough challenge this afternoon, with it being all change since January at the Bairns. He said: "I think since the turn of the year, they've brought in a lot of new players and have got some brilliant results."

"It's really tight down at the bottom but we have to be looking at ourselves and get as many wins as possible to try and secure a play-off spot."

"I think after Tuesday we have put ourselves in a good position, it is a result that we can keep building on. Keep getting the results and to finish in the play-off is what we wanted to do at the beginning of the season and we're on course to do that."

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MANAGER
**RAY
MCKINNON**

PAST RESULTS

D 2-2
AWAY, 26.01.19
LEAGUE

L 3-2
AWAY, 01.12.18
LEAGUE

W 1-0
AWAY, 04.08.18
LEAGUE



Falkirk currently sit 8th in the Ladbrokes Championship with 30 points, four ahead of bottom side Alloa and just one ahead of Partick Thistle, who sit in the relegation play-off places.

Ray McKinnon's side went under a complete transformation of their squad in the January transfer window with them bringing in Paul Dixon, Ross MacLean, Ciaran McKenna, Ian McShane, Abdul Osman, Nikolay Todorov, Harry Burgoyne, William Edjenguele, Aaron Jarvis, Davis Keillor-Dunn, Shane Lavery and Mark Waddington.

Since the start of the year, the Bairns have played 10 matches and have lost just once, a narrow 2-1 defeat away to league leaders Ross County.

19-year-old Zak Rudden, on loan from Rangers, has been the main source of goals for the Bairns this season with him hitting 10 goals in the Championship this season.

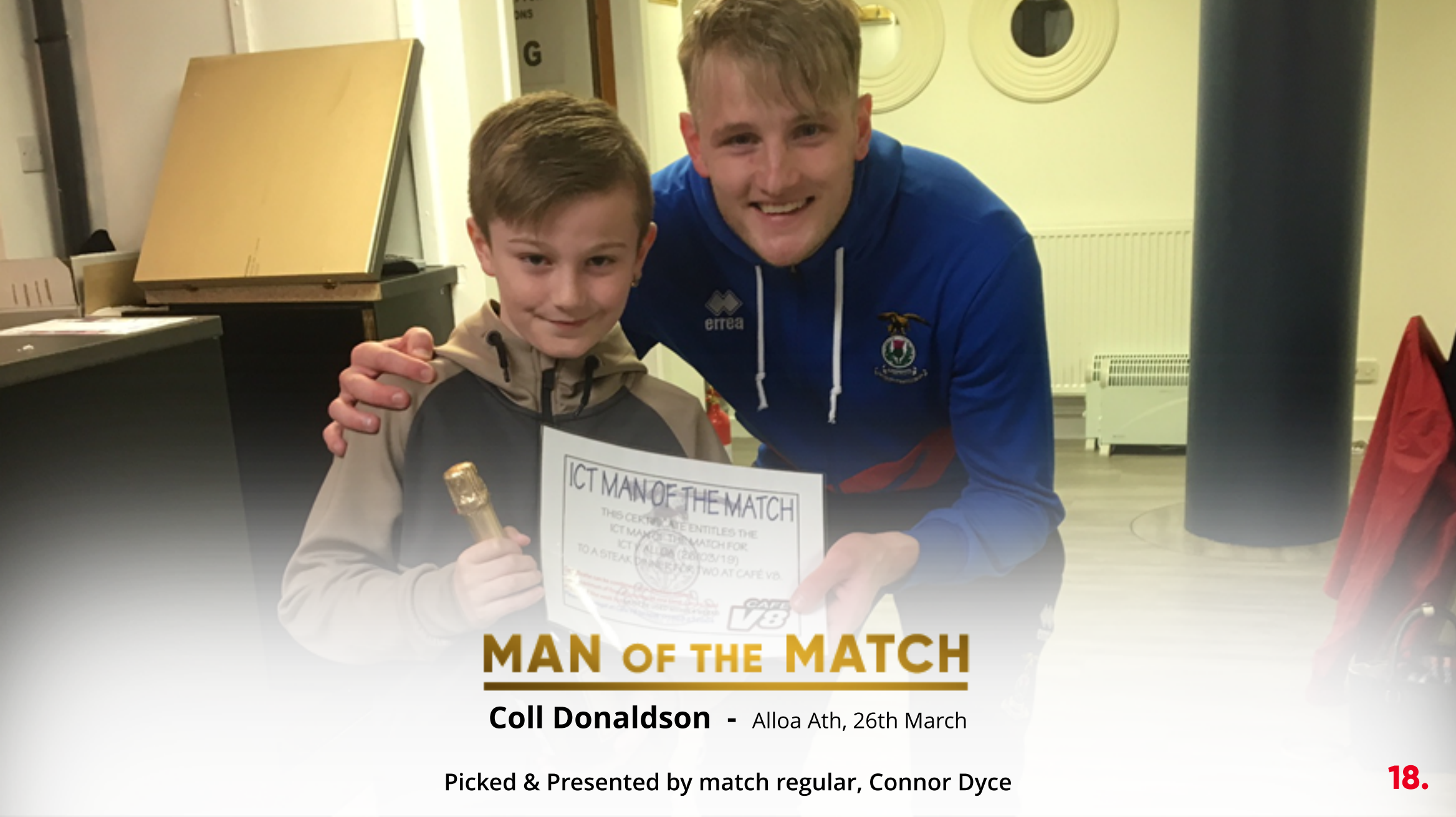
In the meetings between the sides this season, it's one win for the Caley Jags, one draw and one win for Falkirk, making it evenly poised between the sides going into today's game.



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MAN OF THE MATCH

Coll Donaldson - Alloa Ath, 26th March

Picked & Presented by match regular, Connor Dyce

ICTFC CODE OF CONDUCT

Inverness Caledonian Thistle FC will not tolerate unacceptable conduct at the Tulloch Caledonian Stadium or any away football stadia.

Unacceptable conduct is conduct which is deemed violent or disorderly.

Violent conduct is any actual, attempted or threatened physical violence against any person, or intentional damage to property.

Disorderly conduct includes:

Conduct which stirs up or sustains or is likely to or is designed to stir up or sustain hatred or ill will towards people or groups of people based on their membership of the following categories:

- **Gender, Race, Nationality (including citizenship) or ethnic or national origin.**
- **Membership or presumed membership of a religious group or a social or cultural group with perceived religious affiliation.**
- **Sexual orientation**
- **Transgender Identity**
- **Disability**
- **Or against an individual who is perceived to be a part of such group**
- **Using threatening, abusive or insulting words or conduct**
- **Displaying or writing anything which is abusive or insulting**
- **Using words or conduct or displaying any writing or other thing which indicated the support or affiliation to, or the celebrating of, or opposition to an organisation or group proscribed in the terms of the terrorism act of 2000**

All persons entering the Tulloch Caledonian Stadium on a matchday are subject to these rules, including employees and volunteers of ICTFC whilst discharging their duties.

Any person who engages in unacceptable conduct will be liable for sanctions imposed by the club, which may involve possible criminal proceedings, ejection from the stadium, withdrawal of a season ticket and/or exclusion from future matches at the club.

SQUADS

MATCH OFFICIALS

GAVIN ROSS, GRAHAM CHAMBERS AND EDDIE FERGUSON

ICTFC

JOHN ROBERTSON & SCOTT KELLACHER

- | | |
|-------------------|-----------------------|
| 1 MARK RIDGERS | 17 ANTHONY MCDONALD |
| 2 SHAUN ROONEY | 19 JORDAN WHITE |
| 3 CARL TREMARCO | 21 CAMERON MACKAY |
| 4 JOE CHALMERS | 22 BRAD MCKAY |
| 5 COLL DONALDSON | 23 DANIEL MACKAY |
| 6 JAMIE MCCART | 24 CHARLIE TRAFFORD |
| 7 LIAM POLWORTH | 25 OWAIN FON WILLIAMS |
| 8 DARREN MCCAULEY | 29 KEVIN MCHATTIE |
| 9 NATHAN AUSTIN | 35 RODDY MACGREGOR |
| 10 AARON DORAN | 37 JACK BROWN |
| 11 TOM WALSH | 40 CAMERON HARPER |
| 15 SEAN WELSH | |

FALKIRK

RAY MCKINNON & DARREN TAYLOR

- | | |
|-------------------------|--------------------|
| 1 LEO FASAN | 18 PATRICK BROUGH |
| 2 LEWIS KIDD | 19 ZAK RUDDEN |
| 5 WILLIAM EDJENGUELE | 20 KEVIN O'HARA |
| 6 PAUL PATON | 21 ABDUL OSMAN |
| 7 DEIMANTAS PETRAVICIUS | 23 SHANYNE LAVERY |
| 8 NIKOLAY TODOROV | 27 MARK WADDINGTON |
| 9 AARON JARVIS | 28 CIARAN MCKENNA |
| 10 DAVIS KEILLOR-DUNN | 36 JASON JARVIS |
| 11 ROSS MACLEAN | 38 BRETT YOUNG |
| 12 DAVID MITCHELL | 40 KIERAN SWEENEY |
| 14 TOMMY ROBSON | 41 AIDAN LAVERTY |
| 16 IAN MCSHANE | 43 HARRY BURGOYNE |