



MARK RIDGERS

JOHN ROBERTSON'S PREVIEW LOCHLAN'S LEGACY LIVINGSTON REPORT LATEST COMMUNITY NEWS









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MANAGER PREVIEW WITH JOHN ROBERSTON

Good afternoon and welcome to today's Tunnock's Caramel Wafer Cup Semi-Final against Rangers Colts.

I'd like to warmly welcome Graeme Murty, Peter Lovenkrands, the staff, the fans and officials from Rangers to the Caledonian Stadium today.

All we've been concentrating on and thinking about this week is today's semi-final. We had a good result against Livingston last weekend and we want to build on that. Today's match presents a very unusual challenge in the respect of that we're coming up against players that we haven't come up against all season. Despite the fact there is a lot of youth players and development players, we do know a fair bit about them because they are international players and are all quality players.

The x-factor is that they've got an under 18 team, a development team and overage players to add to the mix. If we're being honest, we don't know one hundred percent the make-up of their side as they can bring in guys like Jake Hastie and Josh McPake. The have the younger lads Paterson and Maxwell, who are good players. They have Palmer and Barjonas who have been out on loan.

We'have a fair idea about a lot of their side and we've done our due diligence on them, we've looked at footage from the Wrexham game in the last round, where they had Flanagan and Edmundson as their over-aged players. We had a scout at the Clyde Glasgow Cup match last week, we had a scout at the Celtic Glasgow Cup game and we watched the full highlights of the match against Atletico Madrid just to try and put faces to names and styles to players.

It's unusual that it is a team we don't know a great deal about generally in terms of who will turn up, but we've given ourselves the opportunity to take in these matches and show the players the style that Rangers play, they won't change as they take the ball out from the back, they pass the ball well, they move quickly and we've got to be prepared for that.

The biggest warning I've given the players, and we've shown them some footage of that, is the Liverpool v Shrewsbury FA Cup match earlier this season. I think Shrewsbury came with the attitude to that match that they'd overrun the young lads and they didn't, Liverpool passed through, round and over them. They eventually won the game quite comfortably so that is the warnings that are there, if we're not at it one hundred percent then this team can cause us major problems. They are in the semi-finals on merit and we've done even more research on this game than any other because of the unknown factor we're coming up against.

Enjoy the game,

Robbo





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CAPTAIN CARL

TREMARCO'S PREVIEW

Good afternoon and welcome to the Caledonian Stadium for today's Tunnock's Caramel Wafer Cup Semi-Final against Rangers Colts, I hope you're all well.

It always exciting being in the later stages of a cup competition and today's semi-final is no different. We also have a Scottish Cup Quarter Final against Hibs to look forward to but this weeks focus has solely been on today's match against Rangers Colts.

It's a bit of an unusual one for us as we don't know what exact players we're going to come up against due to the squad rules for the Colt sides in this tournament but the coaches have got us well prepared and had them watched a few times ahead of today's game.

I thought we battled well and produced a fine performance against Livingston last weekend to win the match so we're hoping for something similar this afternoon as we look to progress to the final.

Enjoy the game,

Carl Tremarco



MATCH REPORT INVERNESS CT 1 LIVINGSTON 0

08.02.20 | CALEDONIAN STADIUM WILLIAM HILL SCOTTISH CUP

Sean Welsh's second-half free-kick sent Inverness through to the last eight of the Scottish Cup as the Caley Jags beat Livingston 1-0 at the Caledonian Stadium.

John Robertson made two changes to the side that drew with Alloa last weekend as David Carson and Sean Welsh came into the starting eleven for James Vincent and Aaron Doran.

It was extremely blustery conditions at the Caledonian Stadium once kick-off came around and the opening stages proved extremely tight between the sides. Livingston had the first half chance of the match after 7 minutes as Lyndon Dykes' long throw found its way to Steven Lawless in the box but he shot while on the turn and it was well wide.

Inverness had a big chance after 18 minutes on the clock, it was fantastic play from Shaun Rooney down the right hand side as he went on a great run and his cross found it way to Miles Storey in the box and the Caley Thistle winger saw his effort cleared off the line by Jon Guthrie.

Storey went close again for Caley Thistle on the half-hour mark as he received the ball in the left-hand side and cut inside but his effort was just over the bar. In the second-half, as the wind continued to be a factor, Caley Thistle started the half strongly as Tom Walsh saw his low effort from 25 yards go just past the post.

Just a couple of minutes later, Miles Storey went on a great run down the left side and his cross found Sean Welsh in the middle but he lashed his effort wide. Livi had a half chance of their own after 54 minutes as Souda's cross found Lawless at the back-post but he had a couple of effort blocked by the Caley Thistle defence.

The breakthrough for the home side came on the hour-mark, it was a sliced clearance and clumsy tackle by Lawson on Miles Storey gave Caley Thistle a free-kick in a dangerous area.

It was Sean Welsh who stepped up and his free-kick was curled into the far corner to make it 1-0 to the Caley Jags. A fantastic free-kick to open the scoring.

Caley Thistle stayed strong defensively and chances were at a premium after Welsh's goal.

Ridgers was called into action as he held a half-volley from Lyndon Dykes with ease but that was the only real chance for the visitors.

Caley Thistle now face Hibs at Easter Road in the Quarter Finals, with the match kicking off at 19:45pm on Friday 28th Feburary. The match will be shown live on BBC Scotland.





STOREY CHARGES FORWARD WINNING A FREEKICK & WELSH CELEBRATES CURLING THE FREEKICK HOME





Next Weeks In-Service Days

We have our annual February in-service days at Milton of Leys Primary Astro on 17th, 18thand 19thFebruary. This is a great chance for kids to enjoy football whilst having three days off from school. We have changed our holiday camps this year by giving the kids more time, more matches time and having the option of an early drop off. The early drop off is new for us and it is to help parents who need to drop kids off before work. This is available at all Inverness Camps and is open from 9am – 10am for £3 a day. Booking in advance is required for this service, so if this is something that interested you then please make sure we are aware by emailing us oncraig.masterton@icttrust.org.uk. The time for different ages has also changed with 5-6 year olds from 10am-11.30am and 7-14 years can come all day or 1pm-3pm. Even if this is their first time playing or they have played lots of football before, we aim to challenge the kids on their passing, dribbling and shooting through different activities. To book onto this course or for more information then please visithttps://ictfc.com/weekly-courses

Homework at Skills School

Over the past few weeks we have given the kids at our weekly courses homework to do. Their assignments have been the three and four cone challenge, shoulder dip and step over. To complete this homework they have had to send in a video of them doing it and we pick the winner. The videos back have been terrific and the kids have shown great skills, with some help from their parents filming. The winners have received prizes for their hard work. Thank you to everyone who has done videos and we look forward to more.





Caley Thistle keeper Mark Ridgers has fond memories of the Scottish Challenge Cup and would love to book another final date this afternoon, with a win over Rangers Colts.

Ridgers, started his first cup final as a player back in the 2018 Challenge Cup final win against Dumbarton at McDiarmid Park and he wants more of that but admits Caley Thistle will have to handle being favourites for the match this afternoon.

Ridgers said: "In this game we're favourites and rightly so, we've had a good season so far but we're playing Rangers Colts and themselves and Celtic have the best youth set ups in Scotland."

"If the players they have don't make it at Rangers then they'll probably play around Scotland, we know they're going to be dangerous and we need to be switched on, focused and up for this game like any other."

"There's no bigger motivation than reaching a final because it's difficult to get to cup finals but this is an opportunity for some players that may never get the opportunity again."

Ridgers said winning the tournament in 2018 was a big mood lifter for the club after relegation the year before and winning trophies is a great honour for any player.

He said: "Winning the Challenge Cup in 2018 was big for the club, considering the relegation and the disappointment off the back of that. We went on to win a trophy to put smiles on faces again. In the league it was obviously disappointing when we finished fifth but ultimately to bring the trophy back and realistically it was the only trophy you expected the club to compete for at that time."

"On a personal note, it was the first final I got to play in. I had been involved In the Scottish Cup and League Cup final with Hearts but I was on the bench. So to play in that final and win was great because things are different when you are playing rather than sitting on the bench. For me it's a moment I hold quite highly still, fingers cross that there is another one to come as well."

With games being rescheduled and Caley Thistle progressing further in the Scottish Cup, Ridgers admits the full extend of the Caley Thistle squad will be tested over the coming months

He said: "I think it's a credit to the squad, we've had players come in in the summer and some leave in January too but we've still got a good enough squad to compete on all fronts. I think coming off the back of Saturday's result against Livingston shows that the people coming are more than capable of filling the gaps that have been left."

"It's going to be a big stretch towards the end of the season, especially with some postponed games rescheduled and coming up and the fixtures being piled up but we went on that run before playing the Saturday and Tuesday where we competed really well and we have to do that again."

"Ideally, we're still in the hunt for promotion, in the Scottish Cup we'd love to get to Hampden again and go one further than before, and today it's an opportunity to get to a final. For any football club and for the players it's an opportunity that doesn't come around a lot."

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GAELIC ANNOUNCER

Last week's Gaelic Announcer was Daniel Cowan. The club would like to thank Daniel for the fantastic job he did as he joined main announcer Don Johnstone in the booth!



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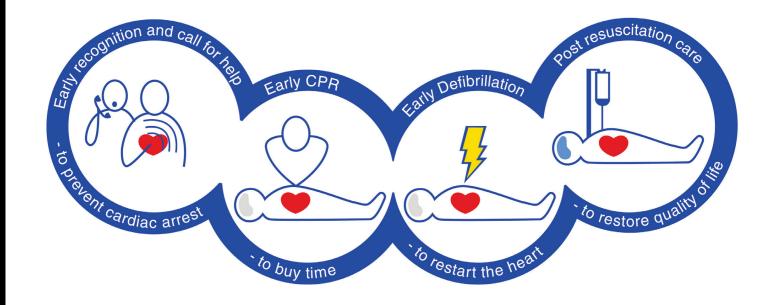


Diagram credit: Resuscitation Council UK

www.lucky2bhere.org

FACTFILE

MANAGER GRAEME MURTY

STADIUM
THE HUMMEL
TRAINING CENTRE

RANGERS COLTS CUP RESULTS

W 2-0 HOME, 16.11.19 **V** WREXHAM

D 3-3 (WON 4-3 PENS) AWAY, 29.10.19 **V** SOLIHULL MOORS

W 1-0 AWAY, 18.09.18 **V** BALLYMENA UTD



Rangers Colts come to the Caledonian Stadium with an aura of unknown about their squad but also with great respect shown towards them due to their stunning progress in this tournament.

Rangers Colts will become the first "Colts" side that the Caley Jags have faced in competitive action since they faced Aberdeen Colts in the 2017/18 Challenge Cup, the score that day was 4-2 to Inverness.

The young Rangers side will be mainly made up of players from the club's development squad but they are also allowed to call upon players from their U18s side. They are allowed to play two "over aged players" and can call upon their young players that are on loan at other clubs.

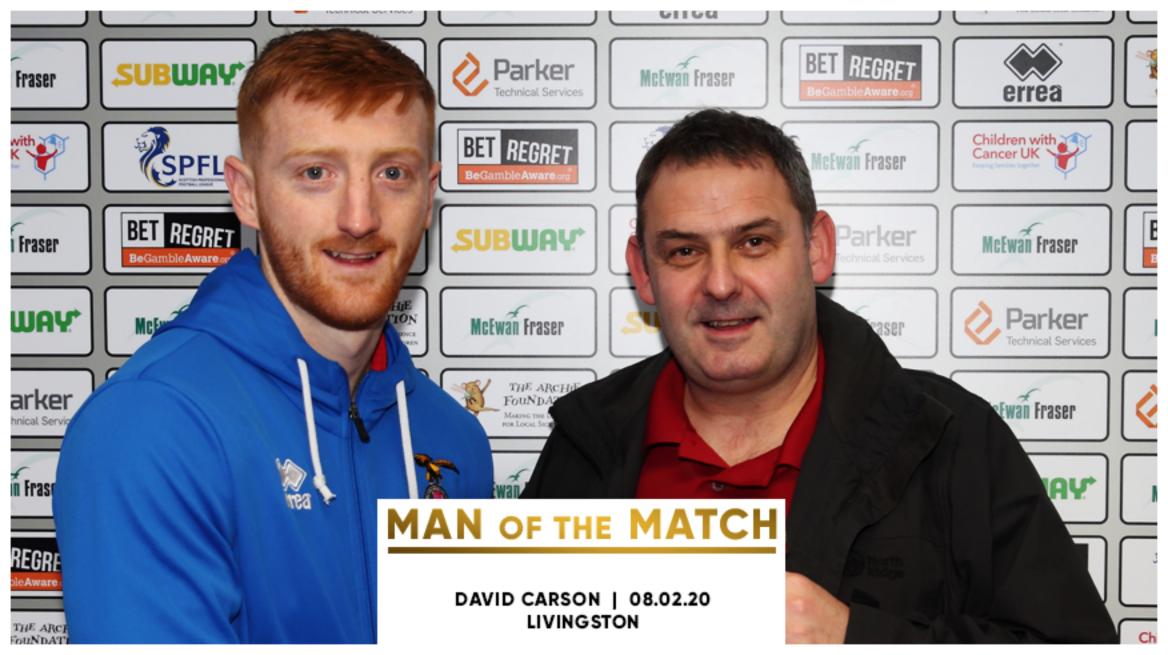
The young colts side have gone further than any other colts side has gone in this competition by reaching the semi-finals and they've knocked out Berwick Rangers, Stranraer, Ballymena, Soihull Moors and Wrexham.



MATCHDAY MASCOT

Competition winner Leo McKinstrey loved his time as the Mascot on Saturday against Livingston, as Caley Thistle won 1-0 to progress to the Quarter Finals of the Scottish Cup.

LIVINGSTON | 08.02.20





LOCHLAN'S LEGACY

Lochlan Murdoch is travelling around all the Football Clubs in Scotland to walk around their pitches to heighten the awareness of Type 1 Diabetes.

ICTFC were delighted to welcome Lochlan to our club and he met one of his heroes' dad. Lochlan is a huge fan of Ryan Christie and Charlie presented him with a signed Celtic training top.

Of the current ICTFC squad, his favourite players is Kevin McHattie and the club presented him with one of Kevin's playing kits.

Follow Lachlan's journey on Twitter @LochlansM

ICTFC in conjunction with one of their Sponsors Miele's Gelateria have created a Tunnocks Caramel Wafer dessert to serve up to Hospitality guests at today's Tunnock's Caramel Wafer Semi-Final game against Rangers Colts.

Miele's sponsor ICTFC's Assistant Manager Scott Kellacher and he along with Commercail Manager Jim Oliver were willing "official tasters".

Jim said "Scott and I went above and beyond the call of duty and put our bodies on the line to ensure that the taste was just right for everyone else. We thought it was something different and it will be served to those attending our hospitality suites and boxes on Sunday."

Miele's Director Michael Miele said "ICTFC approached us and asked us if it would be possible to make a Tunnock's Caramel Wafer ice cream and we said that should not be a problem. The club approached the SPFL who asked Tunnock's and they were happy to allow this to happen. The ingredients were shipped up from Glasgow and the process began a couple of weeks ago. We had Scott and Jim in for regular tastings and they gave it the official thumbs up. We are launching it on Valentine's day so that the romantic Highlanders can purchase some for their sweet toothed sweethearts."

ICTFC Season Ticket Holders, on production of their Season Ticket, can get the usual deal of buy one scoop and get the second scoop free until kick off time (4.10pm) today.





THANKING EVERYONE FOR CONTRIBUTING

JOHN ROBERTSON | Roddy Ross SCOTT KELLACHER | Miele's Gelateria BARRY WILSON | Richard Fraser - Skye Express Parcels Ltd

RYAN ESSON HOME Lady Kath Fraser

AWAY Birkenshaw Distributers

TRAINING Colin Morrison

BOOTS Family of Dawn Sinclair

GLOVES -

1. MARK RIDGERS HOME Highlander Services

AWAY Thain Electrical LTD

TRAINING Abbi McDonald - D. Hollinger, Painters & Decorators

BOOTS Jack Knowles
GLOVES Laura Grant

2. SHAUN ROONEY HOME Independent Corrosion Services

AWAY #CaleyJagsAway

TRAINING Arya, Owen & Paul Fearon

BOOTS Lady Kath Fraser

3. CARL TREMARCO HOME Ross Morrison

AWAY Calum, Jill, Abbie & Kyle Macrae TRAINING ICTFC Supporters Travel Club

BOOTS John Steward

4. SEAN WELSH HOME Alex Morrison

AWAY Bob Fraser

TRAINING Jodie, Addisyn & Kaiden

BOOTS Garry McDonald - D. Hollinger, Painters & Decorators

5. LEWIS TOSHNEY HOME Bob Morrison

AWAY Aileen MacLeod

TRAINING -

KAINING -

BOOTS lan, Jodie, Addisyn & Kaiden

THANKING EVERYONE FOR CONTRIBUTING

7. JAMES KEATINGS	HOME AWAY TRAINING BOOTS	Hannah & Brian Duncan James MacPherson Inverness Computer Centre Willie Cumming	14. JAMES VINCENT	HOME AWAY TRAINING BOOTS	Stewart Murdoch Rhia & Susan Duncan Lynne & Jen Pam & Megan
8. DAVID CARSON	HOME AWAY TRAINING BOOTS	Leslie Hairdressing & Peter Cameron Consultancy ICT Social Club Crew ICT Social Club Crew Liz Sutherland	17. MILES STOREY	HOME AWAY TRAINING BOOTS	Pam & Megan Dana, Stuart, Teigan & Kloeigh - Caley Taxi Jack McDonald - D. Hollinger, Painter & Decorators Dan, Holly & Michael
9. JORDAN WHITE	HOME AWAY TRAINING BOOTS	Evelyn Grant - Stella Morrison -	19. NIKOLAY TODOROV	HOME AWAY TRAINING BOOTS	Alex MacLeod Cafe V8 Brooke House College Football Academy Vasilev & Co. Consulting Ltd
10. AARON DORAN	HOME AWAY TRAINING BOOTS	Scalloway Hotel Ashley Ann Allan Mackenzie Ross MacKay	21. CAMMY MACKAY	HOME AWAY TRAINING BOOTS GLOVES	JRM Scotland - Lady Kath Fraser - Steven Houston
11. TOM WALSH	HOME AWAY TRAINING BOOTS	The Clachnaharry Inn Ashley Ann Lynne & Jen Frank Nicol Farm and Garden Machinery Ltd	22. BRAD MCKAY	HOME AWAY TRAINING BOOTS	D&E Coaches - Louise Grant & Julie Wilson Michael & Gordon Lawtie
12. KEVIN MCHATTIE	HOME AWAY TRAINING	Balfour Property Renovations Ltd Dana, Stuart, Teigan & Kloeigh - Caley Taxi -		20013	michael & Goldon Lawde

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23. DANIEL MACKAY	HOME	James & Donna Wallace	26. CAMERON HARPER	HOME	CaleyThistleOnline.com	
	AWAY	Christine Bruce & Rosemary Webb		AWAY		
	TRAINING	ICT Social Club Crew		TRAINING	-	
	BOOTS	ICT Social Club Crew		BOOTS	•	
24. CHARLIE TRAFFORD	HOME	Sona Engineering LTD	27. MATHEUS MACHADO	HOME	Graham & Edel McNeil	
	AWAY	Karen & Barry Cradock		AWAY	Graham & Edel McNeil	
	TRAINING	Gavin Bruce & Marc Hurst		TRAINING	Graham & Edel McNeil	
	BOOTS	Zak Westall		BOOTS	Graham & Edel McNeil	
25. DANIEL HOBAN	HOME	Jamie Main	28. RODDY MACGREGOR	HOME	Scalloway Hotel	
	AWAY	•		AWAY		
	TRAINING	•		TRAINING	-	
	BOOTS			BOOTS		
	GLOVES	Frank Nicol Farm and Garden Machinery Ltd				
			33. DONALD MORRISON	HOME	Sona Engineering Ltd	

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ICTFC CODE OF CONDUCT

Inverness Caledonian Thistle FC will not tolerate unacceptable conduct at the 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 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.

INVERNESS CALEDONIAN THISTLE FC WOULD LIKE TO WELCOME ALL SUPPORTERS TO CALEDONIAN STADIUM

WE BELIEVE THAT ALL SUPPORTERS ARE ENTITLED TO ENJOY THE MATCH DAY EXPERIENCE IN A SAFE AND PLEASANT ENVIRONMENT WITHOUT HAVING TO TOLERATE OFFENSIVE OR
UNACCEPTABLE BEHAVIOUR FROM PEOPLE WHO FEEL THAT IT IS APPROPRIATE TO BEHAVE IN THIS MANNER

INVERNESS CALEDONIAN THISTLE, ALONG WITH OTHER CLUBS IN THE SPFL, ARE NO LONGER PREPARED TO ACCEPT THE BEHAVIOUR OF THESE INDIVIDUALS AND ARE TAKING STEPS TO STAMP

IT OUT

WE CANNOT ACHIEVE THIS ALONE AND THEREFORE REQUEST THE HELP OF YOU, THE REAL SUPPORTERS, IN IDENTIFYING THOSE ENGAGED IN UNACCEPTABLE CONDUCT

TO HELP FACILITATE THIS IN A SAFE MANNER WE HAVE INTRODUCED A CONFIDENTIAL HOTLINE FOR MATCH DAYS TO ALLOW FANS TO TEXT THE CLUB IMMEDIATELY THEY WITNESS ANY FORM
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REPORTS WILL BE ACTED ON QUICKLY AND YOU WILL NOT BE IDENTIFIED IN ANY ACTION TAKEN

IF YOU WITNESS ANY FORM OF UNACCEPTABLE CONDUCT CONTACT THE CLUB IMMEDIATELY AND IN CONFIDENCE ON

07858 929642

This number is only routinely monitored on match days from 1 hour before until 30 minutes after the match.

Any reports outwith this time may not be picked up until much later.

Any reports requiring a quick response outwith these times should be called directly to the club on 01463 222880



MATCH OFFICIALS

GREG AITKEN, PAUL O'NEILL, JOHN MCCROSSAN, BARRY COOK

ICTFC

JOHN ROBERTSON & SCOTT KELLACHER

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- 2 SHAUN ROONEY
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- 7 JAMES KEATINGS
- 8 DAVID CARSON
- 9 JORDAN WHITE
- 10 AARON DORAN
- 11 TOM WALSH
- 12 KEVIN MCHATTIE
- 14 JAMES VINCENT

- 17 MILES STOREY
- 19 NIKOLAY TODOROV
- 21 CAMERON MACKAY
- 22 BRAD MCKAY
- 23 DANIEL MACKAY
- 24 CHARLIE TRAFFORD
- 25 DANIEL HOBAN
- 26 CAMERON HARPER
- 27 MATHEUS MACHADO
- 28 RODDY MACGREGOR

RANGERS COLTS

GRAEME MURTY & PETER LOVENKRANDS

GK LEWIS BUDINAUCKAS MF ZAK BUTTERWORTH

GK JAY HOGRATH MF KIERAN MCKECHNIE

GK BRIAN KINNEAR MF BEN WILLIAMSON

DF JAMES MAXWELL

DF KYLE MCCLELLAND FW JOSH MCPAKE

DF MURRAY MILLER FW AARON LYALL

DF MATTHEW HENDERSON

MF JACK THOMSON

MF JOAO BALDE

DF RHYS BREEN MF KAI KENNEDY

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DF LEWIS MACKINNON FW NATHAN YOUNG-COOMBES