

Judo player fits Kerr up for new season

ANDY Kerr has received personal fitness tuition from judo player Ray Sylvester as the Blues defender prepares for Wanderers' first season in Football League Division Three.

Kerr, 27, was put through an exacting fitness programme two weeks before Wanderers started pre-season training on Monday.

Anxious to get himself in tip top shape before the grind of pre-season training, Kerr paid for the privilege of expert tuition from Sylvester, a full-time fitness instructor, who narrowly missed out on competing in last year's Barcelona Olympics.

"It was a mixture of sprinting and jogging. It was just to get my heart rate up and to give me stamina and power," said Kerr.

He added: "Pre-season at any football club is hard work. It's nice to be prepared for it."

Kerr still hasn't agreed a new contract with manager Martin O'Neill.

"When Andy comes to his senses we might sit down again," said O'Neill, tongue-in-cheek.

Kerr said: "I thought the offer he made me wasn't suitable," adding: "It's in the interest of individuals to get the best deal they can."

O'Neill added: "I want, to the best of my ability, to get the players I think are good enough to play for Wycombe Wanderers who are already at this club."

Winger Steve Guppy also hasn't sorted out contractual terms with O'Neill.

Guppy confirmed on Wednesday: "I haven't spoken to him yet because obviously we have just gone full time and it's a bit hectic at the minute. I will probably be speaking to him this week."

Wanderers trained for the first time as professionals at Wycombe West School on Monday. "It went well. It was really good," added Guppy.

By NICK GOODMAN

"Pre-season training involves a lot of running. Nobody enjoys pre-season but it's great to be going full time."

Meanwhile, Jason Cousins, who scored Blues' spectacular opening goal against Runcorn in the FA Trophy Final at Wembley, could turn down the offer of full-time football with Wanderers.

Right back Cousins, a bailiff's driver, is expecting promotion in his job in September or October, said: "I haven't made up my mind 100 per cent yet and I need to have a couple more chats with Martin yet. But it's looking like I will be part-time next year."

Cousins, 22, who signed for Wycombe from Brentford, is also house buying and needs to weigh up becoming his own boss with a company car or renewing a professional playing career.

Manager Martin O'Neill said: "I was actually surprised when he didn't jump at the chance of becoming full time."

Keeper Paul Hyde gave up his job as a sales executive to sign a two-year, full-time contract with Blues last Monday.

Hyde, 30, said: "It is something I have always wanted to do. It is a bit late in my career but I have really got to give it my best shout otherwise I will regret it for the rest of my life."

Winger Simon Hutchison, 23, was due to sign on full-time on Monday, along with defender Matt Crossley, 25.

Forward Tim Langford signed full-time terms late last week, putting his job as a postman on hold for two years.

Dennis Greene, who has given up his job as a salesman, will have to prove himself during the pre-season games to stand any chance of a full-time contract.