

Blues sign up a chiropodist as Sanchez says: Some people don't even know how to cut their nails properly

WANDERERS return to pre-season training on Thursday with manager Lawrie Sanchez promising to fine anyone who returns out of shape.

All the players will be fast-tested and weighed back into Adams Park and anyone carrying excess baggage will be fined £50 doubling to £100 if they were guilty last year as well.

The players will also undergo a thorough foot examination with the club's new chiropodist who has been brought in to keep their feet in shape as Sanchez bids to have the best prepared team in the second division.

He said: "People laughed at Glenn Hoddle when he made the England team visit the dentist but we almost lost Martyn Lee for a game last season because of his teeth.

"There is no harm in being well prepared and the feet are a good place to start. They are the tools of a footballer's trade and good workmen always look after their tools.

"A lot of people don't even know how to cut their nails properly. We can't afford to have people with ingrowing toenails."

It is all part of Sanchez's plan to give his team every advantage he

can next season.

He has already changed the away kit to a bright all-orange design to help the players pick each other out easier and he was behind moves to almost double the power of the Adams Park floodlights because he thinks it will inspire his team to brighter performances on the pitch.

But the deep-thinking boss won't be doing much meddling with the pre-season training programme, which will be largely the same as last year's.

The players won't see a football for the first ten days at least as he puts the emphasis on fitness first.

He said: "We will be doing a similar programme to last year because the proof is in the pudding. It worked well for us last year, we played 63 games but still finished the season strongly.

● Wanderers first ever visit to the McAlpine Stadium has been moved to Sunday, September 2 at 6.15pm to accommodate live television coverage.

The match, which was due to be played on Saturday, September 1, is being shown on ITV On-Digital.

Blues match at Notts County has been moved again to Sunday, October 7.