

Have a couple of hours spare a month? Want to help out the club? Capital tigers are looking for a treasurer. Interested? Please reach out to the committee.

Next Match – See you at Eastlakes on Saturday Afternoon at 4.15pm



Upcoming Event (see details on Capital Tigers home page) – capitaltigers.com.au – 4 seats remaining, get in fast.



Grlj sizzles to Rising Star fame – richmondfc.com.au

The Tigers' first Rising Star nomination of 2026 has landed, with a speedy draftee rewarded for a strong Round 7 performance.



Richmond draftee Sam Grlj has been crowned the Round 7 AFL Rising Star, after a standout performance against Melbourne in the Anzac Day Eve clash.

Grlj, who made his debut in Round 1 against Carlton at the MCG, has played every game of the season so far, standing tall through his role in defence and flashes in the midfield.

Selected by the Tigers with pick eight in the 2025 AFL Draft, the 18-year-old had 21 disposals, nine kicks, 12 handballs, two marks and a tackle in Friday night's loss.

He is averaging 17.1 disposals this season, an above-average 2.7 tackles and 286.5 metres gained.

Grlj, who has already impressed with his unforgiving speed and burst from the backline and middle this year, averaged 20.3 disposals, five tackles and 3.9 clearances at Coates Talent League level last year.

He becomes Richmond's first Rising Star nominee for the 2026 season, with Sam Lalor (Round 1, 2025) and Luke Trainor (Round 18, 2025) nominated last year.

Round 7 Match Review vs Melbourne Demons – richmondfc.com.au

Dees trounce spirited Tigers



Melbourne midfielder Kysaiah Pickett kicked four goals and had a game-high 29 disposals to help guide his Demons to a 54-point win over Richmond on Anzac Day Eve at the MCG.

Pickett's goals came at important junctures of the game.

It was GWS' highest score against Richmond in 15 years of matches.

Two came during a five goal run by the Demons leading into the half-time break. The other two came when Melbourne asserted its ascendancy over Richmond late in the third quarter and early in the fourth.

Melbourne had 11 individual goal scorers, winning 19.12.126 to Richmond's 11.6.72.

It wasn't all doom and gloom for the Tigers, whose list full of youth and a sprinkle of experience, took it up to the higher placed Demons for all but the final quarter when the sting had come from the game.

First-gamer Sam Cumming looked right at home at the highest level kicking a goal on debut whilst Mykelti Lefau took another step in the right direction as a key forward kicking two goals. Patrick Retschko, in just his second game, had 26 disposals and 503 metres gained, while stand-in captain Jack Ross had 27 disposals.



**CAPITAL
TIGERS**

Roar Roundup – Week 7

for the
**TIGER
ARMY**

Despite showing signs of improvement on Friday night, the Tigers remain winless for the season.

Richmond, who looked to walk a little taller with Tom Lynch back in the line-up, kicked two of the first three goals of the match and led at times during the second term.

But the more experienced Demons were able to produce a level of composure and class that allowed them to lift in patches, whilst the Tigers made unforced errors that came with inexperience.

Pickett was awarded the Frank 'Checker' Hughes Medal for best on ground.

RICHMOND 3.1 7.2 10.5 11.6 (72)

MELBOURNE 4.4 10.5 13.9 19.12 (126)

GOALS

Richmond: Lefau 2, Campbell 2, Faull, Green, Cumming, Ralphsmith, McAuliffe, Lynch, Lalor

Melbourne: K.Pickett 4, Mihocek 3, Jefferson 2, Windsor 2, Fritsch 2, Chandler, Sparrow, Sharp, Laurie, Langford, Gawn

BEST

Richmond: Prestia, Ross, Brown, Lefau, Retschko

Melbourne: K.Pickett, Windsor, Sparrow, Steele, Howes

INJURIES

Richmond: Nil

Melbourne: Culley (knee)

LATE CHANGES

Richmond: Jayden Short (personal reasons) replaced in selected side by James Trezise

Melbourne: Nil

Crowd: 67,364 at the MCG

VFL Match Review vs Casey Demons– richmondfc.com.au



Demons power past VFL Tigers on Anzac Day

Richmond's VFL team were overrun by a fast-finishing Casey Demons on Saturday afternoon.

The VFL Tigers failed to take their chances inside-50 throughout the game, eventually falling short to the Demons by 27 points on Anzac Day.

Richmond started the game well at Casey Fields, kicking with the wind and dominating territory, but despite that, Jack Madgen's men were unable to finish off their work in front of goal.

They kicked six behinds before the returning Sam Philp broke the shackles, kicking a brilliant goal from 45 metres out.

But Casey managed to respond through Jobe Scapin, reducing the margin to just four points and kicking one against the grain, before Tairon Ah-Mu gave the Dees the lead.

On the quarter-time siren the Tigers took back the lead as Mohammed Yassine took a bounce, ran past 50 and finished truly, kicking a vital goal.

Richmond kept its momentum going in the second term, kicking an important goal against the wind through Luke Trainor, who showed his class with a great running goal. Casey hit back, though, as Paddy Cross kicked a cracker from the point of 50 on the boundary, cutting the Tigers' lead to four points once more.

The Demons continued to take their chances, with Riley Bonner snapping one out of the pack off his right boot, giving his side the lead midway through the term, before Ah-Mu kicked his second of the day.

Toby Sinnema made it four in a row for Casey but the Tigers soon broke that streak, with Tom Ferguson capitalising on a brilliant handball chain, to get his side back to within seven points.

That is virtually where the margin stayed for the rest of the quarter, as Casey took an eight-point lead into the break. The Dees started the third quarter in perfect fashion, with key-forward Luker Kentfield kicking a goal two minutes into the term.

But the Tigers managed to almost immediately respond, making the Dees pay on turnover and finding Yassine free inside 50. In so much space, he strolled to 20 metres out and kicked the easiest of goals.

For the next few minutes the ball lived inside the contest and plenty of stoppages played out. But after a bit of a stalemate, Philp put on a brilliant side step and finished nicely, kicking his second goal and getting the Tigers within two points of Casey.

Another brilliant goal followed from Richmond with Noah Roberts-Thomson showcasing his immense talent, threading the needle from the boundary. For the rest of the quarter the ball pinballed from end to end, but neither team was able to kick goals, as Richmond took a four-point lead into the last term.

In a game of ebbs and flows, Casey took back the lead early in the last term as Kentfield took a strong mark and kicked truly from 20 metres out. Cross made it back-to-back goals for the Demons, giving his side an eight-point lead.

Both teams battled to win the contested ball in the next five minutes and while the Tigers had a few opportunities inside 50, the Dees' defence held up. On the back of strong defensive acts, Tom Matthews gave Casey a handy 15-point lead as his side looked to have all of the running late in the game.

The home side finished strongly to register their second victory of the season, winning 11.14 (80) to 7.11 (53).



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Trainor was spectacular, amassing 28 disposals, 11 marks, nine intercept possessions and a goal. Tyler Sonsie also put together a solid game, picking up 30 disposals and five inside-50s.

VFL-listed Tigers Harry Scott (26 disposals, six tackles), Philp (20 disposals, two goals) and Mutaz El Nour (20 disposals, 10 intercept possessions) all played well.

Richmond 2.7 4.9 7.10 7.11 (53)

Casey 2.3 6.5 7.6 11.14 (80)

Goalkickers: Yassine 2, Philp 2, Trainor, Roberts-Thomson, Ferguson

AFLW confirms big fixture shift for start of 2026 season

– richmondfc.com.au



AFLW confirms big fixture shift for start of 2026 season

The 2026 AFLW fixture is set to feature four games played at AFL venues on the same day as men's matches.

The 2026 AFLW fixture will feature four double-header games with AFL matches, the competition's executive general manager Laura Kane has confirmed.



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Speaking at an AFL Axiom event on Thursday, Kane said the double-headers would be played early in the women's season, and would "usually" feature the same host team for both the men's and women's games.

"One way we can be bold is to play double headers in our big stadiums," Kane said of the AFLW's growth.

"So this season we'll play double headers, having men's and women's games played on the same day in the same bigger stadiums."

The details of which teams will host the matches will be confirmed closer to the AFLW fixture release.

The AFLW season is set to start in the week of August 10, which coincides with Round 23 of the men's competition, with the 12-round home and away season running concurrently with the final two rounds of the men's fixture, as well as the newly introduced Wildcard Round and the entire AFL Finals Series.



<https://membership.richmondfc.com.au/packages>