



Roar Roundup – Off Season 2

for the
**TIGER
ARMY**

With special thanks to the ongoing support of the Eastlakes Club Kingston

Capital Tigers



RICHMOND
EST 1885

SAVE THE DATE

12 MAR
7:30PM



MATCH DAY

GAME STARTS 7:30 PM, FREE PARKING



capitaltigers.com.au

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ARMY**

Save the Date: Bus trip to the SCG



**2026
BUS TRIP**

**MAY
30
Sydney**

**SAVE
THE DATE**

SEE **WEBSITE** FOR DETAILS

1:15 pm AEST

SYDNEY

SCG, Sydney • Gadigal

RICHMOND

capitaltigers.com.au

Preseason Match Review vs Bombers – richmondfc.com.au

Tigers fall to Bombers in Match Simulation





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Richmond's first competitive hit-out of 2026 is complete, as the Tigers lost to Essendon by 50 points in a match simulation on Friday.

Former All-Australian midfielder Darcy Parish found plenty of the ball and kicked two goals for the Bombers in an 18.10 (118) to 10.8 (68) win as two of the youngest lists in the AFL went head-to-head.

A goal after the quarter-time siren from No.7 pick Sam Cumming saw Richmond up by 14 points at the first change as the Tigers punished some poor Bombers turnovers.

Sam Lalor took a superb first-quarter mark over Jayden Nguyen in the highlight of the opening term. Steely Green also created a moment for the highlight reel, kicking a clever goal over his head.

Lalor and Taj Hotton were impressive early, while Sam Grlj – last year's No.8 pick – showed run and poise from the back half.

Harry Armstrong was a presence for Richmond in the forward line, kicking two goals, while Mykelti Lefau booted three majors.

Kane McAuliffe and Tyler Sonsie also had positive showings, as the Tigers now shift the focus to next Friday's AAMI Community Series game against Melbourne in Ballarat.

Preseason Match Review vs Demons – richmondfc.com.au

Dees-Tigers practice match abandoned after lightning delay strikes twice

Lightning delays struck twice in Ballarat, cancelling the AAMI Community Series match between Melbourne and Richmond with 14 minutes to go in the third quarter.

The Demons led 12.6 (78) to 6.7 (43) when a second break in play was called at 6:15pm, exactly two hours after the first delay at 4:15pm amid stormy conditions, although no rain fell throughout the game.

The first term ran for about 68 minutes and featured 10 goals between the two teams, and there were numerous strikes sighted from afar throughout the game.

It was a match played at a hectic pace, with both sides looking to play on and lacking composure at times.

It was the full Tom Lynch experience, the Richmond veteran shaking off the rust in his first hitout for the year, kicking two, crashing packs and giving away the occasional free kick. After a few years of injury, he was moving at a better clip than in seasons' past.

Jayden Short led all-comers with 20 disposals in the shortened game, providing plenty of drive off half-back, while Sam Lalor's clearance work was excellent, and he had sharp hands in tight.

Kane McAuliffe impressed for the Tigers on the wing, collecting 17 disposals and amassing 461 metres gained. Two-time Jack Dyer Medallist Tim Taranto had 19 disposals, new leadership group

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member Jack Ross recorded 15 disposals and five inside-50s, while Toby Nankervis and Jacob Hopper both had six score involvements.

Draftee Sam Cumming left the game early with a shoulder injury and did not return.

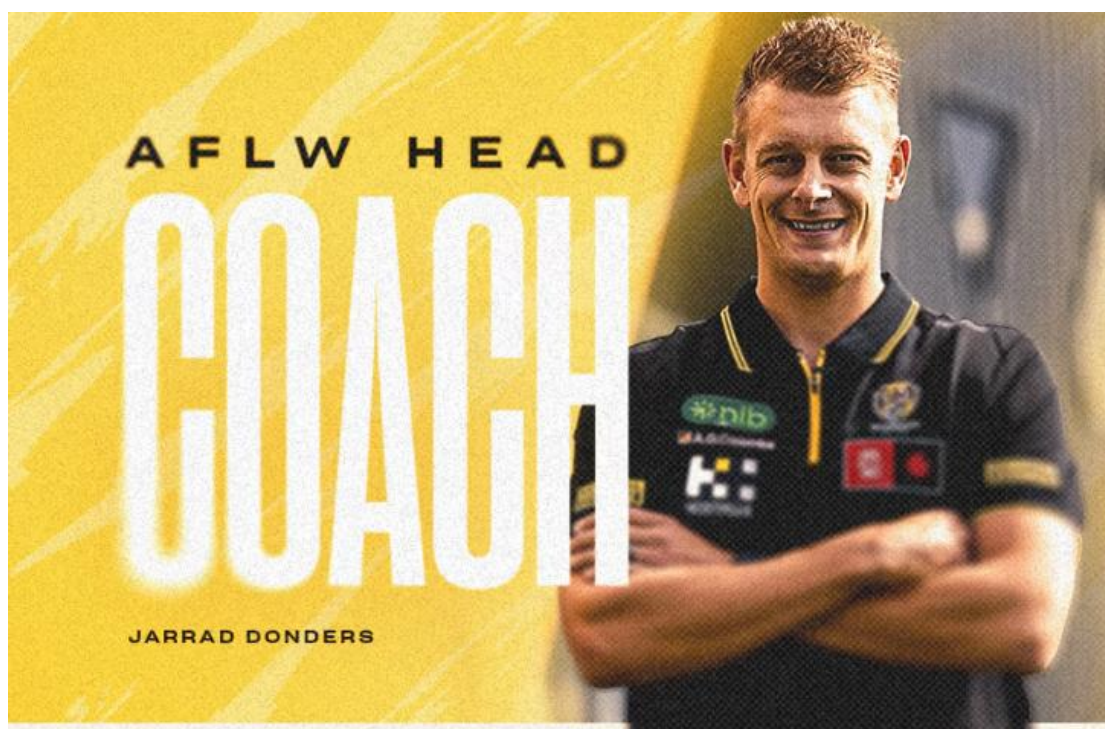
Demon Jacob van Rooyen looks set for a big season, kicking three in the first half, looking particularly mobile across the ground and benefiting from Melbourne's quick ball movement.

For the second week in a row, Caleb Windsor was outstanding through the middle, his class on show with ball in hand and deft touches around the field.

Richmond's attention now turns to the Round 1 blockbuster against Carlton at the MCG on Thursday, March 12.

Richmond appoint Jarrad Donders as AFLW Head Coach

– richmondfc.com.au



Richmond is delighted to confirm it has appointed reigning Coates Talent League and U/18s Girls National Championships premiership and title-winning coach, Jarrad Donders as its new AFLW Head Coach.

Donders led the Eastern Ranges U/18 Girls for the past two years, also making the Grand Final in his first year at the helm in 2024.

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The 33-year-old had the chance to expand his coaching to the national level last year, with Vic Metro's National Championships winning team and he was also named as Head Coach of the U/18s National All Stars.

Donders has a teaching background and was an assistant principal before commencing a full-time role with the AFL to lead the Ranges.

The experienced coach had previously held assistant roles with the Ranges U/18s and Vic Metro U/16s boys' teams. He has also coached AFL Outer East Interleague teams and with Hawthorn's Next Generation Academy.

Richmond CEO Shane Dunne said that Donders' breadth of experience, combination of coaching and educational leadership, and deep insight for high performing environments and development made him a clear standout.

"Jarrad stood out following a rigorous process that included multiple stages and input from our AFLW player leaders, Directors, and General Managers of Football, before being endorsed by the Board," he said.

"Across his career, Jarrad has successfully led multiple elite teams with high-performing systems, achieving significant success and outstanding athlete development outcomes.

"He is highly driven to contribute to our vision for our AFLW team and is committed to helping us achieve long-term success in the competition and to build a world-class program.

"We believe that Jarrad, with his experience and passion, is the ideal coach for us, and we are thrilled to welcome him, along with his wife Caitlin and kids Ky and Ali, to our Club."

Richmond welcomes Jane Woodlands-Thompson

– richmondfc.com.au



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Richmond has appointed experienced sports executive Jane Woodlands-Thompson to the role of Executive General Manager- Women's Football.

Woodlands-Thompson has extensive experience across elite women's sport, having previously been General Manager- Women's Sport at Collingwood Football Club (2018–21), in a role that spanned across AFLW, VFLW and Super Netball.

She also held a dual role as General Manager- High Performance and Head Coach of Adelaide Thunderbirds in the world's premier netball competition for eight years from 2007 to 2015.

The experienced executive has also been a SANFL Commissioner, chaired the SANFL Women's Sub-Committee and served as Vice-President of the Ice Hockey Australia Board.

Richmond CEO Shane Dunne said Woodlands-Thompson stood out across an extensive and competitive process.

"Jane has been a trusted leader of teams across multiple elite sports and has extensive experience in all aspects of high-performance," he said.

"She brings significant expertise in AFLW and elite sport, as well as executive experience that will be invaluable to our women's football program.

"What stood out throughout the process was Jane's ability to balance elite performance standards with strong governance, people development and cultural alignment.

"Jane has successfully led programs through change, built high-performing teams and created environments where athletes and staff can thrive.

"We are excited to welcome Jane to Richmond and are delighted to have her on board to lead our women's football program into its next phase."

Woodlands-Thompson joined the final stages of Richmond's AFLW Head Coach process last week, endorsing Jarrad Donders.

She will commence in the role from March 24th.



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



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