ICEMAN WILL NEED TO BE SUPERHUMAN

BERNARD Foley says he doesn’t want to be rested for any rugby games despite admitting he doesn’t yet know how a 34-month season of non-stop footy will impact on him mentally and physically.

The Wallabies and Waratahs five-eighth earned the nickname “Ice man” for his capacity to kick match-winning goals but it may end up a more fitting description for Foley due to the amount of ice his aching body will need in an endless winter.

Foley returned last week from Japan, where he flew directly from the Rugby World Cup to play a season with Ricoh under a new flexible contract.

Next week he will lace up the boots again for the Waratahs in the upcoming Super Rugby season, and probably Wallabies Test matches later in the year as well.

Then Foley will do it all over again. The No.10 will return to Japan at the end of the year, and then back up again without a break for the next Australian season. Foley may only get his first proper holiday in December 2017.

“It’s an unknown for me,” Foley said. “I haven’t had to do it before. It is definitely going to be a challenge and maybe sometimes I will be a bit mentally drained.”

Foley, who will sit out NSW’s second trial against the Chiefs tomorrow night in New Zealand, says he hasn’t yet planned out the specifics of a training regimen with coach Daryl Gibson but both were aware of managing his workload.

“We definitely did speak of monitoring and having a two-way communication throughout the season,” Foley said.

“Daryl has been very open in discussing his plans with me and it’s for me to identify if I am not feeling that spark or having a bit of full physically. At the moment we haven’t spoken a contingency plan. I think I will be raring to go and looking forward to the season ahead.”

Asked if he had a similar mindset to many Australian cricketers who hate the “rest and rotation” system in their game, Foley said: “I am very much of the same mentality. If I am back here I want to be playing. If I am fit and ready to go, I want to be in that jersey.”

Foley, who was speaking yesterday at the ARU’s announcement of BMW sponsoring their Pathway to Gold competitions and teams (under-15s through to under-20s), said he was aware of the competition posed by Kurtley Beale at 15.

“That’s the exciting thing at the Waratahs now, we have great competition with KB (Kurtley Beale) playing in the 10 jersey and the likes of Bryce Hegarty in there as well. It is good healthy competition,” he said.

Beale said yesterday he was willing to play any position this season, but nominated inside centre as the role he’d like to fill.

“Obviously Bernard and I have stuck up a good combination in the 10 and 12 for the last couple of years. I would like to cement myself there,” Beale said. “We will start from there and whatever Daryl wants later in the year we will work with it.”