



GHA MENS CAPITAL LEAGUE 2014

Name:	Jake Staines
Nick-Name:	Stainsey, Jakey
DOB:	13 July 1997
Years playing hockey:	12
Playing Position:	Inside Forward, Striker
Current Hockey Club:	Drifters
Off-field employment/studies:	Goulburn High Yr11, Subway
Favourite Training Drill:	Goal shooting
Dreaded Training Drill:	Suicides
Future Hockey Ambitions:	1.Get 15.01 in beep test. 2.Win Capital League 2014 3.
Funniest Team Mate and why:	Dean Robbo Funny as dude
Three things you can't live without:	Water, shelter, oxygen
Favourite food:	Spag Bol
Favourite quote:	"Go hard or go home"