

As I write this prior to our first two home pre-season games, I'll start by welcoming everyone from Exeter City and Cardiff City to The Optima Stadium.

We have enjoyed a good relationship with both clubs and we hope that continues. It's been well documented that we have benefitted from some excellent loan signings over the years and we are pleased to have been able to provide a good environment for their young players to gain some experience of senior football.

It's been a really good start to Pre-season, the players have worked incredibly hard so far and it's fantastic to get back to the wonderful playing surface at the Optima for these two games.

We are working with a smaller squad this season but it's a squad with competition for places throughout. We may still look to add more players and use the loan market as pre-season progresses but we are happy with what we have.

We think the additions of Jason Pope, Jordan Bastin and Lucas Vowles have freshened things up and added extra pace, hunger and athleticism to the group. Ben Whitehead is now in full contact training and will be available for selection soon, most likely after these two games.

Enjoy the games!

Scott