



■ You have been out visiting Speedpak in the last couple of weeks, what have you learned from that experience?

I never knew that this sort of work was going on. It gives people who haven't been employed for a long time a chance to get back into it. I've seen people over there and how they are working, it really is a great initiative and a great company.

■ People often speak of teams a big families but for you that is literally the case. What's it like have your brothers [Bernard and Paul] in the dressing-room?

It's been great, particularly Paul coming on this year, he's had a couple of bad knee ligament injuries so it's been great to see him finally get an opportunity to fulfil his potential.

■ Bernard is Footballer of the Year. Does he ever arrive in the house and stick that in front of you to wind you up?

[Laughs] Ah no, he's quite humble in fairness to him. I think we've seen in his performances this year how

Alan Brogan is ONtheSPOT

humble he is, he's turned into more of a creator than a score-getter. Being player of the year brings its own pressures but he's handled it exceptionally well. I think he's playing as well, if not better, than last season.

■ You missed out on the league final defeat by Cork [he was suspended], was that a tough one to watch?

I was disappointed I wasn't playing but when we look back on it we played well for long periods. Just at the end we showed a lack of experience on the field but most players acquitted themselves well and it can only give guys hope that we did build up such a lead over a strong team like Cork. So it wasn't as bad as it was made out.

■ Dublin have fallen short in quite a few big games in recent years, what can you do to sort that for the Championship?

It's just experience. We've had a few big defeats but we've won a lot more big games recently, like against Armagh and Tyrone last year, teams we hadn't beaten previously. That

'The Double would be wishful thinking now'

gives us great confidence that we can compete with these guys so from that point of view we are moving in the right direction.

■ The hurlers then went and stole your thunder by winning the league. Is the Double a

realistic possibility now?

I've played football with Conal Keaney and Dotsy O'Callaghan so it was great to see those guys get the rewards they deserve. At this stage the Double would be wishful thinking, there's a lot of paths to cross before we get to that!

■ Give us a dark horse team that could still be in the thick of it come August and September?

Kildare and Meath are going to be strong. They didn't have the leagues they wanted but they showed up last summer and they certainly won't be far away this year.

■ Who has the worst dress sense in the Dubs' squad?

Eamon Fennell. He fancies himself a little bit, he wears some strange figure-hugging T-shirts.

Ahead of Dublin's latest bid for Sam Maguire, Alan Brogan has been visiting Speedpak, a social enterprise for the long-term unemployed, as an Arthur Guinness Fund ambassador



True Blue Brogan

Age: 29 **Position:** Half-forward
Honours: Leinster SFC winner (6), All-Star (2007, 2008), Dublin captain 2008

Alan visited Speedpak in Clonsilla to learn from employees how their everyday skills enable them to earn recognised qualifications up to Leaving Certificate standard. Alan will be sharing Speedpak's good news via Guinness Ireland's Facebook page with a series of updates and messages.