

BRETT MILNE

"To give anything less than your best is to sacrifice the gift." – Steve Prefontaine

Where and when you first ran onto a rugby field:	Grande Prairie, 2004
Debut season for the Titans:	2010
Position:	Wing/fullback

Nickname:	Captain Awesome
Profession:	Life Guard
Dream job:	Professional athlete
Greatest achievement:	425 lbs dead lift
Favourite color:	Blue
Favourite drink:	Protein Shakes



Who my best mate was during your playing years:	The imports.
What do I believe is the best attribute about the Titans:	Good group of people all around.
The Titan's community member that influenced me the most was:	Again, the imports.



Favourite Titan memory:	2011 Banff 10's Tournament
A song that reminds me of the Titans:	Monday is a Wanking Day
Oddest place I have ever bumped into a Titan:	Can't say, I see lots at work though.



I like to spend my weekends:	Working out and hanging with friends.
An exciting endeavour on my horizon is:	Crossfit Games 2011
Right now I'm learning:	About diet and nutrition.
Favourite professional rugby player:	Can't say I have one, I don't watch rugby.

Are you compensating for something by lifting all those weights?	Most definitely. Not sure what I'm compensating for though...
You secretly want to be a ginger, why?	It's better being red, plus redheads are hot.

