

BEYOND THE



BOUNDARIES

The Personal Development Magazine of the Professional Cricketers' Association


Dragons' gloveman Mark Wallace on taking a journalism course ...


PLUS...
A Lord on coaching
Charlie says P.L.A.N
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WHEN IT REVERSE SWINGS INTO YOUR LEG STUMP
IT DOESN'T CARE WHERE YOU GREW UP.
WHEN IT RIPS BACK THROUGH YOUR GATE
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There's no place for racism in cricket.













































































































































































































































































































































































































Career in Focus – Journalism

Mark Wallace, Glamorgan's wicket-keeper, explains why he decided to start a course in journalism...



I had always intended to go to university at some time in my life. I was planning to go after leaving school, but with my cricket career moving on far quicker than I had anticipated, it had found itself shifted onto the back burner.

So having reached the grand old age of 25 and having already fulfilled the necessary winter rites of passage for the young county cricketer – the pilgrimages to Australian club cricket, the off season pumping iron in the gym and the dark months playing Playstation and trying to get the handicap down – it was time to start doing something more constructive with my time.

County cricket is a very enclosed environment and it is easy to get swept along by the privileged existence it gives you. You know that it won't last forever, that someone younger, better or cheaper will come along and your services will no longer be needed. The problem is that we all know this but few are willing to accept it.

What triggered me to down clubs and up books this winter was two of my best friends losing their contracts at Glamorgan. Both were talented players who could have played on for many more seasons and it was the finality of it all which struck me. One day you wake up

a professional sportsman, the next day you don't.

This spurred me into making sure that I started preparing for my life after sport. I'm sure I was no different to countless others out there who don't really know what they would like to get into when their playing days are done. This was where the role of my Performance Lifestyle Adviser was vital. He stressed the importance of choosing something I had a genuine interest in and passion for and, after using several different profiling techniques and speaking at length about different career paths, I settled upon a degree in journalism.

With the first hurdle overcome it was now crucial that I chose somewhere that would be flexible enough for me to study without the extra workload having any effect on my cricket. This was easier said than done and having explored several avenues I was very lucky to be put onto Staffordshire University by my advisor.

They were running a degree course in Sports Journalism in conjunction with the Professional Footballers' Association and were very keen to have a cricketer on the course studying alongside

14 current and former professional footballers. The course entailed two days a week on campus in Stoke, with other work being completed in my own time. This has allowed me to continue to fulfil all my training commitments at Glamorgan during the other five days of the week.

We have done modules in media law, short hand, television, radio, print media, as well as completing industry work placements and I've found the course extremely fulfilling.

Staffordshire University have been excellent in understanding what is required to manage your sporting career alongside your academic endeavours and have been totally supportive in tackling any issues which may arise.

The knock-on effect on my cricket has been a positive one and I feel more refreshed going into the season having given my brain something else to think about over the winter.

I now feel more content that if I can continue to work hard both on and off the field, when my time in the game is up I can look back with fond memories, and forward with fresh ambitions.

Mark Wallace



■ ■ ■ Mark Wallace working hard on and off the pitch.

Career in Focus – “Is journalism for you?”

Becoming a journalist is certainly the job of the moment. The Journalism BA course at Cardiff University has over 1,000 applications for 150 places, yet the increase in journalism courses means there are more graduates striving for the same jobs than ever before.

If you've set your sights on a job at *The Times* or dream of being a sports editor on a glossy magazine, how do you go about making it a reality? Do you have the experience, skills and contacts to win a job above the hundreds of others who want it just as badly?

Let's keep it simple to start with. There are six main areas of journalism in the business, otherwise known as: Broadcast, Fashion, Magazine, Newspaper, Scientific and Press.

What do Journalists do?

- **Researching stories:** Broadcasting companies often employ people whose job is just to research stories and guests. All writers have to research before they can start writing.
- **Writing news and feature stories:** News stories are short and focus on telling you what's just happened – the most important thing first. Feature stories often need a topical 'peg' (or reason) for publication, but they're more in-depth and less rigidly structured. They might be interviews, travel reports, how-to articles or opinion columns.
- **Take photographs:** Multiskilling is becoming more and more a part of life in media, so photography is a useful skill for all writers to have. But some people work as photojournalists and use their pictures to tell the story with very few words.
- **Edit stories:** Sub-editors concentrate on editing other people's work – they correct any grammar mistakes, sometimes write the headlines and make sure the publication has a consistent style. In many places sub-



editors are an endangered species and journalists are increasingly expected to get it right first time because there's no safety net.

- **Check facts:** Legend tells of a time when people were employed just to check the facts in submitted articles. That's rarely seen nowadays.
- **Plan magazines:** Editors are responsible for all the content in a magazine. As you move up the publishing hierarchy, you'll do less actual writing and more planning and management of other writers, sub-editors and designers.
- **Lay out pages:** In smaller publishing companies, journalists might be expected to lay out pages as well as write them. For a long time, the standard application for layout was Quark XPress. Now Adobe InDesign is gaining in popularity. It's a valuable skill to be able to edit documents in layout applications.

What skills do you need?

Let's start at the beginning: In general, the most important and perhaps the most valuable attribute are your communications skills. The following are considered to be most important for journalists:

- Verbal reasoning
- Interviewing
- Listening
- Writing

- > Most good journalists have curious and inquisitive minds
- > An interest in current affairs at all levels
- > A lively interest in people, places and events
- > Someone who can look at the obvious and see something different – or better – by way of a “news line” and picture
- > Energy, drive and persistence
- > Empathy, patience and an understanding of what will make a good news story
- > Writing – basic I know but you need to be able to write! Not essays, not poems, not diary entries – but news stories and feature articles. You'll need to learn how to put your reader's needs first and structure stories for publication. You'll have to write to deadline and to a specified length, and be able to edit stories for style and length
- > You'll need to know how to research stories. Journalism is about reporting on what's happening now or will happen in future. By the time a story gets into print, it's old news. You'll also need to be able to generate story ideas. You'll need to learn what interests your audience and how to find new stories they want to read before they even realise they want to read them
- > To write and research stories easily, you'll need to understand your subject. If you're a specialist writing about a particular subject, you'll need to know the

70% of players had 2 or more training sessions per week over the winter

lingo and be able to use it correctly and you'll need to be able to provide context to your story by filling in relevant background

- > Presenting - Everyone wants to work in front of the camera or microphone. However those jobs are limited. But, for those that might, it is essential to have a good voice, an ability to speak clearly and naturally, and to master the skill of telling a story. However, there are many more jobs behind the camera or microphone where having a good voice may be desirable but not quite so critical
- > Pressure - You have to meet deadlines - this means often you will be working hard and fast, against the clock - you'll need to be able to express, analyse and condense information, be resourceful, persistent, truthful and accurate

Quick Tip

You can't get experience before you get a job, yet you can't get a job without experience. So what do you do?

There are two ways you can gain experience. One is to do as many work placements as you can manage, and to write for your cricket club, county, local

schools, college and university newsletters, specialist magazines and local free papers. In short, for any media that will print your name next to an article. If you can edit a newsletter or magazine for a club, or even as part of a job you're already doing, don't pass up the opportunity.

The other way to get experience is to do a course - whether it's a training short course, an undergraduate course or a postgraduate course - of which work experience is a mandatory part. These two shouldn't be exclusive. A would-be journalist should write as much as he or she can, whether or not it's compulsory.

What kind of training is there and where do I go?

Some journalists learn their trade on the job, but many will undergo some kind of formal training. In that respect there are many different training options available to you from full-time academic courses to more flexible and online industry and vocationally based courses.

- > University Undergraduate & Postgraduate Options: Choose any course from Media, Journalism, specific areas of journalism to

broader foundation degrees in Languages, Business, Law and Humanities.

Please research links on the Further Info section below and/or meet with your Performance Lifestyle Adviser who will be able to talk through the best options for you at this stage in your cricketing career.

Further Info:

The National Council for the Training of Journalists (NCTJ)
The New Granary, Station Road, Newport, Saffron Walden, Essex CB11 3PL
Tel: 01799 544014
www.nctj.com

The Broadcast Journalism Training Council

BJTC Secretary - Address: 18 Miller's Close, Rippingale Nr. Bourne, Lincolnshire, PE10 0TH.
Telephone: 01778-440025
www.bjtc.org.uk
www.nujtraining.org.uk
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I'm a Celebrity get me out of here

Charlie Mulraine works with the PCA on the development of their career placement programme, P.L.A.N., and we asked him how he can help players make the right career choices.

Charlie Mulraine runs Mulraine Consulting, an independent recruitment company that works with the PCA and Performance Lifestyle to help players make the transition from sport into a new and successful career. As an ex-professional sportsman (he joined Warwickshire CCC straight from school and then played professional rugby with Gloucester and London Scottish) he very much understands what it is like to have to face the commercial world with limited work experience and without a degree.

Considering a future that doesn't involve cricket can be a very stressful exercise and one that understandably many players try to avoid. We are all aware that playing professional cricket is a privilege but it is also a career that involves a great deal of pressure; form can be as changeable as the weather and career threatening injuries can strike at anytime. Taking the time to consider what options are available to you is a wise course of action.

What prompted you to become involved with the PCA?

Having had my cricket career cut short, I really wanted to work with current and past players to help them make that transition from sport into a new and successful career. The important thing for me was to help players realise that the individual strengths that make them successful on the cricket pitch are transferable and can lead to success in another field. Many players feel under pressure to accept the first job that is offered to them and this can be very unfulfilling.

This can't be an easy job. How does it actually work?

Players are referred to me either via the PCA or through the Performance Lifestyle Advisers. The Advisers let me know when they have a player who is ready to consider winter work experience or possibly a more permanent opportunity if they are at the end of their contract.

What happens next?

There are two main aspects to my role. The first part is to secure the interest of businesses that are able to offer winter work experience and/or internship programmes. All organisations seek highly motivated staff and that is exactly what cricketers are. The second part is to work with the players to understand what motivates them and to discover what career opportunities will be best suited to them.

How do you find out what opportunities might be well suited?

The careers programme involves a number of different modules. The first session is all about asking questions and listening to the player talk about his current situation and future ambitions. This is quickly followed by the completion of a psychometric and career options test. The results are then put together in a report that gives a personality profile and a number of different career options that suit their profile and ambitions. We then explore these options and provide expert help with interview techniques, and CV and application letter writing. If we have a relationship with a company in the sector that a player is interested in, I can make

an approach on their behalf, or source new relationships if those sectors are not yet covered in the programme.

How do you link in with the Performance Lifestyle programme?

We work as a partnership. The Performance Lifestyle Advisers already help current players with career discovery exercises and therefore my main role is to help secure work experience for those who know what they want to do or with past players who have, perhaps, ended up in the wrong career. My role is more focused on helping them realise that there are other options available to them.

How can players access these opportunities?

All job opportunities will be advertised on the PCA website as well as through the Performance Lifestyle Advisers. The long term aim is to be able to provide players with work experience across a wide range of different sectors and throughout the UK.

For more information please call 08702 640530 or email Charlie@mulraineconsulting.com or go to www.mulraineconsulting.com

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86 players have appeared in *All Out Cricket Magazine*

Gordon Lord Interview



Gordon Lord, the ECB's Head of Elite Coach Development discusses his career with **Ian Thomas** and offers some insights into coaching as a career option for PCA members.

IT: How did you become interested in coaching?

GL: Like most players, I was interested in finding ways to get better and I always found conversations about the game with senior players and coaches fascinating. I think, on reflection, that there were several major influences on my ultimate decision to pursue a career in coaching and coach development. The six weeks spent touring Australia in 1979 for Young England with Keith Andrew as Head Coach was an inspiration. I understand now just how far Keith was ahead of his time as a coach. The following winter, a tour to the West Indies with Graham Saville as Head Coach helped me understand the

importance of a coach being able to see the world through the players' eyes and how important it was to keep things simple.

In 1983, during a 2nd XI match between Warwickshire and Northants, Neal Abberley, at the time Warwickshire's 2nd XI Coach, spoke with me about the concept of 'relaxed concentration' and the 'performance = potential - interference' equation.

He lent me the Tim Gallwey classic *'The Inner Game of Tennis'* and I believe, on reflection, that this also inspired me towards a future in coaching and coach development. It was a privilege to be able to introduce 'Abbers' to Tim Gallwey some 15 years later when he was over in the UK running an elite coaches seminar. Tim's

work there has had a profound effect on the development of a number of our current high performance coaches. It is amazing what can grow from a simple action or a few well chosen words.

I had a full year with Warwickshire in 1979/80, in between school and university and during that winter attended my first Coaching Award course. This course provided some basic guidance on how the game could be introduced to children and

was invaluable during my first overseas coaching job in 1983. During that first trip to South Africa, I worked with Peter Stringer at the Wanderers Club and was immediately struck by the passion he had for helping people achieve their potential and how absolutely selfless he was in doing so.

IT: So how did you become involved with the ECB?

GL: In 1991 I was released by Worcestershire. I had spent my winters between 1983 and 1991 either coaching in South Africa, getting further coaching experience and qualifications, or working in training and development for the Lucas Group in Birmingham and had to make a decision whether I was to pursue a future in HR or to find a way of remaining involved with the game.

A conversation with Mike Vockins, the Secretary (Chief Executive) at Worcestershire led to an interview with the Wrekin District Council for one of the early Cricket Development Officer positions. I got the job and spent the next nine months working harder than I had ever done in my life. When Bob Cottam resigned from the NCA to join Somerset, I applied for the National Coach position he had vacated and was delighted to be offered the job by the Director of Coaching, Keith Andrew in 1992.

I have worked with the National Governing Body ever since then.

IT: What have been the most significant changes that you have seen in coaching and coach education?

GL: I think much has changed since 1992. Certainly the 'science' of coaching has moved on apace. Laptop computers, sophisticated video and performance analysis software, long-term, multiple periodised training programmes, coaches

34 players were studying for exams this winter

managing multidisciplinary support teams, massively increased investment in player and coach development programmes have all impacted significantly.

I think perhaps the most significant developments, however, have been in the way in which we train coaches to work with people. This is sometimes referred to as the art of coaching. In the mid 1990's Mickey Stewart launched a Management Skills Programme at the University of Bradford for coaches involved in the professional game. This has evolved into the current Level 4 programme. More recently, the emergence of the UKCC with its emphasis on balancing the "What to Coach" (technique, tactics) with the "How to Coach" (coaching process skills) has ensured that the key messages from Level 4 are appropriately delivered through the community game.

IT: So what do you think makes a good coach?

GL: It might be better to ask some players for their views on that! From my perspective, elite coaching and performance have three major components.

The foundation is effective working relationships. This doesn't mean that coaches and players have to be good mates, but more that there needs to be clear understanding, trust and mutual respect. If the overall working environment is appropriately secure but challenging, consistent but flexible enough to cater for individuality, it is possible then to regularly steepen the learning curve. Coaches who have the ability to develop quality working relationships with their players and support staff, within a high quality, performance-orientated environment and have the capacity to consistently sharpen their own learning curve as well as that of their players and staff are likely to be successful.

Success in performance sport, as well as, I suspect, in life generally is about winning the constant struggle between belief and doubt. In developing these working relationships, creating the right environment and sharpening the learning curve, I believe that the great coaches constantly feed the belief systems of the players they work with. This doesn't

necessarily mean telling them they are great all the time but that they constantly monitor the balance between challenge and support and make sure that there are sufficient opportunities for performance accomplishment, even when players are working right at the edge of their current ability.

Tim Gallwey said "By the word learning, I do not simply mean the collection of information, but the realisations that actually change behaviour. Great coaches create an environment in which positive behavioural change takes place."

So, to summarise, my answer is, good coaches coach technique, great coaches coach people and recognise that the only truly sustainable competitive advantage is to learn faster than their opposition.

IT: If a current professional player wants to qualify as a coach, what do they need to do?

GL: The highest entry level into the current ECB Coach Education Programme is Level 2. This course provides an introduction to the coaching process and some key background in the science and art. Qualification at this level allows coaches to access the benefits of the ECB Coaches Association (which include £5million Public Liability Insurance). Local Cricket Development managers, and local Coaches Associations will be able to identify dates and venues of courses. Alternatively players can contact the Community Coach Education office direct on 0121 440 1748.

If players hold either overseas qualifications or qualifications gained in the UK prior to 1997, then they may be able to get some Accredited Prior Learning for these and progress directly to Level 3. Again a conversation with the relevant CDM or Edgbaston should clarify what is possible here.

My advice to players would generally be to get the qualifications done as soon as possible. The real learning as a coach is achieved not through the courses but from the application of the principles from them in coaching practice and in often more informal discussions with other coaches and players.

There is significant evidence to show that in the same way the development

of an athlete is a long term process (LTAD), there is also a Long Term Coach Development Process, so the sooner people can start coaching the better.

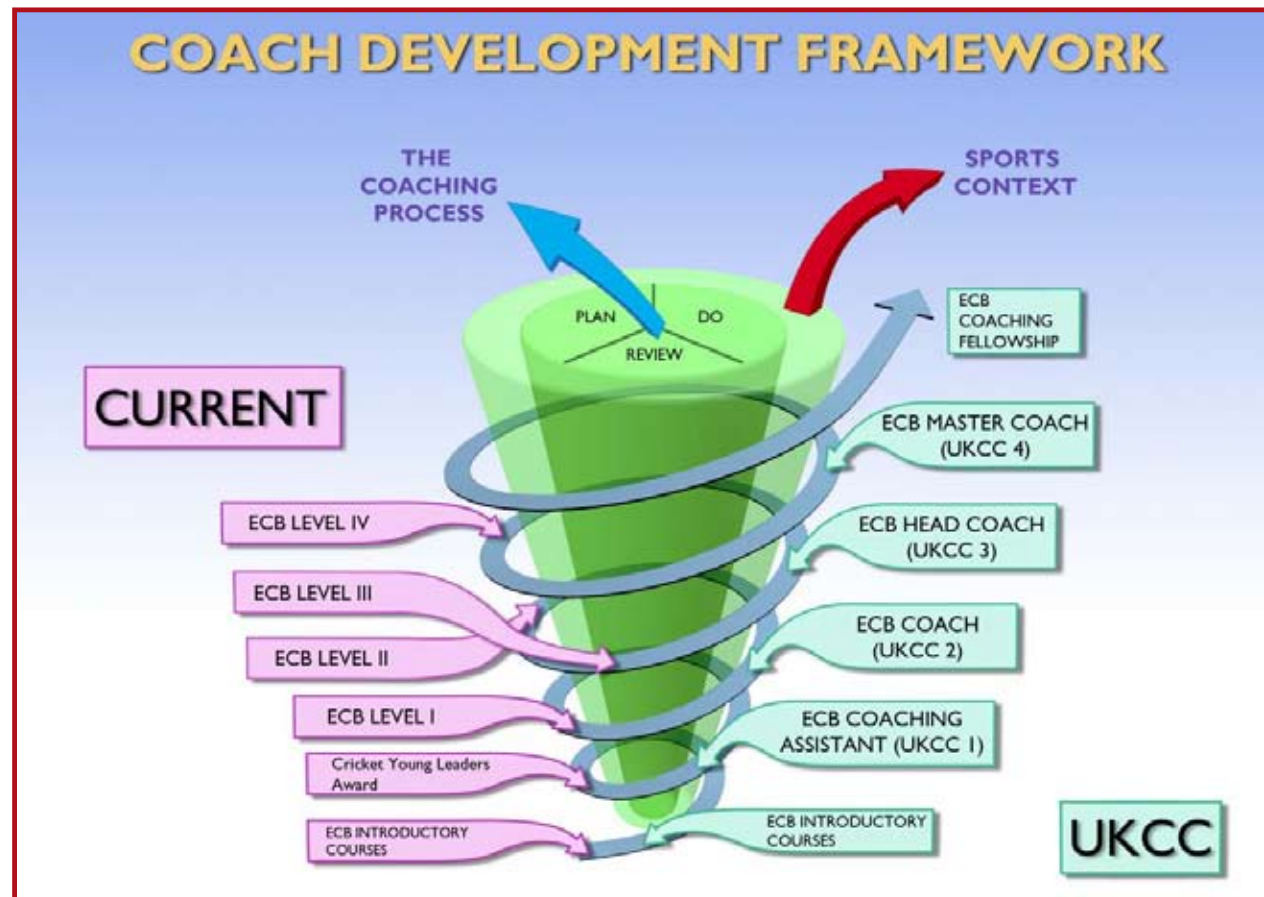
IT: What advice do you have for people thinking about coaching as a career?

GL: Get qualified, get coaching and get ready! Talk with your Performance Lifestyle Adviser, talk with other coaches and think hard about what it is about coaching that draws you to it. There are increasing numbers of coaching jobs available in the UK as well as overseas, however, as is the case with other careers, often the job you really want isn't available when you want it! This might mean doing another job in coaching and learning something new every day until something which matches your aspirations becomes available. There is an increasing recognition amongst employers of coaches both at home and abroad of the Level 4 qualification. You will need Level 3 to access this programme and be able to commit to a tough 26-month part-time learning programme. If you are seriously looking at coaching as a career, I would be happy to discuss your plans with you. Drop me an email on gordon.lord@ecb.co.uk



Coaching the new generation of England cricketers

England Coach, Peter Moores - a successful example of the ECB Coaching scheme



How the coaching structure works

Coaching Qualification Funding

Interested in gaining your coaching qualifications? The PCA will help fund players who complete ECB Coach Education courses. Levels 1 – 3 will be fully funded and Level 4 will be part funded. Just fill in an Education Funding form and return to the PCA with receipt of payment. For more info about when courses will be run in your area contact the ECB Coach Education queries line on 0121 440 1748 or go to www.ecb.co.uk and click on the coaching link.



54% of cricketers played abroad at some point over the winter

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Stop Smoking



As of 1 July, smoking will be banned from all buildings & public spaces. Will your county let you sit outside in your training gear/whites to have a cigarette???

How much do you think about smoking? While having teas/lunch? Last few overs running up to tea/lunch? While training?

Where does 'habit' stop and 'addiction' start? Are you really an addict, or are you in control?

1 - What are the effects to a player/athlete?

- Smoking affects your sports performance. The effects of tobacco use are extremely limiting to athletic performance, especially when athletes are recovering from injuries.
- Nicotine narrows your blood

Each puff on a cigarette temporarily increases heart rate and blood pressure.

vessels and puts added strain on your heart.

- Smoking can wreck lungs and reduce oxygen available for muscles used during sports.
- Smokers suffer shortness of breath (gasp!) almost three times more often than non-smokers.
- Smokers run slower and can't run as far, affecting overall athletic performance.
- Athletes who participate in endurance activities are the most affected by tobacco smoke. The reason is in the way smoking damages the circulatory system. Each puff on a cigarette temporarily increases heart rate and blood pressure. There is less oxygen-rich blood circulating through the body, and aerobic capacity declines rapidly. Also, the blood vessels constrict rather than dilate, as they should during exercise. This constriction increases the pressure on the artery walls and blood pressure increases in kind. Clearly, this combination is detrimental to athletic performance. An athlete who smokes will reach maximal heart rate far faster than a nonsmoker, and his performance will suffer accordingly.

2 - What do you need to do to give up?

As Freud once said, 'sometimes, a cigarette is just a cigarette'. Sometimes too much credit & power can be given to the cigarettes themselves. The first step in giving up smoking for good is actually wanting to and believing you can.

Despite its addictive nature, nicotine doesn't hang around in your body long (about 48 hours) once you've stopped smoking. For those who choose to go cold turkey, withdrawal symptoms are likely to be at their most intense in the first two or three days and will gradually fade away over the following two or three weeks. For those who simply can't contemplate going cold turkey, research indicates that using nicotine replacement therapy - now available on prescription in various forms - can more than double your chances of staying stopped.

3 - Ready to stop? Make a plan...

- **Choose a quit date and stick to it** - The most important thing that you need to do is to pick a day to go smokefree and stick to it. You will find it easier if you choose a day that is not going to be stressful.
- **Plan how to deal with temptation** - Everyone has situations when they feel tempted to have just one cigarette. Think about when you are most likely to want to smoke. At the pub, after a cup of tea, after a meal? Make a list of these situations and stick it on the wall. Now you can plan ways to take your mind off the temptation. Perhaps you could avoid the pub for a while and snack on fruit after a meal or a cuppa?
- **Throw away all of your cigarettes** - The night before your quit day you need to get rid of any temptation. Look around the house and go through all of your pockets. Throw away any cigarettes, matches or lighters you find. It's also a good idea to get rid of ashtrays as they will only remind you of smoking. When you are smokefree, you won't need them anyway!

- **Your withdrawal symptoms will soon get better** - Remember that the first few weeks are the worst and you will soon start to feel much better! These symptoms are a sign that your body is starting to recover...

Cravings - your brain is missing the nicotine fix, this should get better after a few weeks.

Coughing - your lungs are clearing out tar. Try having a warm drink to soothe your cough.

Hunger, diarrhoea or constipation - your body is just returning to normal. Try to eat healthy snacks instead of junk food.

Dizziness - your brain is getting used to having a normal amount of oxygen. Don't worry this should only last a few days.

Trouble sleeping, bad moods - these are signs of nicotine withdrawal and shouldn't last more than two or three weeks.

- **Notice how your health is improving** - You might have noticed that your skin and teeth look healthier. Perhaps you have more energy and no longer cough or wheeze. There will be other changes happening too. Your circulation and lungs will be improving and your chances of getting a serious disease associated with smoking will have started to fall.
- **Coping with difficult situations** - It is a great idea to remind yourself of the situations that tempt you into wanting a cigarette. Planning ways to deal with these situations can really help. If you do have a cigarette you should stop again immediately. Then throw away the rest of the packet and take yourself out of the situation. Go for a walk, drink some water or take a deep breath and ask yourself if you really want to be a smoker again.
- **Get support from your family, friends and experts** - Getting support from the people around you really helps. Tell everyone about your quit date. You could even team up with someone else

and go smoke free together. It helps to speak to your family and friends. They can remind you why you are quitting and encourage you to keep it up

4 - Where to go for help?

If you are determined to quit smoking and feel as though you need some extra help you can call the Quitline freephone number: 0800 00 22 00. Here you can receive help, advice and more information about the different treatments that are available.

Call the NHS Smoking Helpline on 0800 169 0 169 and speak to a specialist adviser. Lines are open everyday from 7am to 11pm.

- givingupsmoking-together.broadsystem.com/
- www.gm.tv/index.cfm?articleid=8940
- www.gosmokefree.co.uk/
- www.ash.org.uk/html/factsheets/html/fact11.html
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Security and purpose

Players give their thoughts on work experience, planning for the future and life as a cricketer...

Interviews were conducted with professional cricketers to explore their thoughts beyond the boundaries. Players discussed the following points.

- Positive winter work experiences
- Typical thinking that stops or starts professionals planning for the future
- Uncomfortable insecurities and key moments
- The benefits of planning for life after pro cricket

"It's such an intense lifestyle. You play it from something like 16 to 35 if you are lucky, and you know it goes so quickly, but every minute of the day is cricket, cricket, cricket... and you know it gets on top of the best players within the game."

"It's such an encompassing lifestyle. You're playing so often, playing everyday, with the ups and downs, the emotions of it, every day. One day you get 100 and the next day you get nought and you build yourself up to play, against the fastest bowlers in the world, it's so, so encompassing."

"The skills we are after are the ability to walk on to the field and have nothing on your mind other than your cricket. The way to achieve that is to have everything sorted away from the cricket and have a security and purpose away from cricket."

Perhaps you can identify with some of these quotes? They are from those you play with and against and highlight the value of working towards a security and purpose beyond the boundary.

Positive winter work experiences - Players felt that in experiencing the world of work you gain self-confidence



■ ■ ■ Success comes from hard work on and off the pitch

"... being around new people and learning how to deal with new situations. If you get a job there will be deadlines to meet and there will be new pressures in that sort of job. That will help my cricket because there are deadlines in cricket, not like there are in work, but deadlines on getting runs. So I think that will help me as a person and how to deal with those situations and that kind of pressure..."

"I think it is a good chance to see if you can find something that you might want to do, or give yourself the opportunity to do new things or learn new things. I think by doing that you make yourself a better person and in that way help your cricket."

Work experiences were also thought to improve communication skills, improve your personal situations, and often made players realise how much they appreciated their cricket, while helping them recognise the "life skills" they develop through cricket are invaluable.

"...if you start the ball rolling and have a long, successful career, you're

only going to be in a better position personally, out of the game where you're all set up when your career finishes, it is important that you're all set up with things in place, and have other interests, or your own business..."

"I did three months on a building site and it was really tough, but it made me think and appreciate how much I like cricket and how good a life it is. I was in work for 7.30am and because it was winter it was freezing. Sometimes I was left on the building site on my own just to shovel a big hole ... Being at one place for two weeks shovelling three tonnes of topsoil. So when I am playing and I am having to field all day I just think, "hang on a minute I could be getting up at 7am everyday and shovelling rubbish". It really makes me appreciate what I have."

"...the life skills I have learnt from cricket are going to put me in good stead for the rest of my life... You learn and know your own team backwards, what kind of a mood we are in, because you know for a season we live in each others 'pockets and



■ ■ ■ Working as a team towards a common goal

everybody is different. You need to realise that, all these skills I have, I learnt from playing cricket...what have I learnt, apart from how to bowl?' Without knowing it you have learnt key skills which organisations require. Communication, being able to work as part of a team. You look at prerequisites of all these companies and they want all these key skills. We do it for a living without even knowing it."

Typical thinking that stops or starts pros planning for the future

Some players said they don't look into other things because they are afraid to and don't know anything about them. Some were worried about what the coach thinks, some felt they just had to concentrate on their cricket, some just wanted a 'small taster' of what else they might be interested in, and others felt they would need to be 'scared' to start doing things.

"I am a bit afraid to dip into the other interests as much as I would like to. If it's a cricket thing, then yes I will do it, (I mean I know about that) but to know about different things, like pensions or accounting or banking, I am sort of a bit afraid."

"... another worry is that coaches and other people will look at you and think, why is he doing all these things? Is he not confident in himself?"

"I know now, that it pays to be pro-active. Two years ago I did a computer course, which kick-started me into doing other things – I did my second coaching course, and now I'm doing my third one... a couple of years ago I would say "I will do this later", but now I realise that at this stage of my career that I might as well take the opportunity while I have it and while I am making some decent money."

The timing of players' decisions on when to start planning for their future is a very individual thing. Some players felt they wouldn't plan until they had to, while others said that seeing fellow professionals being released has had a big effect on their own planning, because sometimes they are like "lost souls".

"I have just signed a five-year contract, so that has given me a bit of security till I am 35, but although five years sounds a long way off, looking back on the last ten years you realise it goes quickly."

"There were a lot of players, especially in my early career that in the wintertime just sat on their bum all day. They would wait for April to come round and go and have a few rounds of golf and so they had nothing behind them at all. I know these issues are being addressed now and I think it is fantastic."

"I woke up one day and realised that I was not going to do this forever. I don't know what made me realise this – maybe someone at the club retired, maybe someone finished, it might even have been seeing a second team lad who hadn't been as lucky as me. Whatever it was, it brought it home that it is a hard business we play in."

"I am one of the lucky ones really, I have been involved in the game for a long time, but there are a lot of players, who haven't been able to sustain a career in cricket. I have seen a lot of them give up, probably, the best working years of their lives and their education to play cricket, reach 28, 29 and then what do they do? It must be difficult for cricketers who got contracts at such a young age, when they finish playing ... they are basically

82% of players have thought about their future after cricket

144 cricketers worked this winter



■ ■ ■ Learning new skills can help increase your sense of security

lost souls, they've always been around the club, always had people around them, and all of a sudden they are on their own."

Uncomfortable insecurities and key moments

Players felt a lot of uncomfortable insecurities in being a pro. They felt there is little security within the profession, and that they do worry and think about what they will "do" and "be" after they finish. Players also said that insecurities are particularly uncomfortable when you have "mature" life commitments or around contract negotiation time, and that moving beyond cricket will be a life-changing experience. Although players suggested they just want to keep playing, they also reported wanting to be challenged and happy.

"I mean, when you're a doctor you're not thinking about another career you might have. When you're a lawyer you're not considering other careers, you'd be mad! I mean once you become a doctor you're a doctor, you're not thinking about what you're going to do when you're not a doctor."

"I respond to pressure really well and my greatest achievements have been under the highest pressure. But there is something uncomfortable about not having

that security in your career, not being able to go out there and enjoy what comes."

"Once my contract finishes here, I need to have a proper job, I can't go and work in Sainsbury's packing shelves, that's not enough money to support me and it's not enough money to support my family, so I need to be out there doing a proper job."

"Well, life after cricket is going to be very important, its going to be completely different to the lifestyle I have got now (traveling, being in a dressing room, being in front of people and being on television), I realise that it is going to be completely different."

"When you play there are so many good things about cricket; the camaraderie, there's the achieving, there's the lifestyle of it, and that's all I ever wanted to do, you know, all those things are an enormous draw to want to keep playing."

"When I think about trying to something to do in the next stage of my life, I know I like to be challenged, so it's about finding something I can get my teeth into and enjoy."

The benefits of planning for life after pro cricket

Players reported a sense of security gained from preparing for life outside and after sport, that can keep a player

fresh and is likely to improve the performing mindset.

"It is a distraction that I don't have. If I didn't know what I was going to do in the winter and if I didn't have the CV that I have got now I think it would be a major worry of mine through the season and that is the last thing I want..."

"It has given me a piece of mind to be confident that I can go and do something else in the winter."

"To have something else that you are interested in or thinking about doing, makes you fresh, and helps you keep your enthusiasm for cricket also."

"Player X has a three-month contract and he doesn't know if he is going to get an extension to that contract or if he will need to go and find another job. He has to go out there and get everything right technically and mentally, but emotionally he is worried about his job, he has a mortgage to pay and he might be worried about that?"

"Having a commitment away from the game is fulfilling and will enhance my performance in the game."

Players also suggested that it is important for you to mature as a person not just a cricketer, and that they are confident the Performance Lifestyle Programme can offer something to existing and future players.

"Since the advent of twelve-month contracts and the Programme, we've been given a little more direction with our lives. I think that is a key word, 'direction', because I did not know which direction I was going. But now I do, I know exactly what I want to do and get out of the game, and I know what I want to do when I get out of the game. It has taken a long time to realise that..."

Performance Lifestyle offer people ways of seeing how they can lead a more fulfilling life.

PCA Educational Funding

The PCA offers educational funding to all players. Whether it's an IT course, sports psychology degree or fitness diploma, you can receive funding for 50% of the course cost up to £1,500. Once you have paid for the course, return the receipt of payment along with a completed Education Funding form and the PCA will reimburse you.

Learning to drive? The PCA will also help fund driving lessons up to £250. Again, simply fill in an Education Funding form and return with your receipt of payment and we will reimburse you.

Contact Jason or Rachel for a form and/or more info.

PCA Development Courses

The PCA will once again run winter seminars covering a variety of subjects including Property Development, Sports Journalism, Sports Marketing, Business Start Up, After Dinner Speaking, Plastering, Plumbing and many others.

Some of the courses will also be regionally based this year, so please let Rachel or your Performance Lifestyle Adviser know if you are interested in attending or if you have an idea for a course that is not listed.



■ ■ ■ Don't forget that all the information you need from the PCA is on the website www.thepca.co.uk. Whether you're after insurance information, looking for a job, need a new car or want to check the latest live scores, the PCA website is the place to go!



59% of players have seen a Performance Lifestyle Adviser

Career in Focus – Plumbing

Andy Pratt, ex-Durham wicket-keeper, talks about how he went from being a cricketer to a plumber....

The hardest part of deciding on a new career is the starting point. I first began planning when my wife and I had our first child, which pushed me towards thinking about our future and security. Performance Lifestyle gave me as much help as I could have wished for. My Adviser helped me whilst I continued to concentrate on my cricket.

From the age of 16 I had been a professional cricketer and could never look beyond playing. But as we all know it does come to an end and from my point of view the transition was not as bad as it could have been, but that's because I spent time considering the future and then planning. During my playing years, like many, I never initially thought about planning, but the only advice I can give now is to take advantage of working with the Performance Lifestyle programme to consider these plans. Whether it is at the beginning or towards the end of your cricketing life, I feel it will take the pressure off your game and help you enjoy a long and successful career.

For me, working towards becoming a plumber has been a big culture shock-day in day out working long hours for less money. It's hard, but it is also real life. Eventually the work becomes part of your life and you find out how well looked after you have been as a professional sportsman, reaping so many rewards.

When I first sat down with an Adviser, I had no idea of what I wanted to do (I am sure some of you understand this feeling). Over a long period of time I spoke to various people and through a process of elimination I was clear in what I didn't want to do. Then after sometimes painful selection processes, found an occupation I had a real interest in. I then spoke to people in the industry about the job, which was reassuring and confirmed it was the line of work for me, but I continually received knock-backs, from both further education establishments and

from employers (no one seemed to return my calls).

As I write this article I have now completed all the training processes and have recently sat my final exam. I still remain with the company who sponsored me through my training and plan to be with them for some time as a gesture of loyalty. Although in the future I have aspirations to set up my own business in the industry.

Andy Pratt

“working towards becoming a plumber has been a big culture shock”



Career in Focus – “Is plumbing for you?”

All you need to know about becoming a plumber.

What do plumbers do?

Plumbers play an essential role within modern society, providing everything from clean water to central heating. They are responsible for installing, servicing and repairing hot and cold water supplies, drainage networks and heating systems. Some plumbers choose to specialise in sheet metal work within industrial, commercial and/or historical buildings. Plumbing work can be indoors or outdoors, it is often in confined spaces and sometimes at height.

What qualities do you need to be a plumber?

- Good at working with your hands
- The ability to follow technical drawings and plans
- Good practical and problem solving skills
- A careful and methodical approach to work
- Willingness to undertake physically demanding work in varying environments and environmental conditions
- Able to work on your own initiative as well as in a team
- Awareness of health & safety issues and legal regulations
- Good communicator with the ability to take direction from others and give direction
- Good customer care skills
- Normal colour vision (for some specific work)

Where do plumbers find work?

Qualified plumbers may work for a plumbing or mechanical engineering services company, a building contractor or a public sector body, or they may choose to become self employed and build up their own client base.

How many hours do they work?

Plumbers work 40 hours a week but overtime is common and some offer a 24-hour call-out service.

How much do plumbers earn?

The salaries below are presented as a guideline. They vary regionally, with the highest average salaries being in London and the south-east.

Starting salaries for newly qualified plumbers range between £16,500 and £21,000. Experienced plumbers can earn between £21,000 and £30,000 a year. Plumbers with supervisory duties can earn up to £35,000. Self-employed plumbers negotiate their own rates.

What do you need to do to become a qualified plumber?

There are a number of routes you can take to become a qualified plumber. Methods of learning range from distance learning to attending college on a weekly basis to undergoing intensive in-house training with a private training provider; however, all routes require you to undertake a significant period of on the job training. It is possible to start working towards qualifying and to potentially qualify whilst still playing professional cricket, but your success will depend on your initiative, commitment to finding and securing work based training in the off-season, and a strong work ethic.

To become a fully qualified plumber you will need to attain the qualifications outlined below. It is important to note that the entry requirements for these qualifications are set by colleges and training providers so they can vary but most are likely to

include an aptitude test. You will therefore need to contact individual colleges and training providers to confirm their entry requirements.

1) City and Guilds (6129) – Technical Certificates Level 2 Basic Plumbing Studies and Level 3 Plumbing Studies.

This is a theoretical qualification that provides all the necessary underpinning knowledge that you need to practise safely in the work place. These certificates can be done without any work experience and many training providers require people to complete them prior to starting any work placement. The certificates can be done part-time in college or during intensive study programmes (typically 8-12 week courses) with some allowing a period of home study prior to undertaking intensive in-house training at the private training provider centre.

N.B. Prior to enrolling on a course always check that it is accredited by City and Guilds, www.cityandguilds.com. This website will also tell you where you can do this qualification in your area and provides contact details. Alternatively, SummitSkills (see more information section) can provide you with this information.

Industry bodies strongly recommend that you gain a placement or employment with a plumbing firm as soon as possible after starting the technical certificates, so that you can complete the necessary NVQ as soon as possible.



■ ■ ■ **Where's Andy when you need him?**

2) NVQ/*SVQ Level 2 and 3 in Mechanical Engineering Services (MES): Plumbing (Domestic).

*NVQ is called SVQ in Scotland
The National Vocational Qualification (NVQ) in plumbing involves work based learning and training. Possessing an NVQ level 2 will allow you to operate within the plumbing industry; however, to be fully qualified you have to attain the Level 3 qualification, which can take several years to complete and longer if done part-time.

If you are aged between 16 and 19 years (and in some parts of the UK between 16 and 24 years) you can train to become a plumber by doing an Apprenticeship or Modern Apprenticeship course. Depending on your age you may be able to obtain government funding to pay for the full cost of your training. Due to the popularity of the career, places on college courses are often limited. For more information about the Apprenticeship / Modern Apprenticeship and courses in your area contact SummitSkills (see more information section).

To complete your NVQ qualifications as an adult learning you will need a qualified plumber/plumbing firm to take you on as a

trainee and have successfully applied and enrolled on an NVQ training programme with a local college, or signed up with a private training provider so that you can be assessed in the workplace. Some colleges and private training providers will help you to find a training placement, whereas others will only provide you with an assessor so you will need to source and contact qualified plumbers and plumbing firms directly.

If you are over 19 years of age training to become a plumber can be quite expensive (especially through some private training providers) so it is recommended that you take time to shop around for the best deal.

Examples of Private Training Providers...

www.ableskills.co.uk – Able Skills offers City and Guilds in a range of trade disciplines.
www.moveontraining.co.uk/index.html – Move on Training offers both the City & Guilds 6129 qualification and NVQ work based assessment.
www.avand.co.uk/index.htm – Avand offer the City & Guilds 6129 qualification and NVQ level 2 and 3 option.
www.plumblocal.co.uk/franchises/trainingProgram.html – Plumblocal offers

the City & Guilds 6129 qualification, work experience and additional support to set up your business by joining their franchise.
www.olci.info/plumbing/index.htm – OLCI offers the C&G 6129 qualification.

NB. With so many private training providers touting for business across the UK it is important that you do your research and actually contact providers to discuss their training in order to find the best course for you at the best price. Contact your Performance Lifestyle Adviser if you would like some help with this.

Further information

For further information about routes into plumbing, qualifications/training required, continued professional development and career opportunities follow the links below or speak to your Performance Lifestyle Adviser.
Learn Direct
www.learn-direct-advice.co.uk
SummitSkills
Tel: 08000 688336
www.summitskills.org.uk
Institute of Plumbing and Heating Engineering (IPHE)
www.iphe.org.uk

THE PERFORMANCE LIFESTYLE TEAM

Heidi Coleman (PL Co-ordinator)

Counties: Essex & Kent

"I have been working on the PL programme since its inception in 2003. Since then I have seen the programme grow enormously. It remains a pleasure to provide support to players and to see them succeed not only on the field but also away from the game."

Background: BSc (Hons) Sport Science, MPhil Sport Psychology, Graduate Certificate in Careers Counselling, three years teaching in Higher Education.

Contact: 07766 505597 or heidi.coleman@ecb.co.uk

Kate Green

Counties: Sussex, Surrey, Hampshire, Middlesex

"I strongly believe in the need for everyone to have someone to talk to... in a confidential and non-judgemental way. It is this fundamental belief that has led me to previous roles and currently my work within cricket – supporting and challenging players to achieve their potential both on and off the field"

Background: BSc/BA (Hons) Sport Science & Media Arts, Postgraduate Certificate in Careers Counselling for Elite Performers, Gifted & Talented Athlete Support at Sports College, Lecturer in Sports Socio-culture, Welfare Support to University Students

Contact: 07766 804484 or kate.green@ecb.co.uk

Ian Thomas

Counties: Glamorgan, Somerset, Gloucestershire, Northants

"Having experienced the ups and downs of playing county cricket, I found myself amazed by the insecurities during a player's career. Planning for the inevitable change of a career whilst playing is always part of the life of a cricketer. I feel the Performance Lifestyle programme helps players with the insecurity of the game and allows for a smoother transition out of the game when needed, and importantly

takes away the stress whilst concentrating on playing. PL allows players to have a sounding board for this."

Background: BSc (Hons) Sport Development, eight years experience as a professional cricketer with Glamorgan CCC, Graduate Certificate in Elite Performer Career Counselling, ECB Coaching Qualifications.

Contact: 07920 575578 or ian.thomas@ecb.co.uk

Lynsey Braddock

Counties: Worcestershire, Warwickshire, Leicestershire, Nottinghamshire

"I joined the PL team in January 2006 and enjoy working within the challenging and dynamic environment. I am passionate about our programme's role within cricket and thoroughly enjoy working with and supporting such a diverse group of individuals to manage life and fulfil their aspirations on and off the field."

Background: BA (Hons) Sport and Human Movement Studies, MSc Sport and Exercise Science, Certificate for Learning & Teacher in Higher Education, taught in Higher Education for five years, Graduate

Certificate in Career Counselling for Elite Performers.

Contact: 07771 972827 or lynsey.braddock@ecb.co.uk

David Priestley

Counties: Derbyshire, Yorkshire, Lancashire

"I see my time with people as a privilege. I listen and I help them to help themselves."

Background: BSc (Hons) Sport Science, MSc Sport Psychology, Level 1 – Introduction to Counselling skills, Graduate Certificate in Careers Counselling

Contact: 07771 941433 or david.priestley@ecb.co.uk

Phil Dicks

Counties: Durham

"I have been with Durham in one capacity or another since their minor county days. Now that they are established first-class county I'm enjoying the challenge of helping the club and the individual players fulfil their significant potential."

Background: Athlete adviser with EIS for three years, Worked with Sport England for 15 years, BA (Hons) Sports Studies, Diploma in Management Studies. Currently studying for a MSc in sports Psychology. Minor Counties and ECB amateur player. Been employed as a performance consultant since 2001 at Durham.

Contact: 07703 477195 or phil@dicksp.freeserve.co.uk



performance lifestyle

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www.performancehealthcare.com
www.thepca.co.uk

The Professional Cricketers' Confidential Helpline is endorsed and supported by the PCA and the ECB, and created specifically for the benefit of professional cricketers and their families, both past and present.



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Career Exhibitions, Recruitment Fairs & Work Placement Events

Job Scene. The Roadshows

Job Scene is where you will have a chance to meet a range of employers, training providers, further and higher education establishments, professional bodies and expert advisers all under one roof. Entry is free and everyone is welcome to attend. Free one-to-one advice clinics operate at every event where you can gain expert advice from professionals on CVs, Adult Guidance and starting your own business. Visitors looking for a job are advised to bring copies of their CV and dress to impress. For more information on any of these events go to www.jobsceneuk.co.uk/events.asp

Roadshows

Date: 20 September 2007

Venue: The Town Hall, Reading, Berks

Time: 10.30am

Date: 4 October 2007

Venue: The Guildhall, Southampton

Time: 10.30am – 7pm

Date: 11/12 October 2007

Venue: NIA, Birmingham

Time: Thurs 10am – 4pm & 5pm – 7pm,
Fri 10am – 3pm

Date: 26/27 October 2007

Venue: Edinburgh Corn Exchange,
Edinburgh

Time: 10am – 4pm

Date: 8/9 November 2007

Venue: CIA, Cardiff

Time: Thurs 10am – 4pm & 5pm – 7pm,
Fri 10am – 3pm

Date: 16/17 November 2007

Venue: Eldon Leisure Centre, Newcastle-upon-Tyne

Time: 10am – 4pm

Date: 16/17 March 2008

Venue: Olympia 2, London

Time: Sun 11am-5pm, Mon 10am – 4pm

Date: 16/17 March 2008

Venue: Bristol Marriot Hotel , City Centre,
Bristol

Time: Fri 11am – 6pm, Sat 10am – 4pm

Work Experience

Are you looking to do some work experience during the holidays or Looking for voluntary or international work experience. This is your opportunity to find the answers to all your career-related questions all under one roof. For more information go to: www.work-experience.org/cms/ShowPage

Date: 11 October 2007

Venue: National Work Placement Exhibition

Venue: Olympia, London

Date: 2 November 2007

Venue: National Work Placement Exhibition

Venue: NEC, Birmingham

Other Exhibitions and Fairs

Date: 22 October 2007

Venue: London Graduate Recruitment Fair

Venue: Business Design Centre

Time: 12pm-6pm

Attracting over 80 exhibitors and 4,000 visitors, the Fair offers careers opportunities in a vast range of employment and voluntary sectors. Meet and network with top graduate recruiters, attend career seminars, employer presentations and workshops, get C2 premium careers advice and free CV one-on-one CV checks, plus much more! For more information go to: www.careers.lon.ac.uk

Date: 2 & 3 Nov 2007

Venue: National Graduate Recruitment Exhibition

Venue: NEC, Birmingham

Time: Fri 11am – 5pm, Sat 11am-4pm

Meet the top UK graduate recruiters, get free CV advice, have a go in their mock assessment centre and listen to company



Keep an eye out for opportunities

and careers presentations. For more information go to: www.gradjobs.co.uk

Date: 21 November 2007

Venue: The Postgraduate Study Fair

Venue: G-MEX Centre, Manchester

Time: 10.30am – 4pm

Do you want to be a postgraduate? Find out about funding, check out the universities and subjects you'd like to study, get help from the team of careers consultants, pop into the seminars which include information about studying overseas, teacher training, funding and what life is really like as a postgrad. Free entry, free fair guide, free advice. See www.manchester.ac.uk

Date: 23 & 24 November 2007

Venue: The National Engineering & Construction Recruitment Exhibition (NECR in association with the Daily Telegraph)

Venue: Hall 10, NEC, Birmingham.

Whether you're looking to kick start your career or are searching for that next step on the ladder, NECR offers a vast array of exceptional opportunities for all engineering and construction professionals. You will find not only the best industry recruiters, but also invaluable careers advice and job-seeking tools. Includes free CV consultation, free Interview Clinic and subsidised transport.

For more information and details of how to register for this free event go to www.engineerjobs.co.uk

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