

BEYOND THE Boundaries

THE PCA MEMBERSHIP MAGAZINE FOR PLAYERS PAST & PRESENT

Issue 14

The Inaugural PCA
PD Scholarship Awardees
Step Forward

2014

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THE COVER

AS EVERY PLAYER THAT HAS HEADED TO LORD'S VIA ST JOHN'S WOOD TUBE WILL KNOW, ABBEY ROAD STUDIOS IS ONLY A STONE'S THROW FROM THE HOME OF CRICKET. THE BEATLES 1969 ALBUM NAMED IN THEIR HONOUR PROVIDES THE INSPIRATION FOR THIS ISSUE'S COVER ART, WHICH FEATURES THE THREE PLAYERS WHO STEPPED UP TO THE CHALLENGE AND WERE AWARDED THE FIRST PCA PERSONAL DEVELOPMENT SCHOLARSHIPS.

FROM THE EDITOR

Welcome to edition 14 and to the summer after what can only be described as a long, wet winter! So looking ahead to warm weather and a long, beautiful summer...

From batting for Lancashire and England, to coaching the national side during the 1990s and now lighting up our living rooms with his expressive commentary, David Lloyd has pretty much done it all in the cricket world. Who better, then, to serve the PCA as president than the popular man of the people, who remains as passionate about the game and its players as ever.

At a time when the game has been in such flux with the advent of T20 cricket, central contracts and the rise of social media, former PCA county 'rep' David remains a leading authority on cricket, who is steadfastly determined to promote the work the organisation are undertaking for the good of the game and our members.

Starting on page 16, it's interesting to read his thoughts on how player influence has evolved down the years to give them more power – and just how much the PCA have developed to facilitate the transition from playing to moving into an alternative career post-retirement. I'm sure you will join me in wishing David all the very best in his new role.

As an individual who has always strived to constantly better himself, it's appropriate that David should feature prominently in an issue where the idea of looking constructively towards the future is explored in such depth.

At the end of February, 20 youngsters attended the PCA's latest Rookie Camp – sponsored by Tom Maynard Trust – where they got a flavour of what they can expect life to be like now they have turned professional. Adding to the occasion were a couple of special guests – and you can find out more about the positive impact they made on the hugely important sessions from page 11 onwards.

Another case study within our Mind Matters campaign, we speak to Sarah Fowler, wife of Graeme 'Foxy' Fowler, who we featured in the last edition. We hear her views as the partner of somebody suffering with depression. We also hear about our partnership with Time to Change which is trying to change people's pre-conceptions about the topic, which can often lead to stigma and discriminations.

Players at my former county, Warwickshire CCC, lent a welcome hand to launch the first ever Time to Talk campaign, which is designed to get people to open up to each other about mental health. Given we all are, or have been, involved in a team sport, the more fluid the discussion in the dressing room, the more we will be understanding of those who encounter serious problems.

In that regard, the PCA have always done their best to offer support in whatever way possible, not only when issues arise, but also in providing opportunities for the membership outside the game. We have increasingly encouraged players to take an interest in their post-cricket future and it's been fantastic to see an increasing number do just that.

The next step has been to develop a PCA Scholarship Award to financially assist those who have been the most forward-thinking of all and I'm delighted to say it was hugely difficult to select a winner because there were so many outstanding applications received. You can find out more about the programme, which will become an annual award, in our members' news section and on pages 24-26.

Finally, I'd like to wish everyone preparing for the new season the best of luck when the action gets back underway. Let's hope the weather is a bit drier than it has been across much of Britain since November.

All the best

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NO RUSH TO BAR WORTH IT FOR CHRIS

When **Chris Rushworth** cracks open a bottle of Champagne to celebrate the next New Year, he'll have extra reason to raise a toast after vowing to go for the whole of 2014 without a drop of alcohol.

The 27-year-old Durham seamer has already proven during his career he is not disheartened easily when he has a target in his sights, regaining his place on the county staff at the Riverside after being released in 2006, which saw him taking jobs selling satellite dishes and working in a call centre.

His tenacious approach has really reaped dividends over the last couple of seasons when he has contributed greatly to Durham's upturn in fortunes, emphasised by his 54 wickets at 22.25 to help his team to the County Championship Division One title last September.

This summer Rushworth is going to need all his power of resilience after deciding to take up the Dry 2014 challenge in aid of both the PCA Benevolent Fund and Save The Children, where he hopes to raise a healthy four-figure sum.

"I have done Dry January a couple of times, but I wanted to really test myself, so, for some reason, I'm going for the whole 12 months!" said Rushworth. "The first couple of weeks was quite tough, but after that it's not something you tend to think about too much.

"I think the hardest part of the year will be once we get back playing. Sometimes it's just really nice to relax with a sociable beer with the rest of the players after a really good day's cricket you've enjoyed, a good win, or even if you've had a not so good day. This summer it will be juice and water."

"My team-mates are right behind me,

even if a few of them have said I've got no chance, but I have got every faith in myself, especially when you remember why you are doing it. They are two great charities and being a cricketer myself I recognise that's it's important to get involved and support the people who support us."

There are other benefits, too. Namely that Rushworth has lost weight and feels much fitter. Opposition batsman should beware. He added: "I definitely feel sharper and generally healthier – I always feel nice and fresh and ready to go. It's helped me in my training too and hopefully once the season comes around they'll be benefits on the pitch."

To help with the fundraising effort, Rushworth will welcome former England players Ryan Sidebottom and Steve Harmison to the Riverside on the evening of May 3, the day before Durham



take on Yorkshire in the County Championship for a Q&A session. Tickets are already available, with other events planned for the rest of the summer to be confirmed in due course.

But will Rushworth actually still want a tipple when the time comes, having stayed dry for so long? At this point he is not sure. "At the moment, the plan is to have a big party, but 12 months is a long time and you never know, by then, I may not want to go back to having a drink. I guess we'll just have to wait and see."

For more details about Chris' events as they are announced follow him on Twitter @rushworth22 or donate at: <https://mydonate.bt.com/fundraisers/chrisdry2014>

FREE-FLOWING ACTION: CHRIS RUSHWORTH
IN HIS DELIVERY STRIDE FOR DURHAM

A KHAN-DO PHILOSOPHY

The man who has helped put cricket back at the forefront of state school sport described as 'a wonderful experience' visiting Buckingham Palace to receive an MBE from the Queen.

Wasim Khan, the Warwickshire, Sussex and Derbyshire batsman, who was the first British-born Pakistani to play professional cricket in England, picked up his honour just before Christmas for his pioneering work for the Cricket Foundation charity, where he is chief executive.

Khan was instrumental in the development of the 'Chance to Shine' campaign, designed to address the disparity in opportunities to play cricket between state and independent schools.

Since its launch in 2005, the programme has already involved two million people across the country in 7,000 schools – with the promise of many more to follow.

"To be at Buckingham Palace with my family was fantastic," said Khan. "I was really fortunate that two months previously I was invited, along with some of the others honoured, for a private lunch with the Queen and the Duke of Edinburgh – and she remembered me, which was amazing!"

"From sport you learn so much about controlling your emotions and these youngsters will grow up to be the adults of the future. It's important they get into a lifestyle where sport becomes a norm."



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LAST MAN: TONY PIGOTT HAS ALL THE ANSWERS

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ACADEMY REACHING FOR THE STARS

Yorkshire fast bowler Ryan Sidebottom is bidding to pass on the vast experience that has helped him secure more than 600 first-class wickets – and counting – with the launch of his own cricket academy.

The former England man is teaming up with his dad and fellow ex-international bowler Arnie and a selection of hand-picked expert coaches with the aim of inspiring the next generation of cricketers and ultimately providing stars of the future.

The Ryan Sidebottom Cricket Academy has been two years in the planning and is open to all children aged eight to 15. As well as paid-for places, there will be a number of

scholarships available for students from less privileged backgrounds, three of which will be sponsored by Yorkshire Tea.



Specific sessions will cover batting, bowling, wicket-keeping, fielding and general fitness and Sidebottom promises that while the sessions will be hard work, they will also be a lot of fun. "Coaching is something that is really close to our hearts as a family," said Sidebottom.

"To be personally involved in helping to nurture young players with natural talent, who may not otherwise have an opportunity, is a great feeling."

www.ryansidebottomcricketacademy.co.uk

MEMBERS NEWS



They say nothing can substitute the feeling of taking a wicket or cracking a huge six, but Derbyshire bowler Tony Palladino believes he may have found the next best thing. Just as he gets a buzz out of sending batsmen back to the pavilion in his day job, so he has found writing about the game an increasingly engaging pastime.

At 30, the former Essex right-arm is determined to make the headlines for some time yet, but, with the help of the PCA, he is now seriously considering the prospect of penning them once his playing days are over.

Palladino has always harboured an interest in writing and began to put that to good use by putting together an online blog. Then, after speaking to his Personal Development Manager, an introduction was made on his behalf to former Notts players Jimmy Hindson and Andy Afford, both now working for The Cricketer magazine.

As a result, it was arranged for Palladino to undertake work experience at the publication's Long Eaton office close to his Derby home, which he slotted into a two-month period between the end of October and the lead-up to Christmas. It turned out to be an invaluable experience and an effective use of a quieter off-season period.

"I wasn't much of a swot

at school, always more of a sportsman, but I've always enjoyed talking and writing about the game," he said. "I'm a bit of a cricket 'badger' in that I will sit and watch any game and by blogging I've been able to not only discuss those matches, but able to give a little bit of insider knowledge that comes from playing professionally.

"At the magazine, they gave me quite a lot of responsibility and at the same time constructive criticism on my writing – how to make it punchier – and I think it's getting better all the time because of it," he said. "I was able to write some features, and I was encouraged to throw a few ideas into the hat."

Palladino is not the only former player to pick up a pen or, these days, a laptop. Mike Atherton, Angus Fraser, Mark Nicholas, Mike Selvey and Steve James are just some of the former players to have used their insider knowledge to good effect in the journalistic world.

"I'm now looking to try to do some kind of qualification, though I haven't looked into exactly what yet, but I know they do courses at Derby University, so that might well be the next step.

"I'm very thankful to the PCA for the support they have offered. It is a short life expectancy as a cricketer and they help you plan for the future."



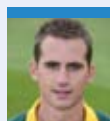
A LITTLE BIRD TOLD ME...

There's been no shortage of Twitter activity from our members over the winter break. We've been keeping our ear to the ground... and eyes on our phones!



[@Anya_shrubsole](#) (Anya Shrubsole)

after clinching the Women's Ashes:
"Think we just won something!!!!"



[@AlexHales1](#) (Alex Hales)

"I ordered my new kettle today, absolutely buzzing!"... Quote [@StuartBroad8](#).... If that's not a sign of age I don't know what is! #washedup



[@joeroot05](#) (Joe Root)

"Sachin made his debut for India before I was born. Then played in my Test debut
#ThankYouSachin



[@Trotty](#) (Jonathan Trott)

"Glad to have had the chance to speak honestly about things, thank you again for so many kind words of support. Time to focus on the future."



[@BeefyBotham](#) (Ian Botham)

in response to a *Beware of Snakes* sign on an Aussie golf course: "Welcome to the golf course... you want to keep it up the middle..!!!!"



[@RonnieIrani1](#) (Ronnie Irani)

"When stressed you eat ice cream, cake, chocolate and sweets. Why? Because stressed spelled backwards is desserts."



[@thecompdog](#) (Nick Compton)

"Great to meet [@GregSearle2012](#) today. Won gold at age twenty and then a bronze twenty years later. Amazing Story"



[@DGoughie](#) (Darren Gough)

after his final appearance on Winter Sports show The Jump, during which he broke three ribs:
"Big night - Hospital for xray tomorrow on whole body. Broke three ribs and ankle ligament damage"



[@BunnyOnions](#) (Graham Onions)

"Breaking news... Taunton has a Nandos."

ANGLING FOR A NEW CAREER



off-season and is bidding to expand his operations in the future.

Former England World Cup winner Jack Charlton famously loves to relax by taking to the riverbanks for a spot of fishing, but Essex batsman Mark Pettini may go one step further by looking at the sport as a potential source of future employment.

The former England Under-19 player and one-time captain of his county is just as passionate when it comes to talking about tackle and bait as he is about bat and ball. Already, he has organised a host of fishing trips in Britain and overseas during the

Pettini has also been working with Woodlands, a logistics company and Essex sponsor, who are looking to enter into the fishing industry, by setting up introductory meetings with contacts and connections he has made down the years. "I'm lucky that I have managed to travel the world through cricket, but have also been able to find another passion in my fishing," he said.

"It's a great starting point for me, because my knowledge and experience is helpful to Woodlands and I get an introduction into seeing how business deals are put together and fulfilled. Who knows, it may end up being something I can move on to."

GAVIN'S IN BUSINESS

The PCA team has been strengthened by a familiar face on the county cricket circuit – and one who had the rare distinction of representing both England and Scotland.

Scot Gavin Hamilton has joined the organisation's commercial team as Business Development Manager, having played first-class and one-day cricket for much of the nineties and noughties, primarily with Yorkshire, but also with Durham.

The all-rounder took 380 wickets and scored 8,663 runs before first-class retirement in 2005 and has enjoyed a successful sales career prior to his appointment.

"I am delighted to be joining the PCA, an organisation whose work on behalf of players I have always admired, and I look forward to playing my part in its continuing success," said Hamilton.

EXPERIENCING THE REAL DEAL

Surrey paceman Stuart Meaker got the chance to taste the lifestyle of a city trader when he took part in an intra-day trading experience at Marex Spectron in London.

Set up by the PCA, the day included a brief overview on the theory of trading and predicting the markets from expert Nick Groom and the opportunity to chat to graduate traders.

"Due to the time constraints, Nick had to compress eight weeks' worth of theory into around three hours," said Meaker. "Unfortunately, this resulted in me having a disastrous first trade and I lost what could have bought me a small mansion in the Surrey countryside!

"Despite my failure to make the fortunes I had been dreaming about, it was a good insight into what can be an uncertain career."

PRICH TO PARAGON

Former Essex captain Paul Prichard will be rubbing shoulders with some of the leading names in sport after landing a role at Paragon Sports Management as Head of Cricket. The London-based client management specialists represent the likes of Alastair Cook, Andrew Strauss, Ravi Bopara, Sam Robson, James Haskell, Mike Catt, Alec Stewart, Ed Chamberlin and Phil Tufnell in the sport and media worlds.



BEARS BACK TIME TO TALK

It's good to talk, as Warwickshire team-mates Jim Troughton, Ian Westwood, Laurie Evans, Tim Ambrose and Rikki Clarke illustrated in backing England's biggest mental health anti-stigma programme.

Time to Change, run by the charities Mind and Rethink Mental Illness, aims to get more people discussing mental health issues than ever before and on February 6 held its first ever 'Time to Talk Day'. The campaign aimed to show that little things make a big difference when it comes to mental health, such as having a cup of tea and a chat.

Mental health problems are more common

than people think, with one in four of affected in any given year. The aim of Time to Talk was to show that conversation on the subject helps people to know they're not alone and can strengthen relationships between friends, family and colleagues.

The Edgbaston collective certainly did their bit to back the campaign, which aimed to inspire a million conversations by setting tongues wagging.

It is yet another example of the PCA's ongoing drive to tackle mental health issues, led by its well-respected Mind Matters education programme. www.time-to-change.org.uk

OBITUARIES

STUART JAKEMAN

A well-known figure in league cricket in Yorkshire for many years after his county career ended, he later took up umpiring and stood in many County Second XI and MCC University matches. The left-handed batsman - son of Freddie Jakeman, who appeared 134 times for the White Rose county - played three first-class matches for Northants as a left-handed batsman and also for Cumberland in the Minor Counties Championship. He died in his native Yorkshire aged 70.

CYRIL PERKINS

The former Northants slow left-arter, who was the oldest surviving former first-class cricketer, has died in Suffolk, aged 102. Perkins played 56 matches for Northants as a professional between 1934 and 1936, and for the Minor Counties against Kent in 1951 without ever finishing on the winning side - a record for the number of first-class appearances without a win. He took 93 wickets, including five five-wicket hauls - the best 6-54 against Worcestershire in 1935 - before enjoying more success for Suffolk in Minor Counties cricket taking a record 779 wickets. He played for them until aged 56 and was later elected as their president.

TED WILLIAMS

A left-handed batsman and right-arm seam bowler who went to Charterhouse School, he made his solitary first-class appearance for Leicestershire against Gloucestershire at Grace Road in 1949 after he had played for Leicestershire's club and ground side. Born in Dorset, he made 14 and 3 and took 2-33 in 13 overs, opening the bowling as Gloucestershire won by an innings and 82 runs. He died in Cheshire aged 88.

REG SIMPSON

Named as one of the Five Cricketers of the Year by Wisden in 1950, he captained Nottinghamshire for a decade from 1951 and made 27 appearances for England spread over seven years, facing stiff competition at the top of the order from Len Hutton and Cyril Washbrook.

The tall and elegant right-hander was a prolific run scorer in county cricket and ended his career with more than 30,500 runs, including 64 centuries.

At the time of his death aged 93, he was England's oldest-surviving Test player, as well as his county's, and served Nottinghamshire as a committee member from 1961 to 1998 and as president. He was also a director at bat makers Gunn and Moore.

Simpson made his debut for Nottingham High School's first team at 13, having shared an opening stand of 467 in a house match and impressed at



Trent Bridge in war-time fixtures when he was serving as a pilot in the RAF.

Making his Nottinghamshire debut in 1946, he was selected to tour South Africa in 1948/49. His international career brought four Test centuries, with a highest of 156 not out in the 1950/51 Ashes at Melbourne, helping England to their first Test win over Australia in 13 years.

ALAN TOWNSEND

An important member of Warwickshire's 1951 County Championship-winning side, and later an influential coach at Edgbaston, who died at the age of 92.

Joining the Bears at 26 after playing Minor Counties cricket in his native Durham, he quickly established himself as an effective all-rounder who was awarded his county cap in 1948, scoring more than 12,000 runs in 342 first-class matches and also taking 325 wickets with his medium pace.

Townsend made six first-class centuries and claimed seven five-wicket hauls, which included career bests of 154 and 7-84, and held 412 catches during his career as an outstanding fielder, 409 of them for Warwickshire, a then county record. After retiring in 1960, he was particularly effective as an identifier, developer and encourager of young talent as an assistant coach.

RAY WEEKS

Born and raised in Cornwall, the slow left-arter, another member of Warwickshire's County Championship-winning squad in 1951, has died aged 83.

He played for his home county in Minor Counties cricket, debuting at 17, either side of his first-class career of 107 matches between 1950 and 1957. He took 5-42 on his first-class debut against Cambridge University in 1950 and enjoyed his most successful season the following year with 94 wickets. Four of his seven five-wicket hauls came during that title-winning summer, including a career-best of 7-70 against Nottinghamshire. Weeks, awarded his county cap in 1951, also played club cricket for Camborne and St Gluvias in Cornwall and for West Bromwich Dartmouth in the Birmingham League.

GRAHAM STEVENSON



The former England all-rounder was unfortunate that his career coincided with that of Ian Botham, and he would probably have played more international cricket in another era.

Had he been born 30 years later, he would, no

doubt, have been a star attraction in T20 cricket too because his game was ideally suited to cricket's newest format.

As it was, Stevenson played two Tests for England between 1980 and 1981, against India and the West Indies, and four one-day internationals, announcing himself against the Australians at Sydney in 1980 by clubbing an unbeaten 28 from 18 balls to seal a two-wicket win.

Success in county cricket came as a high-hitting lower order batsman and seam bowler at Yorkshire. He took 488 first-class wickets and scored almost 4,000 runs,

including two centuries.

One of those came batting at number 11 against Warwickshire in 1982, in a partnership of 149 with Geoffrey Boycott. His 18 five-wicket hauls included a career-best 8-57 against Northants in 1980.

He played for Yorkshire from 1973 to 1986 and ended his county career with Northants in 1987. After cricket, Stevenson had several jobs and worked as a bailiff for five years.

He was diagnosed with mouth cancer in 2005, receiving help for his treatment from the PCA's Benevolent Fund, and died aged 58.

DAVID CLARK

Described as 'one of the most influential figures in English cricket in the second half of the 20th century' by former colleague Carl Openshaw, he was Kent's oldest surviving capped player, and their second oldest former player, when he died at 94.

The right-hand batsman and occasional slow left-arm bowler played 75 first-class matches for Kent between 1946 and 1951, scoring 1,959 runs and 10 half centuries, and captained the county in his last three seasons.

Clark then became a leading administrator, managing an MCC tour of India in 1963/64 and the 1970/71 Ashes tour as well as serving as treasurer and president of MCC in 1978/79. He was chairman of Kent from 1970 to 1974 and was president in 1990.

JONATHAN FELLOWS-SMITH

An all-rounder who played four Tests for South Africa on the 1960 tour to England, but the majority of his first-class cricket in England, has died in Bedfordshire, aged 79.

Nicknamed Pom Pom, he was a 'double blue' at Oxford University and went on to score 3,999 runs, including five centuries, and took five five-wicket hauls in 94 first-class appearances for Northants and Transvaal. He also played club rugby union for Richmond.

PETER JACQUES

A middle order right-handed batsman, he served as a commissioned officer in the Royal Regiment of Artillery in the Second World War.

Jacques made 55 in the first innings of his only first-class appearance for Leicestershire against Northamptonshire in 1949 and made occasional appearances for the county's Second XI in the Minor Counties Championship between 1955 and 1959.

He died in Somerset aged 95, having seen grandson Robin Lett also play first-class cricket for Somerset.

TWO FUNDS FIND A NEW THREAD

Having swapped the wearing of cricket clothing for the manufacture of it, **Paul Hutchison** is hoping to give something back to the game that gave him a near decade of enjoyment as a professional.

The Yorkshireman started out with his native county – for whom he took 2-63 and 4-23 on his debut against Mashonaland in Zimbabwe on the eve on the 1996 County Championship season – and went on to play for Sussex and Middlesex before finishing his playing career in 2005, taking 184 first-class wickets and a further 72 in one-day competition.

After retiring at 28, Hutchison initially helped out at the family tailoring business and then worked at Surridge Sport before joining Romida Sportswear. In 2008, the former England under-19 and A international bought out the clothing side of the business and last year rebranded as Romwear, running affairs from his base in Farsley, just outside Leeds.

Now established as a dedicated supplier of multi-branded teamwear, with clients in the rugby league and football sectors as well as cricket, the 36-year-old is determined to give something back. Inspired by a previous project he worked on for a charitable organisation, Hutchison came up with the concept of 6 Appeal under the banner 'Giving Just Got Cooler'.

Donors can choose one of five nominated charities to back – or even opt for one of their own – by purchasing either a hoodie or a t-shirt. All the nominated good causes have some kind of cricket connection, some more loosely than others, with the PCA Benevolent Fund and the Tom Maynard Trust two of their select number.

"What makes this a little bit



GIVING SOMETHING BACK: FORMER YORKSHIRE SEAMER PAUL HUTCHISON IS KEEN TO HELP THE PCA BENEVOLENT FUND THROUGH HIS CLOTHING COMPANY

different is that by buying a top with a 6 Appeal logo on it, you are showing that you care enough to support good causes but at the same time are offering no direct connection to the charity you chose, nor revealing how much you donated," explained Hutchison. "It's a nice feeling to be able to give something to charity and get something in return as well."

While £5 from every sale is donated, there is a discretionary option to give that little bit more. Hutchison is particularly pleased to be able to assist the fund-raising activities of two organisations close to his heart.

He added: "I think it's paramount to give something

back to cricket because without the people within the game helping me, I wouldn't have made it to where I am today. The PCA were always there if I needed help and I went on three or four different courses about life after cricket that helped me prepare for retirement.

"As the PCA player rep at both Yorkshire and Middlesex I always got to see a close quarters some of the great work that the organisation does. It's lovely to be helping the Tom Maynard Trust too. I knew Matthew Maynard from my playing days and he was delighted by the idea."

To find out more visit: www.romidateamwear.co.uk/6-appeal-1.html



P-ART OF LIFE'S TAPESTRY

Long before the PCA's player development plan was in full swing, **Ken Taylor** had already begun drawing up his future plans. As a talented teenage sportsman, he was good enough to be called up to Yorkshire's first team as a top order batsman and also forced his way into the first team picture at Bill Shankly's Huddersfield Town FC as a defender, debuting against Liverpool at Anfield where the legendary Billy Liddell was in opposition.

These days, he may have given little thought to life after retirement from that point on. Back then, though, significant riches and financial security were far from guaranteed, even at the top. So, pushed by his father, he pressed on to secure an expertise in an altogether different field – one through which he continues to turn heads, albeit for entirely different reasons, at the age of 78.

Even before Taylor – who went on to play three Tests for England between 1959 and 1964 – capitalised on his breakthroughs at Headingley and Leeds Road, he began attending the Huddersfield School of Fine Art and later enrolled in the Slade School of Fine Art, meaning he would study in London before travelling across the land to play for Yorkshire and Huddersfield, whether they be home or away.

Such a specialist area of study meant there was scant need for deliberation over his vocation post-playing days and, alongside becoming an art teacher at the highly-regarded Gresham's School in Norfolk – where Scottish rugby union international Logie Bruce Lockhart was the headmaster – he started producing his own work in a variety of mediums, including oil, paint, pastel and chalk.

Art remains a passion of Taylor's to this day, and his latest project has brought him full circle back to his West Yorkshire roots. He has put together a 20-picture collection portraying the mills and factories in the Colne Valley area he once lived using black and white photographs he took himself before the buildings were demolished. The work will be displayed at Tolson Museum in Huddersfield, just 300 yards from where he lived as a child, at an exhibition on June 12.

"I went to Stile Common Elementary School where Wally Heap and Colin Garthwaite were my teachers, who both played cricket locally in the leagues," said Taylor. "Although we had to play on a yard rather than grass, it was long enough to have a pitch and we played with cork balls, no pads, a dustbin for the wicket and you batted until you were out."

"Because we had two very enthusiast teachers, they helped me develop as a player, starting me off and then recommending me for

the Yorkshire trials. Although I am dyslexic, I was always good at art and that's why I ended up studying it for four of five years while I was playing football and cricket as well.

"At Slade I was again very thankful to Sir William Coldstream who was the principal there because was very keen on cricket and let me go back up north to play because he understand I could go into art once I had finished playing, which of course I did."

The younger Taylor was given the ideal inspiration by his older brother, Jeff, whose abilities were equally wide-ranging. Just like his sibling, he was a regular in the Huddersfield Town side and also went on to represent Fulham, alongside England great Johnny Haynes. He also graduated in with a degree in Geography and Geology from UCL.

He went on to study at the Royal Scottish Academy of Music and Drama and embarked on a successful career as the singer Neilson Taylor, making many radio and television broadcasts, appearing with Glyndebourne Opera Company and at Covent Garden and singing alongside Luciano Pavarotti. He later taught at the Glasgow Academy of Music but died in 2010, aged 80.

Len, meanwhile, is most commonly found in his Norfolk studio these days, the county where he taught for more than 30 years, after a short stint living in South Africa, and where he now calls home. He has never lost that

love of all things Yorkshire, however, and is relishing the chance to promote his home town's heritage.

"Buildings such as I have depicted were all around me when I lived up in the area before the days when so much production was moved to China," he said. "It means such a lot to do the exhibition in Huddersfield because the place was so good to me as a sportsman and when I grew up."



KEN TAYLOR'S ATMOSPHERIC WORKS CAPTURE THE DECLINE OF HUDDERSFIELD'S INDUSTRY; WITH CHARCOAL IN HAND; THE LATE GREAT BILL SHANKLY - A NOD TO TAYLOR'S SECOND SPORTING CAREER



SIMON ECCLESTONE CATCHES UP WITH: CHRIS TAVARE

There is no-one more bored of being stereo-typed than Chris Tavare. Knowing Chris a little, it is understandable. Unlike the stories of his stonewall defence that appear every Ashes series, at Somerset he was famous for taking on Malcolm Marshall in the early nineties and winning – not too many can claim that. When I remind Chris of it he simply says, ‘I didn’t mean to.’ Such humility about this courageous event not only sums up Chris but also reflects a cricketer’s working career – the reality is often so different to public perception.

Keeping with the theme, for Chris to move on after cricket, it is easy to imagine everything would be straight-forward but, again, the reality is never as straight-forward: “I tried out a few things. I thought I would use business contacts like others were and, after three years touring with England, I worked in finance in the City for a couple of winters. I started a business diploma but it didn’t sit comfortably with me. Commuting was definitely out and I was no salesman.”

“When I moved to Somerset, I got a job with the Ministry of Agriculture. It was closer to my subject (Chris has a Zoology degree) and I enjoyed working in an area of

true interest. It was an important part of knowing myself without cricket.”

Chris was 38 when he retired from playing and decided to move into teaching at Sevenoaks School, where he was a pupil. There are increasingly more jobs available in teaching and it is understandably an area of interest for many players.

“You can help yourself a lot by offering more sports than just cricket, getting your coaching badges in one or two other sports is attractive to a school – it also helps you understand how to coach. There is a big difference.”

With his degree behind him, Chris enjoys the variety of teaching Biology as well as his sporting commitments, an important part of his own development and successful transition away from playing: “I think it takes six years to become a good teacher. There are not the highs and lows of playing, it is a very different workload: it’s non-stop. But there are still the matches to get excited about.”

Schools can offer great opportunities to continue to develop interests and Chris has recently set up a cricket academy to help develop school and local players. As Chris points out, there are 20-30 years minimum of working life left after playing finishes.

“If I had known what I wanted to do, I would have probably retired a couple of years earlier. But the prospect of a new career was so daunting. Sevenoaks were very understanding and eased me in gradually but, on hindsight, I should have prepared for it by doing some teaching in the two or three winters before I retired. It would have taken the pressure off and I knew by that stage that I wasn’t going to improve my cricket any more in the off-seasons.” Chris allows himself a smile, “But then, I wouldn’t have had the memory of hooking Marshall.”



DICKIE BIRD'S ALL AFLUTTER

Arguably cricket’s most famous umpire and former Yorkshire player Harold ‘Dickie’ Bird has described as a ‘tremendous honour’ his expected appointment as president for the next year of is home county club.

The Barnsley born batsman, who also had a spell with Leicestershire as a player, was to be confirmed in the position at the club’s AGM in late March after being unanimously nominated and accepting the proposal.

“Never in my wildest dreams did I think that I would become the president of the greatest cricket club in the world,” said Bird, an OBE. “It is a tremendous honour and I am very humbled and proud.”

SOCIAL DOS & SOCIAL DON'TS

The fact that Andrew Flintoff has more followers on Twitter (1.39m) than the Daily Mirror has readers (900,000) illustrates that the power of social media is awesome. But, as Spiderman said, with great power comes great responsibility. The press regularly trawl social media for stories - both good and bad - and a misjudged tweet can be in the Daily Mail in hours. The speed that re-tweets resonate globally means that by the time a silly post is deleted, it can be too late.

WORDS: MATT HIMSWORTH

There are some great opportunities on social media – with sponsors, supporting good causes and interacting with fans – but how do you avoid damaging your career and reputation online?

Here are my five tips on social media best practice:

1 Beat the fakes. Own goals on Twitter are a familiar tale but sometimes the power can be out of your hands if someone is impersonating you. International players can get their accounts Verified which can help stop confusion and, if reported correctly, Twitter and Facebook will often remove troublesome fakes.

2 Know the rules. The ECB's rules state that "No [player] may conduct himself in a manner... which may be prejudicial to the interests of cricket". It gives them a wide jurisdiction so the message is simple – be careful what you say. It means you could be punished for simple swearing. The ECB and your club will be particularly concerned about language which could be deemed homophobic, racist or in any other way prejudiced. You will be followed by

journalists and cricket fans on social media. An online mistake won't go unnoticed.

3 Lock your door. Hacking is rife on social media and sportsmen and celebrities are often targeted. In just one minute hacking software can enter every word in the English language in an attempt to work out your password. Don't use just a word and a number as your password, use symbols such as !@£\$%^&* or replace letters with numbers or symbols to make your password safer from hackers. Make sure you have access to the email you use to login to Twitter – you can reset your password using that email at any time.

4 Don't feed the trolls. Cricketers are used to the drunks shouting abuse when you're in the outfield. Social media gives a platform for an anonymous idiot to pick a fight with you online. Ignore it. ECB rules, your club and sponsor obligations and your reputation in general dictates that you have far more to lose by getting into a Twitter spat. Ignore and block and, if the abuse is serious, report it.

5 Instant Messaging. Whenever you commit a message to writing, or take a picture of yourself, you give the recipient information that may be valuable or embarrassing. SnapChat, Tinder or What's App might be fun ways to connect with new people but make sure you are not the cricketer who is foolish enough to share a naked photo or send an offensive message. There are new Apps that allow screenshots to be taken on SnapChat with no warning to the sender. Be careful online and you won't go far wrong.



Matt Himsworth is Managing Director of Himsworth Sports Legal and can be contacted on 07799660355 or by email matt@himsworthslegal.com

MEMBERS NEWS

DESERVING TRIO EARN FIRST WAVE OF SCHOLARSHIPS

When it came to judging the winner of the PCA's inaugural Personal Development Scholarship, there was just no choosing between the top three applicants – they were that good! Instead, Gareth Rees, Lee Daggett and Mark Wallace were all selected from a shortlist of eight candidates to receive financial backing that will help their off-the-field development.

Glamorgan opening batsman Rees was encouraged to enter by his Personal Development Manager Ian Thomas and has been able to start a Masters in

Business and Administration course at Bath University through the support he has received, having previously spent time on work experience at Clydesdale Bank, Deloitte and Goldman Sachs.

"I am very proud and honoured to receive this recognition, particularly as it comes from people in my profession," he said. "To get an award is not the reason you do it – it's all about trying to improve yourself as a person – but to get the financial assistance to help me

do the MBA course I might not otherwise have been able to afford is a terrific boost.

"I don't think people always realised that working on your personal development while you're still playing can actually help your game by improving your skills base and giving you a focus away from cricket. It doesn't just benefit you after you have retired.

Find out more about why the introduction of the PCA Personal Development Scholarship awards are so significant, on page 24.



LEE DAGGETT



GARETH REES



MARK WALLACE

A NEW WINDOW OF OPPORTUNITY OPENS

Glamorgan batsman Ben Wright is hoping to be a cut above the rest when the new county season gets underway after an enlightening experience of life outside the sports bubble this winter.

After a decade of knowing little else but cricket since leaving school at the age of 16 – including several off-seasons with England under-19s or playing grade cricket – the 26-year-old entered the world of work with Abbey Glass, a commercial glazing specialist based near Cardiff.

The Preston-born player was keen to cast one eye on the future after PCA Development Programme talks and found his role to be a healthy distraction away from cricket.

"It challenged me to meet and work with a lot of people from different backgrounds," said Wright. "It also gave me an insight into business from the production line through to the project management and the business development areas of the company. It encouraged me to be more positive about life after cricket and I learned a lot."

Former Glamorgan chief executive, Mike Fatkin, is now the Abbey Glass' Operations Manager and he added: "It's great to see cricketers stepping out of their comfort zones. They can learn from work experience in businesses and the staff at those businesses will also benefit from interacting with professional sportsmen."

KEEDY'S HANDS-ON APPROACH FOR NOTTS

After two decades on the county circuit as a player, Gary Keedy will look on the start of the 2014 season with a slightly different perspective as he takes up the role of player-spin coach and assistant physio at Nottinghamshire.

The 39-year-old former Lancashire and Surrey left-armers will still be available to call on as a player, but his primary focus will be his duties on the Trent Bridge back room staff, having graduated with a BSc (hons) degree in physiotherapy with the help of funding from the PCA. Keedy has taken advantage of winter opportunities to gain vital experience with Manchester City FC's academy and he has also worked at sports injury clinic Athlete Matters, who provide services to the Manchester Phoenix ice hockey club.

"The chance to develop my career in physiotherapy at Notts was too good an opportunity to turn down and I am looking forward to the new challenges ahead," he said. "This winter was a challenging but also exciting time for my personal development. I have been given the opportunity to put my new skills into practice.

"I am confident that all the winter opportunities I have taken on, and the hard work I have put in, will help make the transition from the professional game a lot easier."





DO IT RIGHT, SAID FRED

THE FOURTH EDITION OF THE **ANNUAL PCA ROOKIE CAMP** WAS HELD AT EDGBASTON IN LATE FEBRUARY WHERE A SPECIAL GUEST BROUGHT A REAL BUZZ TO THE OCCASION...

If you want to get someone to listen, then having Andrew Flintoff speak at your event isn't a bad way to go about it. As always, the fourth annual PCA Rookie Camp set out to drive home some vital messages to fledgling professionals just starting out, but when they're being delivered by the charismatic former England all-rounder, people sit up and take note.

The summit drew the latest influx of talent to county staffs – fresh-faced youngsters from all over the country – to hear about both the good and bad sides of

BIG HITTER:
FORMER
ENGLAND
FAVOURITE
ANDREW
FLINTOFF,
ALONGSIDE
JASON
RATCLIFFE AT
THE LATEST
ROOKIE CAMP,
SHARES
HIS UNIQUE
INSIGHT

being a professional sportsman at the highest domestic level. Not surprisingly, they were captivated by what Freddie had to say.

"To have someone like that, a superstar who has done so much in cricket, being open and honest with the players about the potential pitfalls in the game and the mistakes you can make was fantastic for the camp," said Ian Thomas, the PCA's National Personal Development Manager.

"When someone of his superstar background is on board then you know that people will want to hear what he has to say, plus all the rookies had the chance to ask him questions in the privacy of

our session. In the past we've had some excellent county players, but to have a seasoned international gave it that extra kudos."

However, it wasn't just the Preston powerhouse on hand to offer the benefits of his experience. A unique combination of experts in their respective fields, all willing to pass on their knowledge, came together to help get the careers of our future stars off to the best possible starts.

Current PCA chairman and Glamorgan four-day captain Mark Wallace was on hand to paint a picture of life on the county circuit, BBC Radio's Pat Murphy

ROOKIE CAMP



NATIONAL ATTENTION: YOUNG PROS AT THE EDGBASTON ROOKIE CAMP ARE PUT UNDER THE SPOTLIGHT BY BBC RADIO REPORTER PAT MURPHY

offered guidance on how to deal with the media, Matt Himsworth gave a masterclass on safe use of social media and Richard Doughty discussed the issue of addictive behaviour.

Alongside those contributions, the rehabilitated Mervyn Westfield the story that saw serve time in prison in a bid to prevent others falling into the same corruption trap, plus there was a welcome to the first-class county game from the ECB's Gordon Hollins and the chance for the players to meet their Personal Development Managers for the first time.

Thomas added: "It's a similar formula each year, with the same core areas, but at the same time we have tried to keep pace with the current climate and address new issues that are relevant right here, right now. It's a whistlestop tour of what they need to prepare on

"IF WE CAN EDUCATE THE NEXT GENERATION OF PROS AT A YOUNG AGE THEN THEY ARE GOING TO BE BETTER PROFESSIONALS" IAN THOMAS

and off the field and how they need to adapt their lifestyles as well.

"If we can educate the next generation of pros at a young age then they are going to be better professionals. It's a starting point to let them know what is available to them through the PCA and how we can help. There's some very powerful messages for them to take away, none more so than Mervyn's story. It's very brave of him to do it, but hearing it from the horse's mouth makes it all the more poignant."

For the past two years, the project has benefited from the financial backing of the Tom Maynard Trust,

who have also extended support to similar educational schemes in other sports. It is, Thomas believes, a fitting legacy in memory of the former Glamorgan and Surrey batsman.

"There is lots for these young players to take away, but the one thing we want is for them to understand a little bit more about the environment that they have come into, what will be expected of them and, crucially, that people are approachable. If something good can come of Tom's sad passing, and we can stop mistakes and mishaps from cricketers in the future, than that has to be a good thing."

The PCA's pro-active stance in educating young professionals has not gone unnoticed, with the BBC reporting on Mervyn Westfield's efforts to help spell out the anti-corruption message.

The corporation ran a feature across their television and online platforms and also talked to young players Tom Barber of Hampshire and Yorkshire's Olly Robinson about the session. Westfield served two months in Belmarsh prison for taking a

£6,000 payment in 2009 to bowl deliberately badly.

"If you get any sort of approach from anyone just tell someone straight away, whether it is your best friend, a coach, or your captain, because at the end of the day, you don't want to find yourself in the same position as me," he said.

"People say they made an example of me, but I did what I did and now I want to make sure others don't make the same mistake."





ROOKIE CAMP

**“THERE ARE
PITFALLS AND THINGS
THAT CAN CATCH YOU
OUT IN PROFESSIONAL
CRICKET, BUT THE MORE
THESE YOUNG LADS ARE
MADE AWARE OF THEM,
THE BETTER”
ANDREW FLINTOFF**

BEARING OTHERS IN MIND

DEPRESSION IS A SERIOUS CONDITION THAT HAS REPERCUSSIONS NOT ONLY FOR THE PERSON DIRECTLY AFFECTED, BUT THOSE AROUND THEM TOO.

AFTER FORMER ENGLAND INTERNATIONAL GRAEME FOWLER TALKED ABOUT HIS BATTLE WITH THE ILLNESS IN THE LAST ISSUE OF BEYOND THE BOUNDARIES, WIFE **SARAH FOWLER** DESCRIBES HOW SHE CAME TO TERMS WITH THE IMPACT IT HAD ON THEIR FAMILY DYNAMIC.

WORDS: MATT HALFPENNY

Sarah Fowler isn't the first and certainly won't be the last. Learning to deal with a loved one suffering from depression is part of everyday life for many people up and down the country, regardless of upbringing, employment and circumstances.

According to the mental health charity Mind, 2.6 per cent of the population in England suffer with the condition in any given year, which means there is a whole army of partners and spouses, mums and dads, brothers and sisters, grandparents and, indeed, close friends, who become concerned about the welfare of someone dear to them.

One of the most difficult issues with depression is that there is no telling when and where it will strike – and why. It's for that reason that family and those closest to a sufferer find it so demanding to make sense of it. At a time when they are trying to understand and find answers, they aren't always forthcoming.

Sarah was one of that number when husband Graeme – a talented left-hand opener who plundered 16,663 first-class runs for Lancashire and

Durham – was first diagnosed. Why had he played all his career issue-free, only to encounter problems well after retirement? Is it down to anything I've done? Why can't he snap out of it?

Looking back, she now realises it was only natural to ask such questions. Those in the same boat invariably do. And while there are no miracle solutions – depression can come and go at any time and is not something that can be 'cured' – there is hope for those currently going through similarly challenging times to those she first encountered.

TESTING TIMES: GRAEME FOWLER'S ISSUES WITH DEPRESSION ONLY MATERIALISED AFTER HIS PLAYING CAREER HAD ENDED

“Of course it was very hard to deal with in the beginning. You don't like to see someone in that state, which is probably the most upsetting thing,” said Sarah. “At times early on there was resentment and frustration before I really got to understand it and how it affected Graeme. There were times when I would ask him to do things, simple things, and he couldn't. It takes time to get an appreciation of what's going on.”

“You realise pretty quickly that you are going to have to get on with things and do them yourself. There is a vast

2.6%

OF THE POPULATION
IN ENGLAND
SUFFER WITH THE
CONDITION IN ANY
GIVEN YEAR



difference between not being bothered to get off your backside and not being able to, but that is sometimes hard for people to accept. We can all feel down from time to time, but this is not just a case of pulling your socks up.

"If I could sit and tell you I know why people get it I would be very wealthy lady and also trying to help those people out. The temptation when it affects your family is to start wailing and balling and thinking 'woe is me', but you soon realise that is not going to help the situation. You just have to work with it."

With Graeme becoming more and more withdrawn from everyday life, the first step towards better times for the Fowlers was to secure a clinical diagnosis. It was something Sarah instigated after seeing no improvement over a period of time, with it affecting relationships with daughters Katherine, now 19, Georgina, 18 and Alexa-Rae, 12, as well as herself.

She explained: "As soon as the doctor saw him he diagnosed Graeme with depression immediately, but I knew it would be that anyway. I've seen other people going through it, so it was obvious. The complete withdrawal was there... not answering the door, the telephone or getting the post. It had been a numbers of months where he had not been talking to people – not hours, weeks or days.

"The kids were really good about it and still are, as were other family members, particularly my brother, who is a registered mental nurse and a great source of support. I would ask him: "Is it right that Graeme is feeling this way or that?" and he was able to provide reassurance.

"The only thing that we had to explain to the kids a few times was that it was not down to them that Daddy was behaving this way and they'd not upset him. As soon as they understood his moods were nothing to do with them, they were fine. But it's hard sometimes not to think that way and I still do it now from time to time – it's just automatic."

Once the immediate and wider family knew the score, the next step was to implement a strategy to deal with Graeme's down periods. In that regard, less is sometimes more, where doing very little, rather than trying to continually intervene, has often been the best course of action.

"You have to let go of the urge to constantly ask if they are alright because

"YOU HAVE TO LET GO OF THE URGE TO CONSTANTLY ASK IF THEY ARE ALRIGHT BECAUSE SAYING THAT ISN'T HELPFUL"



FROM LEFT: SARAH, ALEXA-RAE, GEORGINA AND GRAEME FOWLER

saying that isn't helpful," said Sarah, "Once I know Graeme's feeling bad on a particular day, I just let him get on with it. If he wants to watch a film on the sofa and nothing else, and he's in a comfortable and safe environment, then that's what he'll do.

If he wants he needs me or the children, he knows we are here.

"You have to go with the idea to do things another day if need be and you can't have arrangements set in stone. We had to call of a Hallowe'en party part way through October because Graeme knew he wasn't going to be right. We're lucky because we've always been honest and open about it with everyone, we've never made excuses. We told them Graeme was not feeling up to it, and they were fine with that.

"It comes and goes in waves. Graeme can just wake up in the morning having had a great few weeks or months and feel rock bottom – that's the very nature of it. The crucial thing is to take jobs off his hands during that time, even simple things like giving the kids a lift somewhere."

As Sarah readily admits, there is never the luxury of thinking the bad times are completely in the past. But the one thing she would recommend to anyone with any doubts about their loved ones is to encourage them to seek medical advice.

She said: "I think the problem people have sometimes is understanding that people who have depression don't just get better. If they

seem that way, it's because they're managing it better, but it's not simply going to go away. Realising it was here to stay was actually a turning point for me because then I accepted it and worked out what to do next.

"It's very important to get a diagnosis for mental illnesses, whether that is for depression, anxiety or something else, and it's also worth pointing out that everyone who is feeling miserable has not got a clinical issue. If I wake up and just don't feel like it one day, I haven't suddenly got clinical depression."

Sarah and Graeme have used their experiences of depression to help promote the work of the PCA in relation to its Mind Matters campaign, a series of online tutorials designed to give cricketers an insight into a wide range of mental health issues that can affect them both during and after their playing careers.

It is, Sarah says, a valuable resource and she hopes their input can help others realise that it is good to get problems with depression out into the open – and that they are not alone. "The PCA's work is incredibly important," she added. "Anything that looks at the issues and gives people a wider understanding is a good thing.

"Graeme finds that a lot of people have come to him saying they have felt the same and it's hugely liberating because they can talk to him about it. He doesn't mind, because he wants to help. There's often a huge sigh of relief from those he talks to, who they realise they are not the only one feeling as they do. That's a big deal with anything that's sometimes interpreted as taboo."

For more information, visit: www.thepca.co.uk/mind-matters.html



PCA PRESIDENT

**"I'M A BIG
CHAMPION OF
DARREN LEHMANN
- HE'S MY TYPE OF
BLOKE. THERE'LL BE
TIMES WHEN HIS TEAM
WILL LET THEIR HAIR
DOWN, BUT HE CAN BE
DEADLY SERIOUS AND
TEAMS RESPECT
THAT"**

BUMBLE BUZZING ABOUT PCA ROLE

FOR START THE CAR, **DAVID LLOYD** IS THE NEW PRESIDENT OF THE PCA! JIM HINDSON CAUGHT UP WITH THE POPULAR LANCASTRIAN TO FIND OUT MORE.

THE ENGLAND COACH SEES THE FUNNY SIDE OF TRAINING WITH GRAEME HICK AHEAD OF THE ZIMBABWE TEST AT TRENT BRIDGE IN 1999; IN HIS NOW FAMILIAR TV ROLE - WITH ANDREW STRAUSS ON SKY SPORTS, THE GABBA

“Sorry I’ve kept you Jim, I’ve been putting the bins out.” David Lloyd maybe an icon of the game, with his dulcet northern lilt providing an endearing blend of insight and humour for millions around the world, but he’s still the most grounded of men.

Recently announced as PCA President, Lloyd follows in the footsteps of another left-handed opener, taking over from former Gloucestershire, Nottinghamshire and England batsman Chris Broad who served a two-year term in this honorary role.

Born in Accrington, the 66-year-old is no stranger to the PCA, having been a rep for Lancashire back in the Seventies, but as he explained, the organisation was very different back then.

“People like John Arlott and Jack Bannister were running the Cricketers Union, as it was known in those days. Each club had one of these reps but you have to remember it was an era where players were totally subservient to the committees at county clubs. There was no negotiation on contracts – simply a case of take it or leave it. We were generally frowned upon by those above despite the players being acutely aware that we weren’t being treated very well – certainly not like now.

“We’d go to union meetings, chat though issues and then come up with questions to ask when we got back to our clubs. And we’d be asking the committee, who we were frightened to death of. You’d ask the question and



then it was mainly a case of ‘Yes sir, no sir, three bags full sir.’”

It is well-documented just how far the PCA has evolved in its 47-year history and under the current stewardship of Angus Porter and Jason Ratcliffe, this progress shows no sign of abating. The backing now received off the field is second to none and one of the key areas addressed is personal development, where members are supported through their cricket careers and beyond by the PCA Personal Development and Welfare Managers.

Again, this is a far cry from Lloyd’s era. ‘Bumble’, as he is universally known thanks to his alleged facial similarity to characters in the children’s television series *The Bumblebees*, continued: “I was playing for Lancs and one day I

woke up and thought: ‘I can’t do this anymore’ - just as Graeme Swann would have done last winter.

“It was a mental thing rather than physical. I carried on until the end of the season and then stopped, taking up a job as a rep for Wilson Brewery in Manchester, which is now defunct. Oddly it shut because of aggravation from the union! If I’m honest, I hated it because I missed the game so much. Fortunately I’d done my coaching badges as a player and finished up working for the old Test and County Cricket Board with the likes of Bob Carter and Les Lenham, and also did some first-class umpiring.”

Lloyd went on to coach Lancashire and England before joining the Sky Sports commentary team in 1999. Incredibly

PCA PRESIDENT

LLOYD ON JOHN ARLOTT:

"I was full of admiration for John Arlott both as a broadcaster and a champion of the players."

ON BECOMING PRIME MINISTER:

"No way! Take that David Cameron – he can't stop it raining can he!?"

ON ACCRINGTON STANLEY FC:

"I've supported them through thin and thinner for 62 years. It's in the blood."

ON HIS ACCENT:

"During my time on Test Match Special I was told that my voice was great for radio. I've got to look after it."



popular behind the mic, he strikes a delicious balance, combining insight and mischievous humour that enhances the viewer experience when commentating on any level or format of the game.

"I firmly believe there's a time and a place for having fun and for being deadly serious" he explained, adding: "I'm a big champion of Darren Lehmann – he's my type of bloke. There'll be times when his team will let their hair down and have a right good craic. But he can be deadly serious and teams respect that."

And warming to the theme of respect, Lloyd revealed how proud he was about being appointed President of the PCA.

"I phoned Neil Fairbrother straight away and he was as thrilled as I was. It's a fabulous organisation that looks after players past and present and raises money for its superb Benevolent Fund. And they don't go shouting from the rooftops about all of the cricketers they've helped over the years and rightly so."

"I'm guessing I'll be a figurehead for the organisation and I know from chatting to Angus Porter and Jason Ratcliffe they'd like me to sit down with some of the younger players. It is such a short career at the end of the day and experience tells you to work hard and savour every minute of it.

"I'd really like to expand the role and

make a difference. Mind you, I'm president of Accrington Cricket Club which costs me a bloody fortune – but I think this role will be different."

Once again, Lloyd's trademark humour shines through. All players, young and old would do well to sit down with their new President. The experience gained from life as a player who represented Lancashire and England, not to mention coaching on the world stage, umpiring, media work and also time spent away from the game makes him an invaluable mentor.

And you can bet your life that any advice will be delivered with a nod and a wink. Learning will never have been so much fun.

ENGLAND CELEBRATE A SERIES WIN OVER SOUTH AFRICA IN 1998 UNDER THE STEWARDSHIP OF COACH DAVID LLOYD AND CAPTAIN ALEC STEWART

WELCOME FROM YOUR PDWP TEAM

Welcome to Issue 14 of Beyond the Boundaries. It's the eighth year of delivering the magazine to the members and we have always hoped that each issue would be insightful, thought provoking and more importantly, motivational.

Seeing what others are doing and achieving can be inspiring and we hope members see it this way. We have a mixture as always, from activities players have engaged with this winter to a celebration regarding our new PCA Scholarship award.

We have recently held our pre-season meetings, and a personal development theme has been to motivate players to do something

no matter how small it may seem. Building up a "kit bag" of skills and experience is one way to look at it. Some of the most informative information we have provided at these, was the results of the past player survey. The experience of past players is something we can all learn from, in both our approach to on field and off field cricketing careers.

This issue we have had a real focus on coaching as career, for many players it is a natural choice. There is a lot to coaching as a career and a variety of roles available, but we always ask players to understand the reality of this job market as it continues to be extremely competitive. For example a recent school coaching job we advertised received over 200 applications.

Another great article in the magazine is



about a "Growth Mind-set".

It's a thought provoking article and confirms what we find ourselves saying to players throughout a year. Motivation has to come from within when developing yourself. The PCA's Personal Development and Welfare Programme is a great vehicle for any member wanting to better themselves, but it is the individual and their attitude that chooses if and how they will do it.

Finally congratulations on the many individual achievements from this past winter and best wishes for 2014 both on and off the field.

I hope this issue helps motivate you.

Thomas

07920 557578 / ithomas@thepca.co.uk

YOUR PERSONAL DEVELOPMENT MANAGERS

IAN THOMAS

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 while playing will always be part of the life of a cricketer. I feel the Programme helps players with the insecurity of cricket and makes personal development a healthy thing to do alongside cricket, allowing for a smoother transition out of the game when needed. Most importantly, it takes away the stress while concentrating on cricket performance.

RESPONSIBILITY FOR:
GLAMORGAN,
SOMERSET,
GLOUCESTERSHIRE
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LYNSEY WILLIAMS

I am passionate about the impartial role PDW plays in supporting players to achieve their aspirations both on and off the field. I believe in the importance of encouraging players to create, identify and seize opportunities when and where they can to better themselves as players and people, and in supporting individuals to become better prepared for and better able to manage the wide range of challenges they are likely to face at different stages of their playing career and beyond.

RESPONSIBILITY FOR:
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MATT WOOD

The transitions from elite sport to so-called 'normal life' must not be underestimated. The PDW programme is crucial in helping players through challenging times, both during and after their career. Elite sport can be a lonely place at times and it is important that the players know we are there to help and support them on and off the pitch. I feel passionately about this role and, as a former player, can truly understand its importance and value.

RESPONSIBILITY FOR:
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LANCASHIRE,
NOTTINGHAMSHIRE
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PHIL DICKS

I have been with Durham in one capacity or another since their minor county days. Now they are an established first-class county, I'm enjoying the challenge of helping the club and the individual players to fulfil their potential. I combine my roles of video analysis and PDW work to support players from academy to the pro staff.

RESPONSIBILITY FOR:
DURHAM
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CHARLIE MULRAINE

Having played both cricket and rugby professionally, I am well aware of how uncertainty about the future can have a negative impact on performance on the field. Planning for the future isn't just about security for life after sport - many players have said doing this has actually helped them enjoy their cricket more. Knowing how to 'sell' your skills and experience, to build networks and to get on with people are key tools for continuing your success beyond the game.

RESPONSIBILITY FOR:
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NICK DENNING

Understanding the need for players to have one eye on what is coming next in their lives is essential. Having had a number of experiences in different industries as an employee and self-employed person, and having felt the highs and lows of the transition from playing to working, I am confident I can help players prepare for the 'real world' from an impartial and knowledgeable viewpoint.

RESPONSIBILITY FOR:
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SURREY, SUSSEX,
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SIMON ECCLESTONE

Being a professional cricketer is a dream, it gives you so much: unique experiences, purpose, friends, identity, fulfilment, confidence, inspiration, structure, fitness, travel, money, time. The problem is, as it was for me when I found out I couldn't play anymore, imagine if cricket was removed from your life tomorrow - how do you fill in those gaps? The PCA is an extraordinary asset, dedicating people and resources to make sure that difficult transition isn't a nightmare. All you have to do is use it.

RESPONSIBILITY FOR:
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WHAT I DID THIS WINTER

EXPANDING CVs

It's been another busy off-season for a number of PCA members, who have used their 'down time' to explore avenues away from their counties.

COMPILED BY IAN THOMAS



PAUL BORRINGTON DERBYSHIRE

During the winter, I was very fortunate to be offered the experience of working for a couple of weeks with Fisher German. Fisher German is a leading national firm of chartered surveyors and specialist property consultants, based in Ashby de la Zouch.

With no experience in this line of work, I was initially apprehensive. However, I was made to feel very welcome, as I experienced a day or so in several different departments. This meant a wide variety of tasks, some office based, some more practical. Nonetheless, all were interesting and challenging, particularly considering my limited previous experience.

Overall, I gained a great insight into a working environment, which I'm sure will prove invaluable in the future.

A massive thank you to all at Fisher German for welcoming me - it's a company I would recommend to anyone and would love to return to in the future. Also, thanks very much to Charlie Mulraine from the PCA for all his help and guidance.

JOE LEACH WORCESTERSHIRE

This winter, I have complimented my Open University Law degree studies with undertaking weekly work experience at Parkinson Wright Solicitors in Worcester.

I have really valued the time I've spent at Parkinson Wright as it has given me a really good insight into what it means to be a practising solicitor. I have had the invaluable experience of being able to witness how solicitors and barristers work both in the courtroom and behind the scenes. I was placed in the family law department and so have seen a variety of cases ranging from care proceedings to injunctions.

It has been really interesting seeing a professional environment away from cricket and how it is run and to be honest the pressures on a lawyer are not too dissimilar to those on a cricket field. There is an expectation to do the best both by the firm and the client all the time and the heavy workload that they are under means that pressure is inevitable, in much the same way as it is for a professional sportsman.



CHESNEY HUGHES DERBYSHIRE

I thought that it was time to think about the future, especially as the PCA has always encouraged and supported us as cricketers to start planning early. The main thing for me was figuring out what I wanted to do. I've had a keen interest in civil engineering and so I wanted to test myself in a real environment to see first-hand if it was a career I wanted to explore further. With the help of my PDM, Charlie Mulraine, and the club's commercial team, I started working with Merebrook Consulting, an engineering and environmental consultancy based in Belper. I worked in the office for six weeks on site plans worth millions of pounds as well as a site visit in London. It was hard work and took a while to get used to the difference between changing room and office banter! As well as thoroughly enjoying it and learning a lot, it also made me clearer about pursuing this as a career after cricket. The next part of my plan is deciding how and when I get the qualifications required to make this a reality.



TIM LINLEY SURREY

After three consecutive winters abroad, I decided this winter would be spent recharging my cricketing batteries in the UK - which has allowed me to focus my attention on developing new skills away from the game.

I am hoping to open a coffee shop when I finish so I have taken the Finance for Non Financial Managers course which has introduced me to basic accountancy and financial analysis techniques.

I have also committed time to voluntary work

as I have been planning to get more involved in the voluntary sector but guilty of never getting round to it. I began by helping a youth worker friend run an after school club. I found this very rewarding and it was particularly refreshing because it took me out of the 'cricketing bubble'.

Once I finish playing I am looking forward to giving back to the game by coaching at local club level and passed my level three coaching course last year and to gain experience I have tried to get involved with the Surrey Academy and age

groups by shadowing level four coach Richard Bedbrook.

Finally, I recently took up an ambassadorial role for Evelina Children's Hospital which treats 100,000 children each year - specialising in heart defects and kidney transplants. I will be helping Surrey and Evelina's marketing/fundraising team to raise money for a new ward.

More than anything, my winter has helped raise my self esteem away from the cricket field. It has also broadened my perspective on life, and developed closer relationships within my club and my local community.



STEFAN PIOLET SUSSEX

This October, I decided that instead of talking about and researching future career options that might interest me, I should just go and see them for myself. I undertook a weeks work experience within the Sky Sports cricket department to have a look at the TV world. I also did a day with a sales company and at an investment bank. I thoroughly enjoyed it and recommend to anyone not sure on what direction their personal development is going in to undertake work experience. You never know what might make you tick.



STEVEN CROFT LANCASHIRE

Personally it has been a very satisfying winter. Firstly I got married and enjoyed some rest and secondly after much planning I finally took my PT level 3 Certificate with Premier Global. I have wanted to gain a formal qualification so made the most of a winter at home. I found the course a good challenge and managing it with my training I had to use my time well over the 16 weeks. I am looking forward to gaining some client work throughout the summer and adding to my business skills. I feel happy to have started this process and excited about building a business to run alongside my cricket career. I am happy with my plan and already looking to add to it again after this season. My investment has eased my mind going into the new season.



DARYL MITCHELL WORCESTERSHIRE

This winter I was fortunate enough to spend a week at Malvern College - a fantastic school with great facilities, dedicated staff and exceptionally well behaved pupils. I spent time shadowing members of the PE department in all aspects of their working week. As a cricketer it was good to experience an atmosphere within the team very similar to a dressing room environment.

I observed both A-Level and GCSE PE lessons that took me back to my own school days, learning anatomy and exercise physiology, sports psychology, movement analysis and other aspects of academic PE. On the practical side I was able to be involved in core lessons such as hockey and swimming as well as my first experience of racquets, but I was most at home coaching some of the school's cricketers along with the school football and rugby teams.

As well as taking part in lessons with the pupils, I was able to gain an insight into how school life works which was completely new to me and very interesting to experience. Overall I had a thoroughly enjoyable week talking with, observing and learning from the teachers. PE teaching is something that I could go into post-cricket.

NOW RECRUITING

As the economy continues to show growth and unemployment figures fall, what better time to be in recruitment...

WORDS: CHARLIE MULRAINE & LYNSEY WILLIAMS

SPECIALIST RECRUITER, PAGEGROUP, SEEKS SPORTS PROFESSIONALS

PageGroup has been developing relationships with sports associations for the past two years in order to demonstrate the transferability of sport related skills into recruitment. While many people move into coaching or managerial roles in sport when they retire from their game, others might look for their next step to take a new direction – recruitment is a viable option for those who have a background in sports and now want to enter the professional business world in a sales role.

Christopher Bradberry, talent acquisition manager at PageGroup says, “We recognise the talent that sports people bring to the commercial world. Their skills and personalities translate perfectly into the recruitment industry and with 10 people joining us on our internship programme and another who joined us on a permanent basis in 2013, we are continuing to further develop our relationships with sports support associations.”

PageGroup embraces five values that every sports person will relate to; take pride, be passionate, never give up, work as a team and make it fun. Nothing can fully emulate the atmosphere and buzz you get from sports, but PageGroup consultants work in teams in open plan offices to encourage everyone to support each other in individual and team successes.

TRANSFERABLE SKILLS

Many of the key skills required to be a recruitment consultant are already drummed into sports people. Resilience, ambition, determination, tenacity, self-confidence, pride and passion are just some of the attributes that make great consultants and they are often innate qualities of those who have previously pursued a career in sports. There is also the opportunity to learn new skills by attending one of PageGroup’s training programmes, for example the Sales Academy which gives all new consultants the tools to be an effective salesperson. Learning and personal development continues throughout a consultant’s career, right up to director level, so support and guidance is always at hand.

SALARY AND BENEFITS

Entry level positions at PageGroup have a very competitive base salary of up to £30k, with a performance based bonus/commission structure and promotions are based on merit, not time spent at the business. The promotion structure encourages organic growth; 95% of operational directors have been promoted from within the business.

Other benefits include cash incentives and trips abroad for high achievers. PageGroup is a sociable business and while consultants develop long-term, professional relationships with clients and candidates, they are encouraged to celebrate their successes.



One of the key outcomes from the relationship with Chris Bradberry and PageGroup has been the creation of winter internships across the company’s regional offices. Two players to benefit from this opportunity are Neil Edwards, formerly of Nottinghamshire and Somerset, and Warwickshire seamer Oliver Hannon-Dalby.

Neil Edwards:

SO NEIL, CAN YOU DESCRIBE WHAT YOUR DAYS LOOK LIKE?

I get into the office at 8am, to talk with candidates and clients before their working day starts. From there our day can go in any direction, and I guess that's what I love. We usually finish around 7pm, which seems like a long day but time really does fly. The business also lets me finish early when needed so I can fit in my coaching commitments.

WHAT ARE THE PEOPLE AND OFFICE ENVIRONMENT LIKE AT PAGEGROUP?

They are very driven, focused and competitive but at the same time know the value of team work and having fun. I can see many of the values from my days in the changing room and that's what has made the transition so easy.

WHAT ARE THE DIFFERENCES AND SIMILARITIES BETWEEN A CAREER IN CRICKET AND IN RECRUITMENT?

Drive and focus are essential. Time management is the hardest aspect of the job but clear plans help focus the mind. Building rapport with people is key to having a successful stream of business, making sure clients and candidates call you first when they think of recruitment.

WHAT WERE THE SKILLS YOU BROUGHT TO THE ROLE?

I have always been able to find a common ground with people and have the ability to build relationships quickly; a skill that is so important in this role. I also have a good understanding of the engineering and manufacturing industry. People are always on hand to help if needed and the training on offer is the best in the industry.

IS PREVIOUS RECRUITMENT KNOWLEDGE IMPORTANT?

The first few months are hard as there is so much to learn about the role and the industry you specialise in. The company supports you and is realistic about the time it takes for you to bed in. My office includes people from so many different backgrounds; there are graduates, ex sports people, ex military, so you really can be successful with limited previous knowledge.

WOULD YOU RECOMMEND IT AS A CAREER?

Without a doubt! I know an office job might not be for everyone but the role shares many similarities to cricket. Making my first placement was great; it's as close to the feeling of personal success on a cricket field that I have felt since leaving the game. But like cricket the feeling lasts only a few moments as you're soon back to work!

NEIL'S LINE MANAGER, ASSOCIATE DIRECTOR RUTH HANCOCK, SUPPORTS THE VIEW THAT PROFESSIONAL CRICKETERS CAN SUCCEED IN THE RECRUITMENT INDUSTRY:

"The engineering and manufacturing space is a highly innovative, progressive and fast moving environment. Every product made is different and so are the people producing them. As a recruiter in this sector you need high levels of personal integrity, pragmatism, motivation and skill - you don't need to have previous experience in a technical field. You must also believe in team work and for taking individual responsibility to deliver within a team, as well as having a competitive edge.

The demands of UK manufacturing rely on such key personal attributes. Given the obvious elements of drive, talent and professionalism - not to mention fun associated with being a professional cricketer - there are numerous obvious synergies between the world of cricket and PageGroup.

Neil's comments highlight many of the reasons why transitioning from the environment of elite sport to professional recruitment can undoubtedly be a recipe for furthering your ambitions and success!"

Oliver Hannon-Dalby:

This winter I was conscious I wanted to be productive with my time so after speaking to PDM Matt Wood I decided to apply for an Internship opportunity at Michael Page. PageGroup appealed to me as it is one of the world's leading professional staffing and recruitment consultancies, specialising in the placement of candidates in permanent, contract, temporary and interim positions with clients around the world. After my successful application I was assigned with the Michael Page Sales Team in Leeds.

Working as an intern in the Sales team I covered duties such as market mapping, database

development, candidate resourcing and interviewing, client lead generation and a junior sales role. Working '9 to 5' in an office environment certainly was different from opening the bowling for a living; however I thoroughly enjoyed my experience at Michael Page and relished learning new skills. What satisfied me most about the entire experience was the realisation that cricket has equipped me with the skills to succeed in a corporate environment.

I intend to continue playing professional cricket for many years to come, however I now feel a lot more confident about my post playing career, especially knowing that with further development outside of the game I should find the transition much smoother.



PAGEGROUP SALES DIRECTOR, DAVID SLATER, APPLAUDS OLIVER'S APPROACH AND CONTRIBUTION DURING HIS PLACEMENT:

"We have a regular flow of interns in our business so I'm well qualified when I say that Oli was certainly among the best. Oli demonstrated a real aptitude and more importantly, an interest in furthering his skill set while he was with us. He asked insightful questions and genuinely applied himself. I'm hopeful that Oli has gone away having learned a little, and had some fun along the way."

ANY PLAYER INTERESTED IN EXPLORING INTERNSHIPS OPPORTUNITIES WITH PAGEGROUP FOR THIS COMING WINTER SHOULD CONTACT THEIR REGIONAL PDM.

A LEARNED LEGACY

The recent announcement about the PCA Development Scholarship Awards shows just how far off-field learning has come. **Jim Hindson** reports.

Blind dates. In my experience, a heady cocktail of sweaty palms, a sense of embarrassment and a flight or fright mechanism that has jammed firmly into turbo mode: 'I'm a cricketer, get me out of here...!' That was certainly my experience anyway, but it bore no resemblance to going public on contemplating another career option (deep breath) away from professional cricket.

The year was 1997 and I'd endured another season (or what the Queen might term 'annus horribilis') where my performances had reached incredible new depths. With one year to run on my contract, I knew the writing was on the wall. But, while driving down to Edgbaston during the close season to find out more about a distance learning journalism course, I felt a huge fraud.

How could I be considering another career when I was still in the middle of my current

one? In plucking up the courage to speak to David Graveney for his advice on the course, I felt I'd broken cover, admitting to my teammates and coach that I wasn't good enough to continue playing.

I was recently reminded of those frighteningly uncertain days when reading about the winners of the inaugural PCA Development Scholarship Awards. The cultural change couldn't be more vivid, with players now actively encouraged not only to work on their personal development but actually rewarded (there was a £2,000 prize on offer) for being good at this side of their game.

The eight finalists were whittled down to three, where it was announced that Lee Daggett, Mark Wallace, Gareth Rees could not be split, sharing top spot on the podium, beating Steven Crook, Elliott Wilson, Arun Harinath, Matt Boyce, Maurice Holmes at the final hurdle.

All eight finalists were awarded the title of PCA Personal Development Ambassadors with a mandate for continuing their own growth and championing proactivity among others.

Now, don't get me wrong. A scan of the PCA's history, particularly in recent years, makes impressive reading. But for me, the scholarship awards take the biscuit. And while it is right and proper that the players who have won the awards and been recognised as personal development ambassadors are praised, for me that is only half the story.

I don't want to start a David Moyes debate here, but this initiative really is about the performance and not the results. A recent survey has revealed that 67 per cent of players have now begun a personal development plan. That's an incredible figure and is worth considering again. Around three out of four current professional cricketers are now preparing for life after cricket.

A RECENT SURVEY HAS REVEALED THAT 67 PER CENT OF PLAYERS HAVE NOW BEGUN A PERSONAL DEVELOPMENT PLAN - AN INCREDIBLE FIGURE

Numbers as compelling as these point to a legacy being created right here, right now. Yes, players are better supported off the field than ever before, but that doesn't mean there are any less vices vying for their attention. If anything, mobile phone technology means there are more distractions than ever craving a response, which makes this cultural change all the more remarkable.

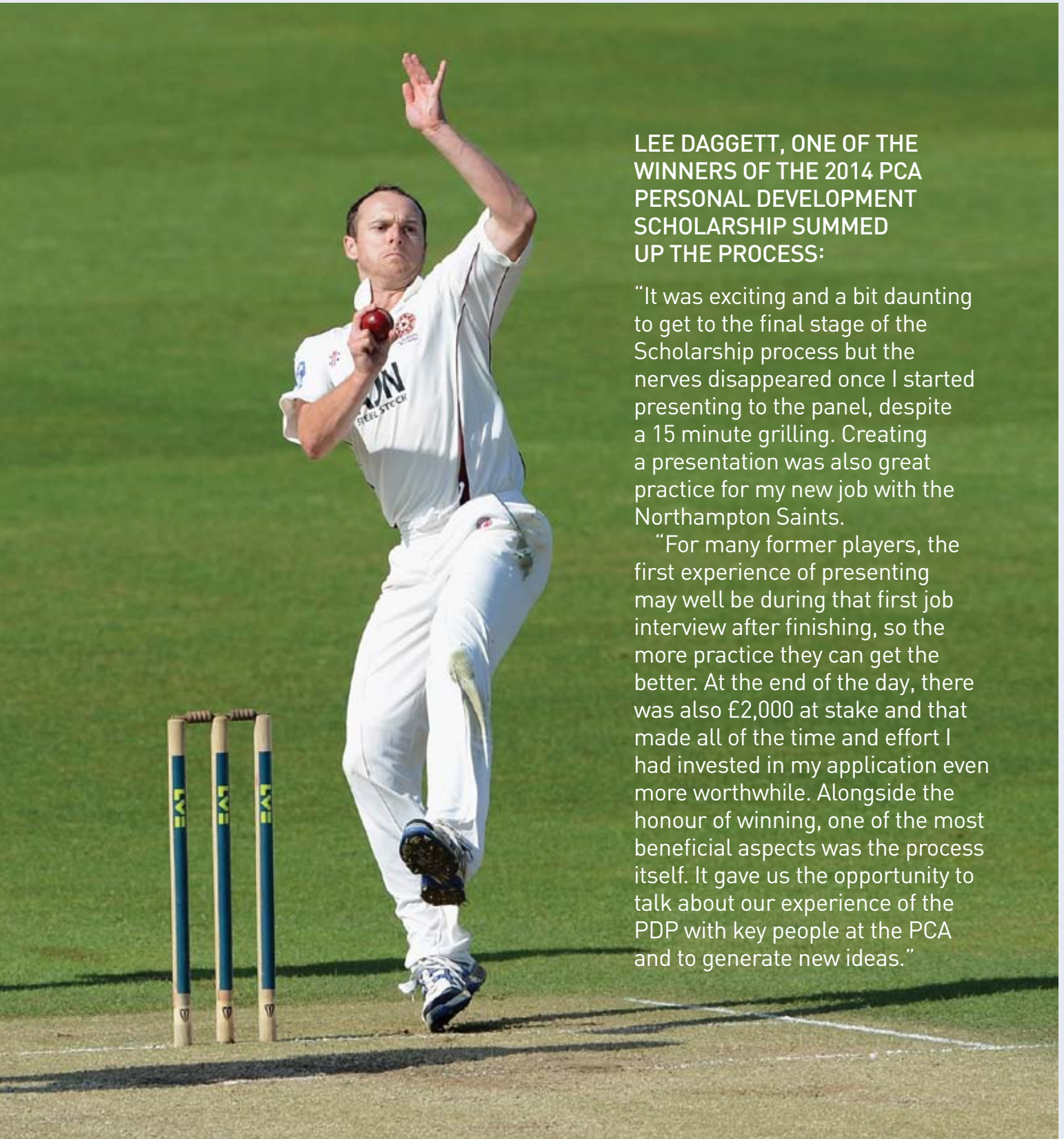
It is 16 years since my playing career came to a grinding halt and looking back now, it makes absolute sense to prepare for life after the game, no matter how good you are on the field. Even Alec Stewart has been retired from the game 10 years and he was a really good player.

As for the journalism course I considered in 1997 – you can probably tell that I didn't go through with it. But, I was fortunate enough to get a second chance thanks to a chance tip-off on a PCA organised writing course run by the Press Association in the year 2000. That proved a pivotal moment in defining my career after cricket but it was more through luck than judgement. Thankfully, players of today do not have to rely on such a roll of the dice.

- Jim Hindson is now happily married and works as Commercial Director at The Cricketer Magazine.



AWARD WINNERS GARETH REES AND MARK WALLACE DELIVERED SUCH STRONG PRESENTATIONS THEY COULD NOT BE SPLIT; FORMER SPINNER JIM HINDSON



LEE DAGGETT, ONE OF THE WINNERS OF THE 2014 PCA PERSONAL DEVELOPMENT SCHOLARSHIP SUMMED UP THE PROCESS:

“It was exciting and a bit daunting to get to the final stage of the Scholarship process but the nerves disappeared once I started presenting to the panel, despite a 15 minute grilling. Creating a presentation was also great practice for my new job with the Northampton Saints.

“For many former players, the first experience of presenting may well be during that first job interview after finishing, so the more practice they can get the better. At the end of the day, there was also £2,000 at stake and that made all of the time and effort I had invested in my application even more worthwhile. Alongside the honour of winning, one of the most beneficial aspects was the process itself. It gave us the opportunity to talk about our experience of the PDP with key people at the PCA and to generate new ideas.”

COPING WITH TIME OUT INJURED



SIDELINE ON THE SIDELINES

It not unusual for players to have time out of the season for injuries, but rare that a player can miss a whole summer. Here **Huw Waters**, the Glamorgan bowler, gives an honest account about missing all the action in 2013.

During your playing career you are bound to encounter the odd injury which gives you spells away from the game.

Most are fairly straight forward and common to cricketers, like strains. Very rarely do you encounter one that has physiotherapists and specialists scratching their heads because they cannot diagnose what the problem is. Unfortunately, this happened to me last year. After the initial shock of not knowing what was wrong I used the break from cricket as a positive to get my 'life' in order.

With the retirements of the Harrison brothers and more recently, Adam Shantry fresh in my mind, I thought it best to get some structure for my life after cricket. I have been doing an Open University degree for four years and this injury break provided me with the opportunity to make real progress in completing the course.

It was important for me to try and keep busy during this time whilst I was waiting to have my injury diagnosed, which seemed to be taking forever. Anyone who has had a fairly lengthy time on the sidelines will know that seeing your team mates can be either a big help, or a hindrance. For me it was always good to keep up on the latest dressing room banter, however bumping into people constantly asking 'how is it?' and 'when will you be back fit?' started to take its toll, especially when I did not know the answers. Putting on a brave face was very hard.

My degree is in sports coaching and having helped out with Cricket Wales for many winters I dug out some of the extra reading materials to try and improve my own coaching techniques. I felt bad that I didn't go and watch a few of the lads I coach play, but I would be faced

with the same old questions again... something I just could not face.

Having spent the previous winter getting some teaching experience I looked at how to get on a PGCE course, as well as looking at other avenues to becoming a

teacher. It is an ever more competitive environment, as I can imagine most job routes are these days. There was one major drawback for me, the daunting task of re sitting a GCSE to improve one grade to qualify for the PGCE course.

Luckily, by the time I had a diagnosis for my injury

I was in a very good place regarding my career after cricket and I have to thank Ian Thomas for all his support during this difficult time. I still had a long road ahead of me regarding the injury but mentally I felt reassured that if things did not work out, I would be in a stronger place to make the transition from playing to pursuing another career. I will admit that I was very naïve when I started my career, thinking that I would play for years and not have to worry about the next step. It is a certainty that retirement for whatever reason will happen to us all, the big question that no one knows the answer to is *when* that will happen. Alarm bells should have been ringing when, as mentioned previously, team mates had to retire through injury. However it was only when I was faced with the possibility that it could be happening to me that I acted.

Looking back I wish I had started the whole process of transition earlier. I look at the lads who already have their degrees and work experience outside playing cricket with envy. Envious that they can relax and fully enjoy playing the game. Yes we all know there is a bit more to it than that, but having fun is why we started playing. Being in a stronger position for the transition from cricket I hope I can now join those lads and enjoy the game again!

"LUCKILY, BY THE TIME I HAD A DIAGNOSIS FOR MY INJURY I WAS IN A VERY GOOD PLACE REGARDING MY CAREER AFTER CRICKET"

RIGHT ON THE MONEY

Just as at the start of a new season you will set new targets, you also need to take time to consider your financial goals and objectives every so often. A good way to start breaking this down is into short term (less than 5 years) and long term (over 5 years) goals.

WORDS: PHIL KEMP



SHORT TERM

In the short term there will be things that you want to purchase that will require saving for. It is important that you save enough cash through monthly budgeting to buy these things and that you don't use expensive credit cards or other forms of short term borrowing. In particular it is never a good idea to use a payday loan!

It's also important on an annual basis to keep on top of ISA contributions and pension contributions, as these have annual allowances that are on a use it or lose it basis!

There may be other short term requirements you have such as buying a house within the next 5 years. This will probably require arranging a mortgage. It is very important to understand the terms of the mortgage to ensure it is the best one for you. Among the factors to consider are whether to have a fixed or variable interest rate, the size of the mortgage to make sure it's affordable and the additional fees such as Stamp Duty, solicitors' fees and surveyors' fees.

You may not have considered the worst case scenarios such as the event

of not being able to work through illness or injury. Most people will have essential living costs such as rent or mortgage repayments, food costs and utility bills and for this reason it's important to consider what types of insurance you have. The PCA provides some insurance for current players but it could be worth checking what your cover is and whether you need more.

LONG TERM

If you plan to buy things such as a house or car in more than 5 years, investing can be a good approach to try and increase your money by more than the interest rates on cash. This usually involves investing in the stock market and, over the long term, should also protect you from inflation. However, the value of investments can go up or down and you may not get back the full amount that you have invested, so it's important that you only invest what is surplus to your short term needs and that you really understand what you are investing in.

A key long term need is to know where you are going to get your income from after you finish playing cricket.

Retiring can seem a long way off but it's a good idea to start investing early and it is usually most tax efficient to do this through a pension. The ECB pension scheme contributes an additional 10% of players' salary to the pension scheme. Players have to contribute 5% of their salary, but there are tax benefits on the contribution. Pensions and longer term investing are quite complex areas but very important to get right. It may be a good idea to look for independent financial advice or guidance on the best way of doing this for you. Advisers will have fees so make sure you understand clearly how they will charge you before using them.

SUMMARY

The best starting point for assessing your financial situation is to decide on your financial goals and objectives. It is important to understand the difference between those that you want to achieve in the short term and those that you want to achieve in the longer term. Your approach for achieving these goals has to be adjusted to the timeframe. Just as on the cricket field things change throughout a match, you will also need to re-evaluate your financial goals and objectives as life changes.

Disclaimer

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FF&P
FLEMING FAMILY AND PARTNERS

GROWTH MINDSET

Ever wondered about how two people can argue the same point from totally different angles? Our mindset creates how we view our world and dictates our emotional intelligence. Listen to the language you use, are your words an indicator of your mindset. **Carol Dweck** a Stanford University psychologist researched that there are two kinds of mindset, a fixed mindset and a growth mindset.

Consider elite sports people and champions of their game. Tiger Woods, Roger Federer, Serena Williams, Lionel Messi, Sachin Tendulkar. Now ask yourself what makes them a champion. Some people will simply say 'born with it, a natural, always going to be good at it, gifted or even lucky! Others would say: 'They worked the hardest, learned from their mistakes quickly, practiced more than anyone else, embraced challenge and overcame adversity'.

Is your natural talent your starting point or what dictates the levels you reach?

The way a sportsman perceives talent or ability and how a student perceives intelligence will directly impact on their learning. In sport, players who believe in limited ability will play and practice with a fear of failure. Making mistakes is viewed

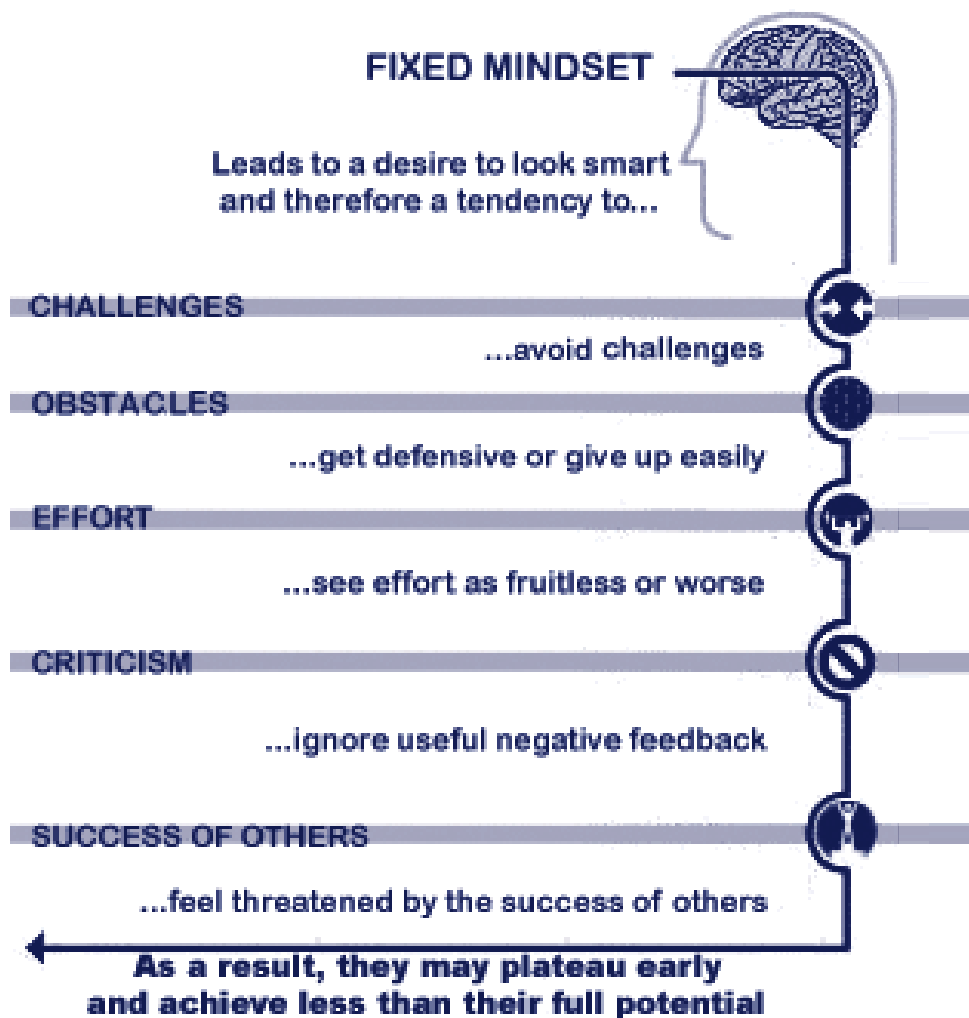
as not being very good at the task and it is important for them to look good so will often avoid challenges or things they could fail at. This is the fixed mindset. People with a fixed mindset will take negative feedback as criticism of their capabilities. They will stick to what they know works and will see success of others as a threat. Effort and repeated practice is for somebody who must not be very good! 'How come you practice that so much... I thought you were good at it!'

Players who were labelled as the best during their junior years yet may not of necessarily put the most effort in will run the risk of plateauing off later in their career. When extra effort and challenges arise they could remain at a level where they can win.

Players with a growth mindset are always pushing and challenging themselves. Mistakes are stepping stones to success

and negative feedback is seen as advice towards helping them achieve their goal and is embraced. They believe in practice and learning through effort and hard work. Intelligence and performance can be grown and the success of others is seen as a source of inspiration. They learn through life and are open to new challenges. Players with a growth mindset will understand the importance of praising the effort over the performance. The outcome was a result of the process and they will not attach their identity solely on performance.

People with a fixed mindset are more interested in besting others, while people with a growth mindset are interested in besting themselves. There is no evidence to suggest one is greater than the other, just that one can give you more options. A fixed mindset can be worked at towards a growth



YOUR GROWTH MINDSET



Cricket players are often forced out of their comfort zone. This could be seen as the learning zone. How happy are you in there and how quickly do you revert back to practice that you are good at? The learning zone is in our everyday life it is just that some people prefer to avoid it.

Entrepreneurs and leaders in business all face adversity at some stage and the decisions they make to carry on will usually expose the growth mindset and those who are fixed will revert to what they knew all along even if the markets or environments have changed around them. With a lack of flexibility and negative attitude to change, their fate is then taken out of their control and they will use blame or excuses to cover up their actions. Once they have chosen to give their power away to an excuse, it becomes increasingly difficult to regain control.

CONSIDER THE STATEMENTS BELOW AND SEE WHICH YOU AGREE / DISAGREE WITH:

- 1 YOUR NATURAL TALENT IS SOMETHING VERY BASIC ABOUT YOU THAT YOU CANNOT CHANGE VERY MUCH.**
- 2 YOU CAN LEARN NEW THINGS, BUT YOU CANNOT REALLY CHANGE HOW MUCH NATURAL TALENT YOU HAVE.**
- 3 NO MATTER HOW MUCH NATURAL TALENT YOU HAVE, YOU CAN ALWAYS IMPROVE IT.**
- 4 YOU CAN ALWAYS IMPROVE YOUR NATURAL TALENT.**

1&2 reflect a fixed mindset while 3&4 a reflection of growth mindset.

IF YOU ARE CURIOUS TO LEARN MORE, ESPECIALLY AROUND PARENTING AND RELATIONSHIPS THEN MINDSET BY CAROL DWECK COULD BE A GOOD READ FOR YOU. IF NOT MAYBE THIS HAS ANSWERED YOUR QUESTION WHAT MINDSET DO I HAVE??!

“PEOPLE WITH A FIXED MINDSET ARE MORE INTERESTED IN BESTING OTHERS, WHILE PEOPLE WITH A GROWTH MINDSET ARE INTERESTED IN BESTING THEMSELVES. THERE IS NO EVIDENCE TO SUGGEST ONE IS GREATER THAN THE OTHER, JUST THAT ONE CAN GIVE YOU MORE OPTIONS”

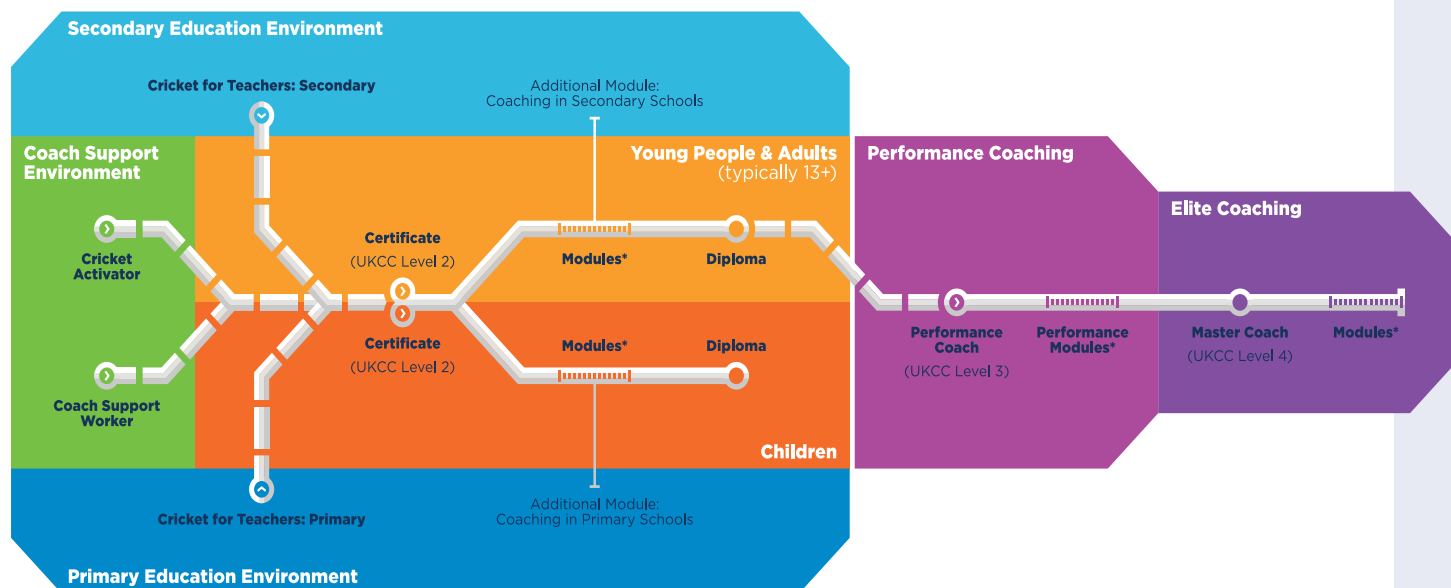
mindset using greater self-awareness. This links nicely to Emotional Intelligence and coping strategies. Life is not consistent yet some people expect consistent outcomes. ‘If I do this then I should get that’ or more flexibly ‘If I do this I could get that.’ Giving yourself options is crucial when managing your emotional state and how we react during conflicting situations.

Character is an important concept in the

sporting world and it comes from having the growth mindset. Elite sportspeople with a growth mindset find success in learning during their practice and in self-improvements. They understand the compound effect that small daily personal wins can amount to increased resilience under pressure and belief in their work. This allows the outcome to become less defining knowing they did their absolute best.

COACH EDUCATION

THE ECB COACHING PATHWAY



Cricket coaching continues to be a popular career choice during and post a professional playing career. This article focuses on coach education within the performance and elite coaching environment providing information about the current level 3 and 4 qualifications and related career opportunities.

There have been a number of developments within ECB coaching education in recent years. The diagram right illustrates some of the key changes, with new qualification pathways for those looking to teach cricket in primary and secondary schools, two different level 2 coach education routes depending on whether you want to coach children or work with young people and adults, and a new performance and elite coaching pathway.

THE ECB UKCC3 PERFORMANCE COACH COURSE (PCC), formally known as the ECB Level 3, comes under the umbrella of England Cricket & Elite Coaching. This

new course has been designed specifically to meet the needs of coaches working with performance players in performance environments such as county age groups U13+, Emerging Players Programmes, County Academy & Professional Programmes, England Development Programmes or related Development Programmes overseas.

WHAT IS THE SELECTION PROCESS FOR THE PERFORMANCE COACH COURSE (PCC)?

There is an on-line application process to capture coaching experience and qualifications to date and if short listed this is followed by a regional interview process to determine the suitability of the coach for the course.

Coaches wishing to apply should first discuss their interest and suitability with their County Club, County Board or school as each application must be supported by one of the Endorsing Bodies: County Cricket Board; ECB Coaches Association Rep; County Academy Director; County Director of Cricket; ICC Europe or ECB.

THE MINIMUM QUALIFICATIONS AND CERTIFICATES REQUIRED FOR ADMISSION TO THE COURSE ARE:

- ECB UKCC2 coaching qualification
- ECB L2 qualification or an ECB recognised equivalent overseas

coaching qualification

- *Active Disclosure & Barring Service (DBS) check (replacing old CRB)
- *Safeguarding and Protecting Children (sports coach UK)
- *First Aid Certificate - valid only for a three year period so coaches must ensure up to date before applying.

Finally, prior to application coaches are also expected to have identified an individual player and team to work with as part of the assessment process.

WHEN CAN YOU APPLY FOR THE PERFORMANCE COACH COURSE?

The Performance Coach Course runs twice a year beginning in January & September. The on-line application process opens at the start of April for the September course and at the start of September for the January course. For exact dates & deadlines for applications and more course information go to <http://www.ecb.co.uk/development/coach-education/performance-coachingenvironment,2916,BP.html>

WHAT COMMITMENT IS REQUIRED BY COACHES AND HOW LONG WILL IT TAKE TO COMPLETE THE UKCC3 CERTIFICATE?

The course tutoring takes place over eight days, two x three days block and one x two day block over a three-month period. There are areas of work, both practical and theory,

to be completed prior to, during and after the course which demand a high level of commitment from coaches. Each coach is appointed a mentor at the start of the course to support them through this learning process and it is expected that coaches should qualify in four to six months. Specific details can be found on the ECB website.

HOW MUCH DOES THE PERFORMANCE COACH COURSE COST?

The course fee to coaches is £750. The PCA will fully fund this course for current and ex-professionals on certification. For more information on this speak to your PDM.

WHAT ARE THE EMPLOYMENT AND CAREER DEVELOPMENT OPPORTUNITIES FOR A QUALIFIED ECB UKCC LEVEL 3 COACH?

Jobs within private schools and private academies, Clubs, County boards and counties, MCC UCCE Universities as well as roles overseas ask for a minimum of a level 3 qualification. The employment market is competitive so alongside this qualification gaining as much coaching experience as possible, networking, and undertaking additional learning via the Performance Coach Hub, which is an online CPD platform will help you gain a competitive edge. Subject to selection, you may also benefit from undertaking the Elite Coach Development Programme (UKCC Level 4) course.

The ECB are actively trying to increase the number of Professionals going through the Performance Coach Course whilst they are still playing or after they have finished their careers. Whether players (present or past) are looking to gain full time employment or work on a part-time basis in this field, coaching in England and Wales is undoubtable enriched by the imparting of skills and knowledge from those who have experienced the professional game.

IF YOU ARE INTERESTED IN THE PERFORMANCE COACHING COURSE CONTACT KEITH TOMLINS, KEITH.TOMLINS@ECB.CO.UK OR EMILY BROWN, EMILY.BROWN@ECB.CO.UK OR 01509 228638. IF YOU'VE COMPLETED LEVEL 3 AND WOULD LIKE TO DISCUSS THE POSSIBILITY OF DOING LEVEL 4 CONTACT GORDON LORD ON GORDON.LORD@ECB.CO.UK OR 07785 527115

PDM LYNSEY WILLIAMS TALKS TO GORDON LORD, HEAD OF ELITE COACH DEVELOPMENT, ABOUT THE ELITE COACH DEVELOPMENT PROGRAMME (UKCC LEVEL 4) AND CAREER OPPORTUNITIES WITHIN ELITE COACHING.



WHAT ADVICE DO YOU HAVE FOR CURRENT OR RECENT EX-PLAYERS WHO ARE INTERESTED IN EXPLORING HIGH PERFORMANCE COACHING AS A CAREER?

I believe it's important to spend some time thinking about:

- What is it about the "high performance or elite environment" that attracts you?
- What is it about coaching that draws you towards choosing it as a career?
- Are the things that are drawing you towards a career in coaching exclusive to the elite or high performance environment?
- What strengths, skills, qualities, knowledge, understanding do you already have that you believe would

contribute to you being successful and happy in a career as a coach (at any level)?

- What are the things you'd like to be even better at?
- What sort of coach are you now and what sort of coach would you like to be?
- What opportunities have you already explored to develop yourself as a coach? (Formal Education or informal development?)
- What other post playing career options could you/have you considered?

Reflecting on these types of questions can sometimes help to clarify thinking about choices and either confirm or challenge direction. I was once asked to consider "what is more important, direction or momentum?" I believe that usually, momentum is the critical factor and would always encourage people to "do something" rather than be overly preoccupied with "choosing" direction. Much easier to steer a moving ship! So, if after giving the above some thought, if players feel

"SOMETIMES, IT PAYS TO TAKE A ROLE THAT MAY LEAD TO THE ONE THAT YOU MOST DESIRE. THE KEY IS TO BE READY WHEN THAT ONE MATERIALISES"

COACH EDUCATION

that they “may” be interested in coaching as a career, I would always encourage them to “get coaching” and “get qualified”!

SO HOW MANY LEVEL 4 COACHES ARE THERE OUT THERE AT THE MOMENT?

Since we began the Level 4 programme in 1999, 150 Coaches have qualified. We currently have 49 coaches within the programme working towards their qualification.

WHAT CAN YOU TELL US ABOUT THE NUMBER OF COACHING ROLES AVAILABLE FOR LEVEL 4 COACHES?

As with most jobs, the ‘perfect one’ isn’t always available when you want it!

Sometimes, it pays to take a role that may lead to the one that you most desire. The key is to be ready when that one materialises.

There are currently, on average, five full time roles directly involved in Elite and High performance coaching within each of the First Class Counties. Some have considerably more if we include Academy Specialist Coaches and County Performance Programme roles.

There are a number of interesting coaching structures emerging notable the recent, innovative matrix model at Derbyshire. We anticipate that the First Class Counties will continue to invest significantly in their coaching infrastructures and those new opportunities will emerge.

The Director of Cricket role that has evolved at a number of counties also presents an interesting career route for some ex-players who may not necessarily choose to pursue a “hands on” coaching career.

In addition to opportunities within the First Class Counties, England Cricket currently engages 18 Level 4 Graduates or Undergraduates in performance related or elite coaching roles.

The MCC Universities (6)



and the MCC itself employ Coaches and these roles do (occasionally) become available. Exeter University also employ a full time performance coach and it seems likely that other universities may follow suit.

A number of County Boards and Minor Counties employ coaches full time within their performance pathway.

A number of Level 4 Graduates have successfully taken their skills and applied them in overseas coaching environments, including several in Full International roles.

The Independent Schools are increasingly investing in employing Elite Coaches. Currently 15 Level 4 graduates and undergraduates are employed in this sector.

Nine level 4 Graduates have established their own coaching businesses and there is clearly a growing demand for coaching through these.

So, it would appear that there are plenty of opportunities out there, particularly if coaches are prepared to ‘tack’ a little in order to prepare for their ideal role.

WHAT DOES THE LEVEL 4 PROGRAMME INVOLVE?

The programme runs over a 26 month period. There are just over 40 days contact times that run between October and March. For the last 3 years, this has been awarded in conjunction with a Post Graduate Diploma in Personal and Professional Development.

We appreciate that this looks a little daunting, and would recommend that players speak to their coaches about what is involved.

More details about the programme and the application process can be found on <http://www.ecb.co.uk/development/coach-education/elite-coaching-environment,2917,BP.html>

The nature of the programme, which contains many transferrable elements (Self Awareness, Interpersonal Skills, Leadership and Management), has proved to be of particular interest to players with leadership responsibilities.

“SOME PLAYERS GENUINELY ENJOY THE CHALLENGE OF RUNNING THIS ALONGSIDE THEIR PLAYING CAREERS AND THERE HAVE BEEN SEVERAL EXAMPLES OF THIS WORKING WELL”

WOULD YOU RECOMMEND SOMEBODY CURRENTLY PLAYING TO APPLY?

I would suggest that each case be considered independently. Some players genuinely enjoy the challenge of running this alongside their playing careers and there have been several examples of this working well (notably Andy Flower, Mark Ramprakash, Mark Chilton and Glen Chapple, to name a few). Of course, some players find the commitment required too great and choose to focus solely on their playing careers and postpone their qualifications until later.

I would encourage anyone who has completed their Level 3 and would like to discuss the possibility of doing Level 4 to contact me.

FROM COUNTY GROUNDS TO SCHOOL FIELDS

How cricketers can break into the independent schools sector

WORDS: CHARLIE MULRAINE

For many professional cricketers, being a Head of Cricket at an independent school can be a very attractive proposition but how realistic is this really?

Charlie Mulraine talks with Ian Power, Membership Secretary at the Headmasters' and Headmistresses' Conference (HMC), about routes into Coaching and Teaching in the Independent Sector.

The HMC is a professional association of Heads of the world's leading independent schools and has been providing support and advice for more than a hundred years. As well as supporting its members and representing their views, the HMC is there to promote high quality across all areas of the educational piece with sport being a key area.

Ian Power is a former Headmaster of Lord Wandsworth College (Jonny Wilkinson's former school) and has been the Membership Secretary of the HMC for 5 years. Part of his role is supporting the Sports Sub Committee which is there to encourage and promote excellence in the delivery of school sport.

For a long time, the HMC has identified the need for high quality sports coaches and the benefits that former professional sportspeople bring to schools and pupils. "If you want to promote high quality sport, you need professionals," Ian said.

Some of the coaching delivered at schools is by former professional sportspeople whilst some is by professional coaches.

Cricket is a summer sport and there are few schools able

to afford the luxury of a full-time ex pro who can't teach or assist with the coaching of other sports. At the very least, it is Ian's view that players should look to take coaching qualifications in other sports and even groundsmanship. A former professional cricketer who can look after the 1st XI square as well as coach hockey or rugby in the winter months is immediately making themselves more of an asset.

Ian believes that the next move will be for schools to take on professional sportspeople who already have teaching qualifications.

"This is a more financially viable option for both the school and the player."

To qualify as a teacher does require players to have a degree and Ian has some sound advice

for those players yet to decide on their ideal degree subject.

"There aren't many vacancies to teach Sports Science or PE and therefore it is wiser for players to consider subjects like History, Geography, Maths and Physics for example."

"Most schools would support the year needed for teacher training and the HMC has links with suitable colleges."

Ian also made it clear that the majority of HMC schools would be very receptive to providing a current professional cricketer with advice and work experience where possible. Players can either approach schools local to them or Ian said that he would be happy to contact schools on their behalf via their e-newsletter. Any interested player wanting to explore this further should speak to their PDM.



JASON GALLIAN

A Championship winner with Notts in 2005, Gallian now teaches at the renowned Felsted School



MARTIN BICKNELL

The former Surrey quick bowler moved seamlessly to Master in Charge of Cricket at Charterhouse



JOHN CRAWLEY

Following a distinguished career Crawley became Head of Cricket at Magdalen College - see how he made the transition in BtB issue 10



DARREN MADDY

Young cricketers at Solihull Boys School have the benefit of Maddy's 20 years in the professional game



RICHARD COUGHTRIE

The former Gloucestershire wicketkeeper has recently taken up a position with St Lawrence School in Kent

CAREER FOCUS

PERFECT GRAMMAR

Former Lancashire CCC captain **Mark Chilton** tells us how he has made a smooth transition from a long and successful first-class career. The stylish opening batsman is now Director of Cricket at Manchester Grammar School and gives us an insight into his new career.

INTERVIEW BY: MATT WOOD



“2011 was not only my final year as a professional but also my benefit year which provided an opportunity to get out and meet people during various events. Having been a former pupil of Manchester Grammar School (MGS) I approached them about an event which included an extensive coaching session with myself and Peter Moores, it turns out the school were using this as a trial! As my time in cricket came to an end I had kept links with a contact of mine at the school who suggested I come and meet the head master and things moved quite quickly from there.

The role is really quite varied, at a school with over 1500 pupils and 250 staff there is always something to do and each day brings its separate challenges. My role has expanded slightly since I first started, but in a nutshell, I run all the cricket and hockey at the school, assist the PE specialists when required and work closely with the development team. The job has certainly tested my administrative skills and the job is much easier if you can get yourself organised! I try to practically coach as much as possible; it is the area of the job I enjoy the most.

HOW HAVE YOU FOUND THE TRANSITION FROM A PROFESSIONAL CRICKETER?

“Overall, I haven’t found it too bad. What made it all the easier was that I had accepted my playing days were over. To win the Championship seemed a perfect way for me to finish, my form had been dipping and it just felt the right time. What I found more difficult was the lead up to the end of the season. The

uncertainty of not knowing what I wanted to do and where I wanted to do it, whilst bringing up a young family was without doubt the most stressful time. It really hit home to me of the importance of paying attention to life after cricket whilst still playing. I would encourage all professionals, at any age, to make the most of their down time.

WHAT SKILLS DO YOU FEEL YOU GAINED AS A PRO HAVE HELPED YOU IN YOUR NEW JOB?

“To succeed in professional sport a strong work ethic is essential and an appreciation of this definitely helps in a new environment. Obviously, the work is very different, but recognising that hard work and productive results are closely related will stand players in good stead when they finish. Teamwork is another essential part of everyday life here at MGS, particularly within the sports department, and having seen team dynamics operate at close quarters throughout my time at Lancashire I feel confident about dealing with most scenarios that I come across.

WHAT QUALIFICATIONS DID YOU GAIN/NEED TO GET THE ROLE?

I was lucky that I’d been an old boy of the school and also gained a degree from Durham University but you’d have to ask MGS exactly what they were looking for, whether that was important to them I’m not sure. They were very positive about my ECB level 4 coaching course throughout the interview process and I’m sure this would have been viewed in a positive light.

WHAT DO YOU MISS IF ANYTHING ABOUT PROFESSIONAL CRICKET ?

Playing cricket with your mates...and the opportunities to travel. Some of the fondest memories of my career have been my overseas trips and tours. To get to visit, and play, at great venues all around the world was a real treat and it’s not until you come out of the environment that you realise how lucky you were. The thing I definitely miss most though is the companionship you gain with your teammates and sometimes opponents. I think cricket is unique in this regard, players spend so much time together that strong bonds are created and you experience moments together that will last forever. I will never forget the feeling of being on the balcony at Taunton in 2011 when the winning runs were hit to secure our first championship in 77 years. They are special moments you share with each other and I’m sure I will remind people of it in years to come when I am old and grumpy.

WHAT GIVES YOU THE MOST SATISFACTION IN YOUR NEW JOB?

I’m now in the market of cricket and personal development so any time I feel I have made a positive impact on a young person’s thought process I get a great sense of satisfaction. It is great to see pupils’ cricket improve but I enjoy impacting their mind-set as much as their ability to play a cover drive. I also enjoy my relationships with my colleagues; we are all in the same field with similar outlooks and sharing thoughts and ideas is a great way to continue our professional development.



A TAXING SUBJECT

Tax expert **Tony Elliott** from our accountancy partner, Dyke Yaxley, highlights the importance of getting ahead of the game when it comes to tax planning. Whatever stage of your career you are at, tax will rarely be at the forefront of your mind, yet it will play a significant part in your life from the moment you start earning as an apprentice right through to your retirement and beyond. Your family may even have to pay tax on your wealth when you are no longer with them!

OPENERS

So you've signed your first professional contract and are about to walk out at the start of your first season. You will be paid as an employee of your club with tax and National Insurance deducted through the PAYE system. At this stage there is not much tax planning that can be done, but it is important to check that the right amounts are being deducted and that you are claiming for all allowable expenses such as travel and protective equipment.

Working through the winter creates its own set of tax problems, depending on whether you are employed or self employed, with strict rules set out for registering and reporting any self employed income.

MIDDLE ORDER

You have now become an established member of your team and are probably being paid a higher salary. You may also be offered additional benefits, either by your club or by a third party sponsor – perhaps

a car or medical insurance – all of which are likely to be subject to income tax and National Insurance Contributions. Cars are an easy target for HMRC to tax so choosing the right one to minimise the tax liability becomes very important.

Additional payments such as Man of The Match awards and Most Valuable Player should generally be taxed by the provider, but this should be checked to avoid you having to pay tax on it at a later date.

Promotional and endorsement work outside of your playing contract could be carried out through a separate business to reduce your overall tax liabilities and even allow you to start accumulating funds for later in life.

TAILENDERS

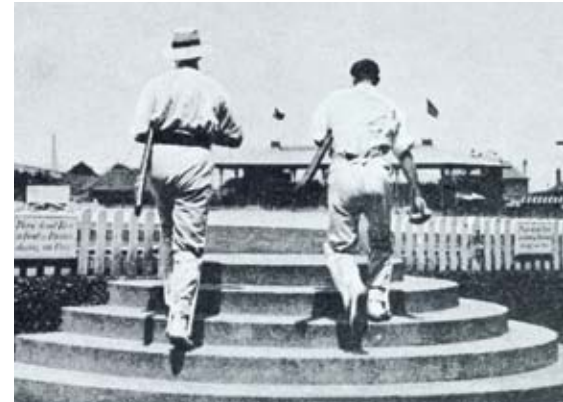
Benefit matches are of particular interest to HMRC as they generally see the funds collected as earnings. However, where the benefit event is organised on compassionate grounds or there is no contractual entitlement to one, the proceeds can be tax free.

Many players acquire a second property as a sort of “pension” to provide an income and capital growth when they stop playing. Understanding what you can deduct from the rental income helps to reduce tax payable as does planning early for a possible sale to reduce capital gains tax.

Post playing careers are very varied, but setting up and running your own business creates a minefield of tax issues such as deciding which structure to use, registering for VAT and taking on staff. Consultation with your adviser at an early stage will help to avoid the common pitfalls.

BACK IN THE PAVILION

You have retired from the game and have had a successful second career and now you are looking forward to putting your feet up. Your thoughts at this time should turn to your Will and how you want your wealth to be divided up. Inheritance Tax (“IHT”) is payable at the rate of 40% on the value of your estate above £325,000. The value



of your estate includes everything that you own – your home, cash (whether it is held in a tax efficient manner or not), stocks and shares, insurance policies etc – so it is very easy for the £325,000 limit to be reached.

While assets that pass to your spouse are initially exempt from IHT, no such exemption exists when they pass away. Planning at an early stage in your retirement can allow significant value to be removed from your estate reducing the ultimate exposure to IHT, very often to zero. Strategies of varying complexity are available, from simple gifting to the formation of a family trust, most of which can leave you still in control of the assets involved and sometimes still able to benefit from any income generated.

MATCH SUMMARY

As can clearly be seen, tax is a part of your life (and sometimes your death!) whether you like it or not. However, steps can be taken at every stage of your career to reduce your exposure to tax, either through awareness or planning, to keep the tax man on the back foot.

This is the first in a series of articles for the PCA written by the Dyke Yaxley tax team which has a long association with the PCA as a commercial partner. If you would like more information on specific tax issues contact Tony Elliott on 01743 241281 or email tony.elliott@dykeyaxley.co.uk



BACK IN THE SADDLE



By the time they rolled through the famous Grace Gates at Lord's, those taking part in the inaugural Big Bike Ride were physically shattered and emotionally drained. Ultimately though, they had the huge satisfaction of knowing they'd been part of something very special.

Long after the aches and pains had eased and the lycra shorts tucked back in the drawer, the sense of achievement remains for those who completed the 451-mile October trek between seven of England's county cricket clubs, from Durham in the north to Middlesex in the south, that took in 27,000ft of climbing.

Not only was there the personal satisfaction for the 62 who took part - former Ashes-winning cricketer Marcus Trescothick among them - there was also a very real and tangible benefit in the shape of a significant sum raised for charity.

Organisers set an ambitious target of £200,000 for the ride, but that total was smashed, with more than £219,000 collected for the two causes through donations and sponsorship. For one rider in particular, it provided understandably poignant moments on the final stage heading into the capital. Glamorgan legend Matthew Maynard

was making the trip in memory of cherished son Tom, who lost his life in June 2012, aged 23, just as he had begun to catch the eye on the books of Surrey.

The loving father's determination to secure a positive legacy from his son's tragic death meant he was a driving force behind the setting up of the Tom Maynard Trust which, along with the PCA's Benevolent Fund, were beneficiaries of the fantastic two-wheeled fundraising effort.

"Starting the last leg it dawned on me what we were achieving in Tom's memory and I was very emotional. It was pretty difficult for a couple of hours," said Maynard senior, who played four Tests and 14 one-day internationals for England.

He added: "To gather together en-masse at the Marriott Hotel in Maida Vale and cover that last mile together was pretty amazing. It was gruelling in parts, with some very tough climbs along roads that will be in the Tour De France this summer, but it was all worth it."

"Both charities have the same goal: to help others who need it - and this was the biggest fundraising event that either had undertaken. The PCA does fantastic work for those within cricket

THE TEAM-SPIRIT AND SENSE OF TOGETHERNESS THAT DEVELOPED AMONG THE RIDERS AND THE SUPPORT TEAM ON THE 2013 BIG BIKE RIDE IS CLEAR TO SEE...

THIS YEAR'S EVENT - A ONE DAY TIMED RIDE STARTING AND ENDING AT THE KIA OVAL - WILL TAKE PLACE ON **12 OCTOBER 2014** AND WE WOULD BE DELIGHTED TO HEAR FROM PLAYERS INTERESTED IN TAKING PART.

JASON RATCLIFFE SET AN AMBITIOUS TARGET OF £200,000 FOR THE BIG BIKE RIDE 2013, BUT THAT TOTAL WAS SMASHED, WITH MORE THAN £219,000 COLLECTED FOR TWO CAUSES

whether they have been a professional for just one game or a thousand games, one year or 25 years.

"We were all very grateful for the support the riders gave and the same goes for our event sponsors Brewin Dolphin. To beat what was a big target by 10 per cent was incredible."

Setting off through the gloom at Durham's Riverside Ground, the Big Bike Ride's first stop was Headingley, before crossing the Pennines on Day 2 to Old Trafford. It was back across the Pennines on Day 3 - where Andrew Flintoff joined the leg - to Trent Bridge, before onwards to Grace Road and Wantage Road on Day 4.

That left Day 5's last leg from the Midlands to the home of cricket, by which point the riders - divided into three groups depending on their ability and drawn not just from the cricketing



fraternity, but from all walks of life – had struck up an unbreakable unity.

Maynard recorded his thoughts all the way through the journey by way of a video camera strapped to his bike that formed a central part of the video the PCA have produced, which can be viewed at www.thepca.co.uk/the-big-bike-ride-bf-tmt-2013.html

He said: “There was a definite feeling that we were all in it together; a real sense of camaraderie. On a daily basis, people were overcoming individual challenges all by being part of a team and having something different to offer.”

Although there will be no Big Bike Ride this year – that is likely to return in 2015 – there is another cycling event for those who have the biking bug.

On October 12, a one-day timed sportive will start and finish from Surrey CCC and take in part of the course that saw Tour de France winners Bradley Wiggins and Chris Froome compete in the London 2012 men’s road race and Lizzie Armistead take a silver medal in the women’s.

Instead of sponsorship each entrant will pay a one-off fee to tackle the course of around 100 miles, with proceeds once again going to the PCA Benevolent Fund and Tom Maynard Trust.

EVEN GREAT PLAYERS NEED A LITTLE SUPPORT SOMETIMES

Tragedy can strike anyone, anytime, anywhere. Winston Davis had few equals on a cricket field as a bowler of genuine pace who terrorised county and international batsmen alike for much of the 1980s in serving the West Indies, Glamorgan and Northamptonshire.

Yet the talented and likeable West Indian could never have envisaged that soon after his retirement his world would be turned upside down after he was paralysed from the chest down when a branch from a tree he was cutting down fell on him and knocked him seven feet to the ground.

The accident happened in 1997 when, back in his native Caribbean, the committed Christian was helping clear land for the building of a new church. He was eventually flown to England for treatment, but left to deal with the devastating news that he would never walk again and would spend the rest of his life in a wheelchair.

But Davis, now 55 and living in Worcestershire, has not let his tetraplegia hold him back. He is an active member of the Worcestershire Coalition for Independent Living, a user-led organisation design to improve the services to those with support needs - and he also keeps in touch with cricket by attending Northamptonshire Past Player Day lunches.

Much of the manner in which the former right-arm seamer has rebuilt his life has been down to his own determination, but he is nevertheless ‘eternally grateful’ for the ongoing help afforded him by the PCA Benevolent Fund when he has needed it.

The fund has provided financial assistance for a specially-adapted computer and the training to use it, allowing him to maintain communication links and his independence. This year, with money raised by the riders who took part in the 2013 Big Bike Ride, the PCA are helping Davis to buy a new motor vehicle – essential for him to be able to stay mobile.

“My life changed dramatically. One minute you are conducting what the majority would call a normal lifestyle and the next you’re coming to terms with having to have 99.9 per cent of things done for you,” said the former Windward Islands player, who took a then one-day world best 7-51 against Australia in the 1983 World Cup.

“Getting used to that is a big challenge because there things that you previously took for granted and didn’t even have to think about. It’s been a difficult challenge to overcome, but not an impossible one.

“The PCA have been a great support to me over the years and getting the computer has helped me make a contribution through the work I have been able to do when I feel very strongly that there is a contribution to be made. And later this year I’m hoping to get a new motor vehicle after using the same one for 16 or 17 years that is coming to the end of its usable life. This one will be lower to the floor and give me increased visibility when I’m out and about and obviously gives me the means to do that.”

Not every cricketer that is supported by the PCA Benevolent Fund was as successful at first-class level as Davis, nor is their support restricted to aiding those with physical disabilities. The charity’s brief is to help a wide cross-section of former players, from mental issues and illness to injury and family problems.

Davis acknowledges that not all former sportsmen are as fortunate to have the same level of support offered the country’s first-class game and added: “Just knowing that the PCA are there to offer their support in itself is comforting. It’s a wonderful service and I certainly can’t put a value on it.

“They look after past and current players as if they are part of the family and cricketers are very lucky to have that to fall back on because you never know when you might need their assistance.”

Insightful words from an inspirational man. To find out how you can support the PCA Benevolent Fund’s fundraising events: www.thepca.co.uk/benevolent-fund-donations

SUPER SIX'S STERLING SERVICE

FOR THE FIRST TIME EVER, THE PCA BENEVOLENT FUND - THE PLAYERS' CHARITY - IS BEING SUPPORTED BY ALL THE WORTHY PROFESSIONALS WHO HAVE BEEN AWARDED WITH BENEFIT YEARS FOR 2014. BEYOND THE BOUNDARIES LOOKS AT THE DEDICATED SIX.

A GARETH BREESE DURHAM

Jamaican born and bred, the off-spinner and hard-hitting lower order batsman captained his home island and made one Test appearance for the West Indies in 2002 before moving to England and Durham. He has since become a mainstay at Chester-le-Street, taking his first-class career totals to 285 first-class wickets and 4,511 runs and helping his adopted county to County Championship Division One titles in 2008, 2009 and 2013. However, it is in the one-day arena where 'Briggy' has really excelled, and in t20 alone he has captured 81 wickets at 22.06. Gareth is supporting Macmillan Cancer Support and the PCA Benevolent Fund.

@Gforce14Benefit

C MICHAEL YARDY SUSSEX

In the 15 years since making his debut for Sussex, the former England all-rounder has collected seven trophies, including three County Championship triumphs. Michael has become part of the furniture at Hove after starting his career combining shifts in a sports shop at Gatwick Airport with a determination to fine-tune his game. In addition to scoring almost 15,000 runs and taking more than 250 wickets across the board for Sussex, who he captained from 2009-2012, he has 42 limited-overs caps for England, winning the World Twenty20 in 2010. Michael has selected the Rockinghorse Children's Charity, Mind and the PCA Benevolent Fund as his worthy causes.

@MY20BenefitYear

E JONATHAN TROTT WARWICKSHIRE

A treble Ashes winner, Jonathan registered 245 on his debut for Warwickshire Seconds. He went on to score 134 from 178 balls on his full Bears debut in 2003 and was celebrating a County Championship title triumph a year later. When England came knocking, he responded superbly on his full Test debut with 119 in an Ashes victory over Australia. Since then, nine more Test centuries and more than 3,700 runs have followed in 49 appearances, while four tons and 2,819 runs have been accumulated in 68 one-day outings. Jonathan is supporting Cure Leukaemia and the PCA Benevolent Fund in his benefit year.

@Trotty

B GORDON MUCHALL DURHAM

Sharing his benefit year with team-mate Gareth Breese, Gordon is a local lad and the most successful of three brothers (Paul and Matthew are the others) who have followed in the footsteps of grandfather Bernard by playing representative cricket in their native north-east. Part of the first intake to the then-new England academy, the top order right-handed batsman made his first-class debut in 2002 and was capped in 2005. By the end of last season, he had notched up more than 11,000 runs for Durham in all formats. Gordon's chosen charities are the North-East Autism Society and the PCA Benevolent Fund.

@Gforce14Benefit

D ALASTAIR COOK ESSEX

England's rock as opening batsman, 'Chef' has been breaking records since his England debut in 2006, becoming the youngest player to pass 7,000 Test runs in 2012. Many more will surely fall before he retires. A member of the Essex Academy from 15, he debuted for the first team in 2003 and has been a fixture for England since his debut hundred in India. He took over the Test captaincy in 2012 and passed 8,000 Test runs this winter, a tally that has included 25 centuries - an England record. Outreach Uganda, Chance to Shine, Mind, the David Randall Foundation and the PCA Benevolent Fund are the charities Alastair is backing.

@CookyBenefit

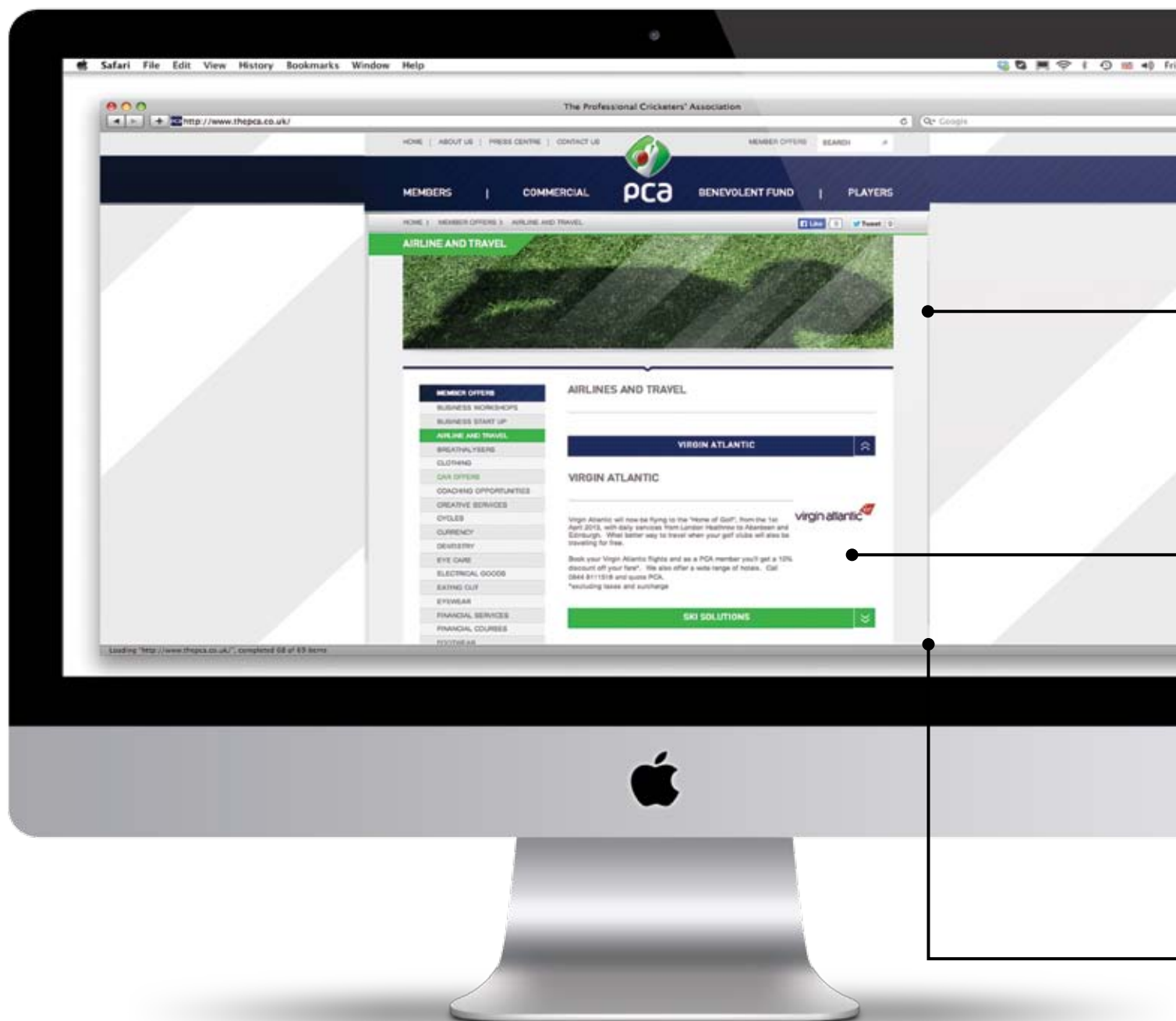
F TIM BRESNAN YORKSHIRE

The bustling seamer's value to the England side was underlined when the team won the first 13 Tests in which he played - a feat only Adam Gilchrist has bettered. He made his maiden first class hundred in a Yorkshire club record ninth-wicket partnership of 246 with Jason Gillespie in 2007. Bresnan is backing Bradley Lowery's Fight, a charity set up to raise the £500,000 needed to send the two-year-old, critically ill with the cancer neuroblastoma, for overseas treatment not available in the UK. The Candlelighters Children's Cancer Charity and the PCA Benevolent Fund will also benefit from Tim's support.

@TimBresnan2014



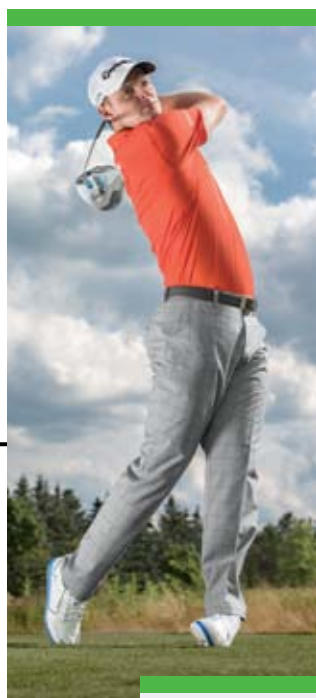
NEW PCA WEBSITE



ONLINE AND LENGTH

Many of you will already be aware that we recently relaunched **thepca.co.uk** website. With a cleaner top navigation, more dynamic content and whole host of informative and useful articles - from the Mind Matters tutorials to special offers for players past and present - we hope to see you logging on in greater and greater numbers in the future!

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COUNTY PAST PLAYER ASSOCIATIONS

ON THE FRONT FOOT

IT's not just the county clubs that are innovating to improve their attendances. Take Derbyshire's Past Player Association, for instance.

Just as clubs around the country are using T20 cricket to lure a younger demographic into their venues, so there is a drive at the County Ground to use the shortest format of the game to encourage a greater number of one-time professionals to return to their former playing stage.

Invitations to attend Derbyshire's annual get-together are sent out to everyone on the current database who has played first team cricket for the East Midlands club - and it has always proven popular among those who plied their trade in the sixties, seventies and eighties. However, there is a recognition that the younger generation of players are less well represented.

As such, Derbyshire's secretary Peter Gibbs has enlisted the assistance of another former player in Matthew Cassar to seek greater engagement from those who have retired in the nineties and noughties. The proactive approach means the next step is to organise an event which coincides with an evening T20 game.

"For the older generation, our events continue to prove popular and we regularly attract 50 to 60 who enjoy meeting old friends," explained Gibbs. "But we have



often held events on a Sunday, and that has not always been convenient for the younger vintages who may be coaching, playing, have family or are working, so we're looking into a workable alternative.

"By organising an event to coincide with T20 cricket on a weekday evening, we hope that some of the younger former players may be free of other commitments. With Matt sharing the secretary duties this year, it's very much with the intention of him eventually taking it on as he obviously has more links with those recently retired."

Gibbs has also been pleased to see the PCA taking an active lead in organising Past Player Days open to cricketers from around the country. He added: "It's a common link as simple as playing in one professional game, but one that remains forever and the network of people similar to yourself is incredible. I've certainly enjoyed the PCA events at Cheltenham and Edgbaston."

Derbyshire's Past Player Day for 2014

will take place on June 15 at the County Ground during their County Championship match with Surrey - and they are not the only ones keeping busy.

The Northamptonshire Past Player Association are following up on their successful lunch in 2013 with this year's event being held on August 15. And in June 2013 a selection of players from WOCCA - Warwickshire's Old County Cricketers Association - took on a Jim Troughton Warwickshire XI at Knowle and Dorridge CC. Players were drawn out of a hat at the start of proceedings so it was a mixture of former and current players taking to the field together!

- This year's PCA Past Player Day at **Cheltenham** will be held on July 15, with the day at **Arundel** taking place on June 17. If you'd like to join us at either of the days or have any events you'd like to feature, we'd love to hear from you - please contact aprosser@thepca.co.uk



FORMER DERBYSHIRE PLAYERS GATHER FOR THEIR ANNUAL REUNION; CURRENT AND PAST WARWICKSHIRE PLAYERS DON THEIR KIT TO CHALLENGE A JIM TROUGHTON WARWICKSHIRE XI

Photos: David Griffin; Dave Edwards/Newbold Images

NEAR YOU...

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E pj.gibbs@virgin.net

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ESSEX CCC

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ENGLAND ALL-ROUNDER MAKES COMEBACK

THERE'S A NEW FACE IN CHARGE OF THE ENGLAND CRICKET DEPARTMENT. WE PROFILE THE MAN, AND LOOK AT THE QUALITIES REQUIRED TO FILL THAT ROLE.

Paul Downton's name is back up in lights having recently been announced as the new Managing Director – England Cricket. He succeeds former Glamorgan & England batsman Hugh Morris and is only the second incumbent in this position, which was created as a result of the last Ashes whitewash in 2006/7.

It's undoubtedly a challenging role that requires the ability to make tough decisions in the most high profile circumstances imaginable, as illustrated in February by the announcement that Kevin Pietersen would not be considered for future England selection. On top of that, he will need a special set of skills to lead and manage the England Cricket Department's £100 million budget over the next four years.

In Downton though, the ECB have a man who has always been ahead of the game. As a wicket keeper for Kent, Middlesex and England between 1977-1991, he was a genuine all-rounder in an era when players often specialised in just one discipline – including those behind the timbers. A middle-order batsman, he scored six first-class centuries and made a highest Test score of 74 against India in Delhi – on a tour that saw England record a rare Test series victory on the sub-continent.

Along with that success, he was also part of two Ashes winning sides in 1981 and 1985 and helped England to a World Cup Final in 1987. It was during that tournament that this industrious man of Kent revealed another string to his bow, with Derek Pringle recalling him studying for his stockbroking exams while on tour. That desire to gain qualifications is made all the more remarkable when you consider that the very beginnings of the PCA's Personal Development programme were still 20 years away.

It is well documented in this publication how important it is to plan for the future and the freak accident suffered by Downton in 1990 was a case in point. He was 'keeping during a Sunday League game between Hampshire

**DOWNTON WILL
NEED A UNIQUE SET
OF SKILLS TO LEAD
AND MANAGE THE
ENGLAND CRICKET
DEPARTMENT'S £100
MILLION BUDGET
OVER THE NEXT
FOUR YEARS**

and Middlesex at Basingstoke when a delivery from John Emburey bowled Hants' Julian Wood. As the ball struck the stumps, a bail flew into Downton's eye causing a detached retina. Although he played on later in the season his vision was never the same and early retirement came in 1991.

Fortunately, Downton moved seamlessly into a career in stockbroking and has spent the last two decades looking after FTSE 100 companies, forging a successful career in the City with HSBC, Cazenove and JP Morgan. Alongside that, he has also been an active member of the Middlesex, ECB Cricket and MCC Committees, allowing him to stay in touch with a game that has evolved in the last decade at a pace that shows no sign of abating.

While some raised eyebrows at Downton's appointment, it only takes a scan of his impressive CV to understand what made him such an outstanding candidate for the role. The first couple of months have shown that Downton will require all of the diverse skill sets at his disposal but rest-assured he will be up for the challenge. He is a genuine all-rounder, both on and off the field.



DRESSING ROOM NOTICES



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Go to www.thepca.co.uk/5877 to find out more or email pcamasters@thepca.co.uk



PCA Masters Fixtures 2014

Monday 21 May
MCC Corporate Cricket Challenge, Lord's

Thursday 5 June
AOC Garden Party, Wormsley

Wednesday 23 July
Compass Cricket Charity Day, KIA Oval

Thursday 24 July
PCA Summer Garden Party, Hurlingham Club

Friday 25 July
Stony Stratford CC, Buckinghamshire

Thursday 31 July
Odiham and Greywell CC, Hampshire

Friday 1 August
Monton CC & Weaste CC, Lancashire

Friday 15 August
Littleborough CC, Lancashire

FTI MVP Rankings -

how did you fare in 2013? Check the full rankings for yourself and your team-mates.

England - www.thepca.co.uk/mvp-england-13
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w: thepca.co.uk/4712



Travel Policy

Applicable to current and full PCA members, there have been important changes to the PCA Travel Policy.

Key points:

24-hour Emergency Number
is now +44 (0)208 763 3155

The policy number is now
RKK806998

Visit: www.thepca.co.uk/travel_policy

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Assistant Chief Executive

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Angus Porter
Chief Executive

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Past Player Days

Tues 17th June at Arundel
Sussex v Yorkshire

Tues 15th July at Cheltenham
Gloucestershire v Derbyshire

To book or for details contact
Ali Prosser: aprosser@thepca.co.uk
or 07769 880888



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THE PCA ADDRESS BOOK...
THIS ISSUE WE ROLL BACK TO 'P'

PIGOTT, T

Whether it's in the kitchen or out on the pitches of the English county circuit, finding the right recipe for success remains the principal aim for Tony Pigott. The former Sussex, Surrey and England seamer has turned his hand to a number of occupations since ending his playing days, but has never lost his enthusiasm for the first-class game.

HOW DID YOU FINISH PLAYING?

I'd been playing as a professional for 21 years, 18 of them at Sussex, and was second team coach while playing my final year at Surrey. Then there came the coup at Sussex and I took over as chief executive. Peter Moores was appointed coach, Chris Adams as captain and the rest, as they say, is history. When I came in we were 18th in the table and one ex-player told me we should be demoted to minor counties cricket. I said we would win the County Championship in five years. It took six, but then the team won three titles in five years, having never won it in 180. A lot of it was down to positive thinking – and members still thank me now.

WHAT DID YOU DO NEXT?

I ran two pubs in Hurstpierpoint because I'd been into catering for most of my career, having owned a squash club near the County Ground in Hove, although it was a short-term thing. But I've still got an interest in catering, which came from my mum, because she was a fantastic cook and I learned everything I know from her. I was offered the chance to be a head chef in Parson's Green, London, but I turned it down. I didn't want to work in a kitchen 10 hours a day five days a week. Instead, I take on dinner parties and occasions for between 10 and 40 people, meaning I can do it on my terms.

YOU BALANCE THAT WITH BEING AN ECB PITCH LIAISON OFFICER?

I actually balance the cricket role with two other jobs as well. I am sales and marketing director for ClubTurf Cricket, who supply artificial pitches to schools and clubs around the country. I also work for a company called Gala Events, who organise a range of sporting events across rugby, football and cricket. I have been doing the pitch inspecting for nine years now. I love my cricket and I think every ex-professional would like to be in a position where they can give something back.

DO YOU EVER MISS PLAYING?

Everybody has got a lifespan and I don't miss it after more than two decades of playing – nine years of it playing overseas for six months as well. There comes a time when you are ready to retire and, at 38, I was. With my ECB role, I still get to see a lot of people I used to play with as well as meet chief executives, marketing managers and members, which is great.

HOW DIFFICULT IS IT TO MAKE THE TRANSITION TO A NEW CAREER?

It can be very, hard for some because you're halfway through your working life and you can be starting from scratch. Your phone stops ringing and the members stop putting you up on a pedestal. That's where the PCA are doing a fantastic job these days preparing players for the future. It's a very important service that wasn't there to the same extent in my time.

CAREER HIGHLIGHTS?

When my mum asked me when I was seven what I wanted to be, I didn't say bus driver or policeman but that I wanted to play cricket for Sussex and England. How many kids can actually say they went on to fulfil their early ambitions? I had to postpone my wedding to play against New Zealand and the Mrs understood, but in the end I could have still got married anyway because the game was over inside two days! It was also fantastic to take a hat-trick as my first three first-class wickets for Sussex in 1978 versus Surrey. It was Intikhab Alam, the former Pakistan captain and England internationals Robin Jackman and Pat Pocock.

CAREER FUNNY?

I remember running around the boundary, stopping the ball and attempting to bowl rather than throw it in because I'd damaged my shoulder. I mistimed it and the ball flew into the crowd meaning instead of three runs, the batsman got seven. It was pretty embarrassing.



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For more information, or to get involved
Jason Ratcliffe, Assistant CEO jratcliffe@thepca.co.uk
Emily Lewis, Head of Events and Fundraising elewis@thepca.co.uk 0207 449 4225

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