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All White on The Night Vorkshire's opening pair in WINNING FORM AT PCA AWARDS





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FROM THE EDITOR

Well done to all players involved in another superb summer of cricket. The rain stayed away for the majority of the season and the quality of performances on the field and ongoing intensity of matches are a testament to the efforts of all of the players involved.

Congratulations to Yorkshire and Hampshire, respective champions of Division One and Two in the LV=County Championship, and to both Durham on winning the Royal London One-Day Cup, and the Birmingham Bears who triumphed in the NatWest T20 Blast final. The Bears Jeetan Patel starred all season and was crowned Overall FTI MVP for 2014 but was narrowly pipped to the coveted Players' player award by Yorkshire's Adam Lyth. Huge congratulations also to his opening partner Alex Lees who was honoured as the players' Young Player of the Year.

Off the field, I know it's also been a hallenging season. I would like to extend a big thank you to all players for completing the surveys we have sent out during the summer. The in-depth feedback we receive from you plays a crucial role in evolving our provision of welfare and advice going forward. It also provides invaluable information which enables us to accurately represent your views and to ensure the major stakeholders understand the issues.

Key content in this edition sees Adrian Rollins featured on page 16 more than a decade after the popular Northants & Derbyshire batsman retired. His story of overcoming the challenges on 'Civvy Street' is an inspiration for us all. He is a great example of how a player has embraced support and we salute his continual career progression.

On page 26, we hear how Alex Morris jumped out of the frying pan of professional cricket and literally into the fire, after a chance meeting during a Hampshire fixture against the British Fire Service back in 2002. It proved a defining moment in his career and is a reminder to all current players that opportunities can manifest themselves in the most unlikely of circumstances.

Elsewhere, you can find out more about a ground-breaking partnership that the PCA has formed with the UK's only NHS gambling centre, The National Problem Gambling Clinic (more on page 20). And the work of the Benevolent Fund (page 53) which continues to grow, enabling us to look after a number of members. It been fantastic to see more and more people doing charitable events in aid of our charity, including Chris Rushworth 'staying dry' for a year and Ashley Giles climbing Mt Kilimanjaro to play cricket!

Whether you are a current or past player, aged from 18 through to 80-plus, please do not hesitate to get in touch. We love to hear your views and welcome any suggestions on how we can continue to evolve our service. And remember, if we can't help you, we'll try to put you in touch with someone who can.

Finally, as we head into the winter months, all the very best to Alastair Cook and to all players who will represent England abroad, including the ICC World Cup early next year.

Winter well everyone.

All the best,

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ALL THE WORLD'S A STAGE

ame Judi Dench, Laurence Olivier and Martin Freeman are just some of the world-famous alumni former Derbyshire player and aspiring actor Hamza Siddique hopes to emulate in taking up a place at the Royal Central School of Speech and Drama.

The 23-year-old started a course in MA Acting for Screen in September with the help of funding from the PCA, having previously graduated last year from Cardiff University with a degree in Philosophy and Theology.

Siddique initially ventured into the media, presenting and reporting at numerous sports events and music festivals, but got his break in acting and was then asked to take a part in a local feature film. He eventually auditioned for the Royal Academy of Dramatic Art, Guildhall School of Music and Drama and the London Academy of Music and Dramatic Art, in addition to his final choice of Royal Central.

"I decided that life is too short to accommodate regret and that's why I'm following my gut instinct, which was to apply and audition to the UK's top drama schools," he said. "There were some simply comical and surreal moments - I had to sing an unaccompanied rendition of 'A Whole New World' from Aladdin without any preparation for the RADA and Central panel!

"It's expected I will leave the course with extensive training, two show reels, three films and usually an agent, which should provide me with a fantastic platform to become a success in the industry."

The Royal Central School of Speech and Drama was founded by Elsie Fogerty in 1906 to offer a new form of training in speech and drama for young actors and other students and has been part of the University of London since 2005.

Other famous former students include Dawn French and Jennifer Saunders, Rupert Everett, Julie Christie, Catherine Tate, Harold Pinter and James Nesbitt and it offers more than 100 undergraduate, postgraduate and research

degrees, as well as short courses in acting.

Siddique added: "It was clear to me as soon as I stepped foot in Royal Central that it was the one for me. Its focus on both classical and contemporary fields of drama, and more importantly for me, screen acting, all played a part in the school becoming my

"IT WAS CLEAR TO ME AS SOON AS I STEPPED FOOT IN ROYAL CENTRAL THAT IT WAS THE ONE FOR ME"

first choice – plus the recent alumni from the school is really quite remarkable.

"Hopefully this will be the start of an exciting and successful journey and one where I can act as a worthy ambassador for the PCA. After all, I remain eternally grateful for having shared some of my fondest and proudest moments on the cricket pitch."



Steffan Jones is a man on a mission... he wants to get people bowling fast.

The ex-Derbyshire, Northants, Kent and Somerset paceman spent a good chunk of his career trying to maximise his speed, and now he is using that knowledge in a bid to help others who have the chance to be express.

The 40-year-old, motivated by the dearth of out-and-out quickies on the English county circuit, has set up two businesses - cricketstrength.com and SJenhancingperformance.com - to aid the development of genuine pacemen by drawing up purpose-specific training programmes and posting articles with conditioning tips.

"I'll be honest, it's not the spin bowlers that I'm interested in, or the batsmen. But if someone wants to give batsmen the hurry up, that's where I can help," said Jones, who retired from playing three years ago and is now head of cricket and elite performance at Wellington School in Somerset.

"A lot of the times, quickies suffer because their training is not specific enough. Some of their coaching can be wrong and they are playing in an environment - slow wickets, long seasons - where it pays to cut back their pace. But I can give them an individual programme that can help injury prevention and suits their needs.

"I learned to get up to 90mph on occasion, but I didn't have the correct action to sustain it. I've learned from experience that it's a balance of the right technique, training and mental application that enables you to bowl consistently quickly."

Already, Jones has seen interest from junior quick bowlers as well as a number of pros so it seems he's not the only one who wants more Mitchell Johnsons and Brett Lees in the game.

The business also offers expert general fitness programmes and advice for cricketers from Ross Dewar, who is the strength and fitness coach at Worcestershire.

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SUMMING THINGS UP

As he prepares to graduate with a BSc honours in Mathematics and Its Learning, things are beginning to add up for Mike Cawdron.

After 110 senior matches across County Championship, one-day and T20 matches for Gloucestershire and Northamptonshire, the right-arm medium pace bowler left county cricket behind in 2004.

He was offered a position at Haileybury and Imperial Service College as Rackets Professional and it was a chance conversation during that interview that opened up a whole new career for the 39-year-old.

"It was the last question that the headteacher asked me and it was which subject did I prefer out of the three A levels I did," said Cawdron. "I said I thought maths was the most straightforward, but I didn't think that would lead to anything.

"Two years later the same head asked me if I fancied teaching some maths. I hadn't done anything like that for the previous 16 or 17 years, but I actually really enjoyed it once I started doing my degree and having just finished my course I started as a fully-fledged maths teacher for the new school term."

Cawdron studied for his qualification through the Open University over a four-and-a-half year period and it suited him down to the ground. Not only did it give him the flexibility to fit it in around his job and family life, but some of the modules were about the teaching and learning of the subject, which will come in handy in the days and months ahead.

At the time of writing he was certain of attaining a 2:1, and was hopeful of getting a first, which was dependant on his final piece of course work. Either way, he has been delighted with his progress, assisted by the PCA.

Cawdron said: "Sometimes it has been really difficult and a hard slog, but the support I have had from the maths department at my school has been terrific and really helped me through.

"I'm also hugely appreciative of the PCA and I've always found them to be fantastic with the support they give. It's a massive thing to have them help with the funding for something like this, especially when you have children. It wouldn't have been impossible for me without it, but it certainly takes the pressure off."

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A NEW CAREER SPIN

It's not just in his cricket career that Maurice Holmes has proven himself to be first class – the same has been true of his law degree.

The Kent-born off-spin bowler made it to the top level of English domestic cricket when he played for Loughborough University and Warwickshire in 2011.

And now the multitalented 24-year-old has also reached the top of the tree by graduating with a firstclass honours degree from the College of Law in Birmingham.

As a result of that excellence, Holmes is one of only 300 people nationwide to be offered a pupillage at a barrister's chambers



before doing his Bar Professional Training Course (BPTC) that will allow him to practise.

Holmes has previously taken an active role with the PCA in the last close season, visiting counties to warn players of the need to prepare for life after cricket.

His own career out in the middle was interrupted when he was called for an illegal bowling action, and though he was subsequently cleared with PCA support, it affected his chances of winning another county contract.

"I can't describe how important it is to have secured pupillage and at such a great set of Chambers, so I wanted to say another huge thanks to the PCA team for all the support that helped to get me there," he said.

"I also received my final degree result this summer and was pleased to finish top with first-class honours a good result from the last two years."



SPECIAL THANKS

The PCA would like to wish Kate Green best wishes for the future. After nine years of supporting players' personal development and welfare at various clubs and within the England player pathway, she is leaving to join UK SPORT as a Senior Performance Advisor in November.

APPLY NOW FOR PCA SCHOLARSHIP

If you're looking to change the direction of your career in a positive fashion, maybe you're the ideal candidate to receive the PCA's 2015 Personal Development Scholarship.

The scheme was successfully introduced last year and aims to reward the most proactive PCA member - past or present on or off the pitch during the course of this year.

The PCA have spent more than \pounds 1million on membership educational grants over the course of the past decade and the scholarship is in keeping with that plan.

Basically, the scholarship aims to inspire past members who have moved on to new career pathways, as well as encouraging current cricketers to think and plan away from the pitch when time allows, especially during winter months.

The winner will receive £3,000, or the equivalent, for personal development course funding, resources of their choice, or to reimburse costs already incurred. Two runners up will receive £1,000 each, or the equivalent in course funding, or reimbursement.

The judging criteria is:

- · Development course/s undertaken and qualifications attained
- · Cricketing development where relevant
- · Work placement/s undertaken
- Community work undertaken
- Willingness to embrace charitable initiatives
- How they would use the additional scholarship award

For more information, or to put yourself forward, please email Ian Thomas (ithomas@thepca.co.uk) or your regional Personal Development Manager with your completed application form by November 28, 2014. You must include details about your year of development in as much depth as possible on the application form.

A download of the Scholarship application form is available from: http://www.thepca.co.uk/6055.html

A shortlist of candidates will be asked to present in early January and the winners will be announced in February 2015.





FORMER PLAYERS SLUMMIN'IT

Indian Restaurant Slumdog, owned by former Notts, Northants, Surrey and England batsman Usman Afzaal celebrated its first year anniversary in the summer. The event raised money for the Children's Air ambulance and Oscar Charity and saw a number of current and former professional cricketers in attendance. Afzaal moved back to his native Nottingham after his professional career came to an end and opened the restaurant which is located across the road from Trent Bridge Cricket Ground.

PASSING ON THE SKILLS

Former Lancashire seamer Mike Smethurst is bidding to join the band of highly-qualified coaches who have passed level four of the ECB's Elite Coach Development Programme. The 27-year-old former Lancashire player hopes to complete his course later this year, alongside Kent head coach and former West Indian international Jimmy Adams, with a November deadline to submit a final batch of

work for assessment. Oldham-born Smethurst is currently Director of Cricket at Brighton College and helps to coach the under-19

squad of his home county during the summer months.

"The ECB have helped me out twice since I have stopped playing," said Smethurst. "Firstly they helped me to fund my Masters Course in PR back in 2003-04 at Manchester Metropolitan University.

"And they have also been fantastic in helping me with costs to take the two-year level four coaching course by funding half of it, so I'm eternally grateful to them."

Smethurst initially completed his level one and two coaching qualifications at the request of then Lancashire coach Bob Simpson, who felt it would help his players develop their own games. An interest in coaching as a career began after working in the indoor school at Old Trafford and then for Manchester City Council.

OBITUARIES

JOHN BARTLETT

A slow left-arm bowler for Sussex and Oxford University, Bartlett died a few days short of his 86th birthday. Born in Derbyshire but raised in Sussex, he made seven appearances for the county between 1946 and 1950. His debut came against Worcestershire at New Road, with his final match against Oxford University in The Parks while he was still at university. Bartlett took 88 of his 107 career first-class wickets for Oxford, including five-wicket hauls against Lancashire in 1946 and against Hampshire in 1950. He also played four first-class matches for the Combined Services while he was on National Service.

EUROS LEWIS

The former Glamorgan and Sussex batsman and off-spinner died in his native Llanelli aged 72 after a short illness.

Beginning his career as a hardhitting top order batsman, Lewis prospered as a spin bowler, taking 341 wickets in 182 first-class appearances. He claimed 13 fivewicket hauls, with a best of 8-89 against Kent at Swansea in 1965. He joined Sussex in 1967, taking 188 wickets in 86 first-class matches with a best return of 7-66 against Somerset at Weston-super Mare in 1967. He was capped by Sussex that summer but released two years later. He returned to Wales and played for the Dafen Welfare club.

PETER LAKER

A right-hand batsman and legspinner who played two County Championship matches for Sussex in 1948 and 1949, Laker was better known as a cricket correspondent for the Daily Mirror. He made his Sussex debut against Middlesex at Hove in July 1948, and also played against Hampshire at Southampton, in September 1949. He played club cricket for Lewes Priory and was still turning out for them into his seventies. Laker's cricket knowledge served him well in his 25-year career as a journalist, where he was a respected colleague and well-known as a press box prankster. He died at his home in Somerset, aged 87.



DAVID ALLEN

The former Gloucestershire offspinner, who won 39 Test caps for England, died at the age of 78. Allen took more than 1,200 wickets in a distinguished career that included 882 for Gloucestershire during 19 years with his native county, with 122 Test victims. He took four five-wicket Test hauls, with a best of 5-30 against Pakistan in Dacca in 1962.

He was voted Cricket Writers' Club Young Cricketer of the Year in 1962 and the following year helped England to save the Lord's Test against the West Indies, helping shield Colin Cowdrey, who returned to bat with his arm in plaster, and survived the last two balls bowled by Wes Hall.

In the 1965-66 Ashes, Allen made 50 not out in the third Test at Sydney and then took 4-47 to help set up an innings win. His highest score of 88 was made against New Zealand in Christchurch in 1966. A useful batsman, he made a County Championship century against Nottinghamshire at Trent Bridge in 1961.

Allen worked for Harvey's wine merchants after he retired from firstclass cricket and remained involved with Gloucestershire, serving as the club's president in 2011.

He coached and was chairman of Thornbury, his local club, well into his seventies.

DAMIAN D'OLIVEIRA

Worcestershire's former all-rounder, who went on to become Academy Director and Second XI Coach, died at the age of 53 following a lengthy battle against cancer.

The son of former England and Worcestershire all-rounder Basil, Damian enjoyed a successful county career from 1982 to 1995 as a right-handed middle order batsman, occasional off-spinner and outstanding slip fielder.

He was part of a Worcestershire side that won two County Championship titles, two Sunday League titles, the Benson and Hedges Cup and the NatWest Trophy.

He scored more than 9,500 firstclass runs, including 10 centuries, with a career-best of 237 against Oxford University in 1991, and passed 1,000 runs in a season four times. D'Oliveira also recorded his best firstclass bowling figures, 4-68, against the Dark Blues three years later. He joined Worcestershire from the



MCC Young Cricketers and made his first-class debut against Zimbabwe at New Road in 1982.

He followed his father by moving into coaching after his playing career ended and proved a successful developer of young talent. His own son Brett, a leg-spinner, became the third generation of the D'Oliveira family to play first-team cricket for Worcestershire when he made his List-A debut in 2011.

DON BENNETT

A former Middlesex all-rounder who claimed 14 titles during his time as the county's coach, Bennett died at the age of 80.

Born in Wakefield, he debuted for Middlesex as a 16-year-old against Lancashire in 1950, going on to make 404 first-class appearances and nine in one-day cricket.

He scored more than 10,000 runs, twice passing 1,000 first-class runs in a season, and hit four centuries, with a career-best of 116 against Yorkshire at Lord's in 1954. His 748 first-class wickets included 24 fivewicket hauls, with a best of 7-47 against Sussex at Hove in 1956. Bennett succeeded Jack Robertson as coach and was in charge for seven of Middlesex's County Championships - once as joint champions - and seven oneday titles.

Retiring in 1997, he continued to serve Middlesex as a Committee Member and as County President. Bennett was also a talented footballer, playing 73 matches for Coventry City from 1958-61.

MICHAEL MELLUISH

A former President of the MCC who played first-class cricket for Cambridge University and Middlesex, Melluish died aged 81. He was a regular wicketkeeper at Cambridge in his three years from 1954 to 1956, and captained the side in his final year. In 49 first-class matches, Melluish scored 524 runs, held 80 catches and made 35 stumpings. He was elected an MCC member in 1956 and served on the committee from 1974 until 2002. He was, at various times, MCC Treasurer, MCC honorary life Vice President and a trustee of the MCC Foundation. Melluish was President of MCC in 1991/92, with his role also including the Presidency of the ICC. He was awarded an OBE in 1999 for his services to cricket.

WILLIAM GOODREDS

A right-arm seamer who played one first-class match for Worcestershire in 1952, Goodreds died in Dudley aged 93. He played Second XI cricket for Worcestershire before World War II, but was 31 when he made his solitary first-team appearance in a six wicket defeat by Cambridge University at New Road in June 1952. He also played club cricket for Dudley.

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OBITUARIES

HARRY BELL

Dying at the age of 89, Bell will be better known for his footballing career with Middlesbrough and Darlington, but also had a long cricketing career with Durham in their pre-first-class days. As a cricketer, he played regularly for Durham between 1946 and 1961 and re-appeared for one match in 1966. He made three Minor Counties Championship centuries. Born in Sunderland, Bell played some wartime football for his hometown club before joining Middlesbrough, featuring in more than 300 matches as a tough-tackling midfielder. He played 100 times for Darlington, and later managed non-league Spennymoor United.

MICHAEL MENCE

A seam bowler for Warwickshire and Gloucestershire, Mence died on the Isle of Wight, aged 70 He made his Minor Counties debut for Berkshire, his native county, in 1961, joining Warwickshire the following season and making his first-class debut against Middlesex at Lord's that year. He went on to play 31 first-class matches for Warwickshire between 1962 and 1965, then spent two seasons with Gloucestershire before returning to Berkshire. Mence made 949 first-class runs in his career, including four halfcenturies. He also took 86 wickets, twice claiming five-wicket hauls, with a best of 5-26. He also played nine limited-overs matches without taking a wicket.

BRIAN ROE

The former Somerset opening batsman died in Devon after a short illness, aged 75. Roe made 132 first-class appearances for Somerset between 1957 and 1966 and four more for the Combined Services in 1959 and 1960, while serving in the RAF. He scored more than 5,000 first-class runs with four centuries and a highest score of 128 against Essex at Brentwood in 1962.

He reached 1,000 runs in three consecutive seasons between 1961 and 1963 and was awarded his county cap in 1962. Released after the 1966 season, Roe turned down the chance to rejoin the Cider Men the following summer, opting for a full time job in insurance. He went on to play Minor Counties cricket for Devon and continued to play club cricket in the county until 2012.

PETER SAINSBURY

The former Hampshire all-

rounder and coach died aged 80. A right-hand batsman and slow leftarm bowler, Sainsbury made 593 first-class appearances for the county. Only Phil Mead and Alec Kennedy have played more times for Hampshire.

National Service delayed his county debut until 1954, when he played against Oxford University in The Parks.

Sainsbury became the only Hampshire player to appear in two County Championshipwinning sides in 1961 and 1973.

BERNARD HEDGES

One of Glamorgan's finest batsmen and the first to score a limited-overs hundred for the county, Hedges died at the age of 86.

Born in Pontypridd, he joined Glamorgan in 1950 after completing his National Service. He spent most of his time with Glamorgan as an opener, forming an effective partnership with Alan Jones. In 422 first-class matches he made more than 17,000 first-class runs, including 21 centuries, and lies seventh on Glamorgan's list of all-time run-makers. His highest first-class score of 182 was against Oxford University at The Parks in 1967, with his Championship-best of 141 coming against Kent at Swansea in 1961. He passed 2,000 first-class runs in 1961, and reached 1,000 runs in every season between 1956 and 1963. Hedges made Glamorgan history in 1963 when he made 103, the County's first one-day century, against Somerset at The Arms Park. He was also a proficient rugby player, playing for Pontypridd and Swansea, and in a Welsh final trial.

RAY FLOOD

A former Hampshire batsman in the 1950s, Flood made his debut in 1956, but had to wait until 1959 to get an extended run in the side, playing 20 of his 24 first-class matches. His maiden century came against Sussex at Hove, with a further five half-centuries as he totalled 780 runs for the season. But he played only once the following summer and was released at the end of the 1960 season because of a debilitating knee injury. A regular attender at Hampshire's former players' reunions, Flood died in Lyndhurst aged 78. He contributed 1,459 runs, took 54 wickets and held 46 catches, claiming the last wicket against Derbyshire to secure Hampshire's first title. He also played a key role in 1973 as vice-captain, taking 107 wickets and scoring more than 900 runs. After finishing his playing career in 1976, he moved into coaching before retiring in 1991.

During his long career, Sainsbury scored more than 20,000 first-class runs including seven centuries - and took 1,316 wickets with 36 fivewicket hauls.

NORMAN WHITING

Worcestershire's oldest surviving former player, Whiting died at the age of 93. He played 59 matches as a professional for the Pears between 1947 and 1952 but was Second XI captain during his fifties in the 1970s and spent more than 40 years as a committee member. He was also President in 2003 and 2004. After making his debut against Northamptonshire in August 1947, Whiting went on to score 1,583 first-class runs, including two centuries. Whiting's spell with Worcestershire Seconds came at a time when the County entered a side in the Birmingham League and he helped in the development of young players such as Phil Neale, Cedric Boyns and Paul Pridgeon.

PHIL SHARPE

Commonly regarded as one of the finest slip fielders in the world, the former England, Yorkshire and Derbyshire batsman died aged 77 after a short illness.

After making his first-class debut for Combined Services against Warwickshire at Edgbaston in 1956, Sharpe went on to play in seven County Championship-winning sides during an illustrious career with Yorkshire. He played 493 first-class matches and scored more than 22,500 runs, with 29 centuries, including three double hundreds.

Sharpe also took 618 catches, most of them in the slips, where he was the outstanding slip fielder of his era. The highlight of his Test career came in 1969, when he made 111 against New Zealand at Trent Bridge. Sharpe ended his first-class career with Derbyshire in 1976. He later became a Test selector and then an ECB pitch liaison officer.



JOHN MORTIMORE

A devoted one-club man, former Gloucestershire and England offspinner died at the age of 80. Born in Southmead, Bristol, Mortimore played for Gloucestershire for 26 seasons. He captained his native county from 1965 to 1967 and played nine Tests between 1959 and 1964.

He took 1,807 wickets during an illustrious career, and was also a capable batsman who scored almost 16,000 first-class runs with four centuries and 65 half-centuries. Mortimore did the double in 1963 and 1964, took 100 wickets or more in one further season and topped 1,000 first-class runs three more times.

His career-best score of 149 came against Nottinghamshire at Trent Bridge in 1963, and his best bowling, 8-59, came against Oxford University at The Parks in 1959. Mortimore recorded 75 five-wicket hauls in first-class cricket, and eight 10-wicket match returns. He took four wickets in five balls against Lancashire at Cheltenham in 1962.

His Test debut came in Melbourne during the 1959 Ashes. He also toured India in 1963-64, with his final Test appearance coming against Australia at Old Trafford in July 1964.

GEORGE DOWNTON

The former Kent wicketkeeper died in Sevenoaks aged 85. He played eight Championship matches in 1948, with two additional first-class appearances for MCC in 1957 and 1959. He also played regularly for the MCC in non-first-class matches and continued to make occasional Second XI appearances for Kent until 1954. Downton's son Paul, also a wicketkeeper, played for Kent and Middlesex and in 30 Tests for England between 1981 and 1988. He is currently ECB Managing Director.

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BACK TO SCHOOL

Former England one-day wicketkeeper Paul Nixon is hoping to combine cricket and education for the benefit of youngsters with his cricket academy joining up with Fullhurst Community College.

The ex-Leicestershire captain, who enjoyed a 22-year senior career, will oversee a project that will enable school leavers to study for BTECs, diplomas and apprenticeships, while also improving their cricketing skills.

The Paul Nixon Coaching and Cricket Foundation is open to teenagers between 16 and 19 and Nixon explained: "They are youngsters with a keen interest in cricket and a talent for playing the game and we aim to give them the opportunity to develop their skills while also doing their

BTECs, diplomas and apprenticeships. "They will be coached by the pros in the morning and then do their lessons in the afternoon and the scheme is designed to keep them involved in the game.

"The young players are the future stars and if I and the other coaches and staff can help them develop as cricketers - and in their learning - that's great."

PUTTING TRUST

Surrey all-rounder Azhar Mahmood is the first Pakistani cricketer to become an official Ambassador for the British Asian Trust. The 39-year-old joins a prestigious list of former players who have been given the role and it includes Rahul Dravid, Muttiah Muralitharan, Mark Ramprakash, Isa Guha and Dimitri Mascarenhas, as well as comedian Sanjeev Bhaskar OBE, entrepreneur James Caan, Slumdog Millionaire actor Dev Patel, and BBC broadcaster Mishal Husain

Mahmood has played across the world for teams in his homeland, India, Bangladesh and New

Zealand, as well as for Kent in the UK, prior to his stint at the Kia Oval. The British Asian Trust was founded in 2007 at the suggestion of HRH The Prince of Wales to make a positive difference to the lives of disadvantaged people across South Asia by supporting 30 high impact charities, so far touching the lives of more than one million people. Said Azhar: "Supporting charitable projects has always been important to me wherever I have played. but through the British Asian Trust I am looking forward to getting involved in the very best work, tackling the most difficult issues and achieving

incredible things."

CATCH UP WITH: GEOFF HUMPAGE

As a hard-hitting batsman and highly-proficient wicketkeeper, Geoff Humpage became a folk hero to many of those who watched him royally entertain at Warwickshire in a firstclass career that spanned 16 years.

But it's since retiring from playing that the 60-year-old former England one-day international believes he has given the greatest service to his home city of Birmingham – as a police officer.

Geoff has served in the West Midlands force since retiring from county cricket in 1990, a decade of that on the beat, and the vast majority of that time in one of the most demanding and unforgiving districts of England's second largest metropolitan area.

In doing so – he now works as a police controller, assigning officers to jobs within his designated patch – Humpage returned to the occupation he had pursued prior to being signed as a professional, having joined the police cadets after leaving school.

"Going from the area where I grew up to the tough area I patrolled was a shock to the system," he said. "It's like when you go out on to a cricket pitch with your team-mates – you have to have trust in your comrades and they in you. And if they got in trouble, you had to be ready to go and help them out.

"You could have 30 or 40 offenders converge on you who didn't mind hurting a police officer. We didn't have the stab proof vests they have now – all we had was a woolly jumper and a piece of wood – and we saw plenty of knives, guns and even a samurai sword. You never knew what you were going to get.

"I loved my years playing for Warwickshire, but there is no doubt in my mind that I did a better, more important job for the police, even if you don't get the same adulation."

Taken on by Warwickshire in 1974, Geoff first signed as a batsman and

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bowler and only took the gloves because it allowed Warwickshire to play an extra batsman or bowler in a second XI one-day game.

The former Golden Hillocks Comprehensive pupil – also a keen footballer and a dab hand at 'anything with a round ball', including squash, table tennis and snooker – got his first-team chance when regular keeper Deryck Murray toured England with the West Indies Test side in 1975.

He soon began to score the runs that would cement his place in the side for a long time to come, scoring 29 first-class centuries and 18,098 runs at an average of 36.34 and claiming 671 catches, as well as taking 72 stumpings.

"PEOPLE CAN OFTEN BE SO CAUGHT UP IN GIVING THEIR ALL ON THE FIELD THAT THEY DON'T ALWAYS SEE THE END COMING, BUT THE PCA INSTIL A SENSE OF REALISM"

Geoff said: "The truth was, I wasn't much cop standing up when I first came into the side and I just had to do my own thing, as well as watch and learn off others, because there was no specific coaching.

"But I could catch, having fielded a lot at first slip and, in my eyes, the fact you had the gloves on made it that much easier!"

The 1984 season was Geoff's anus mirabilis, scoring more than 1,800 runs at an average of over 50, often batting at number four, which led him to be named a Wisden Cricket of the Year for 1985. His terrific haul included centuries in both innings in a match against Gloucestershire, where it was reckoned he spent less than 40 minutes off the pitch in the entire game.



International honours came in the shape of three one-day internationals in 1981 against Australia, but he suffered badly from nerves at the home of cricket, Lord's and then was frustrated to come in at number eight in the following match at Edgbaston.

Still he is proud of his 11 runs at the highest level – 'it isn't much, but at least I can say they are international runs', even if he wished for more opportunities to prove himself. It was not that frustration, however, that was responsible for him going on a rebel tour to South Africa – and he certainly was not aware of the ramifications.

"I was out in South Africa anyway because I went to Bloemfontein to teach

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when my team-mate Andy Lloyd couldn't go," said Geoff. "It was while I was out there I got the call to say the rebel team hadn't got a second keeper and would I play?

"People may think I was naïve, but at the time I was just a professional sportsman trying to earn a living and I could earn in three weeks there what I could earn in six months normally.

"The BBC phoned to ask me if I was upset that they had taken my name off the roll of honour at my old school as a result, but I wasn't promoting apartheid. I was just playing cricket for a living just as I have done in England, Australia and Barbados as well." While Geoff was largely left to seek his own future outside the game, he is delighted that the PCA now take an active part in encouraging players coming through to plan for the day they hang up their spikes, voluntarily or not.

He said: "People can often be so caught up in giving their all on the field that they don't always see the end coming, but the PCA instil a sense of realism.

"I would have loved to have been a cricket manager and stayed in the game myself, but I had to steer away from the selfish route because I had a young daughter to consider. That's life. It's tough, and the PCA are trying to prepare players for it."



wen more comfortable in the boardroom than he was out in the middle, Matthew Wheeler is well qualified to lead the PCA into the future as their new Non-executive Chairman, taking over from Anthony Wreford at the end of September.

And although the 52-yearold acknowledges that what lies ahead poses a considerable challenge, the former Northamptonshire bowler is relishing the prospect with an enormous sense of pride.

Over the past 25 years, Surrey-born Wheeler - a graduate of University of Exeter - has been a leading figure in the international sports and entertainment market as a Senior Executive, entrepreneur and adviser. He is also Managing Partner of investment firm Sports Investment Partners, Chairman of international creative marketing agency BDA and a Non-executive Director at Input Media.

It's an impressive CV and was a fundamental reason why the PCA moved to appoint him to their group board as a Nonexecutive Director in 2009. Five years of experience in that role are sure to serve him well as he strives to continue the PCA's successful expansion of recent years.

WHEELER SITS COMFORTABLY

"On a personal level, of all the things I've been lucky enough to achieve during my career, this is probably one of the proudest I have ever done," said Wheeler, who played two first-class matches for Northamptonshire in 1985.

"As a minor Second XI cricketer all those years ago, the prospect of becoming chairman of the players' association was a million miles away from where I thought I would be.

"The most important part of my qualification for this role is that I'd spent 25 years running companies and sitting on boards. I have an understanding of good governance and the right way to run businesses. The fact that I'm an ex-player as well obviously helps because I think I understand how players feel.

"An important thing in any organisation is continuity but at the same time you need evolutionary change. If you look at the great cricket teams you don't want all your senior players retiring at once. So with Anthony stepping down after five years, having done a fantastic job, it made sense that I step up to the chairman's role."

One of Wheeler's first courses of action has been to assist in the appointment of a new Non-executive Director in his place, with an announcement that Peter Read - a former partner of KPMG and current Chairman of Alastair Cook's Benefit Year - has been appointed to the board.

Beyond that he will continue to work closely with the rest of the PCA management team, with the aim of getting best value for the organisation's membership.

PCA's successful expansion of He added: "Normally in great services, but strive to b a business, a non-executive even better."

represents the interests of shareholders. In this case, the PCA shareholders are the current and past players.

"The Chief Executive-Chairman relationship is a key one and the two will interact on an almost daily basis. The chairman is the person the chief executive can talk to - being a chief executive is quite a lonely job in any organisation because you're the boss. You need to have someone who doesn't have any political axe to grind."

Wheeler is well aware of the vital role the PCA play in helping players through tough times, as well as giving them an opportunity to spread their wings on the other side of the boundary rope, and he wants to expand the services on offer during his chairman's tenure.

"It doesn't matter whether you have played two firstclass games and had to give up at 23, or 100 Test matches and given up at 35, the PCA plays an absolutely vital role," he said. "It's the day-to-day advice, support, help and education we provide for players that's so important.

"Something like 75 per cent of all players now have a personal development plan. We do rookie camps and provide education on all the issues that arise for players, including the particular challenges that come with addictive behaviour and corruption – a lot of good things.

"The PCA have been successful in the last four or five years and there's been a good team in place but we can't stand still – the world of cricket is constantly changing. We have to continue to provide great services, but strive to be even better."



ALL OUT FOR A NEW CAREER

ccording to add-victor, a London-based recruitment agency specialising in helping elite sports professionals and military personnel to make successful career transitions, life after cricket needn't be a daunting prospect.

Former Harlequins and England rugby player Steve White-Cooper identified a niche opportunity when he founded the agency in 2012, based on his belief that the skills and experience in professional sport are highly desirable to most companies.

He explained: "The qualities that help make people successful in sport are easily transferable into genuine and rewarding second careers. Businesses are increasingly keen to get their hands on driven, talented people, who understand the value of being in a team, winning, and working hard."

Since add-victor's inception, they have placed more than 80 candidates in business roles and White-Cooper said: "There is no denying that a strong academic background can give a candidate the edge, especially when applying for roles in specialist areas, but many of our clients are global companies who are looking for people with excellent leadership skills and the desire to succeed."

The agency are proud of their partnership with the PCA and the add-victor team continually liaise with Ian Thomas and his PDM's, who play a critical role in identifying talent and enabling players to recognise their transferrable skills.

A 'Careers in the City' workshop, instigated by PDM Nick Denning at Hampshire, was recently held by add-victor to give current players an understanding of the type of careers available to them within the financial services.

Player testimonies

JOE SAYERS (Yorkshire) Analyst, Global Markets, leading US Investment Bank

"It's of key importance to understand and believe in the power of your transferable skills. add-victor strengthened my belief and provided priceless support to apply my skills and experience in a new and exciting workplace."

GARETH REES (Glamorgan) Internship, Securities Division, leading US Investment Bank

"add-victor have opened the door - and my eyes - as to what I want to do with my career after sport. Having completed this internship I have been able to grasp what I want and where I want to be."

STEPHEN PETERS (Northants) Internship, Global Insurance Broker

"Many players worry about their future and I'm no different. add-victor helped provide me with a direct opportunity to gain work experience and now a part-time role with one of the world's

largest insurance brokers."











YORKSHIRE OPENERS TAKE THE HONOURS

The PCA Awards has always been regarded as the event that rounds off the domestic season - a night to reflect on the previous six months and pay tribute to those whose achievements deserve recognition.



orkshire pride was very much in evidence on a special night at the 2014 PCA Awards, as Adam Lyth and Alex Lees joined forces yet again to scoop the top two accolades.

The talented openers built the platform for so many of Yorkshire's victories on their way to LV= County Championship success and their efforts were justly recognised by the men who know best.

"It was a really proud moment for me," said Lyth, after collecting his PCA Player of the Year Award. "I thought it was a brilliant night four years ago when I won the Young Player of the Year Award and to win the main one is a tremendous honour.

"I'm particularly thrilled because it's my peers who cast the votes. It's been a fantastic summer for Yorkshire and me and I'll never forget the feeling I had when we took that last wicket at Trent Bridge to clinch the title."

Left-hander Lyth, who is 27, was the leading first-class run-maker in the country, scoring 1,489 runs at an average close to 70. He also performed admirably in the shorter format of the game, including two half-centuries in the Royal London One-Day Cup, to end the season with almost 1,900 runs in all cricket.

Lees was named PCA Young Player of the Year on a glitzy night at Old Billingsgate, that saw more than £100,000 raised for the PCA Benevolent Fund, and admitted he found the experience "very humbling".

He said: "I honestly wasn't expecting it. Just to be short-listed was a huge honour and I'm so pleased to be joining such a long list of illustrious winners. I know there are still a lot of areas where I need to improve and I mustn't get too far ahead of myself, but picking up the Award is just brilliant."

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THE FULL LIST OF 2014 WINNERS

PCA PLAYER OF THE YEAR Adam Lyth (Yorkshire)

PCA YOUNG PLAYER OF THE YEAR Alex Lees (Yorkshire)

ECB SPECIAL AWARD David Collier

PCA SPECIAL MERIT AWARD, SPONSORED BY LYCAMOBILE Micky Stewart

> NATWEST T20 BLAST PLAYER OF THE YEAR Darren Stevens (Kent)

ROYAL LONDON ONE-DAY CUP PLAYER OF THE YEAR Paul Collingwood (Durham)

SKY SPORTS SIXES AWARD Luke Wright (Sussex)

ENGLAND FTI MVP OF THE SUMMER James Anderson

FTI TEAM OF THE YEAR Adam Lyth (Yorkshire) Daryl Mitchell (Worcestershire) Alex Hales (Notts & England) Joe Root (Yorkshire & England) Gary Ballance (Yorkshire & England) Tom Smith (Lancashire) Darren Stevens (Kent) Jos Buttler (Lancs & England) Jack Brooks (Yorkshire) Jeetan Patel (Warwickshire) James Anderson (Lancs & England)

> WAITROSE WOMEN'S PLAYER OF THE SUMMER Charlotte Edwards

> INVESTEC TEST PLAYER OF THE SUMMER James Anderson

TEACHING PLAYERS TO DEVELOP A BACK-UP PLAN

PROFESSIONAL CRICKETERS LEARN TO LIVE WITH THE STARK REALITY THAT THEY COULD BE A SPLIT-SECOND AWAY FROM A CAREER-ENDING INJURY. ADRIAN ROLLINS IS ONE WHO CAME TO HEAR THE DREADED WORDS: "NO MORE COUNTY CRICKET". BUT AS HE EXPLAINS, BY HAVING THE FORESIGHT TO TAKE ADVANTAGE OF PCA SUPPORT, HIS PLAN B WAS ALREADY IN PLACE.

WORDS: MATT HALFPENNY

ust like that, it was over. One moment Adrian Rollins was taking a catch at short leg, the next his first-class career was at an end.

The then Northants batsman didn't give up straight away. He had not one, but two, operations in a bid to rectify a troublesome broken wrist, but it was all to no avail. Before he knew it, he was being told by his surgeon: "That's it. No more county cricket."

But for Rollins, it was not the end of the world. Of course it was a devastating blow but he knew it meant he had to get on with the rest of his life. A life outside of the bubble of cricket.

Fortunately, he had planned for such a new chapter, so although disappointed he had to retire on the say so of the medical profession, rather than in his own good time, there was no panic.

By that point, Rollins was already part-way through a degree in mathematics and education from the Open University, with the help of financial support from the PCA.

The organisation also lent a hand to part-fund the Masters in education that followed, which enabled the now 42-yearold to get onto the teaching ladder.

"The PCA have always wanted to help me 'get on' beyond cricket, and that's why I started to do my first courses, with their help, on sports psychology and fitness and nutrition back in 1995," he explained. "It can come as a shock if you are not mentally prepared, because a cricket career is not a finite career for most players.

"When I had the bad news about my injury I was disappointed for 48 hours, but no longer. I had planned to retire once I'd got my degree, but that brought it forward."

"THE PCA HAVE ALWAYS WANTED TO HELP ME 'GET ON' BEYOND CRICKET, AND THAT'S WHY I STARTED TO DO MY FIRST COURSES, WITH THEIR HELP"

Rollins had already looked at going into social working, but found it not for him and so he went on to become a school sports co-ordinator in Luton.

Once qualified, he took up a position at Northampton Academy as a maths teacher and later moved to London to work at the Brampton Manor School (now Academy) and JRCS.

Two years ago he moved on to a The Bemrose School in Derby and, as of the new school term in September, he has taken up a role as an assistant headteacher at The Pingle School in South Derbyshire.

He said: "In London, I worked in one of the poorest boroughs in the country and they were very tough kids. The fact that I was bigger than most of them helped – but also because of my sporting background which gave me some respect.

"But you can't do everything in life through sport and that's what I wanted to show in going back to teach in the area where I grew up. It's traditionally been a way for people in the area to 'make it', such as was the case with Sol Campbell and Jermaine Defoe, but I wanted to show that without education you can't do things.

"I wanted to teach maths as well as PE. Not everyone believed I could achieve that, but I've gone back to my roots and shown what is possible. Hopefully that's what kids will aspire to."

Rollins is under no illusions about the difficulty of his new assignment in Swadlincote, a former mining town that has suffered, like many other East Midlands conurbations, as a result of pit closures. He knows it is going to be far from easy in a school that has been in special measures.

But he has drawn strength in his short time since taking up his post from the determination of the school's head, Vivien Sharples, and values her unstinting support.



ADRIAN ROLLINS



"THE FACT THAT YOU'VE PLAYED FIRST-CLASS CRICKET MIGHT BE A TALKING POINT BUT IT MEANS NOTHING WHEN IT COMES TO IMPRESSING AT A JOB INTERVIEW"

ADRIAN ROLLINS DEMONSTRATES THE CONCENTRATION THAT HELPED HIM SCORE 13 FIRST-CLASS AND TWO ONE-DAY HUNDREDS WITH DERBYSHIRE AND NORTHAMPTONSHIRE

ROLLINS IS ALL SMILES AT A NORTHAMPTONSHIRE PHOTO CALL AND HAS ALWAYS STRIVED TO RETAIN A POSITIVE OUTLOOK, EVEN THROUGH THE TOUGH TIMES





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"I had to use the 'detention stamp' I have for 15 kids at the same time in my first week, " he said, "but they will soon get to know where the boundaries lie and learn that they can't push me too far.

"It's my opinion that we have to do the very best for every single child that comes into school – and it's great that Vivien thinks the same way. It's one of the reasons I took the job here.

"There's a lot of work to be done, but I'm quite prepared to do it to help improve things. You can't just expect to click your fingers and for everything to be great. You have to graft hard at it and it's definitely a tougher challenge than when I was playing cricket."

Rollins will remain forever grateful for the PCA's ongoing support, which is why he has offered to mentor a young player as they make their own way in the game.

He has reaped the benefits of the organisation in several ways and found it particularly vital when he split up with his former partner and mother of his children.

"It's not just the financial support with the PCA," said Rollins. "They supported me with counselling when I needed it in the midst of a custody battle when it was quite emotional. "There has always been a great support network there to lean on at various times too, such as when you do make the transition from playing. There are other players in the same boat, or have been through it, who you can talk to."

Unfortunately, Rollins' thorough preparation for life off the field is not always the norm – and that is something the PCA are working hard to change.

The right-handed batsman who scored 7,331 first-class runs at 34.41 in 129 matches for Derbyshire as well as Northants, and still turns out in club cricket for Derbyshire club Quarndon, is urging young players coming through the ranks now to secure a second career as quickly as possible.

He said: "The fact that you've played first-class cricket might be a talking point but it means nothing when it comes to impressing at a job interview. Ultimately, employers want to see what skills and qualifications you have.

"The key thing is to take the chance to go on courses when they come your way – don't look a gift horse in the mouth."

Rollins didn't. He learned his lesson so that now he can help others to learn theirs.

GAMBLING CLINIC

DON'T BET ONIT

COMPILED BY: SIMON ECCLESTONE & MATT HALFPENNY

Problem gambling can ruin lives – and cricketers are not immune to the dangers. Fortunately, the PCA have been proactive in tackling the issue head on, getting help for those who need it.

t's everywhere these days: flashing at you on the internet, seducing you on television, on display in every newsagent... Kids are coming across it at an increasingly young age and they think it's normal. I'm talking, in case you're wondering, about gambling.

There are few areas of modern day life where gambling has not penetrated because, where there's money to be made, gambling won't be far away. With the increase in gaming options and the wider spread of advertising vehicles, gambling addiction is becoming a problem of increasing magnitude.

It seems professional sportsmen are particularly disposed to drifting on from a harmless punt to an unhealthy addiction. The players' associations of the PPF are all looking into the potential problems related to gambling in their sports and trying to develop a greater awareness among their memberships.

There are three basic requirements to gamble: cash, desire and access. This is a good fit for the lifestyle of a professional cricketer. Cricketers today get paid relatively well and, particularly for young players without responsibilities and freed from the structure of full-time education and academy programmes, it can seem like they have money to burn.

Making more money through gambling can seem easy and, especially if you're lucky enough to get an early win, you can start believing in the mythical entities like possessing a Midas touch. You can feel invincible.

The dressing room that becomes a formative influence is a competitive environment filled with competitive people where judgments on predictions and gameawareness are a central part of the culture.

Gambling can seem a natural extension of this skill set, one for which players feel unusually gualified. Such

an environment is exciting and much is excused under the 'banter' banner. But it is a false sense of security where weakness and failure is ignored – players and gamblers do not talk about their losses.

Cricketers also have a lot of free time, especially during the working week, when they need to occupy themselves while friends and family in more

conventional jobs may be at work. It sounds like a luxury but, unless you have other hobbies and interests away from cricket, it can be difficult not to get bored. Gambling is not boring.

The hard truth is that gambling, despite being closely aligned with sport, is not a passionate pursuit like the playing of a game; it is big business based on cold facts. The biggest, coldest fact the gambling

industry exploits is that, despite the odds, people convince themselves they'll win. It was writer Mark Twain who said: 'Denial 'ain't just a river in Egypt'.

Self-deception is the cruellest part about gambling because gamblers will never admit the real situation, desperately clinging to the illusion of being in control, known as the 'Gambler's Fallacy'.

No-one likes to admit they've lost, especially if their judgment was endorsed with a bet, and so the balance of bets won and lost is rarely reviewed honestly. A

selective amnesia develops because the lure of the next win outweighs past losses.

> And here is another problem: how do you respond when you lose? Do you lie about it? Do you try to balance the books by 'chasing' wins with more and bigger bets? The landscape can quickly start to fall and it's a slippery descent. To acknowledge there

is a problem is a toe-curler; recent research suggested that people see gambling as a more

embarrassing habit than substance abuse. But, like any addiction, the key is to seek help before it gets out of control.

The financial effects of addiction are limitless and the effects on your physical and mental health, relationships and work can be similarly catastrophic. It may simply be a wake-up to adjust habits and lifestyle but, if there is a bigger issue, the PCA can help and are here to speak to in confidence.

"THE LURE OF THE NEXT WIN OUT-WEIGHS PAST LOSSES. AND HERE IS A PROBLEM: HOW DO YOU RESPOND WHEN YOU LOSE? DO YOU LIE ABOUT IT?"

GAMBLING CLINIC

LINING UP SUPPORT

You've heard of the PCA Confidential helpline, but how does it work and when should you use it? Long-standing Confidential Helpline co-ordinator David Raines explains.

"The confidential helpline has been in place for more than 10 years now. It is a 24-hour service for both past and present players where they will remain totally anonymous if they wish, using a toll-free number from the UK and a BT landline number to call from abroad.

"While the service is called a helpline, referrals can come from a variety of sources including team-mates, coaches, GPs, staff at the PCA and Personal Development Managers as well as the individual themselves.

"Whatever the route, confidentiality, speed of reaction and a customised service are paramount and each member will get at least four sessions of help and support. Ideally those sessions are face to face, with the first session an assessment from a professional.

"A support plan is customised around the member's playing schedule, should they have one, and domestic situation and continues until the PCA member is fit enough to resume normal activities. The range of problems tackled include anxiety, depression, problems with career transition, gambling and substance abuse.

"There are two main service providers: LPP Consulting are mental health professionals who provide a high quality clinical service, specialising in supporting elite sportsmen and women. A second, for gambling, is the National Gambling Centre in London.

"In my role, I check members are comfortable with the clinicians who look after them, liaise with all the relevant parties to ensure the PCA gets the services it requires, provide the flexibility and practical support so a member can have a home visit or a discreet meeting near their club and ensure that issues don't get into the public domain.

"While members are strongly encouraged to use any referral route, they should not hesitate to contact me directly. We can't stress enough that confidentiality is absolutely paramount and information is never shared with staff at the PCA, individual clubs or the ECB.

"It's very encouraging that most of the stigma attached to such things seems to be subsiding and that the take-up is now so much more widespread. The sole aim is to help people get on with their lives."

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EXPERT ANALYSIS

If it is acknowledged that a player has a gambling problem, then expert, confidential help is at hand through the National Problem Gambling Clinic, with whom the PCA have established a ground-breaking partnership. <u>Dr Henrietta-Bowden Jones</u> is a Lead Consultant Psychiatrist at the clinic.



"Since we began the partnership with the PCA in August last year, we have regularly consulted with Jason Ratcliffe and I think we have established a system that works quite well. Any cricketer who needs treatment in a

crisis gets it immediately.

Working with cricketers has, in some ways, been easier than working with members of the general public who have a gambling problem because they have another strong focus in their lives that has been with them from a young age.

"We use a programme that encourages people to find an alternative positive behaviour to their gambling to replace it and, for cricketers, they have a ready-made alternative. That's in contrast to some people we treat who say there is nothing else for them to focus on – and they can often have been emotionally and physically abused or bullied as well.

"On the down side, though, cricketers are often surrounded by gambling, meaning they are more likely to check out the odds than the average man in the street. They're also more likely to be targeted by others to participate. It's often about removing the triggers to stop people gambling and, as a cricketer, it's harder to get away from those.

"But we have seen good results in the people treated and it's been just as important to work on prevention in the first place, with my colleague Neil Smith having been around some of the clubs to explain the dangers and how to avoid them.

"We are based in London, and people have generally been prepared to travel down for treatment, but slotting it in around someone's commitments can be tricky, and when they are engrossed in what they are doing – say in the middle of the season – it can be easy to stumble on triggers that start the craving.

"In the US, the model is to have the equivalent staff as ourselves, addiction specialists, on hand in each changing room, so they are present as and when a problem occurs. We are not at that stage yet, but things

are constantly evolving and it may be in the future we have an outpost in the north of the country to make it easier to seek treatment."

Gambler's Health Check

Thinking about the last 12 months, how often have you:

- 1. Bet more than you could afford to lose
- 2. Needed to gamble with larger amounts of money to get the same excitement
- **3.** Gone back another day to win money lost
- **4.** Borrowed or sold things to gamble
- 5. Been criticised by others for your betting or told you had a gambling problem
- **6.** Felt guilty about gambling
- 7. Had health or anxiety problems caused by gambling
- 8. Had financial problems for you or your household caused by gambling

Allocate the following point score in answer to each of the above questions:

- 0 = Never
- 1 = Sometimes
- 2 = Most of the time
- 3 = Almost always

Adding up the total score from the answers to the eight questions, the following point aggregates suggest the following:

8+ = 'Problem gambler' 3-7 = 'Moderate risk' 1-2 = 'Low risk'



sambing the many must lose in order that the few may win.??

CHRIS RUSHWORTH

STILL ON THE WAGGON

In the last issue of Beyond the Boundaries, we ran a news story on **Chris Rushworth**, who was looking to go through the year without drinking alcohol in the name of charity. You'll be pleased to know that the Durham seamer is still firmly sticking to his guns – and enjoying life and cricket more than ever.

"Surprisingly enough, I believe it to be the best thing I've ever done," reflects a slimmer, fitter, happier Chris Rushworth. For a player who liked a pint after a hard day's play, giving it up for a full 12 months to raise money for the PCA Benevolent Fund and Save The Children was no small undertaking.

But the 28-year-old has absolutely no regrets about his bold move to go cold turkey, which has improved his general lifestyle and altered his outlook, not to mention giving his already wholehearted performances on the field that extra dimension.

While some of his fellow professionals may have been feeling the effects of a long, hard season come September, Rushworth was still firing on all cylinders to the point where he became the first man in 75 years to take 15 wickets in a County Championship day since off-spinner Tom Goddard claimed 17-106 for Gloucestershire against Kent in 1939. In fact, his incredible figures of 15-95 were recorded in just three-and-a-half hours as opponents Northants were shot out for 83 and 90.

The Sunderland-born right-armer started the collapse with a first innings 9-52, narrowly missing out on being the first bowler to capture all 10 wickets in an innings since fellow Durham player Ottis Gibson did it in 2007, and followed it up with 6-43 second time around to give him



the county's best ever first-class match haul, beating Alan Walker's 14-177 in 1995.

The memorable stats helped him collect 64 wickets during the 2014 summer at 24.65 – he took 54 in 2013 – as he was able to stay fully fit and injury free to play in every four-day match. "The benefits have really opened my eyes and I'm so glad I've done the challenge," he explains.

"I feel like my body is coping a lot better with things and I generally feel a lot fresher and healthier, plus my muscles don't feel as sore and generally not as stiff after a day's play. I'm able to bowl more, and for longer spells. I feel physically fitter, and the loss of weight and general wellbeing is all a big plus."

Rushworth's stellar end to the season continued when he helped his county to Royal London One-Day Cup success, taking 2-24 in 10 economical overs as they beat Warwickshire by three wickets in a low-scoring thriller at Lord's.

"I thought in January that I would find this challenge tough, but to be honest the benefits I've gained from it have made it much easier than expected and has been a huge eye opener," he says. "The main thing is I'm raising money for two great charities, so I'd love to have some more support and donations please!"

You can donate to the PCA Benevolent Fund and Save the Children at: https://mydonate. bt.com/fundraisers/chrisdry2014



CHRIS RUSHWORTH: ENJOYING LIFE AFTER GIVING UP ALCOHOL FOR A YEAR FOR CHARITY; IN THE GAME AGAINST NORTHANTS, RUSHWORTH BECAME THE FIRST PLAYER SINCE GLOUCESTERSHIRE AND ENGLAND GREAT TOM GODDARD TO TAKE 15 OR MORE WICKETS IN A DAY





WELCOME FROM YOUR PDWP TEAM



The 2014 season has seen a number of retirements from the professional game and they have occurred in different ways.

Some have been through injury and that's always disappointing because it often means they have had no choice in the decision. Others leaving the 'stage' have, in the main, taken the option to call it a day. Either way retirements are always individual, and it's important for the PCA to support them as such. After the recent survey of past players, it was documented that it can take those who are retiring up to two years to effectively deal with the transition. We continue to support them with regular contact during that period, and more recently we have developed a Transition Manual that is aimed at helping to support them through the process. Feedback to our Beyond the Boundaries

magazine and content continues to be positive and we are always open to ideas, contributions and informative messages to our members. Thankfully, there are a lot of quality people involved within cricket and it's encouraging how cricketers always want to help others - no matter what generation they played in.

The Personal Development programme is extremely grateful to those past players who recently volunteered their details to the newly formed ex-player career advice network. The aim is to link players' interests to specific ex-players in the field for insight and advice. More on that later in the magazine. We very much hope the winter is a productive one for you - and that you get to achieve the personal development goals you have set for yourself during the close season.

Best Wishes.

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07920 557578 / ithomas@thepca.co.uk

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,

l am confident I can

for the 'real world'

point

help players prepare

from an impartial and

knowledgeable view-

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 07920 575 578 ithomas@thepca.co.uk

LYNSEY WILLIAMS

Lam 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: WORCESTERSHIR WARWICKSHIRE 07990 883 971 lwilliams@thepca.co.uk

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: YORKSHIRE IANCASHIRE NOTTINGHAMSHIRE 07826 535 783 mwood@thepca.co.uk

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

07703 477 195

nhildicks@me.com

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: LEICESTERSHIRE DERBYSHIRE NORTHAMPTONSHIRE 07867 459 201 cmulraine@thepca.co.uk RESPONSIBILITY FOR: HAMPSHIP SURREY, SUSSEX MCC YC 07785 619 443

ndenning@thepca.co.uk

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 vou 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: MIDDLESEX ESSEX, KENT

07867 459 202 secclestone@ thepca.co.uk

WHAT I AM DOING THIS WINTER

OPPORTUNITY KNOCKS

Most of us are poised to wave farewell to the sun for the next five months or so... but life goes on. The winter period for cricketers is always about recognising and exploiting new opportunities until they can get back to doing what they do best and here's a glance at how some PCA members intend to spend their time. COMPILED BY IAN THOMAS

TOM POYNTON DERBYSHIRE

Alongside my rehabilitation to full fitness for the 2015 season, I have been working as the Partnership Manager for the commercial team at Derbyshire CCC. My circumstances with my injury and crash are obviously very tragic and difficult, however I wanted to use the opportunity of not participating in the 2014 season to gain some valuable experience in a business environment. I have found the experience enriching and rounding, something that I feel will only benefit my return to cricket next year. I intend to continue this role into the winter months as I recommence full training, as well as putting my name forward for the "Being a Board Member" programme, kindly organised by the PCA, to gain some experience in corporate governance and board room culture.





JOE DENLY MIDDLESEX

At 28, I feel I've reached that time in my career where I need to start looking at what I might do when I stop playing. I think it's fair to say I could never see myself sitting at a desk and I'd much rather be out and about doing something practical. Having talked through some options with Eccles (my PDM), it seems like a good idea to combine my winter training with some work experience to get a taste for working in a different area. A friend of mine is a plasterer and I've always liked the idea of doing a trade, so I'm going to do some work with him for a couple of weeks to see if I enjoy it and can imagine doing it as a future career. Depending how that goes, I have two other contacts I can follow-up with, a plumber and an electrician, to get an insight into those trades. I'm also going to get my Level two coaching badge as I imagine being able to coach will always be something I'm interested in to some degree whether it's full-time or as a part-time role.

RICHARD JONES WARWICKSHIRE

After a few winters of indecisiveness, testing Lynsey's resourcefulness and patience, I have recently received an offer to study Sports and Exercise Science at Manchester Metropolitan University. It's a four year part-time distance learning course which fits in perfectly with training commitments during the winter, and the ever hectic playing schedule of the summer.

It's taken a while for me to get to this point, having flirted with the idea of Sports Journalism and Business degrees without being able to fully commit to either. However, I can finally get excited about my impending studies as it is an area I am passionate about and I harbour a desire to work as a Strength & Conditioning coach in the game once my playing days are over.

Although graduating is at the end of a long, arduous road in front of me, I already feel a sense of relief by having clarity in what I want to do after cricket and finally working towards that goal.

The role that Lynsey has played as my Personal Development Manager has been invaluable and without her endeavour I doubt I would be in this position. So I'd like to take this opportunity to extend to her my sincere gratitude - thanks Lyns!





WAYNE WHITE LANCASHIRE

After taking on an Open University Degree in Business Studies earlier in the year I am now looking forward to my winter of study and training. I have had to manage my course work around training and playing and have really enjoyed the content. With an extended period up to January now I am excited about learning more. I have also used my network to gain some work experience in Derby so I can apply some of the material to real day to day business situations. The Open University intake in September and February is perfect for players to jump on and learn while they prepare and charge up for the new season.

LUKE WELLS SUSSEX

This winter I have organised to do an Open University degree in History. It is a part time course and I'll be doing it module by module over the course of six years overall. I decided to do it part time so there would be less pressure on me during the summer months. I'm actually really excited to do some studying again as it feels like I have hardly used my brain since leaving school. Having a history degree can help me in a lot of ways post my cricket career; journalism and teaching are two things that spring to mind but it'll also just be nice to learn in any case.





TIM LINLEY SURREY

This October I am furthering my knowledge and experience of the world of coffee. I hope to open my own coffee shop at the end of my career. I have signed up for two courses with the London School of Coffee: a basic barista course and a City and Guilds course entitled 'how to start a coffee shop.' After attaining these awards I intend to do some work experience both in a coffee shop and in the wider coffee industry alongside my cricket training in November.

Recently I have set up a linkedIn profile so that I can keep in contact with the professional people I meet who are outside the game. I figure now is the time to make contacts not after I retire.

I have continued working with Evelina Children's hospital in order to raise its profile in the south of England and to encourage other players within the dressing room to get involved too.

.....



DAVID BALCOMBE SURREY

I've been fortunate enough to be playing cricket professionally now since 2006 and over that time have been afforded many opportunities to travel, meet new people and also develop myself outside of cricket. I feel over the years I have used my off seasons wisely, be it travelling to develop my game abroad in the early stages of my career to pursuing internship opportunities which I have now done on three separate off seasons. I have worked in varying fields from sports sponsorship evaluation with Kantar Sport, retail marketing with Jack Wills, to a business ambassadorial role with a recruitment firm Network Executive.

This coming off season will be no different. Whilst there may be a change afoot with my professional career I shall also be challenging myself with another internship opportunity. John Lewis have kindly offered me the opportunity to gain experience in their electronics and homewares marketing department, the internship will also provide a cross over to work with their audio visual retail buying team. I have been incredibly fortunate to gain this opportunity because they very rarely recruit from outside for these kind of internships, tending to prefer graduate schemes and recruitment from within therefore this experience will be invaluable. The commercial world, brands and marketing have been subjects I'm particularly interested in and a field I believe I may try and pursue further once my cricket career comes to a close. For now though, the early morning commutes and sitting at a desk can hopefully hold off for a bit longer as there are plenty of overs left in me!



FIGHTING FIRE WORDS: MATT WOOD

Not everybody stayed behind that day, but for Alex Morris a drink in the bar after Hampshire's fixture against the British Fire Service in 2002 took extra significance. The elegant former Yorkshire and Hampshire allrounder gives us an insight into his day job as a firefighter and what inspired him to the role.

The popular Yorkshireman from Barnsley recalled: "We played against them for Hampshire and after the game they all stayed for a drink telling stories. It sounded brilliant and I was hooked. I love being part of a team. I got a feel for how close-knit they were and I was impressed, I could see myself in the role one day. I loved my time as a cricketer in particular the camaraderie and dressing room atmosphere, the highs and the lows and the test of character. Being a firefighter represents a similar environment."

Modestly, Alex reflected on the time when he

applied and not knowing if he would get in. "I had been captain of England U19 and played alongside and under some great people through my career. I think having leadership qualities definitely helped me, I took my PT level 3 as well which beefed up the CV and physically and mentally I was fully committed. Cricket had given me a perspective on working under pressure and showing flexibility to changing environments. In this job you have to be able to make decisions that could save somebody's life." As the casualty care instructor Alex is the first medical contact on the scene. "There are two sides to the job, when we help and save people there is immense pleasure amongst the team, obviously sometimes, sadly bad things happen. I have learned to handle this over time. The work we do around the community is not just emergency calls. We run educational programmes and are constantly



ALEX MORRIS BOWLING FOR HAMPSHIRE BACK IN JUNE 2000

CAREER FOCUS

"CRICKET GAVE ME A PERSPECTIVE ON WORKING UNDER PRESSURE AND SHOWING FLEXIBILITY TO CHANGING ENVIRONMENTS. IN THIS JOB YOU HAVE TO BE ABLE TO MAKE DECISIONS THAT COULD SAVE SOMEBODY'S LIFE"

in communication with local businesses and updating their fire regulations.

"I am on the Green Watch at Ossett station in West Yorkshire. We work two days on 8am – 7pm then the following two days on night shift and then four days off. That is the cycle. Luckily my partner Helen and son Dexter(6) are fully supportive. I love how diverse the job is, I love going to work not knowing what could happen - a bit like cricket! I lead the fitness program and make sure we are physically prepared. We then do drill work keeping our skills and communication sharp, the bell could ring at any time. We are all responsible for looking after the wagons and checking all the apparatus is in perfect order. The team is full of good characters which is great for morale."

Alex also has developed a passion for cycling and was a popular member of group 2 leading the way for last year's PCA Big Bike Ride. "Seeing all my old pals from cricket was brilliant. I loved my time with Yorkshire and Hampshire. I like taking on new challenges and pushing myself. Cricket was a special time for me and I still enjoy playing in the leagues and representing the fire service on tour, I've not finished yet!"

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ROUTES INTO THE FIRE BRIGADE

Firefighters protect and save people and property from fire and other dangers. They provide emergency support for incidents varying from tackling fires and rescuing people from burning buildings to dealing with chemical spillages and Road Traffic Collisions. However, Firefighters also provide education and advice on fire prevention as one of the main roles of a firefighter is to prevent fire and accidents from occurring in the first place.

WORDS: LYNSEY WILLIAMS

EXAMPLES OF SERVICES PROVIDED BY FIREFIGHTERS INCLUDE:

- controlling and putting out fires
- dealing with bomb alerts
- rescuing victims from burning buildings, accident sites and other dangerous situations
- managing chemical or hazardous substance spills
- giving presentations to schools and other community groups
- inspecting buildings to ensure they meet fire safety regulations
- advising construction professionals on fire safety measures before and during the construction of buildings

They also undertake routine station duties, such as inspecting, cleaning and maintaining equipment, carrying out practice drills and taking part in training. Senior ranks are also responsible for writing detailed reports of incidents, and carrying out management and policy work.

TO BE A FIREFIGHTER YOU REQUIRE...

• stamina and a high level of physical fitness

- the ability to react quickly and remain calm in dangerous situations
- a high level of self-discipline
- the ability to follow instructions and regulations
- excellent communication and teamwork skills
- the ability to inspire confidence when dealing with members of the public
- initiative to deal with rapidly changing conditions
- good practical skills to problem solve and operate a range of tools and equipment
- an assertive approach for dealing with possible obstacles to rescue work
- the ability to write accurate incident reports.

You also need to evidence through your actions a commitment to diversity and integration, an openness to change and a commitment to personal development and excellence.

SALARY

Salaries for full-time firefighters start from £21,000 and they are expected to work on average 42 hours a week over a number of shifts that can>

CAREER FOCUS

MANY SERVING FIREFIGHTERS HAVE SPENT MONTHS AND YEARS APPLYING AND GETTING THEMSELVES PREPARED PRIOR TO GAINING ENTRY. YOU TOO MUST BE PREPARED TO WORK HARD AND ALSO BE PATIENT IF YOU ARE TO PURSUE A CAREER WITHIN THE UK FIRE AND RESCUE SERVICE

be day or night. This rises to around $\pounds 28,500$ once qualified and passed as competent after probation. Crew managers can earn up to $\pounds 31,500$ a year, and station managers can earn between $\pounds 36,500$ and $\pounds 40,500$ a year.

Figures are intended as a guideline only.

ENTRY REQUIREMENTS

Becoming a firefighter in the UK Fire and Rescue Service does not come easily. In fact many serving firefighters have spent months and years applying and getting themselves prepared prior to gaining entry. You too must be prepared to work hard and also be patient if you are to pursue a career within the UK Fire and Rescue Service.

Each fire service (brigade) sets its own entry requirements so you will need to contact the Chief Fire Officer (or recruitment officer) at the fire service you want to join for details of entry requirements and when they are recruiting.

In general, you must be at least 18 years old on appointment, have a good standard of education, a reasonable level of physical fitness and give details of any previous convictions and pass background security checks. You will also need to pass a standard national selection process you have to go through known as the NFS. This assesses your potential to perform safely and effectively by getting you to take part in a variety of job-simulation exercises, interviews, psychometric and physical tests and written exercises.

To find out more about the recruitment process go to: http://www.fireservice.co.uk/ recruitment/howtojoin

TRAINING AND DEVELOPMENT

Once recruited, all new firefighters undergo an induction training programme lasting

between 12 and 16 weeks (18 weeks in Northern Ireland) to learn about fire safety standards and protective measures, fire prevention and safety education work.

To prepare for the practical side of fire fighting, you will train in areas such as:

- fire behaviour and fire fighting
- basic rescue techniques and entering smoke-filled rooms
- putting on protective clothing and using breathing apparatus
- handling foam and other types of fire extinguishers
- using ladders, hoses, knots and other equipment
- first aid, and health and safety.

Following this induction training, you will join a fire station for a probationary period of up to two years. During this time you will work alongside, and learn from, experienced firefighters and your performance will be continually assessed.

You will receive on-going skill improvement training within a clear promotion structure and be encouraged to work towards qualifications specific to your role for example you may be encouraged to work towards a specialist qualification like a Large Goods Vehicle (LGV) license for driving fire engines.

To find out more about the training process, qualifications and specialisms go to: http://www.fireservicecollege.ac.uk/home

RETAINED FIREFIGHTERS... SO WHAT'S THE DIFFERENCE?

Retained firefighters are a vital part of today's Fire and Rescue Service with approximately 18,000 retained firefighters providing efficient, cost effective and reliable fire and rescue cover to around 60% of the UK. The majority of retained firefighters are based in rural areas,

although some work in urban stations alongside full time firefighters. The recruitment and training process is almost identical to that of a firefighter so contact your local Fire Brigade for specific details. One trained up and qualified, apart from a few hours training per week and pre-arranged duties, retained firefighters only attend the fire station when they have received an emergency call out. Retained firefighters have other occupations but need to be able to get to the fire station within a maximum of five minutes.

With regards to salary, retained firefighters receive payment for work undertaken and are usually paid for their hours when they are on call plus payments for responding to calls (see link below for more information).

A COMPETITIVE FIELD

Firefighter positions are competitive and don't come up that often so being a retained firefighter is for some brigades an alternative route into becoming a full time firefighter, as when vacancies do become available they are trained and ready to go. However, some brigades make their retained staff go through the whole application process from scratch so speak to your local Brigade about their policy on this.

FOR FURTHER INFORMATION ABOUT BECOMING A RETAINED FIREFIGHTER GO TO: HTTP://WWW.FIRESERVICE. CO.UK/RECRUITMENT/RETAINED-FIREFIGHTERS

FOR FURTHER INFORMATION ABOUT FINDING A JOB IN FIRE AND RESCUE GO TO: HTTP://WWW.SFJUK.COM/ SECTORS/FIRE-RESCUE/WORKING-IN-FIRE-AND-RESCUE/CAREERS/

THE TIME IS NOW

With modern life seeming busier than ever, it's easy for hours and even days to pass by. **Matt Wood** explains why making good use of your time is so important.

top for a second, take yourself forward and imagine yourself in six months' time - 26 weeks, 182 days or 4,368 hours. What will you be doing and just as important, what will you have done with your time? You will never get it back. Time is simply one of our most precious commodities. It cannot be bought, nor can it be invented. There is no right or wrong in this article, just a message and an insight. The balancing act of using our time has never been more important and here is why.

The time continuum is interesting and plays a huge part in our emotional state and wellbeing. At one end of the spectrum you could be saying yes to all sorts of things, with people wanting a piece of you, and finding yourself short of time. This can result in an anxious state, guilt or worry and fear of letting people down. At the other end of the spectrum is not using your time efficiently. Wasted hours can become days and days could lead to weeks, which can result in low self-esteem, loss of confidence, a lack of motivation and feeling drained and tired. Add together dark mornings and longer nights and soon it can be an all too familiar formula. The off season for cricketers are the winter months AND traditionally a time to recharge and spend some down time. During this period of rest an extra hour in bed becomes more justifiable and Sky Sports News can become a good friend. If it only takes 21 days to form a habit, then be mindful of your October routines.

Balance and some short term planning can help you maximise your time efficiently. Knowing what you want to achieve will help you distribute your time accordingly. Remember your next job is running alongside your current career, even if you do not know it yet. What you do or do not do with your spare time will have a direct impact on where you arrive in the future.

Using your time wisely, every time you say 'Yes' to one thing, you are saying 'No' to something else. There will be a good intention behind all your choices if you look closely enough. It is important that you align yourself and your time so that what you want to get done, gets done. People pleasing can be a trap when you find you are getting short of time. It can be helpful to find a polite sincere way of saying no to some things.

The 6.30 am club. Many leaders in business and sport report that early morning starts give them a pre breakfast window of opportunity. As Stephen Covey wrote in The 7 Habits of Highly Effective People, time to 'Sharpen the saw'. The pre-breakfast window can be an investment in you: fitness, reading (i.e. learning), studying, relaxing - a time for you to choose how you attack the day, what you want to achieve and the attitude you run with.

We are all allocated the same hours in a day and everybody will be running their own race. Owning your hours and maximising your time is truly your choice. Remember your hour by hour and day to day choices now will meet with an opportunity one day in the future. How lucky will you get?

What if you make the very best of your time this winter, how will that feel? What impact will it have on your future and wellbeing? What if you inspire those around you? Time: one of our most precious commodities. "WHAT WILL YOU HAVE DONE WITH YOUR TIME? YOU WILL NEVER GET IT BACK. TIME IS SIMPLY ONE OF OUR MOST PRECIOUS COMMODITIES. IT CANNOT BE BOUGHT, NOR CAN IT BE INVENTED"

WORK EXPERIENCE



LEGAL EAGLE TAKES FLIGHT

Joe Leach made good use of the off-season in expanding his future career options with a work placement at a law firm. The Worcestershire allrounder looks back on his experiences.

o perform at the highest level a professional cricketer must invest a significant number of hours throughout the winter months to develop his cricketing skills and abilities. Today, professional cricketers are also advised to invest spare time during the winter to plan for their future beyond the game. Research has shown that investment in this area helps improve a cricketer's ability to focus on the game, increases their confidence and skillset and ultimately reduces the uncertainty of not knowing which career path to follow when they finish playing.

The PCA's Personal Development and Welfare Programme assists

players in preparing for their future, with regional Personal Development Managers providing group educational sessions alongside focused individualised personal development planning.

The PDM's and County Commercial Teams work together to develop links between club sponsors and

local businesses. The players are offered work experience in the area of business in which they would like to have a future career.

A recent example of this involved Worcestershire player Joe Leach. Leach is currently studying Law with the Open University. Worcestershire contacted Quality Solicitors Parkinson Wright and Leach was given the opportunity to work with the Family Law team every Thursday throughout the winter.

Leach says: "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 the 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."

Peter Lewis, Partner and Head of Family Law said: "We were delighted to offer Joe the opportunity to work within our Family Law department. Joe's aptitude for the law along with his ability to communicate with clients enabled him to observe cases both in the office and the Courtroom. His professionalism was evident throughout his time in the department and we would not hesitate to include him as part of our team in the future."

<image>

DECLARING AT 25

Not every professional cricketer gets to choose when to end their professional career. Gloucestershire's **Ian Saxelby** was forced to retire this summer due to a knee injury, and is now preparing for the next chapter in his life.

> Ten days before my 25th birthday I found myself walking off the Kia Oval, limping across the turf with serious knee pain. It had been 21 months since I last made it over the whitewash due to complications with my shoulder, which has undergone four reconstructive surgeries to date. To suffer a new injury felt like a stab through the heart.

I was devastated. I had only completed two balls in the game and as I sat in the changing room, I knew deep

down that this might be the end of the dream.

Becoming a professional sportsman was all I ever wanted to do growing up. This was definitely influenced by my family's love of sport, especially

cricket. A walk through the local pub takes you down memory lane with my great grandfather, grandfather and father all featuring in many a team photo. I had no choice. Cricket was going to be a huge part of my life.

At 16 I was taken on to the Nottinghamshire Academy. I played second team cricket there before eventually making my firstclass debut for Gloucestershire in 2008 – meeting my team-mates on the morning of the game after driving down from the Midlands the night before.

A first-class changing room was a pretty intimidating place to be for a fresh-faced 18 year-old lad. I had the likes of Jon Lewis, Steve Kirby, Craig Spearman all staring at me. It's fair to say I was pretty nervous. However, after a few games I had settled in and I knew that this was what I wanted to do – a life playing cricket.

Cricket has been fantastic to me. It's not just the enjoyment of playing in front of big crowds. It's the people you meet, the places you travel and the life experiences you have. I have enjoyed every moment that I have spent in the game. It has been far from all rosy though.

Injuries have played a huge part in my career and have never really allowed me to get on a roll. A good year followed by a full year off followed by a good year – it was a cycle that I could not really break. However, this cycle did have one positive. It allowed me to plan for life after cricket.

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FACING THE END OF THE ROAD

After my first full year out injured, I realised cricket was not going to last forever and I embarked on an Open

"IF I WERE TO GIVE ONE PIECE OF ADVICE TO PLAYERS WHO HAVE TO CALL TIME ON THEIR CAREERS, IT WOULD BE TO THINK ABOUT YOUR FUTURE AND PLAN AHEAD"

University degree in Mathematics. Doing something outside of the game really helped keep me settled and provided a welcome distraction from the lows of injury. It has

also given me a new focus now that cricket has ended and I am hoping it will provide me with a solid academic grounding as well as a notable qualification as I search for my

new career. Many people have asked me whether I would do anything differently now that I can look back on the time I spent in the game. On the playing and training side I don't think I would, but I could have been much more proactive in my planning for when the inevitable happened – when I had to finish.

I was pretty naïve as a young pretender. I thought I would spend 20 years in the game and walk straight into a good job when I finished, just because I had played professional sport. That is definitely not the case in today's job market and I do wish that I had done more work experience during the winter months to find out what it is that I actually want to do now.

I have been very fortunate in my transition out of the game. Injury has allowed me to take a break, reevaluate and move forward in life but I know that this is definitely not the case for everyone. If I were to give one piece of advice to players who have to call time on their careers, it would be to think about your future and plan ahead.

Don't be scared of life beyond the boundaries. Embrace it. Look forward to it. After all, it is far better than 96 overs in the dirt...

PERSONAL DEVELOPMENT OVERSEAS

DON'T BE A BEACH BUM!

The allure of escaping to warmer climates to play cricket after a hard season is never stronger than at this time of the year when the body is tired and the weather uninspiring. Indeed, the thought of swapping the park for the beach, the rain for the sun and a much more relaxed existence and reduced playing schedule rarely fails to inspire. This change of scene

Ask yourself these

two questions:

Why am I going away? What do I want to achieve?

Below are a few graphics that might help you decide

to swap the Xbox for 'expanding horizons' is often an essential ingredient in longevity of a career as not only is the cricketer challenged in new conditions and able to keep in 'nick', but they also get to escape their usual routines and team-mates, helping them to mentally escape and return refreshed and invigorated ready for the next intense season.

Despite the often more relaxed

environment, time overseas can be just as, if not more, productive than in the UK. It is easy to think you won't have time for things other than cricket such as work experience, learning new skills, study or networking so this article looks to challenge that mindset and encourage everyone going overseas to consider how they can get the most from their winter abroad.

The Diary of a Beach Bum:

Day	АМ	РМ	Evening		
Monday	Train (gym)				
Tuesday	Train (gym)		Train (Cricket)/Socialise		
Wednesday	Train (gym)		Socialise		
Thursday	Train (gym)		Train (Cricket)Socialise		
Friday					
Saturday	Match vs Manly CC		Socialise		
Sunday	Recover				

The Diary of a Pro-Active Cricketer:

Day	Early AM (7-9)	Late AM (9-12)	РМ	Early Evening (6-8.30)	Late evening			
Monday	Train (Recovery session)	Work Experience/Internship		Rest				
Tuesday	Train (strength session)	Distance learning/ Open University	1:1 coaching	Train	Beer with team mates			
Wednesday	Train (Swimming session)	Work Experience/internship		Squad Coaching				
Thursday	Train (Strength session)	Career development research	Blog writing for county website	Train	Beer with team mates			
Friday	Rest	Trade/DIY skills tuiti	on	Rest				
Saturday	Match vs Manly CC	Match vs Manly CC						
Sunday	Recover	Recover						

S.W.O.T. Analysis of a winter overseas:

Strengths

- Learn to play in different environments/conditions/cultures
- Learn key life skills cooking, cleaning, decision-making and organisation
- Strong performances keep your abilities in the forefront of coaches' minds at the beginning of the new season
- See the world, meet new friends, learn new things about yourself, others and different environments/cultures
- Gaining a network and employment whilst abroad looks great on the CV to prospective employers and will give you great confidence in your employability back home
- Working whilst abroad can mean you are much better off financially than if you'd stayed in the UK
- Some players do genuinely suffer from Seasonal Affected Disorder and getting sun during the winter months can significantly improve their mood, well-being and motivation to train

Weaknesses

- Change of environment and culture can lead to a less active and healthy lifestyle for a prolonged period of time, which can impact preparation for the next season
- Costs involved can sometimes mean you are eating into savings or going into debt. Could working off-set this?
- Depending on your schedule you can have a lot of down time compared to being in the UK, consider if you will be more focused and productive in your cricket and non-cricket development in the UK.
- Loss of network so it requires effort to mix and meet new people.
- Not every player benefits from playing throughout the winter every winter – what is right for your body and mindset?

Opportunities

- Time with no obligations other than to yourself, there is ample time to explore where you might want to go with developing a career away from the game
- New network the club you play at, regardless of its size, will be full of people willing to help you achieve whatever you want during your time with the club. Take advantage and ask people if they can help you out, even if they can't they are likely to know someone who will.
- The Christmas break use this time to explore the country or surrounding countries. A change of scene and environment will help broaden your horizons and provide you with new learning experiences.
- Learn a new skill, hobby or formal qualification. For example, take up an instrument or learn a language, study a topic of interest or qualification through an online provider such as Open University.
- Charity work can you give something back to those around you or raise money for a charity you have an affinity with?
- Write a blog, take pictures or keep a diary or journal – at the very least communicate with significant people back home so they know how you are getting on. If you've performed well, let people know as out of sight is often out of mind!

Threats

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- The freedom of having few responsibilities can mean that doing something 'constructive' is easy to put off until sometime later – the sooner you get into a routine the more likely you are to be productive with your time.
- Boredom, loneliness, escapism activities, why are you going abroad – think about your real reasons and motivations
- If you are out of contract it is difficult to keep in touch with coaches from other counties and if you have an agent, are you out-of-sight-out-of-mind?
- As with all travel, there may be different rules and regulations to follow, take time to learn these. Also take precautions to keep yourself safe and healthy when travelling. Tourists can be targeted by criminals so research your area and take advice from people you trust.

BOOK CLUB

If you get a chance to start reading more during the winter months here are a few good titles recommended by the Beyond the Boundaries.



The 7 Habits of Highly Effective people by Stephen Covey * * * * *

One of the most influential books ever written. A holistic, integrated principle based approach to solving personal and professional problems. Principles that give us the security to adapt and embrace change and the wisdom and power to take advantage of the opportunities that change creates.



Legacy by James Kerr ★★★★★

What the All Blacks can teach us about the business of life. James Kerr goes deep into the heart of the world's most successful sporting team, the legendary All Blacks of New Zealand, to reveal 15 powerful and practical lessons for leadership and business.

RAISING YOUR PROFILE

HOW TO BUILD **A BESPOKE** Linkedin PROFILE

COMPILED BY CHARLIE MUL RAINE

LinkedIn is an invaluable networking tool in business and one that offers many benefits for the pro-active professional cricketer. As with other forms of social media, there are some simple dos and don'ts for using it successfully and here, with the help of Jane Barrett from Career Farm - a consultancy specialising in MBA and executive level career development are your 12 simple tips for building an effective LinkedIn profile:

USE A HEADING WHICH REPRESENTS YOU CORRECTLY

Many cricketers put 'professional cricketer currently looking for work'. Given that the headline is important when a recruiter is searching this is missing a valuable opportunity to position yourself. What do you do? What is your specialty? Are you a multi-lingual, degree educated professional cricketer? Then say you are!

THINK ABOUT MAKING YOUR 2 **HEADLINE PUNCHY**

Consider using vertical lines, like this | which you can cut and paste from Word to make your headline look more punchy. I tried using stars and diamonds but felt it looked too showy for my personality and opted for the elegant vertical line which I had seen used by someone who I respected.

YOUR HEADLINE POSITIONS YOU 3 Many people I work with are trying to change career. Often to make this happen they have to make a couple of moves. So think about your headline and what cross-transferable skill you want to emphasise. If you are trying to change function it's less likely you will be approached on LinkedIn by a recruiter, but it's more likely if you are trying to change industry. However, make sure your skills don't look too specific to your former industry. No jargon.

SPEND TIME ON YOUR SUMMARY

4 Many summaries I see are a sleep-inducing list of technical skills or, even worse, a list of competency skills (e.g. excellent team player, strong communication skills). That tells me absolutely nothing (!) as you are giving me your opinion, not evidence. What recruiters want to see is facts, e.g. presented marketing plan to the club commercial team resulting in approval for a new "Captain's Club" sponsorship package. This gives me the inkling that you may have good communication skills, which I can then explore at interview. I want to see real achievements.

HIDE INFORMATION 5

You are able to hide your membership of various groups. This feature may be useful if you are investigating new career directions and don't want to:

(a) alert your manager, or (b) present an unfocussed image to prospective employers.

BEWARE OF USING ABBREVIATIONS 6

If you're trying to change career, check that any abbreviations you use are understood outside your industry and/ or function. For example, if you're trying to move into a less technical role do you



really want to highlight skills like "C++ programming" on your profile? As a recruiter this would instantly make me wonder whether you're really a techie at heart.

CONSIDER THE ORDER AND LENGTH 8 **OF TIME YOU WERE THERE**

Consider the order in which you put your experience and the amount of detail you include for each of your roles. For example, if a company you set up comes above your full-time employment it suggests to me that your company is your real passion and I might not get 100% if I hired you. Also, I would expect to see more achievements for a position you held for five years as opposed to a position you held for six months.

TURN OFF YOUR ACTIVITY BROADCAST 9 WHEN YOU UPDATE YOUR PROFILE Do this because:

(a) it's annoying for people who have connected to you to see every little update, and (b) if you are in employment it alerts your manager to the fact you are updating your profile (i.e. getting ready to job hunt!) and also they can see when you are LinkedIn to recruiters.

MONITOR WHO IS VIEWING 10 **YOUR PROFILE** If you are actively job-hunting look at who



is viewing your profile and follow up if it is someone from a firm you are interested in. Ask if they need any more information or if you can help them find the person they are looking for.

11 WHAT DOES A LACK OF RECOMMENDATIONS SAY ABOUT YOU?

I have spoken to a couple of recruiters and the endorsement feature on LinkedIn seems not to be particularly useful, and even the recommendation feature is viewed with a healthy dose of scepticism. The thinking being you are never going to ask someone who might give you a bad recommendation. Fair point, but I do think if a manager, colleague or someone well regarded in the industry has taken the time to write you a recommendation then this can only be good for your personal brand.

12 ARE YOU GIVING OUT THE MESSAGE YOU ARE NOT NEW MEDIA SAVVY?

If you are going for a business development or sales role - perhaps a low number of contacts means you are not a strong networker? However, having said this there are some superb networkers who are not on LinkedIn, but they do tend to be of the older generation. Rightly or wrongly if I see someone is not on LinkedIn and of an age up to say about 50 – unless they are massively famous or successful – I wonder if they are a bit behind the times! And to finish, my pet hate. Please customize your invitations to people to whom you want to connect. One MBA recruiter I know says she refuses to link to anyone who doesn't customize their invitation. I personally think it is the online equivalent of running up to someone, shoving your business card in their face and then running off again! If you have actually met someone, following up with a standard invite comes across as just rude and lazy; and if you haven't met someone you are much more likely to have your invitation accepted if they know why you want to link to them.

Finally, remember that while LinkedIn is a great tool for job searching and networking it is just that...a tool. People help people they know, like and trust. Nothing substitutes for picking up the phone or meeting someone face to face to get results. All sound advice from Jane! You can subscribe to her blog via this link: www.thecareerfarm.com. If you would like to create a bespoke LinkedIn profile please ask your Regional PDM.

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PAST PLAYERS WORK DATABASE

Last month all current players will have received an updated Personal Development Plan (PDP) via email as well as a flyer sent in the post with an ostrich with its head in the sand. The rather unsubtle imagery is a reminder that the PDMs are here to help. We appreciate that seasons are hectic and downtime valuable, however we also know from experience that making future plans is time well spent.

Gandhi knew what he was talking about when he said "The future depends on what you do today".

On the PCA noticeboards at the

"THE FUTURE DEPENDS ON WHAT YOU DO TODAY" MAHATMA GANDHI

grounds, you will also hopefully have noticed the flyers highlighting the importance of managing your money and the potential pitfalls of gambling. Again, we are not here to be "funcrushers". Being savvy with your finances is a skill worth working on and enhancing your knowledge on this area will give you greater freedom in the decisions you can make.

To help you make these decisions, we have launched a new project this year in the "Past Players' Work Database". Tapping into the vast experience and expertise of our past playing membership, we have created a database of former players who are willing to offer you career advice and / or work experience. We have over 60 names on the list covering careers such as teaching, accountancy, law, consulting, hospitality & events and many more. It's far easier to make contact with someone who knows where you're coming from and what your experience can bring to a new career. This is going to be an invaluable resource so please contact your PDM to access it.



EXPECTATION MANAGEMENT

hen confronted by the prospect of having to change careers, there is an understandable tendency to focus

on finding the perfect job straight away, something that will tick all the boxes immediately. But that is often an unachievable goal and such high expectations can often lead to a frustrating, stressful time when a player is dealing with accepting that their cricketing dream is gone and needing to move on.

Neil Saker was released from Surrey in 2008, aged 24 and, like many young cricketers, felt he had more to offer the professional game. He spent the next two years playing for his home club and coaching whilst trialling at other counties and playing for the Unicorns to try to get back into the game. It didn't work out but Neil was lucky enough to find a job through a friend at his cricket club, Reigate Priory, with an internet-based start-up company. He was a project manager for a variety of online sport products like 'We are tribal' and 'Roulette Cricket' as well as managing the letting of a box at the Oval for marketing purposes.

"It was all new ground for me and interesting to see projects through from concept to going live – to understand all the component parts and skills that it took to put a project together," says Neil. But after three years the work dried up and the company and his role in it, hit a wall, forcing a re-think. Whilst he enjoyed his job and had learned some valuable skills, he didn't feel an office-based job was a natural fit. "I didn't feel a strong sense of achievement working through a job list via email and meetings."

The final year had coincided with him buying a house with his fiancé, which needed some alterations to turn it into their home.

"I studied carpentry at college for a year after leaving school and my family have always been in the building trade," he comments. So he took on the work on his house himself and enjoyed the results so much that he has now moved back into carpentry, again through a contact from his cricket club.

"I really wanted to learn and realised how much I missed learning and performing a skill each day. It is more like cricket in a way: I had to deliver a skill-set each day and liked having something tangible to look at in the end – I had a natural motivation to finish the project as well as I could."

It took a few years for Neil to realise what it was he was looking for in his post-cricket career, beyond the necessity of paying the mortgage and his story is a much more realistic approach to a transition into a second career than expecting one dream job to follow another. Unfortunately, moving on often does take time and experimenting and not expecting everything to fall into place immediately is an important thing to accept. It is important to enjoy the journey.


THE ULTIMATE COUNTY HOT SEAT

The administrative position of a county club Chief Executive is one of the most prestigious in cricket, requiring strong leadership skills and the ability to balance the books. A number of former players have taken up the challenge upon retiring, and Lynsey Williams and **Charlie Mulraine** talked to two current poachers turned gamekeepers.

David Leatherdale

CHIEF EXECUTIVE OF WORCESTERSHIRE CCC AND FORMER WORCESTERSHIRE PLAYER

Born in Yorkshire, Leatherdale came through age group and representative Yorkshire schools cricket before securing a playing contract with Worcestershire in 1986. He went on to play for the club for 20 years during a golden period for the Pears, winning all four domestic competitions. His personal playing highlights include bowling figures of 5-10 against Australia in a one-day game, and his first century for the club against Somerset. Leatherdale retired in 2005 and for the past nine years has been working at New Road in an administrative role, becoming Chief Executive in Sept 2010.

ON LEAVING THE GAME DID YOU EVER THINK YOU WOULD BECOME WORCESTERSHIRE CEO?

"I can honestly say that I didn't set out with that in mind. I knew coaching wasn't for me and that I enjoyed the administrative side of sport more, but at no stage did I plan where I wanted to be or do set things to get this role. Looking back on the work experience I gained while playing, and afterwards, I can see how the variety of the roles I've held has equipped me well and led me to this role."

CAN YOU DESCRIBE IN MORE DETAIL YOUR ROUTE TO CEO?

"When I played you were only contracted and paid for the summer period and so I found work in the winters with various businesses, primarily to earn money to pay the mortgage and support a young family. I had a range of jobs including working as a charity co-ordinator for a local radio station, metal worker, trainee accountant, marketing manager for a sports clothing retailer and a sales and marketing position with Worcestershire.

In the last year of my playing contract in 2005, the club offered me a contract to play only one-day cricket - I may be wrong, but I think I was the first player on the circuit to be offered a contract on this basis. I was also offered the administrative role of Commercial Manager as a combined role, which turned out to be a great opportunity. Since then I haven't looked back."

David officially retired at the end of 2005 and was given the full time role of Commercial Director at Worcestershire, before eventually stepping up to take over as Chief Executive following Mark Newton's retirement in 2010.

WHO HAS INSPIRED / INFLUENCED YOU MOST IN YOUR CAREER PROGRESSION?

"There are countless people who have helped me along the way and from who I have learned. However, within cricket Worcestershire's former Commercial Director John Osborne, as well as Mark Newton, stand out as key influencers of my learning and development and I am thankful for their time and support."

WHAT DO YOU ENJOY MOST ABOUT THE ROLE OF CEO?

"The Chief Executive's role in cricket is very diverse and covers every aspect of the day-to-day running of the business: from finance to HR, PR to marketing and sales, property developer - having just built a new hotel and conference facility at New Road - not to mention dealing with players and contracts and the pastoral care that goes with that. Some would

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say that you are a "jack of all trades" and I am fortunate that during my winters off the various roles I have covered have given me a broad knowledge of all the skills required to fulfil the role, which ultimately makes the position exciting, if somewhat challenging at times."

IN YOUR OPINION, WHAT ARE THE KEY SKILLS AND EXPERIENCES NEEDED FOR THE POST OF CEO?

"A good all-round knowledge of business is essential. I don't consider myself an expert in one particular field but I've invested time to learn about and experience all aspects of business and also about the governance of the sport. A good grounding in finance is essential, since a CEO needs to be able to read, understand and interpret figures, stats and financial reports in order to make good business decisions. Looking back, the six months I spent with Meredith and Co. Accountancy were invaluable in this respect.

Although not many Chief Executives are ex-players, I believe my knowledge from inside the dressing room assists me in my role, in so much as my understanding of the sport, the culture and also what the players and coaches are going through enables me to have empathy and consider the leadership and day-to-day running of the club from both a playing and business angle."

FINALLY, WHAT ADVICE WOULD YOU GIVE TO A CURRENT PLAYER WHO IS CONSIDERING AN ADMINISTRATIVE ROLE LIKE YOURS WHEN THEY FINISH PLAYING?

"Use your time in the winter to gain as many different 'job' experiences as you can to help work out what you are interested in and good at. You will take something from every experience, good or bad. Indeed, the skills and knowledge I've acquired from my different jobs has given me a breadth of experience that has prepared me well for the role of Chief Executive.

Seek opportunities to learn and be mentored by experienced business people. I've been fortunate to have been mentored and inspired by many people during both my cricket and non-cricket career. Talking with and shadowing people in senior roles is invaluable and helps you to grow a strong network of useful connections.

Invest time to gain relevant qualifications. In my day, education was not seen as such an important factor as it is now. If there is a course you could do while playing that will improve your business knowledge and chances of gaining employment post cricket, then start it now!"

David Smith

CHIEF EXECUTIVE OF NORTHAMPTONSHIRE CCC AND FORMER WARWICKSHIRE PLAYER

"I played for Warwickshire for 12 years and took advantage of all the winter travelling opportunities in South Africa, Australia and New Zealand. It was a wonderful life.

By the time I was in my mid-twenties, I started thinking about a future away from cricket. I took a Chartered Institute of Marketing diploma, which I hoped would assist me for life after cricket.

At 29 years of age, I left the game and joined First Leisure Corporation. At my interview the first words to me were: "I have seen you play for Warwickshire". Cricket got me through the door and I will always be grateful for that.

I spent the next 20 years with the business. We owned Blackpool Tower, The Winter Gardens, seaside piers, nightclubs and bars, West End theatres, hotels and gymnasiums. It was a fantastic experience, and in time I became a Divisional Director.

I realised, looking back, I had been spoilt as a professional cricketer and the outside world was harsh. You had to deliver, or face the inevitable consequences.

I spent nine years on the Committee with Warwickshire so stayed in touch with the



game during my working life.

I became Chief Executive at Leicestershire in 2007, and joined Northants three years later. My commercial, food and liquor background undoubtedly has helped me prepare for the role, as has my finance and P&L experience over the years.

Enjoy cricket and make it work for you, but remember it will not last for ever and prepare for the inevitable parting of the ways."



SIMON COOK



Simon Cook took a leap of faith to trade his home comforts for the Far East in becoming Head Cricket Coach at Hong Kong Cricket Club. Matt Halfpenny jetted out to meet the former Middlesex and Kent bowler and discover his motivation behind the unusual move.

's a task as steep as the Peak Tramway slope used to shuttle tourists up the mountainside from where they can enjoy spectacular, panoramic skyline views of Hong Kong City. But just as the cars have implausibly chugged their way to the summit since 1888 – negotiating a gradient experienced Tour de France riders would baulk at – so Simon Cook is determined to conquer his own metaphorical mountain, by helping establish the 'Pearl of the Orient' as a genuine cricketing force.

You don't need to be an ICC global development officer to see the potential the Special Administrative Region of China has to offer. For a start, the city and its environs are home to more than some seven million people. The remnants of colonial rule means there are also established cricketing venues, clubs and leagues in the province too.

But, for former Middlesex and Kent seam bowler Cook, now Head Cricket Coach at Hong Kong Cricket Club, that's where things start to get altogether trickier in his long-term vision to make bat and ball almost as familiar as mobile phones and school textbooks.

To Hong Kong's overwhelmingly Chinese community – making up 93.6 per cent of the populace – cricket is a game they will never have seen, let alone played. Study is the number one priority for parents with regard to their children, not becoming the next Sachin Tendulkar, Shane Warne, or any other sports star for that matter.

The cricket played since Hong Kong CC was formed in 1851 - it's the sport's oldest club in Asia - has almost exclusively been played by British ex-pats and those who have travelled from the sub-continent to work in the former colony. Home-grown talent has been as thin on the ground as land on which to build in a city where space is at a premium.

Yet Oxford-born Cook, 40, has begun to see real progress in his bid for change since he swapped England's green and pleasant

SIMON COOK

lands for an apartment in downtown Wan Chai. And while his loyalties first lie with the success of the Hong Kong Cricket Club's own senior, women's and junior teams, he also recognises a wider responsibility to develop the game as a whole, taking on a role as bowling coach with the national team for their ICC World Cup qualifying campaign in New Zealand in January.

"Part of the ethos of the club is that we want to be a centre of excellence for Asia and part of that is reaching out into the community and getting more Chinese people playing," said Cook. "The Hong Kong Cricket Association (the national body) do a heck of a lot, running coaching courses, and we do the same. Schools send kids here and we start them in January and run 16 sessions through until June. From that, we invite players to join our cricket academy too.

"The long-term aim is to have an all-Chinese team, certainly in the youth squads, and then push them through. Hopefully they will be engaged, enjoy it and will stick with it and earn places at first-team level. The Hong Kong national team have just got ODI status and missed out narrowly on going to the World Cup proper. They beat Bangladesh in the prelims of the World T20. China looks on that quite favourably. The key is to get an icon player and we're probably three or four years from that. Once we have that, everything else follows."

As a right-arm seamer, Cook was made to wait to play first-class cricket. He was plucked from the relative obscurity of Oxfordshire club side Cumnor, while working in business administration after first missing out at trials during his early teens. But he captured the attention of Ian Gould, who was scouting future England captain Andrew Strauss.

'Chef', went on to secure a place on the Lord's staff alongside the likes of Mark Ramprakash, Angus Fraser and Phil Tufnell, and his journey to the top of the domestic game taught him the full value of patience and perseverance, qualities he has come to appreciate he needs in abundance in what remains, for the moment, a cricketing outpost.



A phlegmatic Cook said: "It's a completely different culture to England, where kids are exposed to cricket and are likely to have played on the park or beach. Even if they have never played they will have seen it on television and will know intuitively what to do. In China, a lot of kids will hold the bat and have no idea what to do with it.

"It was a huge learning curve for me coming here having to explain from scratch what cricket is, like you would to an alien. The penny really dropped when we had done some batting, bowling and fielding drills and they were getting it. But then we tried a game, and they had no idea what to do."

Stepping into Hong Kong Cricket Club itself is a slightly surreal experience, given that it's a slice of traditional village green



It was a huge learning curve for me coming here having to explain from scratch what cricket is, like you would to an alien we tried a game, and they had no idea what to do"

England and the antithesis of the modern, bustling Hong Kong. It has an ornate scoreboard, a pub-style bar, complete with honours board, a trophy cabinet and a viewing balcony with a stunning backdrop on a smog-free day.

At the same time, the club, who also host a number of sports, are a microcosm of the city; built to maximise the small amount of space they have at their disposal. The outfield hosts a bowling green with collapsible borders that convert into part of the outfield, while on top of the Sports Annexe are two full-size tennis courts.

There's also an indoor cricket centre – complete with nets, bowling machines and Hawkeye cameras – a multi-purpose sports hall, snooker room, golf simulator, ten-pin bowling alley, gym, children's play room and restaurant, adding to the sense that it's become a place for all the family to feel welcome, not just the members themselves.

Much of what now lies in situ, a haven high up in the hills, was made possible from investment following the sale of the original Chater Road ground in 1975, which was right in the heart of the financial district, close to HSBC's current headquarters.

Even with the money from that sale, HKCC still relies heavily on the patronage of their members, bringing with it an exclusivity. But there is still room for talent to flourish, with fees for those actively playing greatly reduced, along with the joining time. From Cook's point of view keeping the cricket ticking over brings a highly-pressurised environment.

"Previously I've not had the chance to do the volume of administrative work that comes with something like this," he explained. "Dealing with the volume of emails – upwards of 150 a day – 400 kids in our youth programme, doing all the teams – seven under-11s, three under-13s, two under-15s, two under-17s and one under-19s, plus the girls teams...

"There is a lot to do and it's the type of thing you don't ever see when you're playing. Coaching is just a part of it and still being able to provide the players with the quality and time that they need, while also trying to get through the mountain of other stuff, has been a really good learning curve."

Senior Cricket in Hong Kong takes on several forms. For many years, the 50-over, one-division Sunday League of 12 teams was the competition, with a 35-over league two-division of 10 teams format occupying a Saturday, while Taverners (over-45s) games were staged on Fridays. HKCC continue to provide three teams for each of the two leagues, fielding unusually-named teams such as the Gat Ramblers, the Witherers and the Optimists, who are fiercely independent.

In recent times, however, a new Premier League played over two days and featuring one 50-over and one T20 match has come to rival the well-enshrined order and was designed to improve skill levels among the national team. The best players from all the clubs' teams are put together in a six-team league played on Saturdays and Sundays, outside the regular season calendar.

All games in a busy calendar take place at the city's three grounds – HKCC, plus Kowloon Cricket Club and Mission Road, both on the other side of the harbour. With so many games across the myriad of formats, it's easy to see why the season takes so long to complete, running from September to late May.

"It depends who you talk to as to what is the leading competition, but for me it's the Premier League because it's the best of the best," he said. "I believe it's right that we don't rank our teams, and the Sunday League still has that unity and bond between each of the squads. The Premier League, however, gives the top players a chance to push for international selection."

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SIMON COOK



Cook's journey to employment on the other side of the world began during his playing days when he toured China in 2005 with the MCC, which included visits to Beijing, Shanghai and Hong Kong. When his friend Mark Wright got the job of Head Cricket Coach, he was invited out for a three-week period to prepare for a new season with Kent.

It was a process he repeated for three seasons, and by the time Wright was promoted to Sports Development Manager, Cook was well known to the players and staff, offering a seamless succession, which began in August last year. His appointment followed nine months working as a consultant for the French Cricket Federation, following retirement as a player in 2012.

Cook is thankful to the PCA for their help in setting him on the coaching path and he's encouraged in his ambitions to continue in cricket by the achievements of those such as Nottinghamshire's Director of Cricket Mick Newell, who has been elevated to the position of England selector without having ever played at the highest level himself.

He said: "I was a PCA rep at Middlesex and Kent, but it was only when I moved to Kent that I really started to take an active look into what I was going to do in the future. The PCA helped me go through my coaching qualifications, which was a great help, half funding my course.

"Things have obviously moved on well since then, but I'm still very keen to get into the professional world whether coaching in England, India, Australia or whatever. I never got to play international cricket but I would love to take that step up in coaching."

Grand ambitions, indeed, but why not? Right on his doorstep, the seemingly unstinting development of Hong Kong is all the inspiration Cook needs to prove that few obstacles are insurmountable should you put your mind to it.

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SIMON COOK, THE NEW HEAD CRICKET COACH SURVEYS HIS SURROUNDINGS AT THE HISTORIC HKCC; LEFT: IN ONE DAY ACTION FOR KENT AT EDGBASTON IN 2010

CHEF'S SPECIALS

In each issue of Beyond the Boundaries we will bring you a PCA member's signature dish – and where better to start than Warwickshire's batsmancum-chef **Laurie Evans**, fresh from helping his county to NatWest Blast T20 glory.

The hard-hitting right-hander displayed all the right ingredients to serve up a man of the match performance in the Birmingham Bears' victory over Lancashire on home turf in August, scoring a delicious 53 from 30 balls.

Yet the Londoner is just as likely to hit the spot with what he produces out of the kitchen, having spent last winter's close season honing his culinary skills behind the scenes at Edgbaston.

Laurie's choice is chorizo with seafood on a bed of linguine and baby spinach.



INGREDIENTS SERVES 1-2

2 small chorizo sausages, sliced
250 gram mixed ready to eat seafood (squid, mussels, prawns)
2 cloves of garlic
1 bag baby spinach
Black pepper (pinch)
Sea salt (pinch)
Juice of half a lemon
Parsley chopped (handful)
Chilli flakes (optional)
Linguine

METHOD

Bring water to the boil and chuck in the linguine and a pinch of salt. Once boiled, turn the heat down to simmer for six to eight minutes.

Melt a knob of butter in a big frying pan on a medium heat. Add in the chorizo and let it fry for a couple of minutes so the oil of the chorizo releases into the pan. Once the chorizo looks done, take out the chorizo pieces leaving the oil in the pan.

Add in the seafood along with garlic, lemon juice, salt and pepper and chilli flakes if needed. The seafood will only take a minute or so to heat through, once heated add back in the chorizo and the spinach to wilt.

When draining the linguine, keep a bit of the water back and add the water and the pasta to the seafood pan.The starch in the water from the linguine will give the pasta a silky texture.

Take the pan off the heat and stir the pasta through the seafood.

Plate up and sprinkle the parsley over to finish.



STRUCTURE EXPLAINED

PCO STRUCTURE

PCA ASSISTANT CHIEF EXECUTIVE JASON RATCLIFFE ON THE CORE FUNCTIONS OF THE ORGANISATION.

Players will often ask me how our extensive member services programme is funded, which over the years has seen millions of pounds invested into core PCA functions such as player education and welfare.

That funding comes from two main sources: through our Memorandum of Understanding with the ECB - with our current five year agreement due for renegotiation in 2017 - and our events / commercial partnerships programme.

Every single penny that is generated is spent on core services for the benefit of our members, which includes both current and past players.

In the last decade we've been able to do more and more for our membership by successfully demonstrating our worth to ECB across a number of areas within the professional game, resulting with increases to our core MOU and by generating more funding via our events and fundraising. As a result, we can add more

value and therefore players leaving the game now are much more likely to stay in touch with the PCA and we've also been working tirelessly to reach out to former players who may have lost touch with the organisation. The result has been an increase in requests for assistance from the PCA Benevolent Fund and also for finance to help fund personal development and educational courses.

This is fantastic news. It shows that we are reaching out even further to our membership and providing more support than ever before to past and present cricketers. It also illustrates why our need to continue generating funds remains imperative.

PCA MASTERS

The Masters programme is a key element of the PCA's commercial activity. Past and present county and international players play against clubs and at company events. If you would like to make yourself available for selection, please contact Erin Caldwell at the PCA: ecaldwell@thepca.co.uk

EVENTS

A comprehensive event programme is run around international cricket, golf series, networking events and of course the PCA Awards. Auctions at these events raise the money for the Benevolent Fund.

ECB MOU

This ECB funding underpins our core members activities including provision of insurances, anti-corruption and anti-doping initiatives and the overall Personal Development and Welfare Programme. The ECB's income is underpinned by long term broadcasting deals with BSkyB for domestic TV rights, and ESS for overseas rights. Without the players, the broadcasters wouldn't have a product, so it is right and proper that some of that money is invested for the good of the membership.

PCA MANAGEMENT LIMITED (PCAM)

Owned by the PCA, PCA Management Limited remit as the commercial arm, is to raise money over and above the core ECB MOU and most importantly for the PCA Benevolent Fund, via its events and fundraising. This is driven through packages of commercial benefits and unparalleled access to leading cricketers, past and present. PCAM also services the Team England Player Partnership (TEPP) and everything connected to the commercial rights of the current England group.

AMBASSADOR PROGRAMME

This programme offers commercial partners access to a wide range of high-profile former international cricketers for bespoke events and commercial activities. Guests rub shoulders with these household names creating a unique and inspiring occasion.

SOCIAL MEDIA

TAKE GUARD-ONLINE

Specialist media law firm Himsworths work regularly with footballs teams such as Liverpool and Manchester City as well as with the PCA in providing members with increased support and advice regarding media, legal and social media issues. The agreement is designed to help protect, educate and expand opportunities for players on social media and in the media in general.

CHAT ROOM

ocial media offers fantastic opportunities to build a players' brand, from engaging with sponsors and interacting with fans, to controlling any messaging you want to get into the public domain. It can also present a real threat to a players' reputation and in some cases, even their career.

By sticking to Himsworths' top five tips on social media best practice, players can maximise the opportunity it presents and minimise the dangers online.

1. Beat the fakes

Get your account verified to stop any confusion and to stop any fake accounts. If reported correctly, Twitter and Facebook will assist in removing these accounts.

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". This means you could be punished for simply swearing. The ECB and your club will be particularly concerned about language which could be deemed homophobic, racist or in any other way prejudiced – even if it's meant in jest.

3. Lock your door

Hacking is rife on social media as the hacking of the accounts of footballers Samir Nasri and Sergio Aguero, showed. Hacking software can enter every word in the English language in just one minute in an attempt to work out your password. Use symbols such as '!@£\$%^&*' or replace letters with numbers or symbols to make your password safer. If you are hacked, respond immediately using Twitter or Facebook's helpful guides.

4. Don't feed the trolls

Social media provides a platform for any anonymous person to pick a fight with you online, so ignore them. ECB rules, your club, sponsor obligations and your reputation dictates that you have far more to lose than an average person by getting into a Twitter spat. Ignore and block anyone who tries to engage in an online argument.

5. Manage your public profile

Facebook enables you to customise your privacy setting and close off information to a group of friends. Upgrade all security and privacy settings and, if in doubt, don't post information or a photograph online. Twitter is almost always public, so make your messaging positive. Treat Twitter like a television interview – it's that serious.

FOR MORE INFORMATION, VISIT WWW.THEPCA.CO.UK/SOCIAL-MEDIAM OR CALL MEMBER FREEPHONE ON 0808 1684 655.



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THREE TWEETS THAT WENT BADLY WRONG

POLITICIAN TWEETS AWAY \$174,000 SALARY Price: salary; dreams of being mayor, president Anthony Weiner, the former Democratic congressman for New York, resigned in June after sending a sexually explicit photo of himself to a college student over Twitter. He initially claimed his Twitter account was hacked, and ended up losing his \$174,000-a-year job. He now works as a media pundit.

JUROR TWEETS, JUDGE ORDERS RETRIAL ESTIMATED PRICE TAG: \$600,000-PLUS The Arkansas Supreme Court reversed the murder conviction of a death row inmate after a juror tweeted that the trial was over nearly an hour before the jury announced its verdict. The defendant, Erickson Dimas-Martinez, was convicted in 2010 of robbing and shooting a teenager. His lawyer said the juror's tweets violated the trial judge's instruction not to talk about the case. Even if the juror did not intentionally discuss the case with anyone, by sending the tweet he was inviting conversation.

ASSOCIATED PRESS TWITTER ACCOUNT HACKED. ESTIMATED PRICE TAG: \$136 BILLION In April 2013, the Associated Press's Twitter account published a tweet claiming that two bombs had exploded at the White House, injuring the President. Just two minutes later more than \$136 billion had been wiped off the Standard & Poor's 500 (S&P) stock market index in New York. The tweet wasn't true, with the AP's account having been hacked via a phishing email. It did however, put a very real dent into the US Stock Exchange, which it took a while to recover from.

THE LEADERS OF THE PACK

For many cricketers, the transition from player to coach seems to be a natural process. There are many ways to go about doing it, and there is no right or wrong way, with circumstances often dictating how and when it happens.

ark Davis and Kevin Sharp are two coaches of note on the county circuit who have successfully made the transition, and have different experiences of life in the professional game.

Ultimately, it is just as ruthless as it is being a player, and it's easy to ask: when is the next re-structure coming, who are the young guns coming up behind me and where are all the jobs?

The answer to the latter question is that there are only around 50 full-time coaching roles in professional cricket across the country. If half the players leaving the game each year aspire to coach at a first-class county, what is it about the select few who do make the step up that sets them apart from their peers?

As always, it's crucial to start to develop yourself early and find something that will set you apart from everyone else. This is what Mark and Kevin have done – and is why they are so successful.

1. When did you realise you wanted to pursue a career in coaching?

MD: While I was playing I ran a coaching camp in Port Elizabeth with Kepler Wessels which was aimed at young players from the UK and associate nations. I enjoyed it and found I had some ability. I got involved in coaching the junior players at Sussex and when I finished playing in 2006 it became a natural progression. The Academy has moved to Spain as of last year and Sussex now uses this as a mid-winter training camp.

KS: I fell into it by accident. When I was released by Yorkshire in 1992 at the age of 32, I had been a pro for 16 years and needed to do something. I went on the Level 3 coaching course at Lilleshall and met Gordon Lord. Gordon had been working for Wrekin Council which had been running what effectively was the first development programme in the country and was looking for someone to take over. From there, the coaching journey has taken me to Leeds/Bradford University, back to Yorkshire and now I am down at Worcestershire. In between, I have been a school coach, business director and community coach.

2. What did you do in terms of personal development while you were playing?

MD: Solely coaching and developing my own philosophy.

KS: I played during the days of six-month contracts, so when I didn't go overseas to play I worked in all sorts of different jobs from debt collection to working in a wire factory. It taught me a lot about life, but there was no culture in cricket of personal development during those days.

3. What was it that made you decide coaching was for you?

MD: It is the closest thing to playing, with being in the dressing room. The lifestyle is very similar to being a player – you are outdoors, you are working in an industry you know and there is not so much upheaval as if you started a whole new career in a completely different industry. Seeing the players improve and perform well and knowing you have helped them get there is another big plus. It is a purely intrinsic reward, as is the motivation to do the job.

KS: It wasn't much of a decision; it was something I took on out of necessity. I had a young family. What I did find was that it was a challenge and it held my attention. It felt natural to me and fed my desire to nurture young talent.



MARK DAVIS' CONVERSATIONS WITH ENGLAND COACH PETER MOORES HAVE 'HELPED INSTIL THE CONFIDENCE NEEDED' TO SUCCEED IN THE JOB

4. Did you ever talk to people about the decision to move into coaching?

MD: I had the option of playing another year, but the time felt right and the opportunity was there. I have a passion for the game and conversations with Pete Moores inspired me and instilled the confidence I needed to do the job.

KS: Gordon Lord was the person who ultimately got me into coaching, but there were no real conversations I had with people where I discussed whether coaching was going to be the right career for me.

5. What do you think are the benefits of a career in coaching?

MD: You are involved with a team of people who share a common goal. They all have a love of the game. For me, I love seeing people develop. It is a very giving job and, as such, it is a calling for people rather than just deciding that you are going to be a coach. You have to be aware that the recognition comes from seeing people you have helped achieve their own goals.

KS: It is the next best thing to scoring a hundred or taking five wickets. Working with players and watching them get there is a real thrill and knowing you have helped them is a real buzz. I worked with Joe Root and Jonny Bairstow and seeing how their careers have flourished is what coaching is all about.

6. What do you think are the pitfalls of a career in coaching?

MD: One of the biggest things is that there are limited jobs available so unless you are lucky enough to make the transition into a job at your own county club, there will be an element of upheaval not just for you, but also for your family. Coaches always have a shelf-life, so while you can have a career that last longer than your playing career, there will always be an element of needing to keep one eye on what is coming next and similarly to



playing, the job security is not what you would get in a nine to five job. Along with this comes the lack of structure in working hours and the time you spend away from home.

KS: Changes in personnel is always a challenge. Whether you have to make the decisions about moving people on from their jobs or whether other people move you on, the effect on the individual is always difficult. I had been coaching at Yorkshire for eight years before the board decided on a restructure and I was moved on. It left me without the structure I needed and an income, but it allowed me to do different things.

7. What have you done to develop yourself while working as a coach?

MD: I am qualified up to Level 4 and have done all the cricket-specific CPD courses. I am in the process of finishing an International Sports Management MBA from Loughborough University.

KS: I have done my Level 4 and all the CPD workshops that go along with that and on top of that I am a Neuro Linguistic Programming Master Practitioner. This has been the most powerful influence on my coaching style. When I left Yorkshire I also started a company called Inspire & Excel of which I am now a silent partner. It allowed me to use my non-cricketing skills and motivated me to help people.

8. Why?

MD: My brother had done a Masters degree and recommended it. It felt like a really good opportunity to develop myself and set myself apart from my peers. On top of giving me an edge over other coaches competing for jobs, it also opens up the option of pursuing noncoaching jobs.

KS: Other than doing things out of need, it is important to make sure that once you have committed yourself to any given career, you give yourself the best opportunity to succeed and by exploring things that excite and motivate you within that field, you are constantly growing with your industry.

9. What made you chose this route?

MD: Now seemed a perfect time. It was simply that there are more options available to me this way. If I want to move away from



coaching, which is inevitable at some point, then I am already in a place to do that.

KS: Again it was another conversation I had with Gordon Lord, who I saw when I left Yorkshire. He mentioned NLP to me and it seemed like a good opportunity to explore something new to expand what I had to offer as a coach.

10. What would be your advice to players wanting to move into professional coaching?

MD: Being a Head Coach/Director of Cricket is very time consuming, but as an assistant coach it has worked out better. Sussex have been very kind in allowing me the time off to attend seminars, but I have also had to find time in the evening, working to 1am to get everything done. My main advice is to be prepared to put time into developing yourself. Be prepared to work late, commit to what you want to achieve and although there is an element of financial investment, you should also see it as an investment in yourself.

KS: Learn to be a good listener, ask questions, build relationships and trust with players.

11. Where do you go from here?

MD: The next move is uncertain, but having the qualifications I do will allow me to look beyond coaching jobs into realms of management. Having the options is exciting.

KS: I am looking forward to making an impact at Worcestershire. I am looking forward to working with and developing a very talented group of young players.

A FIRM APPEAL

THE ECB HAVE A PATHWAY IN PLACE TO HELP THOSE WISHING TO BECOME AN UMPIRE. WE TALK TO THE MAN WHO KNOWS BEST ABOUT HOW THE SYSTEM WORKS – AND WHY PCA MEMBERS ARE SUCH IDEAL CANDIDATES TO STAND IN THE MIDDLE.

Chris Kelly took over as ECB Umpires and Match Operations Manager in 2006, having been ICC Umpires and Referees Manager between 2002 and 2006. His spell at the ICC coincided with the launch of the Elite Umpires Panel and followed two years on the ECB first-class reserve umpires' list. Prior to that, he was a talented club cricketer and schoolteacher who took up umpiring and progressed all the way through the ranks to the top level. any first-class cricketers find they miss the day-today contact with the county circuit but by pursuing a career in umpiring, a host of familiar former players avoid having to encounter that problem.

The very top bracket of players can, of course, slot straight into a media role, while others developed into topdrawer coaches. Umpiring is another option for all county pros that can be just as rewarding and lucrative.

It's an occupation that's certainly appealed to a number of former players currently on the first-class list, enabling them to stay at the sharp end of the game, albeit coming at things from a different angle.

Chris Kelly, the ECB's umpires manager, who has overall responsibility for appointing umpires in the English domestic games, certainly feels that there are many among the PCA membership who could give valuable service.

"We firmly believe that former players stand the best chance of becoming the best umpires," he explained. "History shows that it's the likes of Peter Willey, Neil Mallender and Richard Illingworth, among others, who are top umpires as they were top players as well.

"A former player coming into the same arena he was playing in is a no brainer. In his first Championship game, he is not fazed by it at all because he is used to it, meaning he can just focus on the umpiring. There may be some technical knowledge lacking initially, but it won't stop them managing the professional players and the game in an effective way.

"There are obviously opportunities for the recreational umpire too, and the pathway in place gives them access to courses that lead to qualifications. But the professional players often have downtime, sometimes during the season, sometimes during a winter when they are not playing, for them to qualify."

There is no definitive time frame for going into umpiring, but it's more common now for players to start training and courses well before they hang up their boots, giving them options when that last playing contract runs out and also giving them an indication of if it will suit.

Kelly added: "Martin Saggers did all his umpires exams and qualifications while he was still playing, so when he finished, he was able to virtually go straight onto the reserve list. However, Steve O'Shaughnessy probably had about 10 years out of the game, didn't settle in what he went into, so he then followed the umpiring route. Mike Burns was the same."

Unlike in football, where very few professional players go into refereeing, cricket umpiring seems well suited to former pros. Not only are they used to the lifestyle on the county circuit, but they can also progress up the ladder that much quicker.

"There is an atmosphere that all professional cricketers are in the same club – and never leave. Umpiring gives you an opportunity to retain your membership almost," said Kelly. "In football, the real frustration of former players is that they may have a phenomenal awareness of the game, MORE AND MORE PLAYERS ARE CONSIDERING FOLLOWING IN THE FOOTSTEPS OF FORMER ENGLAND INTERNATIONAL PETER WILLEY BY PURSUING A CAREER IN UMPIRING; MARTIN SAGGERS TOOK THE INITIATIVE BY TAKING HIS UMPIRING EXAMS BEFORE HE HAD FINISHED PLAYING

SOME OF THE MANY FORMER FIRST CLASS CRICKETERS WHO HAVE WORKED HARD TO BUILD A SECOND CAREER AT SQUARE LEG...

MIKE BURNS

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Warwickshire and Somerset "I started umpiring in 2010, after spending five years in the cricket equipment trade following my playing career. 2014 was my third year on the reserve list. Umpiring highlights so far would have to be getting to do my first LV= County Championship game at Leicester last year and first NatWest T20 Blast this year. Also getting to stand with the legend that is Peter Willey at Worcester this season!" Lancashire and Worcestershire "I played first class cricket for Lancashire and Worcestershire, minor counties for Cumberland as well as 17 seasons playing and coaching in Australia. This is my sixth season umpiring for the ECB and I've enjoyed every minute of it! I can highly recommend umpiring for someone who loves the game. Great fun!"

STEVE O' SHAUGHNESSY

BILLY TAYLOR Sussex and Hampshire

"I've been on the Reserve List now since 2011. It is fantastic to stay involved in cricket. I have seen so much more in the game now as an umpire and it has made me love it even more. I enjoyed my time as a player but being an umpire really makes me feel complete as a person and I love umpiring more than I did playing. Highlights so far: the first-class game between Essex and Leicestershire and the England Women vs India Women Test match."



TIM ROBINSON

England and Nottinghamshire "I retired from first class cricket in 1999 and joined the ECB Reserve List of Umpires in 2004. I was promoted to the full list in 2007 and moved onto the ICC International Panel in 2012. I have now officiated in over 100 first class and one day games plus four ODIs and three International T20s. In my first over of my debut ODI, I gave the England captain out LBW - only for him to refer it under the DRS. This led to the longest two minutes of my life waiting for the decision... but thankfully I got it right!"

ALEX WHARF

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England, Glamorgan, Notts and Yorkshire "I started Umpiring in 2010 after a chat to a couple of the international umpires whilst on tour and was added to the first class list this season. I love the game and just thought 'Wow! What a fantastic career'. I saw it as a way of developing myself personally whilst still being involved in cricket. I feel a great sense of personal pride in wanting to get the majority of my decisions right. Each day is a highlight for me as it presents new challenges and opportunities."

DAVID MILNES

England 'A', Notts and Leicestershire "I have been an ECB umpire now for eight years, following my 17 years as a professional cricketer. The greatest thing I can say about my career to date, both as a player and an umpire, is when I get out of bed in the morning I am looking forward to doing my job. Don't get me wrong, it's not a smooth road everyday but that's the interesting part."

CAREER FOCUS

but they are held back in spending three years at a certain level because everyone has to.

"In cricket, if you're good enough and have performances to support the fact that you're good enough, then you will be moved up. Admittedly you are more isolated as an official, but it's well paid and great for players used to the circuit who don't want to work nine to five behind a desk."

However, players should be aware that there can be a 'poverty gap' from the day their playing contract finishes before they get a full-time, full list contract, which takes at least three years. Some can bridge that on the back of a benefit and others in the past have used insurance money from an injury. For others, it's a case of finding a job they can work around.

Kelly already keeps a list sent to him by the PCA of those who have expressed an interest and is keen to hear from others who may want to join it. Those who are, get the opportunity to go on training courses and are asked to join their local Association of Cricket Officials.

"We very quickly form an impression of people," said Kelly. "I wouldn't hesitate to put someone into Second XI cricket once they satisfy myself and my colleagues that they are serious and have potential. Once they have done second team cricket they are on the road and then their performance will determine how fast they move forward.

"As an umpire, it's enjoyable to be involved in the game and when it goes well, there is a huge feeling of achievement. It's probably a bit like when you drive away from a game scoring a hundred because you know everything has gone the way you wanted it."

To find out more about becoming an umpire, log on to www.ecb.co.uk/ ecb/ecb-association-of-cricket-officials/ umpires,2868,BP.html

MARTIN SAGGERS

England, Durham, Essex and Kent "I only started playing Professional Cricket at the age of 24 in 1996, but still managed to play until I was 37. I retired in 2009 and was lucky enough to represent my country in three Test Matches. Whilst playing for Kent, I sat the necessary exams, so that when I had finished my career, I was ready to move into umpiring. I have been on the full list of umpires for three years and feel privileged to still be involved in cricket after my playing days."

THEPCA.CO.UK / BtB ISSUE FIFTEEN 49





FORMER NOTTINGHAMSHIRE BATSMAN RUSSELL EVANS IS A PERFECT EXAMPLE OF HOW A FORMER PLAYER CAN COMBINE AN UMPIRING CAREER WITH BUSINESS ASPIRATIONS. The 48-year-old moved into the cricket-bat making industry with Gunn & Moore where he rose to become their marketing manager.

More recently, he has set up his own firm along with two other partners called B3 cricket, which makes madeto-measure bats for junior and club cricketers, a service normally reserved for the professionals.

Alongside that, Evans has also made his way onto the ECB's reserve list and has ambitions to be promoted onto the full list in the near future, having stood in a number of County Championship and one-day games this summer.

"It is a tough ask at times, combining both roles, because I had a very busy June and July with the

umpiring, so it was quite difficult to keep up with the B3 stuff," said Evans. "But having said that, I'm in touch daily with the guys at the factory and nearly all the hotels have Wi-Fi so I can carry on with emails in the evenings.

"I was talking to a very good friend of mine, David Millns, who is on the firstclass list and he was telling me that although it was hard work, he really enjoyed it and the lifestyle was great. That's when I took

up my interest. "I had a chat with Chris Kelly, who told me to 'go away and umpire anything and everything, see if you enjoy it and give me a ring in 12 months' time'. I did, and the second year I was umpiring, Chris got me some county 'two' appointments and things progressed from there with the help of my mentor, John Hampshire.

"On the reserve list you stand with the full list guys and you do learn a lot. I've stood with people like Rob Bailey, Jeremy Lloyds and Nick Cook. The whole team are great because they pass on their knowledge."

B3 Cricket was set up just over two years ago and already the company makes 2,500 bats a year as well as other cricketing equipment. Its website allows the customer to design every last detail of their bat from the weight, shape, size and profile, to the bat handle shape and sticker colours.

Evans added: "I look after all the accounting side including the wages and also the procurement of pads, gloves, bags and whatever else, and I'm also involved in the sponsorship side. It's a large role, pretty similar to what I used to do, but obviously the business is on a smaller scale at this stage.

"It's hugely satisfying when it's your 'own baby'. Every day when you come to work it's for you and the business. It's nice to walk into a friendly atmosphere and know that everyone is doing their best for the company."

"CHRIS KELLY TOLD ME TO ME GO AWAY AND UMPIRE ANYTHING AND EVERYTHING - AND IF I ENJOYED IT, TO GIVE HIM A RING IN 12 MONTHS' TIME"

WHY SAVE FOR RETIREMENT?

As the season draws to a close, it is possible that you will have a bit more spare time to deal with all the "life admin" that gets put to the bottom of the agenda at the beginning of April. One of the issues that is relevant for everyone is putting money away for the time when you stop earning, and have to live off the money you made as a member of the working population. For sportsmen, retirement often comes earlier than for others and many of you will be in the best earning years of your life right now...

Oliver Chew from FF&P Wealth Planning, says it's worth thinking about what you can do today to provide for the future, and why it's so important.

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THE VOICE OF EXPERIENCE

Don't wait for the benefit of hindsight. In a 2012 survey of American pensioners, when asked the question 'what one piece of advice would you give younger people', 39% responded 'save for the future'.

When asked what was the most important piece of financial advice they would give, 93% said 'start saving early' and 84% recommended contributing to your employer's pension plan.

Whilst I hope and expect that some also responded, 'live for the day' or 'you can't take it with you', it certainly indicates that given their time again many older people wish they'd been a bit more shrewd in their younger days so they could spend more time in retirement enjoying their money, rather than wishing they had some.

WHAT HAPPENS IF I DON'T SAVE FOR RETIREMENT?

In the UK, if you haven't made any private pension contributions and have no other pots of money such as ISAs or cash savings to live from in retirement, you will have to survive on the State Pension. Changes are afoot with this and so these figures will shortly be updated (and will increase a bit), but today's basic state pensioner receives just £113.10 per week. That's £5,881.20 per year. Compare that to your current salary and think about whether it'll provide the sort of lifestyle you want in your 60s and 70s.

Also think about when you'd like to retire. Most people don't fancy working forever; however much they currently enjoy their job, watching the overseas tour live every winter, or a couple of months sailing the Med every summer, are more appealing than being office-bound for 48 weeks of the year. The State Pension age for everyone under 40 today is now 67, and if anything that is likely to go up before you get there. Before this, unless you're on benefits, you get nothing from the government. Therefore, if you hoped to retire before age 67, you'll need to make your own arrangements before State support kicks in.

SO WHAT CAN I DO?

Again, start early. To give a basic example, if you start saving £150 per month when you are 25, at retirement you could end up with a fund worth £395,000 (assuming annual growth of 7 per cent). But if you leave it another five years and don't start saving until you are 30, your fund would only be worth £270,000. That is a difference of more than one-third, and illustrates the power of compound interest over time.

In addition to your cricket pension, which you should all be members of, you can make additional pension contributions. The overall maximum is £40,000 per year (possibly more than this if you didn't make the maximum contribution in the three previous years), but you must earn at least as much as you contribute to a pension in a particular year for it to be tax efficient. Whilst the maximum is an annual £40,000, just an extra £150 per month as noted in the example above could make a big difference. Get some professional advice or visit www.moneyadviceservice. org.uk if you want to explore your options in more detail.

And it's not just pensions – some say the major disadvantage of private pensions is that you can't access the money until you are at least 55 (increasing to age 57). Whilst I would say that's good because you are supposed to be saving for retirement, of course some people have good reasons to require access to their savings before then. So look at ISAs, cash savings, investments etc. if you would prefer the option of access before you're in your fifties. Read previous articles for more information on these options. Just a bit of extra saving now will make all the difference towards that retirement of winters in the Caribbean, or summers in the Med.

Disclaimer: FF&P Wealth Planning is not providing advice or any type of product recommendation. Saving and investing will not be appropriate for everyone, and you should seek specialist advice where necessary. A good starting point might be the independent financial information website: www.moneyadviceservice.org.uk

COUNTY PAST PLAYER ASSOCIATIONS

VALIANT CRICKETERS REMEMBERED WORDS: ANDREW RADD

here was an added dimension to this year's Northamptonshire Former Players' Reunion at Wantage Road in August.

To coincide with the centenary of the outbreak of the First World War, the club produced and placed a plaque in memory of the seven Northamptonshire cricketers killed in action in the 20th century's two global conflicts.

It was unveiled by Vice-chairman Ian Peck – himself a former player – in a ceremony also featuring a distinguished past captain and his most recent successor, Jim Watts and Alex Wakely, as well as club chaplain David Chawner.

The Northamptonshire 'old boys' attending the reunion joined a large number of spectators for the short service of dedication before resuming their day of reminiscence in the pavilion.

Senior amongst the nearly 40 former players to make the 2014 event was 87-year-old Peter Arnold, who first turned up at Northamptonshire from New Zealand for a trial in 1950 – and is still there!

The likes of Watts, Laurie Johnson, Gus Williamson, John Wild, Brian Crump, David Steele, Mushtaq Mohammad, Roy Wills, Ray Bailey and Mike Kettle shared memories of the 1950s and 60s with cricketers of a more recent vintage, including George Sharp, Peter Lee, Alan Hodgson, Ian Richards, Robert Tindall, Mark Gouldstone, Tony Penberthy, Neil Stanley, Gareth Smith, Rob White, Tim Walton, Andy Roberts and Mark Powell.





Don't forget to look out for announcements in the New Year with the dates for the Past Player Days in 2015. Each year the number of former players attending goes up, and we'd be delighted to see even more new (old) faces at the events in 2015...

NEAR YOU...

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YORKSHIRE CCC

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DRIVE TIME

When the PCA raises money through its Benevolent Fund activities, it really does make a difference to people's everyday lives. Take former West Indies, Glamorgan and Northants fast bowler **Winston Davis** for instance...

Paralysed from the chest down after a branch from a tree he was cutting knocked him six feet to the ground, the 55-year-old

is wheelchair-bound and the association has helped him out in the past by purchasing and upgrading a specially-adapted computer for his use.

Now with money raised from the Big Bike Ride last autumn – more than $\pounds 220,000$ was donated in total for the PCA Benevolent Fund and Tom Maynard Trust – it has been possible for the PCA to acquire a new mobility car to ensure Davis can continue to get out and about.

He has used his previous vehicle for 17 years, meaning that it was rapidly coming to the end of it usable life.

"The PCA has been there to support and make life a bit easier for me," said Davis. "I



don't think you can really imagine what this car means to me, but I can tell you it means a tremendous amount.

"We have two choices when something like this happens. React positively or negatively. I have been able to choose to react positively, and with family and friends helping, I'm still going 17 years on.

"I'd like to say thank you to everyone at the PCA and involved in the Big Bike Ride."

Davis was also able to don his Dinner Jacket and join the players as a guest of the PCA at the PCA Awards in October. To find out how you can support the PCA Benevolent Fund visit www.thepca.co.uk/ benevolent_fund.html



ONLINE AND LENGTH

thepca.co.uk

website is a great source of information for current and past players, and it is also where you will find the full list of great offers available exclusively to Members...



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LATEST MEMBERS OFFERS



Ski Solutions, Britain's original and largest specialist ski travel agency and tailor-made tour operator with over 27 years' experience is offering PCA members 5% off a Ski Solutions holiday.

We specialise in flexible, tailor-made ski holidays across the Alps, Canada and USA. What truly sets us apart is our unparalleled service and expert knowledge of the mountains. All of the Ski Solutions team have firsthand, in-depth knowledge of the mountains and resorts we sell ensuring we find you the ski holiday you desire. Whether you are looking for a chalet for the family, a romantic short break for two or a group holiday with fantastic après ski, we can tailor-make a package specifically for you. You can now search all of these properties online at the click of a button with our brand new mobile site.

For further information visit www.skisolutions.com or call our ski experts on 0207 471 7700.

*Book before 30 April 2015 and spend over £500 per person to receive this offer. Not combinable with any other offer. Quote PCA to your Account Manager at the time of booking. New bookings only. Not applicable with Ski Total or Inghams holiday.

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ProSport has special insurance deals for PCA members with FREE legal cover* and home emergency cover included* on all new Car and Home policies. Cricketers also get a preferential rate of 60% off Income Protection and Career Ending Cover Insurance plans. ProSport is one of the UK's leading providers of sports insurance, offering different options to meet the unique requirements of players at all levels, from professionals to semiprofessionals and amateurs. We use our first-class relationships with top insurers to treat sportspeople as a 'standard risk', so you aren't hindered by the additional costs levied by other providers.

Don't just take our word for it, here is what Graeme Swann had to say -"I have been consistently bowled over by the quality of service and competitive quotes I have received in my four years with ProSport. What more could you ask from a specialist insurance broker for sports people."

To discuss your options and get a quote, simply call 0845 2178634 or 07773 364294 www.prosportinsurance.co.uk *Terms & Conditions apply. Offers are only available until 30 April 2015 and where an insurer has confirmed that they are willing to offer a car or home insurance quotation and for Free Legal Expenses and home insurance cover. ProSport is a trading style of Brightside Insurance Services Ltd who are authorised and regulated by the Financial Conduct Authority (Firm reference No. 302216). Registered in England & Wales No. 04137311. Registered Office: Brightside Park, Severn Bridge, Aust, Bristol BS35 4BL. VAT No. 851 1469 32

BEAN BAG TO MEMORY FOAM BED IN UNDER 30 SECONDS!

Offer: PCA Members can take advantage of an exclusive 20% off offer for Bean2Bed - a unique, award-winning memory foam bean bag that swiftly transforms into a fantastically comfortable guest bed. These innovative storage solutions come in a range of sizes from Junior - with a kids mattress inside - to the Sofa which contains two full size king mattresses. Each Bean2Bed is available in over 30 different designs, including 5 materials. Bespoke material or custom printing options are available.

Science: In an upright seating postion, there are a number of pressure points that build up along the body. This can lead to poor circulation, fatigue and even increase the risk of injury due to the stress placed on the lumbar region and the coccyx carrying most of the weight. Bean2Bed's unique blend of memory foam moulds to the body and distributes the weight evenly, thus significantly reducing the number of these pressure points.

Athletes: Bean2Bed products have been used by top coaches, athletes and sports professionals as part of a training structure for prehab, as well as rest and recovery following training or competition. They were the Official Supplier to the Jamaican and USA 2012 Olympic Training Camps, and have fitted out numerous other sporting clubs and events, including London Wasps RFC's training facilities. Testimonials on Twitter.

For information or to see demonstration videos check out www.Bean2Bed.com or call the team on 0121 616 5178.

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DRESSING ROOM NOTICES



620

Take on the PCA Masters

Can you help us bring the PCA Masters to your club or school?

We're looking for PCA members involved with a local club or working at a school with a big interest in cricket to get in touch.

Whether your club is looking to raise funds for a special initiative like building a new pavilion, or your school has a significant anniversary coming up, a match against the PCA Masters could be the perfect publicity opportunity and is always a memorable day for all involved.

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



Past Player Days

The popular PCA Past Player days will return in the summer 2015 look out for announcements for the two days in the new year. Contact Ali for more information.

Ali Prosser: 07769 880888 aprosser@thepca.co.uk

FTI MVP Rankings -

how did you fare in 2014? Check the full rankings for yourself and your team-mates. England - www.thepca.co.uk/england-mvp County - www.thepca.co.uk/county-mvp



LVA

<u>Got a story to tell?</u> Any funny tales from the dressing room? The PCA are looking to commission a compilation of stories for a book. Proceeds go to the PCA Benevolent Fund.

Give Jason Ratcliffe a call - 07768 558 050

PC9 🌒

Help your own charity

Raise money and awareness for the PCA Benevolent Fund and support players past and present in times of need.

Call Jason Ratcliffe on 07768 558 050

CHAMPIONS 2014



adidas Eyewear has teamed up with the PCA to offer all members an exclusive 50% off RRP. To find out more, contact Karen Hudswell on k.hudswell@adidas-ep.com or 020 8987 2448





THE PCA ADDRESS BOOK THIS ISSUE WE LAND ON A 'B'

BRASSINGTON, A

A love of Gloucestershire cricket is deep-rooted in Andy Brassington, meaning he is particularly proud that a PCA Past Players' Day is held annually in the county he now calls his home.

HOW DID YOU FINISH PLAYING?

I came down to Gloucestershire for a two-week trial in 1973 as a young wicketkeeper - and I've been here ever since. I had 16 great years on the staff, but I eventually lost my place to a lad called Jack Russell, who turned out to be not half bad! I was pottering about in the second team and the marketing manager's position came up, which the then chief executive said would suit me down to the ground. It fitted in perfectly with my benefit year. I was literally in whites one day and my suit the next.

WHAT DID YOU DO NEXT?

I had eight great years in that job at Gloucestershire, but when rugby went professional I was offered a fantastic job at Bristol RFC. It was in my mind at the age of 40 that if I didn't go for it after 24 years at Gloucestershire, then I would be there for the rest of my life and never try anything else. However, within an hour of starting that job I realised the club was insolvent. We managed to eke it out as a club for 18 months, but in the end I was made redundant.

YOU THEN SET UP YOUR OWN BUSINESS?

Yes. Once I knew what was happening at Bristol, I started the process of setting up Finders Keepers, which is a corporate hospitality company. I was already well accustomed to taking business people to cricket and rugby matches, and enjoyed doing it, so I thought: 'why not go on my own and do it for other sports as well'? That was in 1998, and now we do all kinds of sports and other things nationally including music concerts, theatre, overseas travel, sporting dinners and after-dinner speakers.

IT'S AN UNUSUAL NAME... HOW DID YOU SETTLE ON IT?

When I was setting it up, I helped Chris Read get a move up to Nottinghamshire because he knew he wouldn't get many games behind Jack Russell. I told them they would find a keeper for the next 20 years if they signed him. I was thinking about that when I was out jogging and I thought: "Finders Keepers, what a great name." And I was right about Chris, too!

DO YOU EVER MISS PLAYING?

When people ask a sportsperson what was the best time of their life, they will invariably say when they were playing regularly for their team and in good nick. I was no different, particularly as I was a bit of a loudmouth in the dressing room and kept things bubbling along! I was lucky when I made the transition that I was still in the cricket environment, but not everyone is as lucky.

HOW ARE YOU INVOLVED WITH THE PCA?

I help the PCA with the Past Players' Day at Cheltenham, where we had around 100 former players there this year for a terrific day. My role is to help get sponsorship in, organise the marquee with Gloucestershire, who are always hugely accommodating, and tie things in with the caterers. It's become a really established part of the calendar now and I know it's a real highlight for some of the players, some who travel from the other side of the country. I'm a big fan of what the PCA are doing. Not only do they help cricketers out who have not been as fortunate as I have, but they also make sure players realise that their careers can end overnight and that they have to look to their future after cricket while still playing.

BEST PLAYER YOU EVER PLAYED WITH?

I remember playing against the likes of Colin Cowdrey, Viv Richards, Barry Richards and Malcolm Marshall who were all fantastic. The South African Mike Procter was probably the best I played with – he was just so competitive, plus he could bowl quickly, or spin if the conditions dictated, bat brilliantly and stand in the slips and catch everything. He could win a game on his own.





Seasoned professionals

Thank you for your support this season. We have been proud to be title sponsor of English Test cricket for the third year of our ten-year sponsorship. We look forward to watching the team build on this summer's success next year against New Zealand and in the Investec Ashes.

Test cricket requires skill and talent – the same qualities our team shows in the field of specialist banking, asset management and wealth & investment.

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THE BIGGEST TEST IS YET TO COME

<image>

REAL PEOPLE, REAL NEEDS

The pressure is on, and the whole world feels like it's against you... only this time it's not a game. Sometimes the greatest challenges cricketers face are not on the pitch. This is when they need our support more than ever. With your help, the PCA Benevolent fund safeguards our players against illness or at a time of crisis, while we provide the care and support that's always been at the heart of the game.

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

thepca.co.uk/benevolent_fund www.twitter.com/pcabenevolent

