



BEYOND THE Boundaries

THE PCA MEMBERSHIP MAGAZINE FOR PLAYERS PAST & PRESENT

CRUNCH TIME

Tips and advice
for developing
your career - in
or out of cricket

STARS
TURN
OUT FOR
**ROOKIE
CAMP**

.....
ARE YOU
GAME?
**THE BIG
BIKE RIDE 2**

ANTI-
CORRUPTION

Darren Stevens
has a warning
for all players

HARRISON FORWARD

From County cricketer to
the head of the game - PCA
member Tom Harrison's
career success story



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THE BIGGEST TEST IS YET TO COME



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.

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FROM THE EDITOR

Welcome to the latest issue of Beyond the Boundaries and to the start of the new season. An Ashes summer always generates plenty of interest and helps to raise the profile of cricket but there will be plenty of opportunities for players to showcase their talents in another busy season of domestic cricket in the three county competitions.

During the winter the England and Wales Cricket Board appointed Tom Harrison as their new chief executive. Tom is a PCA member from his playing days with Northamptonshire and Derbyshire in the mid-1990s and we congratulate him on his appointment.

We were delighted that Tom was able to attend the fifth annual Rookie Camp, supported by the Tom Maynard Trust, at Edgbaston in February where he took the opportunity to talk to first year professionals across the country.

Tom also gave one of his first major interviews since he joined the ECB to Beyond the Boundaries and you can read his thoughts on page 24.

Other key content in this issue includes the launch of the Stress Free app which is our latest initiative in helping players, past and present, to reduce stress and anxiety.

The app uses a virtual reality doctor to introduce four medically proven relaxation techniques to help reduce stress and is available free to members through iTunes and Google Play.

We are also continuing to educate and raise awareness on other social issues and this year sees a refreshed drive on gambling. With this edition you will have received a copy of 'Overcoming Gambling' a best-selling book written by Philip Mawer, a former gambling addict, who has also appeared in video footage exclusively for PCA, which you can find in the Mind Matters section of the website.

Recent research shows that cricketers and footballers are three times more likely to have serious gambling problems than other sportsmen and we hope that the book, which includes a foreword from Philip, will be interest and assistance to our members.

Retirement from cricket is something that all players will have to face at some time during their careers and the Personal Development section of this edition of Beyond the Boundaries looks at when the time is right to make that decision.

Three players who have retired in the past year – Andy Miller, Gareth Rees and Chris Jones – explain how they arrived at that difficult decision. Kyle Hogg, the former Lancashire seamer who was forced to retire because of a back injury last September, also tells of his life after cricket in the music industry.

Steve Harmison reveals how much he is enjoying his foray into football management at non-league Ashington, his hometown club. He also helped us at Rookie Camp and several pre season county meetings where he passed on his extensive wisdom to current players.

Ex-Sussex off spinner and now assistant coach at the Hove club, Mark Davis, kicks off a new section, where coaches acknowledge the benefits of personal development for themselves and cricketers.

Another new section welcomes Clare Connor, head of Women's cricket at ECB throughout the game. The squad benefit from PCA membership and it's good to hear more on their lives and workload via Clare.

The PCA Benevolent Fund is now generously supported by Royal London and continues to help past and present players and their dependants in their hour of need. This issue tells the heart-warming story of Jack Bond, the former Lancashire and Nottinghamshire captain who underwent an emergency hip replacement in December with Benevolent Fund help.

Jack attended the inaugural meeting of the PCA in 1967 but did not envisage that the organisation he helped to set up would one day fund a major operation. Happily Jack is on the mend and hopes to be back working on the groundstaff at Old Trafford this season.

In October, we take to two wheels again in partnership with Tom Maynard Trust, in order to ensure that we can continue to support members in this way. Over 30 current and past players including Andrew Flintoff, Michael Vaughan and Andrew Strauss are joining the peloton. See page 54 to see how you can help.

There are two new faces on the PCA staff at the start of this season with David Townsend, the former Devon batsman, returning to England from New South Wales to succeed Simon Ecclestone as Personal Development Manager for Essex, Kent and Middlesex.

Paul Bolton, an experienced journalist who has written on county cricket for almost 30 years, half of them for the Daily Telegraph has also joined us as Communications Officer. Paul has contributed significantly to this edition of our magazine.

We welcome both to the PCA and hope that they will enjoy working with our members, whether past or present players.

I wish you all well for the coming season and hope that our paths cross during the year.

All the best

Jason

THE NAME'S BOND...

Jack Bond, the former Lancashire and Nottinghamshire captain, felt the benefits of the Professional Cricketers' Association's Benevolent Fund almost 48 years after he helped to set up the Association.

Bond was one of the players who attended the inaugural meeting of the PCA at the Cricketers' Club in London in 1967 but he could not have envisaged then that he would one day need help from the organisation he helped to found.



But Bond, 82, approached the PCA for help when he found himself in intolerable pain after he damaged his left hip when he slipped in the shower.

The Benevolent Fund, which is sponsored by Royal London, funded an emergency hip operation for Bond at Manchester's Spire Hospital and he is now well on the way to making a full recovery.

"The PCA were very, very good in organising the operation. For a while I had been treated by the NHS but everything seemed to be taking too long and getting worse and worse," he says.

"Some friends suggested that the PCA might be able to help and they were marvellous. Within a week I was in hospital and waiting for the operation."

Bond hopes that he will be back working at Old Trafford this summer where he spends three days a week as a member of head groundsman Matt Merchant's staff.

"I am hoping to go back to Old Trafford. We have all got to have an aim in life, that's what keeps you going," he says.

"I can't desert them now we have been relegated can I? I have been there through thick and thin for years and years."

Bond has seen many changes during his time in county cricket including an expansion of the PCA since that very first meeting.

"There were about 20 or 30 of us drawn from all the counties, mostly senior players, at the first meeting," Bond says.

"Other organisations had unions and it was another voice for the players. That was the main thing, not always Lord's and the MCC. It was another voice for the players and that's what it was about."

"We didn't always feel that our concerns and worries were being expressed as strongly as they should be. It was something we wanted to get established for the future."

"But we didn't have anything like the Benevolent Fund then at all. The only help you got as a player if you were sick was through the club. Sometimes clubs were a little backwards in coming forwards."



CHRIS CONQUERS HIS 12-MONTH CHALLENGE

The PCA Benevolent Fund has been swelled by more than £2,200 thanks to the efforts of Durham seamer Chris Rushworth who did not touch a drop of alcohol in 2014.

Rushworth's decision to stay dry for a year was driven to fund raise for the Benevolent Fund and Save the Children and helped him to prove wrong the doubters who thought it would not last.

"I had done a dry January before but I tried to push myself a bit further and decided to go for the year," Rushworth says.

"Friends and family laughed when I told them at first but, after a few months it got serious, and to have two charities as a reason pushed me on to complete it."

"It's probably the best thing I have ever done. It was an eye-opener, it's changed my way of living and my lifestyle. The benefits showed throughout the season."

The most challenging moment for Rushworth came in the last week of last season when Durham celebrated their Royal London One Day Cup win in the dressing rooms at Lord's.

That was the only real time where I was tempted. For half-an-hour or so after the final when adrenaline was pumping and beer was flowing - but the emotions soon calmed down," he says.



PERFECT MOVE FOR PACEMAN TURNER

Persistence has paid off for Mark Turner, the former Durham, Somerset and Derbyshire pace bowler, who has landed a job as a regional scout for Move GB, a new fitness company.

Turner was released by Derbyshire last August and had to find a career outside cricket when a trial spell with Northamptonshire failed to land a contract.

Turner suffered another setback when he was interviewed for a job in recruitment but missed out on the post. Then he received two job offers in a week.

He turned down a job with a sports magazine to take up his role with Move GB, a start-up company, which allows him to work from his home in the North East.

"I really enjoy the flexibility of working from home but also getting out and about and meeting people. It's a good mix," Turner says.

"I thought that going out and meeting people face to face and selling stuff was something that suited me best.

"The idea of going into an office environment day after day wasn't what I was looking for."



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A STRONG LOOK FOR JOHNSON

Richard Johnson, the former Derbyshire and Warwickshire wicketkeeper, has made a quick return to county cricket with the help of the Professional Cricketers' Association.

Johnson retired from playing midway through last season after he suffered performance anxiety issues but he has now rejoined Warwickshire, his native county, as assistant strength and conditioning coach.

The 26 year-old retrained as a fitness coach after receiving advice from Charlie Mulrairie, one of the PCA's six-strong team of Personal Development Managers and a former Warwickshire player himself.

"At the time of retiring from county cricket I knew exactly what I had in mind for my next career. I had known for a while that fitness and strength and conditioning was what I wanted to do next. It had been a great passion of mine for many years," Johnson says.

"Charlie was absolutely amazing as my PDM. For a long time we were having many chats and cups of coffee over planning and preparation towards my future career.

"He allowed me to fully understand the kind of pathway I needed to take in order to get to where I wanted to be. He was my go-to for every bit of advice I needed and always had a positive

but realistic answer to everything. He also gave me some great contacts along the way in order to take my first few steps on my journey.

"The PCA have supported me all the way through. Even when I was still playing they gave me lots of help in order to get my personal training qualifications. Since then they have put me in touch with universities, strength and conditioning coaches and other contacts to help me along the way."

Johnson succeeds Tom Webster, who has joined Lancashire as assistant to Chris Armstrong, Warwickshire's head of strength and conditioning, and he is combining his new role with studying at Wolverhampton University.

"It is an amazing opportunity for me and was an absolute no-brainer when I was on the phone to Dougie Brown. I can't thank him and the club enough for this opportunity. It means the world to me," Johnson says.

"I am pleased to be back at Edgbaston. I didn't see it happening so quickly. County cricket is what I know so being back around so soon should help me."

IRON WILLED

As Stadium manager at the Swalec Stadium, Cardiff, former Glamorgan batsman Dan Cherry is well accustomed to challenges, but his latest adventure presents more of a physical test than an organisational one.

The Newport-born 35-year-old, who played 65 matches for the Welsh county between 1998 and 2007, has signed up to complete in Ironman Wales in September – with the proceeds from his lung-busting charity fund-raising going to the PCA Benevolent Fund.

He said: "It will be a huge physical challenge for me, not least trying to squeeze in the required training during an Ashes year, but one I am determined to complete.

"It has been great to see some of the work the PCA have done to assist the cricketing fraternity and being involved in the Big Bike Ride in 2013 was a fantastic experience prior to taking this on."

BOLTON JOINS THE TEAM

The PCA have appointed experienced journalist Paul Bolton as their Communications Officer.

He will be based at Edgbaston and will have responsibility for raising awareness of all the PCA's work, especially across all member services and the PCA Benevolent Fund.

Bolton has worked as a journalist for 30 years and covered county cricket for 25 of them. He has a great understanding of the game and since 2000 he has covered county cricket for the Daily Telegraph as well as for The Cricketer, Wisden Cricketers' Almanack and The Cricket Paper.

He previously worked as cricket correspondent of the Birmingham Evening Mail and Birmingham Daily News and has also lectured in sports journalism at Worcester University, alongside work for the Rugby Football Union.

Paul said "Having worked closely with the PCA over a number of years I have admired the work that has been done to support players, past and present. I am looking forward to helping to promote the outstanding work done by the PCA in my new role."

Jason Ratcliffe commented "Our overall work across the organisation and with our members gives us so much to talk and communicate about on a day by day basis. We're very glad to have Paul on-board to help us do that. His close connections within the game will be most beneficial in developing all of our existing communication channels"

STEER TO THE HELM AT BEDFORD

Gary Steer, the former Derbyshire batsman, has been appointed the new director of cricket at Bedford School, Alastair Cook's alma mater.

Steer left his role as Warwickshire's academy director during the winter but landed the Bedford role, which involves responsibility for cricket across the school, with the help of the PCA.

"Jason Ratcliffe, the PCA assistant chief executive, and Lynsey Williams, my Personal Development Manager, were fantastic in helping me plan my next move and in preparing me for my interview and I cannot thank them enough," says Steer.

Steer began his playing career as a YTS trainee with his native Warwickshire and represented British Universities while he was studying at Cheltenham & Gloucester College of Higher Education.

He played for Derbyshire between 1992 and 1994 and then moved into coaching, working as Cricket Development Officer for Huntingdonshire for five years before he returned to Edgbaston as Warwickshire's Senior Cricket Development Officer in 2002.

GERRARD BUILDING NEW CAREER

The career of Martin Gerrard, the former Gloucestershire left-arm seam bowler, has gone full circle.

Gerrard graduated with a degree in construction and worked in the construction industry before he joined Gloucestershire in 1991.

After three enjoyable years with Gloucestershire Gerrard moved into recruitment with construction his area of speciality but he is now a director of Heelstone Developments Ltd, a project and construction management company specialising in the hospitality and hotel sector.

With a friend, Howard Pearson, Gerrard set up Heelstone in February 2013 and the company has already been involved in a number of major projects including a significant involvement in the design of the new Double Tree for Hilton at Hampshire's Ageas Bowl in Southampton.



BACK TO THE SHOP FLOOR

Somerset batsman/wicketkeeper Alex Barrow now appreciates the work that goes into making a cricket bat having spent the winter working for Taunton-based Millichamp & Hall.

Barrow took the opportunity to work with Millichamp & Hall, his kit sponsor, as part of his Personal Development Programme and enjoyed his stint with the firm - owned by Rob Chambers - who have premises on the County Ground.

"Kit and design is something that has always interested me. Having M&H on the ground site and as my kit sponsor made it perfect me to go in and get some experience working for them," Barrow says.

"I worked on the bats themselves and also sold products and pitched the products to various distributors.

"I was very grateful for the opportunity and had a great time and learnt a lot of things along the way.

"Building a relationship

with sponsors is very important but seeing how the business is run and what goes on behind the closed door is fascinating. It is a cricket company but taking my mind off playing cricket was really nice and something I needed at the end of the season."

Barrow now understands the bat-maker's craft and the importance of trying to make the perfect product.

"I was taught the basics about willow, certain clefts, good wood, bad wood. How to finish a bat and fixing bats," Barrow says.

"They were the practical things. Simple people skills, selling products and having to deal with customers daily was hard for me at the start, but by the end I was hoping that we would get people coming in so I could help them pick out a bat.

"Often they were Somerset fans so it's always good to interact with them.

The biggest learning curve was being responsible for other people's livelihood and their business and making sure I was always doing the job well.

"Bats are very expensive these days, so mistakes cost the company a lot of money. Messing up or damaging the bat means it can't sell. That's £400 that won't come in.

"It's very different to being a sportsman. I think they also learned from me, what we look for in kit and bats. It's important that they get our feedback so they can produce the best equipment they can."

"SEEING HOW THE BUSINESS IS RUN AND WHAT GOES ON BEHIND THE CLOSED DOOR IS FASCINATING"

KEEPING IT SIMPLE

ALMOST AS LONG AS PEOPLE HAVE PLAYED CRICKET, THERE HAVE BEEN THOSE WRITING GUIDES ON HOW TO PLAY THE GAME. YET WHILE THERE ARE COMPREHENSIVE MANUALS ON HOW TO BAT BOWL AND FIELD, THE SPECIALIST ROLE OF WICKET-KEEPER HAS OFTEN BEEN NEGLECTED – UNTIL NOW THAT IS.

As a former first-class gloveman himself, with Gloucestershire between 1999 and 2003, Stephen Pope soon came to realise there was a dearth on books detailing the basic techniques adopted behind the wicket and set about putting that right with his first publication called 'The Art of Wicket-keeping'.

Of course, this being a 21st century product, it was not simply a case of describing the 'how tos' using words and pictures. Instead, his work comes in the form of an iBook downloadable from the internet where purchasers can take advantage of a full range of interactive widgets and activities designed to make it easier to understand, and fun.

Former ECB England Schoolboys and England under-19 player Pope, who made 14 senior appearances while at the County Ground, came up with the idea for the project while he was working part-time at Cheltenham College. He had previously graduated from the University of Gloucestershire with a Sports Education degree and completed his PGCE teacher training qualifications in PE at Worcester University with the help of the PCA.

"When I qualified to be a PE teacher I started doing wicket-keeping coaching for students as well as video analysis and it was then I realised there was not a good wicket-keeping resource that people could use," he explained.

"So because I had some spare time at that point I thought it would be a productive way of using it to put together my own. It has been frustrating at times because you think you are getting somewhere and then things do not always work out straight away, but I have really, really enjoyed it."

'The Art of Wicket-keeping' features 160 pages in total and has been endorsed by former England and Leicestershire keeper Paul Nixon, who remains a familiar face around the country as one of the PCA Masters.

It includes chapters on standing up, standing back, diving and fielding, with the multi-touch experience helping to engage youngsters and providing adults with a teaching aid which can be used on the go without the need for internet access, or in a classroom on a large screen for group sessions.

The iBook is now available on Amazon and there is also a Kindle version too, but Stephen anticipates he will be adding to the book as time goes by with extra sections that can be downloaded, including by those who purchased the original version.

He added: "I've got in touch with Jack Russell, who was at Gloucestershire while I was there and I'm hoping to get him to contribute. I've been trying to make it something that the youngsters in particular can enjoy and learn from."

"The PCA have been great to me, not just in helping me with my level three coaching qualification and post graduate teaching qualification, but also by putting me in touch with 'Nico' to get his input, which has been really good of him to take the time to do."

"I've also had a lot of help from Andy Brassington, who I know from Gloucestershire and is another keeper himself, who has helped me out with the illustrations especially, and also the PCA's Jason Ratcliffe, as well as Gordon Lord and Martyn Kiel from the ECB."

Pope has managed to complete the iBook while teaching at primary prep



"I REALISED THERE WAS NOT A GOOD WICKET-KEEPING RESOURCE - SO BECAUSE I HAD SOME SPARE TIME AT THAT POINT I THOUGHT IT WOULD BE A PRODUCTIVE WAY OF USING IT TO PUT TOGETHER MY OWN"

schools in Kenya, first at Pembroke House and then moving to the Banda School in Nairobi. He is soon to take up a new post as Director of Sport at Peponi Secondary School.

That experience in the teaching profession has been invaluable in putting together a second iBook 'The Cricket Teacher: Primary Edition', which is to be released at Easter and

ENGAGING FIELD WORK

When Max Field's studies took him across the channel as a French Language assistant, little did he realise it would open up several new chapters in his life – metaphorically and literally. It was during his time amid the mountainous footholds of the Alps in the Savoy region of France that he not only first met his wife to be, but he also fell in love with a beautiful region that was to become so significant in his future.

After returning to England to become a Cambridge Blue, the young scholar joined home county Warwickshire for a spell in the summer of 1974 where he was invited to play alongside the likes of MJK Smith, Dennis Amiss, Rohan Kanhai, Alvin Kallicharan, Bob Willis and Eddie Hemmings.

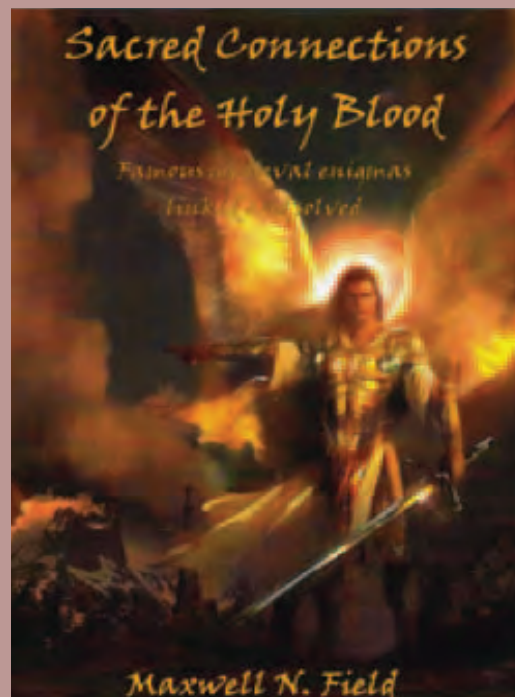
But after a back injury hampered any chance of lasting success in the first-class game, he spent more and more time travelling back to France, in between working as a teacher, to pursue a growing curiosity that saw him noting down his observations from walks around the Chambéry area and a 1982 book called *The Holy Blood and The Holy Grail*.

Max became fascinated about revelations in that work by Michael Baigent, Richard Leigh, and Henry Lincoln – the background to which was brought into the global limelight by the Da Vinci Code book and Hollywood film phenomenon – and began to investigate links with his own discoveries, which he realised could have lasting historical significance.

The result of his work was a 2006 book *The Carthusian Connection*, and he also lectured on his research in London and Edinburgh. But still Max felt there was more to be unveiled and so he kept digging, enabling him to put together a follow-up *Sacred Connections of the Holy Blood*, which draws together 20 years of painstaking research in its 350 pages.

"The new book presents a study of the mystery surrounding Jesus' and Mary Magdalene's fate, their alleged 'bloodline' in France, involving then the Merovingian Kings, the Templars, the Cathars and the Stuarts, before trying to clarify the nature and destination of the alleged Cathar 'Treasure' smuggled out of Montségur before the final massacre of the Albigensian Crusade in 1244," said Max.

"As you start to discover more and more through your research, you get



drawn in and it's taken me a long time to bring all my thoughts together in order to write a book, which has looked at sacred geometry, a constellation, huge geometric symbols in the landscape, the Holy Shroud and the House of Savoy and the hugely influential rulers of the region.

"It has been frustrating at times, but just when I have appeared to hit something of a dead end, things have come together. It's amazing how things crossing eight or nine centuries in different countries can all be linked."

Max is pleased that in his new publication he has been able to expand on his initial findings to provide some solutions to unsolved enigmas and codes, as well as include more pictures and diagrams – this time in full colour – to produce a more authoritative end result.

Still living in his native Coventry and working in the administration department of West Midlands Police in Birmingham, he added: "Having a full-time job has meant I haven't been able to get back to France as often as I would have liked, but it has given me a fresh perspective on the book."

"I do look back at my time playing cricket and it was a great experience, if a little unnerving because of the side that Warwickshire had at the time, and I still meet up with some of my former team-mates at PCA past player days. But it wasn't to be and I have enjoyed what I have done instead."

For further information on Max's book, visit: www.facebook.com/sacredconnectionsoftheholyyblood

provides teachers with little cricketing expertise with information and knowledge on how to teach the game in primary schools.

It covers all of the fundamentals of batting, bowling and fielding using videos and demonstrations. Also featured are three 12-week programmes of study, including downloadable lesson plans for pupils, information about how to organise tournaments, umpiring and scoring.

As a former RFU England Under-16 squad member, Stephen is using his knowledge to branch out into rugby union too, with *Rugbiteacher*. And as the *Sportiteacher* series expands further, a *Hockiteacher* addition is set to follow which will focus on goalkeeping.

You can download *The Art of Wicket-keeping* via this iBookstore link: <https://itunes.apple.com/gb/book/the-art-of-wicket-keeping/id912794409?mt=11&cup=4> and on kindle here: <http://www.amazon.com/dp/B00SIR4U94>

XI HEAD TO THE BOARD ROOM

Five past and present players and the PCA's six-strong team of Personal Development Managers have spent the winter learning about what it is like to sit on a board.

Glamorgan wicketkeeper and PCA chairman Mark Wallace, Northamptonshire batsman Stephen Peters, Surrey pace bowler Stuart Meaker, Derbyshire wicketkeeper Tom Poynton and former Warwickshire captain Jim Troughton attended monthly sessions at Edgbaston run by Karl George of the Birmingham-based The Governance Forum.

The sessions, which included homework and exams, were aimed at highlighting the importance of effective governance with the skills developed applicable for sporting

bodies, businesses, charities and voluntary organisations.

"We have been learning about the roles and responsibilities if you become a board member and learning the UK Governance Code," says Peters.

"The reason I went on the course is that one day, when my playing days are finished, I would love nothing more than to be involved in a board room somewhere.

"That was my motivation and to learn as well. As a player you quite often go through your career thinking: why have people made this decision or that decision?

"This course has given me a better insight into how some of those decisions may have come about. It's useful to help keep things in perspective as well.

"It's not a course that is particularly targeted to sitting on the board at a cricket club or sports club. It could be a board of governors at a school, in the voluntary sector or a charity. The skills are transferable.

"There are slightly different codes for different things. We have been trying to learn as much about the best practice for becoming a potential board member one day whether that is in business or sport."

"THE REASON I WENT ON THE COURSE IS THAT ONE DAY, WHEN MY PLAYING DAYS ARE FINISHED, I WOULD LOVE NOTHING MORE THAN TO BE INVOLVED IN A BOARD ROOM SOMEWHERE - THAT WAS MY MOTIVATION AND TO LEARN AS WELL"

STEPHEN PETERS



CITY SLICKER

Matthew Hoggard, the former England, Yorkshire and Leicestershire swing bowler, has launched his own cricket coaching initiative in Leicester.

Hoggard, a member of England's triumphant Ashes-winning side of 2005, retired from playing at the end of the 2013 season – and is now using his vast experience and the coaching qualifications he has since obtained in 'Matthew Hoggard Cricket' based at the City Cricket Academy at Freeman's Common.

"I benefitted from some superb coaching when I was a lad and without it I wouldn't have achieved what I did in the game. I want to give as much back as I can now I have the chance – and this is a great opportunity to pass on my knowledge to help the cricketers of the future," Hoggard says.

Follow @Hoggy602 on twitter...

FIT FOR EMPLOYMENT

Wicket-keeping prospect Callum Jackson has already taken steps towards securing his future outside the game by attaining Active IQ certificates in Level 2 fitness instructing and Level 3 personal training.

The 20-year-old Sussex academy product, from Eastbourne, passed the qualifications at the Personal Trainer Academy in Birmingham after receiving funding from the PCA.

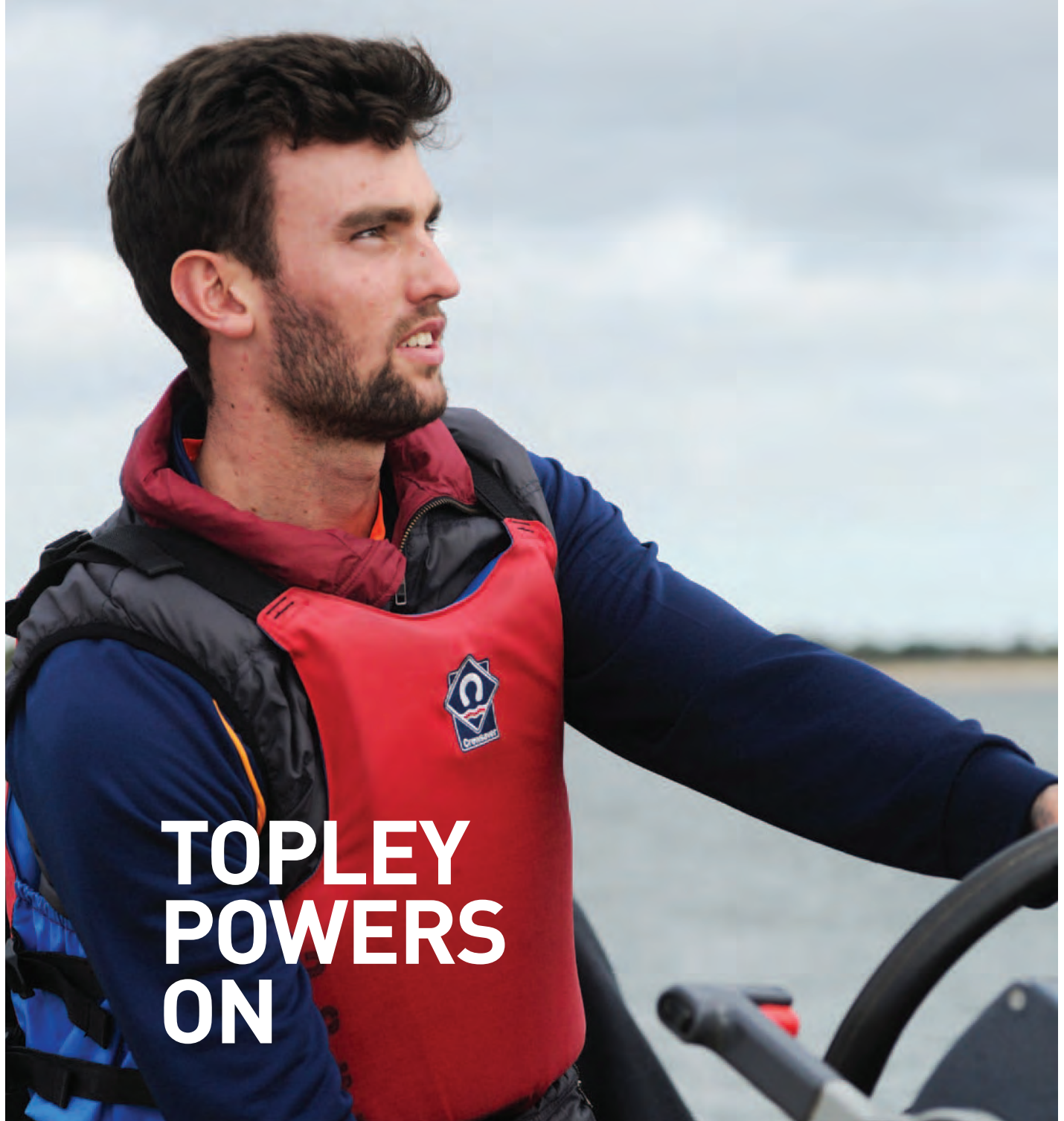
The former England under-19 batsman has so far made only one senior appearance for Sussex, in 2013 against the touring Australians, but has signed a new contract to remain at the club for the 2015 season.

PETER READ ON-BOARD

The PCA have appointed City heavyweight Peter Read to the PCA Management Board.

Read, who retired from KPMG in 2013 after nearly 40 years service, was Chairman of England Captain Alastair Cook's Benefit committee in 2014 and also previously served on the ECB's Audit committee.

His appointment follows Anthony Wreford's departure from the Board. PCA Chairman Mark Wallace said: "It's vital the PCA's finances are in safe hands, and it's hard to think of anyone who is better qualified in that role."



TOPLEY POWERS ON

Essex seamer **Reece Topley** has always enjoyed messing about on the water from his days at school in Suffolk but he is now qualified to drive powerboats having qualified as a captain over the winter months.

Reece Topley, the Essex left arm seamer, is now a qualified powerboat captain.

Topley obtained his licence to drive boats with engines above 45 horse power during a weekend assessment

off the Suffolk coast and on the River Orwell near Ipswich.

Topley developed his love of water sports when he was a student at the Royal Hospital School in Suffolk where his father Don, a former Essex seamer, is now coach.

"I enjoy watersports - I think they are brilliant. When I'm on holiday I like jet skiing or water skiing. It's brilliant fun," Topley says.

"I was taught to sail at the Royal Hospital School. It's something that you had to do, everyone had to learn to sail. I wasn't great at it but everyone gets to an all right level and this is just

another progression to that.

"I might go further with this and go on the night navigator course which allows you to sail at night which is the next progression."

Apart from messing around on the water, Topley will also be taking to the skies having been bought an introductory flying lesson as one of his 21st birthday presents.

"My sister bought me a flying lesson for my birthday present so I have got that coming up," he says.

"I'm just going down different avenues. I enjoy a bit of a thrill so I'm trying new things just to get a bit of a buzz."

MEMBERS NEWS

RISKY BUSINESS

Northamptonshire batsman Stephen Peters has started preparing for a career outside cricket by spending part of his winter working in the insurance business with Aon Risk Solutions.

Peters spent a day-and-a-half each week, with his club's blessing, learning the insurance business at Aon's offices in London, Birmingham and Leicester.

"My role primarily has been helping to track new business and build and maintain new and existing relationships within that," Peters says.

"It's been good and a huge eye-opener. I have Northants to thank for that with

"I HAVE SPENT THE LAST COUPLE OF YEARS REALISING THAT MY CAREER IS COMING TOWARDS AN END, BUT HOPEFULLY NOT JUST YET"

the head coach and the CEO agreeing to me missing some training sessions."

Although Peters hopes to continue playing beyond this year he accepts that, at 36, his playing days are drawing to an end and he has started to plan for the future.

"I have spent the last couple of years realising that my career is coming towards an end, but hopefully not just yet," he says.

JUST ONE, LORETTO...

John Blain, the former Northamptonshire, Yorkshire and Scotland seam bowler, has replaced Michael Powell as head of cricket at Loretto School near Edinburgh.

Blain will share his duties at Loretto with coaching commitments at the Grange club, replicating a role he had fulfilled with the High School of Glasgow and West of Scotland club.

Blain qualified as an ECB Level Four coach in December 2013 having returned to his native Scotland after he lost his job as Yorkshire's second team coach and assistant bowling coach in a round of redundancies that followed relegation in 2011.

The 36 year-old played 33 one day internationals for Scotland in a ten year career.



THE LION KING

Andrew Flintoff has been crowned King of the Jungle after winning Australia's version of 'I'm A Celebrity...Get Me Out of Here!'

The 2005 Ashes-winning hero beat Australian Football League player Barry Hall and television personality Chrissie Swan to take the title in the

South African jungle.

During his time in the jungle Flintoff ate a rat's tail, was covered in elephant dung and drank fermented milk laced with cockroaches.

"As an Englishman winning something in Australia, it's unheard of," Flintoff said.

FORMER ENGLAND ALL-ROUNDER ANDREW FLINTOFF IS CELEBRATING AGAIN AFTER WINNING THE AUSTRALIAN VERSION OF I'M A CELEBRITY... GET ME OUT OF HERE!

SPEAK UP WITH CONFIDENCE

Screenwriter, comic and speech writer Jim Davies - twice nominated as BBC North Playwright of the Year - is on-hand to support PCA members who have their own speaking engagements.

Daves, who has been performing his stand up act 'Save Me' at festivals across the UK has already written

after dinner speeches for former cricketers Darren Bicknell and Steve Marsh, along with trick-shot golfer Jeremy Dale.

To help you get into full flow, the PCA will pay 50 per cent of the fee of the speech. Contact your PDM or email Jason Ratcliffe - jratcliffe@thepca.co.uk - for more information.

MOVING ON

Popular former player-turned personal development manager Simon Ecclestone has moved on to pursue other business interests.

Many thanks to Simon, who left the PCA at the end of January this year. Simon was the regional personal development and welfare manager for Kent, Essex and Middlesex CCC for the past two years. On behalf of the PCA, clubs

and members who utilised Simon, we would like to say thank you and wish you all the best for the future.

This was Simon's second position with the PCA after a previous period in the early 2000's following his retirement from Somerset CCC.



CATCH UP WITH: MICHAEL POWELL

John Inverarity's last words to Michael Powell before he stepped down as Warwickshire's director of cricket in 2005 were perceptive ones.

Inverarity's three year reign at Edgbaston was not the happiest period for Powell, who stepped down as Warwickshire captain at the end of the Australian's first year in charge.

But, as a former headmaster of Hale School in his native Perth, Inverarity had spotted that Powell had a talent for coaching youngsters and he heeded his words.

"Whilst it wasn't the easiest time for me as a player, Invers brought a real quality to us," Powell recalls.

"I am no academic but I remember the

last Christmas as a housemaster and he is now back in Warwickshire as cricket professional at Rugby School and helping out his old county by assisting Kadeer Ali, the former Worcestershire, Gloucestershire and Leicestershire batsman, to coach the Warwickshire Under-17 team.

The manicured playing fields at Rugby are a world away from Avendale, in the shadow of a Cape Town cooling tower, where Powell first cut his coaching teeth but the skills he developed there have served him well.

"In schools you get kids whose mum and dad love sport, whose granddad loves cricket and they have played cricket in the back garden from an early age and who just move like a cricketer," Powell says.

"Then you have those who absolutely adore the game but who can't bowl a hoop down a hill but they arrive with the same excitement, a good attitude and with a smile on their face.

"There is nothing more rewarding than teaching that kid that they can run up and deliver a ball or swing the bat properly."

Despite having interviews for two county coaching roles, Powell was not actively seeking to leave Loretto but found himself in the right place at the right time when Tim Roberts, the former Lancashire and Northamptonshire batsman, announced that he was leaving

Rugby last summer.

Powell was playing for the MCC at Rugby that day and, having emerged as the successful candidate from the interview process, began his new role in January.

"It was an intriguing opportunity - the Rugby connection and the school connection. There aren't many schools more famous than Rugby," Powell says.

"A new head, Peter Green, has just come in. Whenever new heads take over they want to make a mark and they want things to change. It has been exciting chatting to him about where cricket can go at Rugby School."

Powell is content in his new surroundings and would recommend a similar career for other county players who enjoy developing young cricketers.

"If you have got a passion for coaching and a passion for working with young people don't think twice about coaching in schools," Powell says.

"My advice to young cricketers who are interested in coaching is: get around, do some one-to-one sessions in schools, do some masterclasses, go in and do some Q&As.

"It's all about forging relationships and being able to communicate with the powers that be in that establishment."

"THERE IS NOTHING MORE REWARDING THAN TEACHING A KID TO RUN UP AND DELIVER A BALL OR SWING THE BAT PROPERLY"

last thing Invers said to me was: 'Michael, whatever you do after cricket you should work in schools. You would be fantastic working with young people and what they are trying to achieve.' He didn't have to say that to me."

Powell had already spent time coaching at the Avendale club in Cape Town under the tutelage of another Warwickshire coach, Bob Woolmer, but it was his friendship with Dave Burton, a teacher at his former school, Lawrence Sheriff in Rugby, that was to shape his future career.

When Burton took over as director of sport at Loretto School near Edinburgh he invited Powell to spend two winters coaching cricket there. When Warwickshire released Powell in 2008, ending a county career that had started in 1993, Loretto created the job of director of cricket and assistant housemaster for him.

Powell ended his association with Loretto



OBITUARIES

PETER DELISLE

The former Middlesex and Oxford University batsman, has died in Berkshire aged 80.

Delisle played for Oxford from 1954 to 1956, winning Blues in his last two seasons. He played for Middlesex as an amateur during the university holidays and enjoyed success in 1955 when he scored 1,185 runs, including two of his three first-class centuries, and was awarded his Middlesex cap.

Delisle made his maiden century against Gloucestershire in The Parks and his highest score, 130, was made for Middlesex against Cambridge University in 1957. He then retired to join the Rifle Brigade as a National Service Officer and made his final first-class appearance for Combined Services against Lancashire at Old Trafford in July 1958.

MICHAEL MILLS

The Oundle-educated, former Warwickshire and Cambridge University leg-spinner, has died aged 93.

Mills made his debut for Cambridge against Lancashire in 1946 and in his second match took seven for 69, which helped him to play four matches for Warwickshire during the 1946 season.

Mills played in several County Championships at Edgbaston and the tour match against India, as well as in three consecutive Varsity Matches in 1948 where he captained Cambridge.

He played 38 first-class matches, scored 743 runs in 60 innings and took 95 wickets at a cost of 28.86 before becoming a teacher at Oundle and later a housemaster. He celebrated his 90th birthday with a lunch at the school in 2011.

MERVYN WINFIELD

Born and raised in Lincolnshire, the former Nottinghamshire batsman made 172 first-class appearances between 1954 and 1966.

Winfield scored 6,799 runs, including seven centuries, with a best of 134 which set up a 111 runs win over Glamorgan at Swansea in 1962. He topped 1,500 runs in a productive 1959 and 1,000 runs in the next three seasons.

He went on to play Minor Counties cricket for Shropshire and his native Lincolnshire in 1970 and 1971.

Winfield passed away aged 81.



HARRY NEWTON

The former Sussex seam bowler has died in his native Lancashire, aged 79.

Newton had a long association with Sussex, playing Second XI cricket for the county from 1959 to 1967, with two first team appearances in successive County Championship matches during the 1966 season.

A talented footballer who played for Bolton Wanderers reserves and Cambridge City, Newton joined Sussex following the completion of his National Service.

He played club cricket for the Brighton Brunswick club during his time with Sussex and was invited to spend six months coaching and playing in India. He also had spells coaching cricket and football in Sweden and Holland.

After 17 years as head groundsman at Reigate Grammar School, Newton retired in 1999 and returned to his native Bolton with his wife.



BRIAN REYNOLDS

The former batsman, coach and scout who served Northamptonshire for more than half a century has died aged 82.

Reynolds, who was born in Kettering, was one of Northamptonshire's most loyal servants in a career that included 426 first-class appearances for his native county, more than 18,600 runs, 21 centuries and 299 catches.

The ultimate one-club man joined Northamptonshire in 1950 and made his Championship debut against Sussex later that season. He established himself in the side in 1956 when he made his maiden century against Worcestershire, passed 1,000 runs for the first time, and was awarded his county cap.

He made his highest first-class score of 169 against Essex in 1957 and was part of the side which almost won Northamptonshire's first County Championship in 1965 - his benefit year.

Alongside cricket, Reynolds also played for Kettering Town and Peterborough United, but remained a first choice cricketer.

Reynolds was released after the 1970 season, but returned to Wantage Road three years later as Second XI coach. He helped to bring through a crop of talented youngsters and became one of the first Cricket Development Officers in the country. He also launched the Centre of Excellence scheme, which developed more young players.

As a shrewd judge of talent, Reynolds made an outstanding scout, helping Northamptonshire discover the likes of David Sales, Jason Brown and Curtly Ambrose.

He officially retired in 1997, but remained a regular visitor to Wantage Road after that.



GEOFF PULLAR

The tall, strong left-hander and former England, Lancashire and Gloucestershire batsman (also known as Noddy in the dressing room), has died aged 79.

Born in Swinton and joined Lancashire from the Werneth club in Oldham, Pullar became the first Lancastrian to score a century in an Old Trafford Test when he made 131 against India in 1959 in only his second Test appearance, having made 75 on his debut at Headingley.

Pullar made his county debut in 1954, with the first of his 41 first-class centuries coming against Derbyshire two years later. He made four centuries in Test cricket with a highest of 175 against South Africa at The Oval in 1960 when he added 290 for the first wicket with Colin Cowdrey.

He was a Test regular for four years and played in four Tests of the 1962/63 Ashes series, but fell ill with pleurisy and never regained his England place.

Pullar played for Lancashire until 1968 before joining Gloucestershire for two seasons when he was forced to retire due to arthritis. He later owned a fish and chip shop.

Pullar was voted Cricket Writers' Club Young Cricketer of the Year in 1959, was one of the Wisden Cricketers of the Year in 1960 and was awarded a benefit in 1967. Throughout his career he scored more than 21,500 runs in 400 first-class matches and 394 runs in 20 one day appearances.

MICHAEL FREDERICK

Frederick, who played one Test for the West Indies in 1954 and two County Championship matches for Derbyshire in 1949, has died aged 87 after a fall at his home in Jamaica.

Frederick played six first-class matches spread over ten years from his debut for his native Barbados as a 17-year-old. He came to England in 1946 and made his County Championship debut against Middlesex in August 1949.

When he returned to the Caribbean, Frederick settled in Jamaica where he was drafted into the West Indies side for his only Test, a 140 runs win against England, in which he followed a first innings duck with 30.

SHIRLEY GRIFFITHS

A fast bowler who enjoyed brief success for Warwickshire in the late 1950s, has died aged 84.

Born and educated in Barbados, Griffiths played 27 first-class matches as a professional for Warwickshire between 1956 and 1958 and took 74 wickets, including four five wicket hauls with a career-best seven for 62 in a draw with Kent at Edgbaston.

Griffiths played for Moseley in the Birmingham League and also had stints playing league cricket for Middlesbrough and Lancaster.

KEN SMALES

Ken Smales, the former Yorkshire and Nottinghamshire off-spinner, who later became secretary of Nottingham

Forest FC has died aged 87.

Smales, who was born in Horsforth, played 13 matches for his native Yorkshire between 1948 and 1950 but his career blossomed after he joined Nottinghamshire.

Smales took 19 of his 20 five wicket hauls in first-class cricket for Notts including ten for 66 against Gloucestershire in the first match played at the Erinoid Ground in Stroud in June 1956. He remains the only Notts bowler to have taken ten wickets in an innings in first-class cricket.

Smales enjoyed his best season in 1955 when he took 117 first-class wickets including three ten wicket match hauls. He also took a hat-trick in the win over Lancashire at Trent Bridge in July 1955.

After he retired from cricket Smales went on to be secretary of Nottingham Forest, but continued to play club cricket for Bulwell into his forties.

PHILLIP HUGHES

The Australia and former Middlesex, Hampshire and Worcestershire batsman died aged 25 from head injuries sustained batting for South Australia against his native New South Wales in Sydney.

Hughes was struck as he tried to pull a bouncer from Sean Abbott and died in hospital 48 hours later. He was three days short of his 26th birthday.

At 19 he became the youngest batsman to score a century in a Pura Cup final and made two centuries in a match against South Africa in Durban in only his second Test in 2009.

Hughes joined Middlesex at the start of 2009 to familiarise himself with English conditions, but was dropped after the Lord's Test. He returned to county cricket for a brief

stint with Hampshire in 2010 and made 560 runs, including two centuries, for Worcestershire in 2012.

In July 2014, Hughes became the first Australian to score a double century in a List A match and made his highest first-class score of 243 against South Africa a month later.

Hughes scored 1,535 runs in 26 Tests with three centuries. He played 114 first-class matches, scored 9,023 runs with 26 centuries and made eight one day centuries, two of them for Australia.

His accidental death spawned a spontaneous reaction from players and fans around the globe who displayed their bats - with cap lent on top - in his honour, and brought to the world's attention the dangers associated with professional sport.



THE SINGLE BAT SALUTE - AT HIS FUNERAL; AHEAD OF A FIGHT IN SYDNEY; BEFORE A W-LEAGUE FIXTURE AT WOLLONGONG

MEMBERS NEWS

LES ANGELL

The former Somerset batsman has died in Bath aged 92.

Angell made 132 first-class appearances between 1947 and 1956 with one century in his 4,596 runs against the touring Pakistanis in 1954. He was released after the 1952 season, but re-engaged a year later.

Angell was a prolific run scorer for the Lansdown club in Bath before and after his Somerset career and served them as captain and president.

He made 1,125 runs in 1954, which was his most productive season, but only 578 in 16 appearances the following summer. He left Somerset at the end of the 1956 season.

Away from cricket, Angell worked as an engineering draughtsman in Bath.

DENNIS MARRIOTT

The Jamaican-born Surrey and Middlesex left arm medium pace bowler played for Surrey between 1965 and 1967.

Marriott joined Middlesex in 1972 and enjoyed his most successful season in 1973, where he took a career-best five for 71 in the County Championship against Nottinghamshire at Trent Bridge.

His promise was recognised with the award of his county cap.

In later life he suffered from diabetes and had a foot amputated. He was confined to a wheelchair, but with financial assistance from the PCA Benevolent Fund, a wet room was built on the ground floor of his house.

Marriott died aged 75.



LEGAL EAGLE

Amjad Khan, the former England, Kent and Sussex fast bowler, is studying for a law degree in his native Denmark.

Khan, 34, was released by Sussex before the start of the 2014 season and has since enrolled at the University of Southern Denmark on a course that is part-funded by the PCA.

Khan made an impressive start to his studies passing his first two exams in Inheritance and Family Law and Legal Method and Societal Philosophy with merits. He is now studying Constitutional Law.

Khan enjoyed 13 seasons of county cricket but played for Denmark before he was signed by Kent in 2001 and he has renewed his international career with his native country having reappeared for them in last year's ICC World Cricket League Division Four tournament in Singapore.

NORTH BY NORTHEAST

Marcus North, the former Australia, Durham, Derbyshire, Lancashire, Gloucestershire, Hampshire and Glamorgan batsman, has launched a specialist online wine store.

"The Australian Wine Store is my first project, targeting a niche market in the UK," North says.

"This has helped me get an education into the UK industry and has given me an understanding of what it takes to set up an ecommerce business. I have some great buying contacts in the UK wine industry which will help and advise me on the wine selected. This is where I can bring an exclusive and interesting style of buying wine for fellow PCA members who enjoy a glass or two of vino from time to time."

North developed his interest in wine seven years ago through Tom Moody, then his coach at Western Australia, who had a well-stocked cellar at his home in Perth.

North, 35, has now retired from first-class cricket but he will play for the South Northumberland club in Newcastle this season

www.theaustralianwinestore.co.uk



A WINNING PARTNERSHIP

Former Gloucestershire teammates Will Rudge and Roger Sillence are back in partnership as directors of Centena, a Bristol-based recruitment consultancy.

Both have worked in recruitment since their county careers ended and set up Centena last September with financial investment from

Benula Capital.

"It has gone very well which is good and we are looking to bring other people into the business. We are trying to get up to a team of eight, nine or ten by the end of the year," Rudge says.

"Recruitment is an industry that sports people tend to do quite well in and tend to go

into," Rudge says.

"It's an industry that's for confident people who are quite chatty and who are happy to get themselves out there and talk to people.

"It's a skill that most cricketers tend to have from being with team mates, going on tour and being in the public eye. Having that confidence helps.

HARMY'S BARMY ARMY

Steve Harmison, the former England fast bowler, has swapped cricket for football having been appointed manager of non-league club Ashington.

Harmison was born and raised in the Northumberland town and his family have close links with the club and other non-league teams in the area as his father, uncles and brother James played for Ashington.

Harmison is a loyal supporter of Newcastle United but jumped at the opportunity to move into management with Ashington, who play in Northern League Division One, the ninth tier of football in England.

"Everybody who knows me closely from up North will know that this is not a surprise. I have been involved in that sort of non-league side around that area ever since I was old enough to walk," Harmison says.

"My Dad and uncles and brother played. I always trained twice-a-week. Even when I played cricket for England I would be going to different non-league football grounds wherever my brother was playing on cold wet winter nights.

"The one thing I have missed since I stopped playing cricket is the dressing room. I felt I could influence the dressing room. The timing was right. If it was six months earlier I probably wouldn't have taken it because I was doing a lot of media stuff with the cricket and, six months later, I would also be busy with media work. But I thought I would take it and balance other things around it."

Harmison has received offers of help from his contacts in football including Richard Bevan, the former PCA chief executive who is now chief executive of the League Managers Association.

"We are going in the right direction. I have got a lot of friends in the football world who have offered to help," Harmison says.

"One of the people who has helped me a lot in this world is the former CEO of the PCA Richard Bevan now with the LMA. He has phoned me up and sent me a couple of emails saying if there is anything he can to help do he will."



TRI- CLUB

Three former players will be familiar figures on the county circuit this season having been appointed to new roles as Cricket Liaison Officers by the England and Wales Cricket Board.

Phil Whitticase, the former Leicestershire wicketkeeper and coach whose long association with the Grace Road county ended during the winter, former Kent batsman Graham Cowdrey and Tony Pigott, the former Sussex, Surrey and England pace bowler, have been appointed to a four-man team of CLOs.

The CLOs will replace the previous teams of Pitch Liaison Officers and Umpire Coaches employed by the ECB.

"The CLOs will be there to support all stakeholders including the groundsmen and the umpires, and having them there for all four days of a County Championship match will allow us to receive more detailed and live information back from the grounds," said Chris Kelly, the ECB umpires' manager.

"The PLOs might have been viewed a bit like policemen – they'd be appointed to a day of a championship game or turn up at a ground if something was going wrong. We see our Cricket Liaison Officers building positive relationships with the groundsmen, as well as the

umpires and other key figures at the match – relieving some of the anxiety from what was there before."

Whitticase, Cowdrey and Pigott, a former PLO, will be joined by Stuart Cummings, who remains a more familiar name in rugby league than cricket, as a leading referee who then ran the match officials department in the 13-a-side code.

Cummings does have some cricket pedigree, having played Minor Counties matches for Cheshire, and made a positive impression in his first summer working closely with the first-class umpires last year.

"We had a large number of strong applicants, and we're delighted with the four we've appointed," said Kelly. "Pitches will be Tony Pigott's obvious area of specialism, as will his vast experience in the game."

"Phil Whitticase has in-depth knowledge of the game at a professional level in its current form, and we see that as being very valuable."

"Graham Cowdrey has a wealth of cricket knowledge and as a very collaborative and supportive personality - he is a very good fit for these new roles."

"Stuart has considerable experience in professional officiating worldwide which he has been able to translate across several other sports, with the added benefit of a good working knowledge of cricket from his own experience."

THE BRUTAL REALITY

KENT ALL-ROUNDER **DARREN STEVENS** HAS JOINED THE PCA'S FIGHT AGAINST CORRUPTION BY RELIVING HIS OWN EXPERIENCES OF BEING CHARGED AND CLEARED OF FAILING TO REPORT A SUSPICIOUS APPROACH IN THE 2013 BPL.

WORDS: PAUL BOLTON

Darren Stevens, the Kent all-rounder, has joined cricket's fight against corruption by warning players that they must report any suspicious behaviour immediately.

Stevens was charged with failing to report an alleged suspicious approach while he was playing in the Bangladesh Premier League two years ago.

He was cleared by a Bangladesh Cricket Board anti-corruption tribunal in February 2014 but now wants other players to learn from what he describes as a "brutal" experience which threatened his future as a professional cricketer.

Stevens, 38, has now appeared in a video produced by the Professional Cricketers' Association footage of which has been shown to all county players as part of an updated anti-corruption code.

Stevens was playing for the Dhaka Gladiators when he was asked by the owner if he would captain the side in a match against Chittagong but was then informed

that Mohammad Ashraful would still "run the game on the pitch." Stevens turned down the offer but was later contacted by Alan Peacock of the ICC anti-corruption unit.

"Over the phone he said to me: 'Can we have a meeting about Bangladesh?' It wasn't too bad at the start but then it got worse and worse and worse," Stevens says.

"BECAUSE I DIDN'T REPORT AT THE TIME A SUSPICIOUS ACT, I HAVE GONE THROUGH HELL OVER THE LAST TWO YEARS"

"I was there for nearly four weeks, five days a week in court going through everything. Just sitting there in court was more nerve-wracking than anything I have ever done. I was on the stand for more than seven hours, five hours on the day and a further two-and-half hours the next morning. It was really hard. Cricket is my life and has been for 25-30 years. Every day that I was playing it just felt like it was going to be my last game."

Stevens, like former Essex fast bowler Mervyn Westfield who was jailed for his involvement in spot-fixing, but participated in a comprehensive education and awareness initiative for the PCA, hopes that talking about his experiences will help other players to appreciate the implications of failing to report any suspicious approach immediately.

"It was horrific. Because I didn't report at that time a suspicious act I have gone through hell over the last two years," he says.

"There are so many opportunities around the world now and if Bangladesh did come back up again I would not stop anyone going and playing out there. I wouldn't go against that, I would encourage them to go and play. But I don't want anybody to go through what I actually went through over those two years. In any of these tournaments anywhere around the world whatever tournament you are playing in if you do come across anything suspicious just report it immediately."

Simultaneously, the PCA have updated the general anti-corruption tutorial which all newly registered cricketers will have to complete before playing first class cricket. The video encapsulates core rules and draws upon historic case studies to emphasise key aspects.

For more information and to view the latest video go to <http://www.thepca.co.uk/anti-corruption.html>



DARREN STEVENS TAKES THE NATWEST T20 BLAST PLAYER OF THE YEAR TITLE AT THE PCA AWARDS 2014 FOR HIS IMPRESSIVE DISPLAYS FOR KENT

"When I got two charges through, I wouldn't wish it on anybody, it was brutal. The next meeting was a four-and-a-half hour meeting in London. After that it was hours and hours and hours of meetings with my lawyer going through everything, going through how the next six months up to the trial were probably going to pan out then finally getting out to Bangladesh and going through everything.

"The trial in Bangladesh was in a small room in a bank with cameras everywhere - all different lawyers from all over the place in the same room you just felt claustrophobic.







ROOKIE CAMP 2015

DO YOU REMEMBER THE FIRST TIME?

THERE WAS NO SUCH THING AS A PCA ROOKIE CAMP WHEN STEVE HARMISON AND MATTHEW HOGGARD MADE THEIR COUNTIES DEBUTS FOR DURHAM AND YORKSHIRE RESPECTIVELY IN 1996 BUT THE 2005 ASHES WINNERS WERE KEEN TO PASS ON THE BENEFIT OF THEIR VAST EXPERIENCE TO FIRST YEAR PROFESSIONALS AT THIS YEAR'S EVENT.

The fifth annual PCA Rookie Camp, supported by the Tom Maynard Trust, was held at Edgbaston and attended by more than 30 young players from across the country.

Harmison and Hoggard, members of Michael Vaughan's Ashes-winning side ten years ago, were reunited and provided a fascinating insight into their careers and the demands of playing cricket at the highest level.

Although both retired from playing two years ago, Harmison and Hoggard are committed to putting something back into the game they served so well.

"Cricket is a game that I enjoyed, it's a game that I found tough but if there is any

way that I can help a young individual at the start of his career I would be overjoyed to do it," Harmison says.

"That is why I always try to stay on hand and available for the PCA to do many different things but this is something that stood out for me."

Hoggard, who recently launched his own cricket academy in Leicester, echoes Harmison's sentiments.

"It's great to be involved with people who are just starting their career," he said.

"The PCA are such a fantastic organisation, from the Benevolent Fund to what they are doing today with people starting their career, helping them all the way through. >



AT THE PCA ROOKIE CAMP WE DID WORKSHOPS COVERING A RANGE OF SUBJECTS SO WE HAVE A GOOD IDEA HOW TO DEAL WITH ISSUES THAT WE MIGHT COME UP AGAINST.

IT'S ALWAYS NICE TO MEET NEW PLAYERS SO THAT YOU ARE NOT JUST TALKING TO YOUR OWN TEAM-MATES. YOU CAN CHAT TO OTHER PEOPLE, MIX IT UP A BIT AND GET A DIFFERENT POINT OF VIEW.

TOM KOHLER-CADMORE WORCESTERSHIRE

ROOKIE CAMP 2015

"They have been a big factor in my life and the lives of most professional cricketers with the team of Personal Development Managers through to contract negotiations, which you can use them for."

Despite enjoying lengthy international careers, both Harmison and Hoggard had to contend with the reality of having to find a second career when they retired from playing.

"The longer you are in the game the harder it is when you come out of the sport. For 18 years someone told me what to do, what to eat, what to wear and what time to turn up," Harmison says.

"When you come to finish it's like the supermarket automatic doors opening. You have handfuls of shopping that are getting heavier and heavier, your shoulders get more hunched and you are thinking: where is my car? I need to find my car.

"You can plan forever but when that day comes it's doubly difficult, especially when you have been in the game for as long as we have because you get in that routine.

"You are not set up for life. You live by the means you are earning and then all that stops. I have got four kids and a family to provide for. The kids have to go to school and have the best things.

"I have spent 18 years playing cricket in an active world and you still need that active mentality. These young men should realise what the PCA have put in place for them. That's something we have to put across. I didn't realise how good it was until late in my career and then you tap into it. If you get into it early enough these camps are worth their weight in gold. If you can tap into the expertise that is

there now it's a lot easier when you finish."

Hoggard also had practical advice for the rookies about to embark on a career in cricket and for whom retirement would have appeared a distant prospect.

"I am only 38 I have still got another 25 to 30 years until retirement age. It's a very short career and you are very quickly forgotten," Hoggard says.

"Yes, you might have played for England for eight years but when you talk about the 2005 Ashes it's ten years ago.

"It's a changing world and unless you land on your feet and you get into a role at the end of your career you have still got another 30 years ahead of you. You can twiddle your thumbs, watch the world go by and live off your pension or the dole or you have got to go into a job.

"The PCA are fantastic at what they are doing, the sooner these guys get to know the people they are meeting here and start to network the better.

"Throughout their careers they will meet the same people on the way back so you have got to make good use of the business people and the contacts you make.

"I know it's difficult when you are 18 and have just joined a county but when it comes to the age of 28 you might be retiring or you might be unlucky and get an injury.

"If you are lucky you might retire at 40 but you have still got 20 years of work ahead of you. If you don't make it to the higher echelons of cricket it's not a massive wage that you are going to be earning for a short period of time and then you have to work at the end of your cricket career."

“

IT WAS AN INTERESTING EXPERIENCE. THERE IS A LOT OF STUFF THAT YOU LEARN OVER A SHORT SPACE OF TIME - IT WAS VERY USEFUL. THE ROLE PLAY SESSION ON CONTRACT NEGOTIATIONS WAS HELPFUL IN PREPARING YOU FOR WHAT MIGHT HAPPEN IF YOU GET INTO CERTAIN SITUATIONS.

THE SESSION WITH MERVYN WESTFIELD WAS PRETTY INTENSE. IT MAKES YOU APPRECIATE THAT SENIOR PLAYERS CAN GET INTO YOUR HEAD SOMETIMES AND IT'S IMPORTANT TO SPEAK TO OTHER PEOPLE. IT WAS QUITE TOUCHING.

**AARON THOMASON
WARWICKSHIRE**





PCA CHAIRMAN MARK WALLACE PROVIDED ROOKIE CAMP ATTENDEES WITH AN HONEST INSIGHT INTO THE DAY-TO-DAY CHALLENGES FACING PROFESSIONAL CRICKETERS; LEICESTERSHIRE PROSPECT ATIF SHEIKH IN HIS DELIVERY STRIDE

Players attending the Rookie Camp were welcomed by Angus Porter, the PCA chief executive, and Tom Harrison, the new chief executive of the England and Wales Cricket Board, who is also a PCA member from his playing days with Northamptonshire and Derbyshire.

Practical workshops included sessions with Mervyn Westfield, the former Essex fast bowler on anti-corruption, the Model Professional with Mark Wallace, the PCA chairman and Glamorgan wicketkeeper, and How the PCA Can Support You run by PCA Personal Development Managers Lynsey Williams and Charlie Mulraine, the former Warwickshire batsman.

Jason Ratcliffe, the assistant chief executive of the PCA, ran a practical session on Contract Negotiations which involved Yorkshire seamer Matthew Fisher in role play as a player put under pressure to sign a new contract.

The Rookie Camp closed with a session on gambling addiction presented by Colin Bland of the Sporting Chance Clinic, founded by former footballer Tony Adams.

Danny Bolt, a former professional footballer with Fulham, also talked to the cricketing rookies about his compulsive gambling, which ended in him seeking help from Sporting Chance last summer, and the help he has received with his addiction.



IT'S GOOD FOR NEW PLAYERS TO UNDERSTAND ABOUT MATCH-FIXING AND BEING PROFESSIONAL OFF THE FIELD.

IT WAS BRAVE FOR MERVYN WESTFIELD TO COME AND TALK TO US. HE'S NOT HIDING, HE'S ADMITTED HE'S DONE WRONG. FOR HIM TO SHARE HIS EXPERIENCE WILL DEFINITELY DRILL THAT INTO OUR HEADS

I ENJOYED HARMY AND HOGGY'S SESSION ABOUT COPING WITH PRESSURE TO PERFORM IN FRONT OF BIG CROWDS. EVERYONE'S DREAM IS TO PLAY FOR ENGLAND AS IS MINE.

ATIF SHEIKH
LEICESTERSHIRE

FROM THE TOP

FUTURE PLANNING

THE NEW ENGLAND AND WALES CRICKET BOARD CHIEF EXECUTIVE IS A PCA MEMBER AND HAS HAD A BUSY INTRODUCTION TO HIS NEW ROLE AS HE TELLS PAUL BOLTON.

Tom Harrison, the new chief executive officer of the England and Wales Cricket Board, knows all about the PCA and the good work that the Association does for its members.

Harrison has been a PCA member for more than 21 years from his playing days as an all-rounder for Northamptonshire and Derbyshire. Like many junior professionals, his county career proved to be relatively short and he played only one season of first team cricket in the mid-nineties.

But after he was released by

Derbyshire in 1995 the PCA helped him make the transition from county cricket to business - and embark on a hugely successful career path which led to him being appointed as David Collier's successor as ECB chief executive last year.

"There were no Personal Development Managers when I played for Northamptonshire and Derbyshire. The PCA had a small staff then but they did help me write my first CV and find a new career outside of cricket," Harrison says.

Since Harrison's professional playing career ended, the PCA have expanded to a six-strong team of PDMs now employed across the country to help players plan for life outside of cricket.

First year professionals are made aware of the importance of personal development from an early stage as Harrison saw at first hand when he attended the PCA's fifth annual Rookie Camp at Edgbaston in late February.

"With ECB's help and support, the PCA are doing more than ever before in this area - and rightly so," says Harrison. "They have also played a critical role in tackling and improving our understanding of issues such as addictive behaviour and mental health. There is still much to do but we are now better prepared as a game to deal with these issues."



START OF A JOURNEY: TOM HARRISON IN HIS PLAYING DAYS FOR NORTHAMPTONSHIRE; THE NEW ECB CEO SAW FIRST-HAND HOW THE PCA ARE MAKING A DIFFERENCE AT THE 2015 ROOKIE CAMP



MERVYN WESTFIELD, WHO IS STRIVING TO REBUILD HIS CAREER WITH FRINTON-ON-SEA CC, HAS IMPRESSED TOM HARRISON WITH HIS COMMITMENT TO HELPING YOUNG PLAYERS AVOID THE DANGERS OF CORRUPTION IN THE DRESSING ROOM

The organisation has an important role to play in helping prepare cricketers for the transition from cricket into the workforce. As Harrison himself acknowledges, it can be intimidating when you are faced with the reality of your cricketing career coming to an end and have to compete in the job market with potentially younger and better academically qualified graduates.

So on the first day of their journey into the professional game, those who attended the Rookie Camp, were strongly encouraged to keep one eye on the future.

“Professional Cricket is an amazing start to a career,” adds Harrison. “If you have played first-class cricket it is still a huge advantage in life. Just to have reached that level shows leadership and the ability to perform in a high pressure environment.”

The Rookie Camp was also attended by Mervyn Westfield, the former Essex fast bowler who was jailed for his involvement in spot-fixing but who is now playing an important role in helping to combat in corruption in cricket.

“There is no greater threat to our game than corruption pervading a dressing room. It breaks down the fundamental pillars of what sport is about. We are taking steps and we are more prepared than we have ever been to tackle corruption but I don’t think we should ever be complacent,” Harrison says.

“The forces that try to corrupt cricket and other sports are always developing new and inventive ways of undermining our game for their own benefits. We are vulnerable to that and we must seek to become more sophisticated in the way we deal with

“THERE IS NO GREATER THREAT TO OUR GAME THAN CORRUPTION - IT BREAKS DOWN THE FUNDAMENTAL PILLARS OF WHAT SPORT IS ABOUT”

corruption and in our techniques of investigation. We must be proactive in gaining intelligence from the market and understanding where the threats are coming from.”

Harrison was full of praise for Mervyn Westfield’s role in educating players about the dangers. “I don’t think there is anything more effective than a live example of what can happen when someone gets caught up in corruption.

“Mervyn’s willingness to participate is very important and it has taken a great deal of courage on his part as he >

FROM THE TOP

“IT’S VITALLY IMPORTANT THAT WE CREATE A DYNAMIC STRUCTURE FOR OUR PROFESSIONAL GAME WHICH WILL WIDEN OUR AUDIENCE AND DELIVER A HIGH PERFORMANCE ENVIRONMENT”

has been through a very hard time in his life.

“It’s also a great example of how the cricketing family are willing to put their arms around someone who has done the wrong thing and who is now prepared to remedy things for the future.”

Harrison, who joined the ECB from IMG, is still settling into his new role but he has already been tasked with reviewing the structure of domestic cricket in England and Wales.

“My first weeks as ECB’s chief executive officer have been hugely busy. It’s vitally important that we create a dynamic structure for our professional game which will widen our audience and deliver a high performance environment.

“This is our key job: to grow the game. My role is to create an environment in which everybody can feel that they are welcome in the game, that they have an opportunity to play. We need more people playing, more people watching, more people following and more people engaged in cricket.

“That doesn’t just mean our core audience but our non-core audiences as well. The people we aren’t engaging with enough. We need to change the nature of the conversation. It needs to be a dialogue not a one-way broadcast.”

As a key stakeholder in the game the PCA will be a key part of the consultation process which will include gauging the views of current and former players from all levels.

Harrison adds: “We are in the process of creating several working groups to drive thinking on different parts of the game including

professional cricket, the international game, the culture of our organisation, grassroots participation and how we generate more commercial revenue for the sport.”

As a former captain of Middlesex Premier League side Teddington CC - Harrison has a clear understanding of the challenges cricket faces at amateur level as well as in the professional game.

Widening grassroots participation is a major priority for ECB and Harrison acknowledges that cricket faces stronger competition from other sports than it has done in the past and needs to adapt accordingly.

“We are not necessarily making it easy for people to participate in cricket. There are so many other leisure options out there now that we can no longer take it as read that the majority of people will have the same passion for the game that our generation has had.

“There’s work to do. We have to look to the future and make sure that we bring through the next generation of players, spectators and cricket followers who will sustain the sport going forward.

“But I am absolutely confident



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TOM HARRISON'S VISION FOR THE FUTURE OF THE GAME FOCUSSES NOT ONLY ON THE NEXT GENERATION OF PLAYERS, BUT ALSO ENGAGED AND ENTERTAINED SPECTATORS

that with strong leadership from the top and the right strategy in place, we can make the whole game even stronger and more attractive to a wider audience than ever before.”

WELCOME FROM YOUR PDWP TEAM

Beyond the Boundaries aims to highlight, acknowledge and motivate members to develop as individuals and cricketers. In the early years we mainly focused on current players, but more recently it has expanded to capture the wider membership, which is now a real strength of this publication.

The lessons that players of today can take from generations who went before them has real power and credibility. This has been evidenced in the messages from the past player survey. The top ten tips provided a real honest insight into what players should consider whilst they are enjoying their careers, and that is now displayed in every dressing room in the country for today's players to reflect on. The winter has seen players receive over 25 personal development workshops including Mental Resilience, Leadership, Media Training and Cooking Skills. These sessions aim to develop individuals, increase their confidence and ultimately teach players that learning is a healthy and worthwhile pursuit.

The PCA's Development and Welfare programme is now a well-established and utilised resource to today's players and clubs with 75% of the country's players engaged in a personal development plan.

This has been further backed up with some of the findings from last year's player survey:



- 79% of current players are concerned about retirement from playing professional cricket
- 65% of current players believe engaging in personal development has added to their personal self confidence.
- 64% of current players believe engaging in personal development can provide a greater sense of perspective on performance-based anxiety.
- 69% of our current players believe that engaging in personal development can improve their playing performance.

Finally, I would like to welcome to the PDWP team David Townsend, who has returned after 29 years working in Sydney. David has worked in a number of sports development and communication positions, notably within cricket at New South Wales. David is introduced properly on page 41.

Good luck to all for the 2015 season, and please do continue to spend time talking and planning with your regional PDM.

Best Wishes

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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.

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LYNSEY WILLIAMS

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

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MATT WOOD

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

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PHIL DICKS

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

RESPONSIBILITY FOR:
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CHARLIE MULRAINE

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

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NICK DENNING

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

RESPONSIBILITY FOR:
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DAVID TOWNSEND

Professional sport can be a tough place with the pressure of performance and uncertainty about the future. I see my role as assisting each player in working out the best path forward for themselves, both in terms of thinking about the future and developing a plan to help make that eventual transition a smooth one. There is no right or wrong way to do this. The key is that you are relaxed enough off the field to be able to perform at your best, while laying down some foundations for life after cricket.

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HARD GRAFT REWARDED

Derbyshire wicketkeeper Tom Poynton, Somerset batsman James Hildreth, Gloucestershire seamer Liam Norwell, Sussex pair Mike Yardy and Mark Davis and the former Warwickshire off-spinner Maurice Holmes have been awarded Professional Cricketers' Association Personal Development Scholarships.

WORDS PAUL BOLTON

The scholarships were introduced by the PCA in 2013 to find and reward the most proactive members, past and present, on or off the pitch, in the area of Personal Development.

Poynton and Hildreth were winners in the Current Players Personal Development category, Norwell and Yardy won Newcomers Personal Development Scholarships and Davis, the former Sussex off-spinner who is now club coach at the county, and Holmes were winners in the Past Players Personal Development category.

All six received a scholarship of £1,000 towards Personal Development course funding, resources of their choice or to reimburse costs already incurred.

Poynton's busy year of Personal Development activity began after he was ruled out of the entire 2014 season by leg injuries which he sustained in a car accident in which his father, Keith, tragically died.

He spent most of last year working in Derbyshire's commercial department where he managed the Cricket Derbyshire India Club, project managed the club golf day and helped to deliver the Cricket Derbyshire Foundation Healthy Hearts Campaign.

"2014 will be a defining year for me. That's the way I have got to see it. I could sit here and cry and wallow in missing my father," Poynton says. "But time keeps moving on. As soon as it happened I looked at how I could use it as motivation and a drive."

"I know that my Dad would be proud of me but equally it's doing it for myself and wanting to honour his memory and legacy."

"That's what my drive is with it. I looked at a few quotes and I saw one that

is very poignant: Out of your greatest fear comes your greatest growth."

Norwell trained as a barista at the Extract Coffee Company in Bristol and has ambitions to run his own coffee shop in the future. He is now studying on a business course at the online Smarta Business School.

"As soon as [my father died] I looked at how I could use it as motivation and a drive"

TOM POYNTON

"Winning a PCA Scholarship means a lot. It's not something I have done since school. I was quite far outside my comfort zone so to get myself to do it and being one of the winners it feels really rewarding," Norwell says.

Hildreth completed an MSc in Sports Psychology at Cardiff Metropolitan University last year and is due to start a postgraduate diploma conversion course in psychology at Winchester University later this year. He is also completing his ECB Level Three coaching qualification.

"If I can start something earlier on then it will smooth that transition so that I can go into another job relatively smoothly rather than just get to the end of my cricket career and think: what do I do now?" Hildreth said.

Yardy is also hoping to become a sports psychologist when he finishes playing and is in the first year of a degree in the subject at Chichester University. He has also done charity work with Mind and Time to Change to help raise awareness of mental health.

"The university are very understanding of my commitments

1 **TOM POYNTON**

2 **LIAM NORWELL**

3 **MARK DAVIS**

4 **MAURICE HOLMES**

5 **JAMES HILDRETH**

6 **MIKE YARDY**

away from university and Sussex have been understanding the other way as well," Yardy says. "It's working OK at the moment I find sometimes it's nicer to be busier. Everything is planned out for you."

Davis has just completed a two year Executive MBA in Sports Management postgraduate degree at Loughborough University which he passed with a distinction.

"It's given me so much confidence. I am very confident now in my ability. When you don't have anything behind you, you possibly think: can I do something else after cricket and if I stopped my coaching career can I do something else?" Davis said.

Holmes, who was released by Warwickshire at the end of the 2011 season, spent two years studying at the University of Law in Birmingham from which he graduated with a first class degree.

"Winning a PCA Scholarship means a lot... I was quite far outside my comfort zone so to get myself to do it and being one of the winners it feels really rewarding"

LIAM NORWELL

He is now training to be a barrister at a top chambers in London having been offered one of only 400 pupillages that were on offer across England and Wales and intends to put his PCA Scholarship money towards the cost of purchasing his barrister's gown and wig.

"They are symbolic items that one will treasure throughout a career and I thought it would be nice to have purchased them with the money from the PCA Scholarship," Holmes said.



NATURAL TIMING

COMPILED BY CHARLIE MULRAINE

When is the right time for players to start personal development?

'Start your personal development plan as soon as you can', has been the usual message from the PCA and one which makes a lot of sense. The earlier you start, the more knowledge, understanding and experience you will gain; all important for making a smooth career transition from cricket.

Sensible as this may be, the more we speak with players about their own experiences the more we learn there is something else that is arguably the key factor for determining engagement in personal development and that is 'timing'.

Timing and cricket go hand in hand. It makes complicated actions seem effortless and therefore we shouldn't be too surprised that timing is so instrumental in influencing when you decide to invest in personal development. Players talk about wanting to focus on their cricket in the early years and wanting to use the winters to work on their game or play overseas. More established players talk about injuries kick-starting their focus on development or a need to have a distraction away from the pressures of the game. There are many reasons given but what they all share is when the timing is right players are more motivated to see it through.

The PDM team decided to talk to a few players around the counties and find out when the timing was right for them:



**LUKE PROCTER,
LANCASHIRE**

I have always thought about doing something in the winter and then found reasons not to commit, usually blaming not having enough time. Since I found another interest I somehow found the time without jeopardising my club commitments. I suppose my attitude has changed a little and I like the idea of building something up away from my cricket. Finding something that excited me and I could see grow has helped my motivation and also helped me to find the time!



**NED ECKERSLEY,
LEICESTERSHIRE**

I feel it is personal to you when you decide to explore options away from cricket. You have to want to do it. I'd been playing for a few years and wanted to concentrate solely on my cricket during that time. Before, I hadn't really wanted to do it but this winter I felt it was time to act on some of my interests outside of the game. It also helped with the winter programme at Leicester that provided time for personal development. The PCA helped me source work experience with The Cricketer magazine and supported my decision to start an Open University Degree course. The PCA provide the support and the contacts and the player needs to decide on the 'when', 'what' and then act on it.



**MARK WALLACE,
GLAMORGAN**

I think everybody gets a jolt into reality at some point. For some it comes very early and for others it doesn't come until the final writing is on the wall and your playing days are over. For me it was seeing two of my close pals get released. Seeing how cold and final the realities of professional sport could be gave me my nudge in the right direction and I immediately started to get some plans in place for the future. I'm a big believer that Personal Development can have a ripple effect through a dressing room. Once a couple get the jolt to engage it can spread like wildfire through a squad and all of a sudden you can go from small to large level engagement in no time. It's all about finding a way to nudge the first Domino.



**RICHARD JONES,
WARWICKSHIRE**

The right time for me to undertake my personal development was when I finally realised what I want to be doing when my cricket career comes to an end. For me, this realisation, followed by the commitment to achieve, has been the driving force behind my personal development.



**TONY PALLADINO,
DERBYSHIRE**

I think the timing comes with experience. In the early days, I wasn't thinking about anything other than my cricket. It was when I started to realise that cricket wouldn't last forever and playing till aged 35 was a good career that I felt it was the right time to start thinking seriously about life after cricket. For me, I wished I'd realised this a little earlier as it would have helped give my cricket more focus. When I was younger I was a bit carefree, which is no bad thing, but the realisation that cricket doesn't last forever has made me a better professional. The visibility of the PDMs at the grounds helps keep personal development in your mind. You then have to buy into it and help yourself.

As Personal Development Managers we'll continue to encourage you to start planning sooner rather than later but we do appreciate that 'now' is not always the right time for you. What the guys above demonstrate is the importance of acting swiftly and decisively when it is.

NEW HORIZONS

The off-season should be about making the most of opportunities outside of the game. Here's what some PCA members got up to over the winter months before preparing to return to what they do best.

COMPILED BY IAN THOMAS

ALEX BARROW SOMERSET CCC

This winter as part of my PDP I fulfilled two rewarding goals. Firstly I achieved my Level two coaching qualifications which is helping my coaching experience and knowledge grow. The second achievement was gaining valuable experience working with Rob Chambers at Kit manufacturer Millichamp and Hall in Taunton. Kit and design is something that has always interested me. Having M&H on the ground site and as my kit sponsor it was perfect for me to go in and get some experience working for them. Working on the bats themselves, selling products and pitching to sell the products to various distributors. I was very grateful for the opportunity and had a great time and learnt a lot of things along the way. Building a relationship with sponsors is very important, but seeing how the business is run and what goes on behind the closed door is fascinating. It is a cricket company but taking my mind off playing cricket was really nice and something I needed at the end of the season. Engaging in a PDP has fuelled my thoughts and motivation even further.



LUKE PROCTER LANCASHIRE CCC

A nine to five office job was not an option for me. I have spent my winters looking to be practical and creative. Having already gained work experience in the trade industry, this winter I swapped the trade tools for barber scissors. I had an interest for becoming a barber and potentially running my own business so I went and sourced a tutor in Alan Beak at Ruger Barber Saddleworth to get qualified. I've completed the first term of my NVQ and I love it. There is a fantastic opportunity and chance to gain a valuable qualification in something I enjoy. I have surprised myself and also seen how well a good barber shop is run. It is something I can keep practicing and developing over next winter and I am looking forward to starting on a few of the lads!

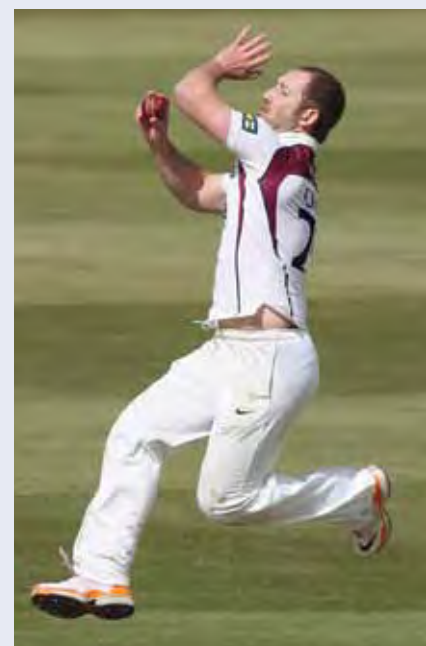
STEVE CROOK NORTHANTS CCC

I have spent the last 12 months developing and growing my web and application business, Mau Media. We have now expanded to have clients internationally; including major sporting organisations and some of the biggest names in car manufacturing.

I have really enjoyed the challenge of getting out and meeting people. Presenting business concepts and helping people realise their vision seems a world away from the cricket pitch but the similarities are uncanny.

I celebrate landing a deal in the same way I celebrate taking a wicket or winning a game and I know the better prepared I am and the harder I work, the more chance I have of succeeding.

I've been lucky enough to meet some incredible people recently through Mau Media and as well as trying to move the business forward, I want to learn everything I can from them to expand my knowledge. I try to use each and every meeting to develop my skills, looking at them or their business to see how I can improve what I am doing just as I do with my cricket peers.





WILL OWEN
GLAMORGAN CCC

This past winter I completed an intensive six week level three personal training course through the 'Training Room' which is based at the David Lloyd gym in Cardiff. Through this course I became fully qualified to train clients in a gym environment and I also became certified to take spinning, circuit and boxercise classes. I decided to do this course first and foremost as I am very interested in fitness, training and the different aspects it entails. I found it interesting being out of my day to day life as a cricketer and it gave me an insight into how competitive the fitness industry is. At 26, having had a number of injuries over the last few seasons, I feel I could have been more proactive in gaining additional qualifications and experiences during winter months. However being told it's never too late, it really isn't. I now feel more confident in the fact that if my cricket career was to end tomorrow I would have the option of an instant career route, whether that would be short or long term. I definitely see myself getting out there in the winter months and gaining additional qualifications, putting my spare time after training to a productive use.

DAVID MURPHY
NORTHANTS CCC

In the middle of the 2014 season, when it looked as though there may be not be opportunities to travel and play abroad this winter, I decided that my time would be well spent trying to develop work opportunities outside of cricket. This thought led me to establishing some work shadowing days with a wide range of companies. I started off with two days shadowing Rob McCreath, a partner at London based Archon Solicitors. My second placement took me down to Bristol for a couple of days with former Gloucestershire CCC wicketkeeper, Andy Brassington, and his corporate hospitality company Finders Keepers. In December Gavin Hamilton, the business development manager for the PCA, agreed to have me shadow him for some time leading up to the Christmas Long Room Dinner. My final placement was with my playing sponsor, the local property development company Georgian House, run by Stephen Chalcraft. I feel these experiences



have led me to believe that as professional cricketers we do have a lot to offer outside of the game. I came out of this feeling more hopeful of my prospects of gaining future employment than when I started.



BEN BROWN
SUSSEX CCC

During the winter I wanted to try and build my CV. I have an interest in media as a whole and managed to gain some work experience at SkySports' cricket department for a few days as well as a longer-term internship at the Financial Times. Both have been extremely worthwhile, especially being able to do a paid internship at one of the most successful newspapers in the world. It has been as challenging as it has been rewarding and I

am very grateful for the opportunity the PCA helped me acquire. Further down the line I am hoping that I can use the opportunity to gain written media opportunities alongside my cricket as well as ascertaining a potential career path when my playing days are finished. I'd like to continue to pursue my interests in media and I am hoping that having published articles from the Financial Times as well as behind the scenes experience at SkySports will help me gain more opportunities in the coming years, whilst building a stronger more rounded CV to go alongside my cricket.

CONSIDERING HANGING UP YOUR BOOTS?

Making the decision to move away from the game is a daunting prospect, and how do you know when the time is right? Some recent retirees reveal how they came to the right decision.

ANDY MILLER – WARWICKSHIRE AND SUSSEX

I was released by Sussex at the end of 2013 and went on trial to Glamorgan at the start of the 2014 season. I took five wickets against Worcestershire in a friendly at Kidderminster and was offered a one year contract.

It wasn't about money. I wanted a two year contract just to have that bit of security because I had only had a one year contract at Sussex. It would have been a case of going to Glamorgan for another year, worrying about performances, worrying about getting games or getting injured. Also my girlfriend had a good job in Sussex.

I have been studying an online Chartered Institute of Marketing course and Newbery, the batmakers and kit manufacturers, knew that I was interested in getting into marketing. They said they were opening up a position as sales marketing manager which was an opportunity I didn't expect to get at the age of 27. Normally it would take ten years for you to get a job like that on your CV but out of nowhere I had got this opportunity.

I had to decide whether to take it or continue with my cricket and it was the hardest decision I have ever had to make, giving up the game I love when I knew I had so much more to offer. But when I looked at it, what would three more years playing cricket have got me other than some nice stats which mean nothing at the end of the day?

I thought: do I roll the dice and risk playing a couple of extra years of cricket? Another job opportunity might have cropped up, but I couldn't take that risk.



CHRIS JONES - SOMERSET

I made my decision to retire midway through last season because I wasn't enjoying playing. Everything else that went with the game I enjoyed; the lifestyle, the players, I was still interested in the game, it was just the playing itself that I wasn't enjoying and so I decided it was time to move on and do something different.

It was a very difficult decision to make. The lifestyle was brilliant and I had some amazing experiences both on and off the field. There was also the thought that maybe my lack of enjoyment was temporary and that I'd get through it, but once I realised this wasn't the case I felt leaving the game was the right option.

I am currently travelling overseas as I don't start full time work until September when I start as an associate consultant in London with a strategy advisory firm called The Parthenon Group.

I haven't had any regrets about my decision yet, although it is early stages. But I don't think I'll ever be able to recreate either the lifestyle of a professional cricketer, travelling in the winter and playing golf in the summer, or the dressing room banter.



GARETH REES – GLAMORGAN

I'm studying for an MBA at Bath and as part of a module I did in February 2014 David Stevens, the Chief Operating Officer of Admiral Group, came in to talk about the car insurance company. Their headquarters are in Cardiff, which is where I live, so at the end of the talk I went to chat to David to see whether there might be any opportunities at Admiral in the future.

In the middle of the season they got back to me and I went in for a couple of chats with David and another director Stuart Morgan, who is a keen Glamorgan fan. Those chats resulted in me being offered a post as an international pricing manager with the company.

That offer came up around the same time that Glamorgan said that they would be offering me a new one year contract. So I had to decide whether to carry on playing cricket or take the opportunity with Admiral.

I had to evaluate how much I was enjoying my cricket at the time, family life, and whether the opportunity to join a FTSE 100 company, which has its headquarters in Cardiff, might be there in a year's time or five years time.

It was one of those where you list the pros and cons of one or the other. The pros lined up for me taking this exciting opportunity with Admiral.



WHEN TO RETIRE?

THE WHOLE HOGG

This former Lancashire seamer is proof that a positive attitude can help past players to prosper in a career outside of cricket, as Paul Bolton found out.



MUSIC TO HIS EARS: FORMER BOWLER KYLE HOGG HAS STARTED A NEW CAREER IN THE ENTERTAINMENT INDUSTRY

Kyle Hogg's life appeared to come crashing down inside a week last September when his mother Sharon passed away after a brave battle against cancer, and his own playing career was cut short at the age of 31 by a serious back injury.

Hogg could have been forgiven for feeling sorry for himself but he is now forging a career in the music industry as artist liaison for SJM Concerts as well as retaining his links with Lancashire as a part-time bowling coach under their new director of cricket Ashley Giles. "To me all this is about getting people to realise that your cricket career is so short but you don't realise that when you are playing," says Hogg.

"I remember being in the Lancashire dressing room aged 17 when Mike Atherton was 32 and Neil Fairbrother was 34 and thinking: how old are they? They are ancient.

"Then I was 31 and it seemed like only five minutes but 14 years had gone by. The time passes so quickly but until someone tells you your career is over, you don't appreciate how quickly it goes. If you are not prepared for it, you can end up in a lot of trouble.

"The financial side of going from a good wage playing cricket to starting off at the bottom of the ladder in a normal job is a big shock.

"But you have got to be positive. You have two options; you can either feel sorry for yourself and think 'oh god, everyone is going on pre-season

tour in a month and are playing cricket', or you can think 'I have had a good time and achieved a few things and this is the next stage of my life'.

"I think all the stuff that happened with my mum over two years made me think 'what is the point in ever feeling sorry for yourself?' You see what people go through and it puts life into perspective I suppose."

Hogg had prepared himself for life after cricket by spending three winters working voluntarily for SJM familiarising himself with the music business having been introduced to the company's managing director Simon Moran by his friend Graham Lambert of the Inspiral Carpets.

Having worked with bands such as the Stereophonics, Madness and Muse, Hogg now travels the country working with emerging bands in a job that is varied and enjoyable.

"There are so many people I have played with over the years where everything is going great, they are earning good money and then someone says that's it, you are finished or you are released. Because they

haven't done anything else they can't adapt to a normal job.

"I'm the middleman between the venue, the band, the tour manager and the lighting and sound, the people who do the rigging and put the speakers in," he says.

"AS SJM we pay the band to play.

You are the glue between everybody. At the end of the night when the show is done you have

to do the figures with the tour manager to make sure they add up.

"You start at 11 in the morning and by the time you leave a venue it's normally midnight. Sometimes you might have to travel from Newcastle for an 11 o'clock start in London the next morning.

"They are long days, there's a lot of travelling but it's not like having two days in the field and your body is ready to shut down. You feel tired but it's great. I'm a big music fan anyway and to get this job is the next best thing for me to playing cricket."

"YOU DON'T APPRECIATE HOW QUICKLY IT GOES. IF YOU ARE NOT PREPARED FOR IT, YOU CAN END UP IN A LOT OF TROUBLE"

WITH GREAT POWER COMES GREAT RESPONSIBILITY

It's not just A-list celebrities that get caught out on social media. Scammers intentionally target sportspeople at well-known clubs who have a social responsibility, as Matt Himsworth of Himsworths Legal explains. The message is don't leave yourself open to potential career-damaging scams!

If something looks too good to be true then, quite often, it's not true. Last month we acted for two very young sportsmen who learned that lesson the hard way. Both young men were approached online via Instagram by two attractive looking women who were based in Lebanon and Ghana. Both women asked the young players to have a conversation on Skype. Both women removed their clothes during the conversation and both women invited the young players to remove their own clothes during the conversation.

Once the conversations were over both young players received direct messages stating that the whole conversations had been recorded and that the videos would be published online unless between \$4,000 and \$10,000 was transferred via Western Union. It was a classic, and horrid, sting blackmail.

Both young players were targeted because they were sportsmen representing well known clubs. The blackmailers threatened to post the videos on fan sites and forums and to expose them in the most cruel way imaginable. Because the gangs had found the players on social media, that meant they had access to

their list of 'friends' and they threatened to send a link to the video to all of those friends. One video was uploaded to YouTube. We had it removed, and the user banned, within an hour but it was all hugely unpleasant stuff.

The scams are, sadly, common. Criminal gangs operating out of regions such as Russia, the Far East, West Africa and the Middle East, target individuals who they believe are susceptible to blackmail.

During idle moments on tour, or quiet times in the off-season, be very careful online. Do not give out any personal information. Do not share intimate details, thoughts or photos/chats with anyone you don't know and, if you are concerned at any time about people who have approached you online, talk to those you trust - your family, your club, your PDM and, of course, our firm will happily help you out on an urgent basis with the full support of the PCA.

Matt Himsworth,
Managing Director
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T: 01727 800237
www.himsworthslegal.com



LOCK YOUR DIGITAL DOOR:

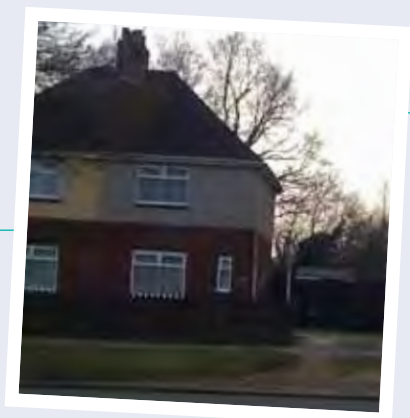
1
Use symbols and
numbers in your
password

2
Keep access to
your email

3
Do not click on links
you don't trust

4
Set up two step
verification using
your mobile

CAREER FOCUS



LOCATION LOCATION LOCATION



CHARLIE MULRAINE INVESTIGATES THE SECRETS TO BECOMING A SUCCESSFUL PROPERTY DEVELOPER

With so many property development programmes on the TV it can be easy to believe that making money out of property is a straightforward process, especially if you've got some cash to invest. All you need to do is buy a house in a decent area, add value to it as cheaply as possible and then sell it for more than you paid for it. Simple! If it were that simple, everyone would be doing it.

Here are some key steps to follow and if these are done well the chances of success are definitely increased. Rob Geraghty, owner of presentations training company The Wow Factor, has just begun building his property portfolio and in this interview he reveals his blueprint for success.

WHAT WAS YOUR MOTIVATION FOR GETTING INVOLVED IN PROPERTY?

It was after reading the book Rich Dad Poor Dad by Robert Kiyosaki. It introduced me to the concept of passive income and shaped our dream to reach a position where property income exceeded our living expenses.

DID YOU HAVE ANY PREVIOUS PROPERTY KNOWLEDGE OR EXPERIENCE?

No. Neither Sarah nor I had any previous property knowledge, just some vague information from the book.

HOW DID YOU MOVE FORWARD THEN?

We were lucky to find a property mentor who'd done it before and was prepared to share his experience with us. Steve was our next door neighbour but one! You can spend thousands of pounds on property education and courses but sometimes it's easier and cheaper just to ask someone.

WHAT WERE YOUR NEXT STEPS?

Steve's experience was in a very specific market, accommodation for postgraduate students from Warwick University. Sarah and I then decided to get out there and start practising viewing properties in a one mile radius from the Uni. We started to build our knowledge of 'what's good' and 'what's not so good' to get a feel for the market. We did this for almost 18 months before we bought our first property, but it gave us the confidence to know that it was a bargain.

HOW SUCCESSFUL WAS IT?

Well, the real proof is in the pudding. Three years later, we had six rooms to rent in the house and over 200 enquiries for them! We'll have eight more rooms in September when our next project is completed but I still feel anxious about whether we'll be able to rent them.

BEFORE, DURING AND AFTER - ROB AND SARAH'S FIRST VENTURE INTO PROPERTY DEVELOPMENT

10 TOP TIPS FOR BUYING AND DEVELOPING PROPERTY:

1 AS PHIL AND KIRSTY SAY "LOCATION, LOCATION, LOCATION"

If your aim is to buy-to-let to students then finding locations close to universities is obviously vital. If you're looking for a longer term investment, finding a location on the fringes of a good area with the potential to be 'on the up' is a real find. Good access to public transport, schools and green spaces is an important consideration when selling the property.

2 RESEARCH, RESEARCH AND MORE RESEARCH

As Rob has illustrated, this will make the difference between success and failure. When projects go badly wrong, you could end up in a debt disaster, therefore meticulous planning and research is essential if you want to come out with any profit. As a bare minimum you ought to be finding the answers to: how much do other properties sell for in that area? How much will the legal and search costs be? Are there any restrictive covenants? What will be the total cost of any refurbishment? Who is your target market? What is the realistic selling price?

3 YOU MAKE YOUR MONEY BY BUYING LOW NOT BY ADDING VALUE

Every extra pound you pay for the property is money out of your profit margin. Adding value to a property is certainly important but buying the house for the right price is even more so.

4 AUCTIONS

Buying houses at auction can be a good way to secure a bargain. Set yourself a limit and do not go above this – auctions can be an adrenaline rush so keep a check on your emotions! Sit tight, see what bids are being made and only put your first bid in at the 'going twice' stage. Even if the reserve isn't reached you can be cheeky and approach the seller afterwards to see whether a private deal can be negotiated.

5 MOTIVATED SELLERS

If a seller is highly motivated to sell, you're more likely to negotiate a good price. Find out from the estate agents why they are looking to sell. A good tip is to check the tiny ads in newspapers and on the internet as motivated sellers often try to sell the property themselves.

6 KNOW YOUR IDEAL BUYER

Be crystal clear who you are aiming to sell to once you have refurbished your property. If your strategy is to rent or sell to students, there is little point in spending a fortune on the best quality fittings but a professional couple will certainly expect this. Refurbish in the taste of your ideal buyer, not yours.

7 KEEP LOOKING

As Rob said, get out there and start looking. Every viewing you do is increasing your knowledge and understanding of the market.

8 HAVE A CLEAR STRATEGY

Property development is a risky business so have a clear strategy about how you're going to make money.

9 BUY WHEN YOU'RE READY AND THE PRICE IS RIGHT

There's no rush. If you've done your research you'll know what the right price is for a property. Be confident that if the market dips you can avoid a money pit.

10 HAVE TRUSTED BUILDERS AND EXPERTS

Feeling confident in the advice of your builder, architect/surveyor and conveyancer can ensure disasters are avoided. Also, be sure about what their costs are going to be.

IT PAYS TO LISTEN TO GRAHAM NAPIER WHEN IT COMES TO ADVICE ON PROPERTY DEVELOPMENT JUST AS THE ESSEX ALL-ROUNDER DID WHEN HE FIRST CAME INTO THE CHELMSFORD DRESSING ROOM 18 YEARS AGO.

Essex's senior players advised Napier that he should look after his first county wages, put some money aside and invest in bricks and mortar.

Napier heeded that advice and, 18 years on, he is now advising his younger team-mates that property remains a sound investment and a second pension fund for county cricketers.

"When I started playing the senior players at Essex said: don't spend all your money put some of it aside and look to buy a property as soon as you can," Napier says.

"I was lucky that the housing market was in a good position. It put me in a position where I could get a first house and a foot on the ladder. That's so important because once you are on it, you shouldn't really come off.

"I believe that bricks and mortar is a long-tested method of investment. You might have to be more disciplined in saving because finding a deposit is the key.

"It puts you in a good position later on after your cricket career is over. If you are able to get buy-to-let and investment properties they effectively act as your second pension fund alongside the ECB pension."

Napier admits that as his DIY skills are limited he buys properties which will require little maintenance - but practical courses are available to help players through the PCA.

"If you spend the winter months at home it gives you an opportunity to do the maintenance. There are courses that the PCA run which can help you cut costs which all add up," Napier says.

"The crucial part is about saving the money and not spending it frivolously on things you don't need. Yes, enjoy life but when opportunities come along you can take them.

"If you are looking long term, property is definitely a good way to go. It's not for everybody, but if you look at a graph of property prices over a long, long period they are always going to go up."

WHAT WAS THE NEGOTIATION LIKE FOR THE FIRST PROPERTY?

People generally want more than a house is worth. The house we bought was on for 125k and we offered 110k. We gave a very logical argument to the vendor why 110k was the right price. This was turned down but because we knew it was a fair price we walked away. Two months later, they came back and accepted our original offer. It was near derelict and we've invested 120k to turn a two-bed property into a six-bed student house.

IT SOUNDS LIKE YOU HAVE A VERY SPECIFIC STRATEGY?

Our game is monthly income by getting rooms rented out. Our developments are in the niche area of 'houses of multiple occupancy' or HMOs.

WHAT EXPERTISE DID YOU NEED?

We needed an architect, someone who knew about HMO regulations, advice on planning permission and a trusted builder.

HOW LONG DOES THE PROCESS LAST?

It has taken a year to do up and extend one of the properties but it needs to be done right.

By creating more bedrooms we've got the potential for a lot of income. This is a specific strategy for HMOs. We've decided to create high end rooms with ensembles because we've found the students look after them better.

IS THERE ANYTHING YOU WOULD HAVE DONE DIFFERENTLY?

We would have done it earlier and sooner! We've had to beg, steal and borrow to secure the finance but from September this year we will have reached our passive income goal.

WHAT ONE THING HAS BEEN KEY TO YOUR SUCCESS?

Finding a trusted builder who was willing to share his expertise in the first place. Steve developed our market insight and passed on his knowledge which was gold dust. He's helped us get out of the rat race and in the process we've helped him do the same.

ANY ADVICE TO PLAYERS THINKING OF DOING THE SAME?

Get out there and talk to people who are doing it. Everything starts with having a chat and that's how we found our builder Steve.

IS NOW A GOOD TIME TO BUY A HOUSE?



Press coverage at the moment is rife with talk not only of an exciting summer of cricket ahead, but low interest rates, which means that mortgages are at historically low rates too. This has led some newspaper commentators to suggest that the next six months could be 'the best time in history' to buy a house. Oliver Chew gives his expert view.

Mortgage rates have almost halved over the last 12 months, and in practice, according to the Bank of England, this means a typical £200,000 mortgage is £100 per month less expensive than it was at the beginning of 2014. Furthermore, mortgage lenders are in the midst of a price war, so it is possible rates will go even lower over the next few months.

We therefore thought it would be useful to provide our tips on the house-buying process, in case low mortgage rates spur you on to make that first purchase, or potentially trade up to a bigger place.

1 It's a good idea to get your mortgage in place whilst you're researching places to buy. When you do find the dream home, you will be in a much stronger position if you've got your finances sorted as far as possible in advance.

2 You will need a 25% deposit to secure the best rates. Of course this won't always be possible, and

you can secure a mortgage with just a 10% deposit, but be aware the rates won't be as competitive.

3 Find a mortgage broker. They will research the best deals and take lots of the hassle out of arranging your mortgage. They will charge a fee, but if you don't have the time to do it yourself (and spend a lot of time on it), it'll be worth the money. A good starting point for finding a broker is visiting www.findanadviser.org

4 Get your credit rating sorted. Lenders have tightened up their processes on issuing mortgages, so anything you can do to get your credit history looking as strong as possible before approaching them would be advisable. Make sure you are on the electoral roll, at least make the minimum monthly payments to all credit cards and loans, and do not make multiple applications for credit (i.e. new credit cards, mobile phone contracts, hire purchase agreements)

in the weeks and months leading up to making a mortgage application.

5 Consider talking to a solicitor early on too. The quicker you can go in to action when an offer is accepted the better, as you will prove to the seller that you are serious. Anything you can do to avoid getting gazumped (where a higher offer is made and accepted after yours) is definitely worth it. Ask friends, family or your mortgage broker for recommendations of decent, cost-effective legal firms. Think carefully before using an online-only firm because it might be difficult to find a real person to talk to if it all gets messy!

6 Make sure you get a proper survey done. Unless the property you are buying was built very recently (and sometimes even then), it is worth getting at least a Homebuyer's Report completed. The report will highlight any structural issues with the property, and detail any work that needs doing. Check your surveyor is RICS qualified, and if when you get the report there are significant problems, use this as a tool to renegotiate the purchase price, or ask for a payment from the sellers towards the costs of the work. Negotiation on this is usually done via the estate agent

7 Stay on top of it throughout the buying process. You and (usually) the person selling the property are the people with most interest in the purchase

completing quickly, so you will need to chase your solicitors/surveyor/estate agents/mortgage broker at least every week if you want to get things done quickly. Never assume work is being done unless you're asking about it!

8 Once you get to exchange you should be home and dry. After this, both you and the sellers have a legal obligation to purchase/sell the property respectively. You will also, as the buyer, need to have house insurance in place as at the date of exchange. Then just agree a completion date and look forward to furniture shopping and moving in!

Clearly, whilst this article focuses on currently low mortgage rates, they will go up in future and you need to be satisfied (and your lender will test this) that you can afford mortgage repayments when rates rise in the future. Very importantly, if you do not keep up repayments on your mortgage, your home could even be repossessed.

Assuming you are satisfied that you can absorb future interest rate rises, buying a property now – whilst mortgage rates are at all-time lows, and the season has yet to get going – could be a sensible financial planning decision for the long term if you have your deposit and want to make the move...

FF&P
FLEMING FAMILY AND PARTNERS

NEW RECRUIT

Welcome to David Townsend, who has joined as the PCA's new Personal Development Manager to work with Essex, Kent and Middlesex.



Townsend, 49, joined the PCA from Cricket New South Wales where he had worked as Communications Manager since 2008. He also worked as Media Manager of the Sydney Thunder franchise in the Big Bash League.

Townsend has replaced former manager Simon Ecclestone, who has left to set up his own business, in the PCA's six-strong team of PDMs who cover the 18 first class counties plus the MCC Young Cricketers.

Townsend played Minor Counties cricket for Devon, his native county, as a middle order batsman and appeared against Derbyshire in the NatWest Trophy at Exmouth in 1993. His younger brother Gareth played county cricket for Somerset and Surrey.

Having graduated from Loughborough University with a degree in Sports Science and Social Science in 1987, Townsend studied for a Post Graduate Certificate in Education.

He taught at Worksop College and in

Sydney before joining Cricket New South Wales as a development officer.

He spent four years working as Education and Development manager for Cricket NSW before he was appointed Communications Manager.

"I am excited about working with the PCA and being able to use the experience I have gained from my time with New South Wales to assist in the development of the cricketers at the three South East counties," Townsend says.

"This area is an important one in terms of making sure that all players get the best possible support, both during their career and afterwards, and I hope to be able to build on the great work that has already been done."

Ian Thomas, the PCA's National Personal Development Manager, said: "As the PCA sees continued growth in support and engagement for the Personal Development and Welfare Programme across the counties, I'm sure David will make a significant difference to the players within his clubs."

COACHES' CORNER



MAKING THE TRANSITION FROM PLAYER TO MANAGEMENT IS NOT ALWAYS PLAIN SAILING, BUT MARK DAVIS HAS SHOWN HARD WORK AND CLEAR VISION CAN LEAD TO A SECOND CAREER WITHIN THE GAME...

COACH DRIVES FORWARD

THERE CAN BE FEWER BETTER ADVOCATES OF THE BENEFITS OF PERSONAL DEVELOPMENT FOR PLAYERS AMONG COUNTY COACHES THAN SUSSEX'S MARK DAVIS.

The former off-spinner, who is now Sussex's club coach, has just been awarded a PCA Personal Development Scholarship as reward for his efforts in gaining a distinction for his executive MBA in Sports Management at Loughborough University.

Davis spent two years combining his studies with his coaching commitments and family life and believes that players should also find time for personal development, particularly in the quieter winter months.

"When you are a young player it seems as though you are bullet proof and you are going to keep doing this [cricket] for the rest of time," Davis says.

"The older you get and you have a family and you are paying a mortgage and the pressure is on financially, that's when you start thinking: what am I going to do after my cricket career?"

"When players get to 26 or 28 they have other responsibilities and other things in their life. They probably think that international cricket is out of their reach, so that's normally the time when people decide to look at personal development.

"But I don't see why people can't

do that a bit earlier and take a bit of pressure off their careers. That's the biggest thing as a player, you have so much time at your disposal, six months in the off-season effectively if you are not abroad. You can make sure that you use that time properly.

"I would definitely encourage players to do that in the winter. There's not much time in the summer because the schedule is pretty full-on and you hardly get a day off.

"But in the winter you have more time. If you come in and you have a limited time to do your cricket skills during the week you are probably going to be a little bit more focused and a bit more engaged in what you are doing.

"You probably get more out of the sessions as opposed to having so much time and knowing you have another day to train rather than knowing that you don't and that you are going off to work in the city or have some other work experience to do.

"There is time for both and I think that if county coaches could schedule personal development into their winter programmes it would be a really good idea.

Personal development already seems high on the agenda at Sussex as the county's batsman Mike Yardy was also a PCA Personal Development Scholarship winner for a programme that includes studying for a degree in Sports Psychology at Chichester University.

Yardy says that starting the course has helped to keep him fresh for cricket and Davis shares the belief that having other interests can help cricketers.

"If you are playing and you don't take opportunities to develop yourself



MARK DAVIS' SUSSEX COMPATRIOT MICHAEL YARDY HAS ALSO PUT PERSONAL DEVELOPMENT HIGH ON HIS AGENDA - AND BELIEVES THIS HAS HELPED HIM 'STAY FRESH FOR CRICKET'

you are doing yourself a disservice," Davis says.

"I've been involved in Sussex for a while and we have a few people involved in personal development. For me they have grown a lot as people and they are enjoying their cricket more knowing they have got something to fall back on. It takes the pressure off them.

"I think there are a lot of similarities between coaching and playing. You are permanently being scrutinised by results. When you are a player you are a year away from losing a contract, if you have a couple of poor years you get sacked in effect.

"As a coach as well you are not that far from being sacked. The one thing you know when you go into coaching is that you probably will be sacked.

"It's a very strange career in many ways so to have something to fall back on and something which you feel you can hang your hat on and go into when you have a mortgage to pay, kids to raise and school fees to pay it puts your mind at ease and actually makes you enjoy life a bit more."

The PCA have enlisted the help of Philip Mawer, a former addicted gambler, to educate players about the dangers of compulsive gambling.

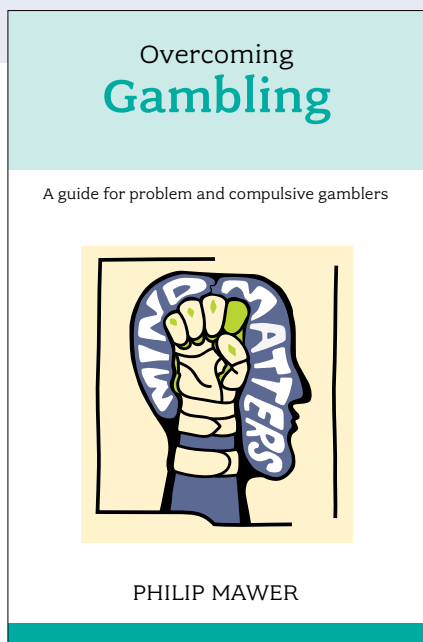
Every PCA member has received a copy of Mawer's best-selling book 'Overcoming Gambling' and Mawer has also appeared in a video produced by the PCA to help players past and present spot the danger signs of gambling addiction.

The video, which was shown to current players during the PCA's series of pre-season visits to the 18 first-class counties, tells how Mawer lost his wife - who drank herself to death - after he began gambling on an internet casino.

Recent research by the Professional Players Federation, the national association for professional player associations in the United Kingdom, shows that cricketers and footballers are three times more likely to have a gambling problem than other sportsmen.

In a special foreword to his book Mawer writes: "As professional cricketers or retired professional cricketers you will naturally be over competitive by nature and unlikely to accept defeat easily. You fought for your position in the team and then fought for your team to win every match. Coupled with this over competitiveness, is a relatively well paid occupation that can allow a greater degree of 'free time' than regular '9-5, Monday to Friday' careers. For me this all adds up to a ticking bomb which potentially can lead you into gambling and from there a gambling addiction.

"Not for no reason is a gambling addiction known as 'the hidden addiction' and that is a founding principle why I call



my approach 'Gamblers aloud'. That name encapsulates getting your addiction out in the open and speaking about it (aloud) and accepting it as an illness and that nearly everyone in life has some sort of baggage, yours happened to be gambling (allowed)."

Mawer's book is the latest stage in the PCA's programme aimed at helping players, past and present, with addictive behaviour issues.

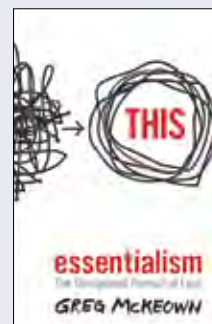
Craig Spearman, the former Gloucestershire and New Zealand batsman, also appeared in a PCA video in 2013 in which he revealed that the difficulties that his gambling problem had caused. "At times the pain and self-loathing has pushed me to the brink. I've tried many types of therapy, some of which were good and some not so good."

Jason Ratcliffe, the PCA assistant chief executive and creator of the Association's Mind Matters series of tutorials to help educate and raise awareness for a host of social issues, said: "This is an important next step in educating our members and the general public of the risks associated with problematic gambling.

"The stark reality from the research shows that one in six of our current players could either have a moderate gambling problem or be an addict already.

"Greater access and time are key factors which can influence our group of young men and whilst we have a wide network of people on hand to help with difficulties, it's great that Phil has offered direct access to share experiences and provide support."

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.

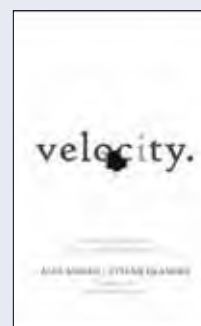


Essentialism

by Greg McKeown

★★★★★

Life is fast and full of opportunity. Essentialism is a guide to eliminating the nonessential in order to do something truly great. Greg McKeown is the CEO of THIS Inc., a leadership and strategy design agency headquartered in Silicon Valley and was recently named a Young Global Leader by the World Economic Forum. This book comes from his research in the field of leadership, strategy and why people and teams thrive and why they don't.



Velocity

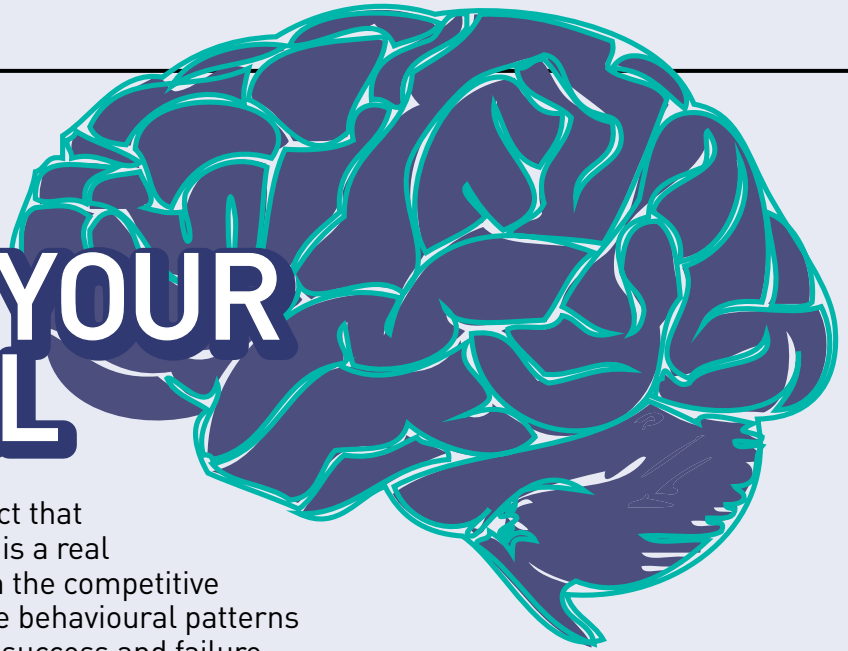
by Ajaz Ahmed & Stefan Olander

★★★★★

Velocity is about optimism. A positive force that gives you the mindset and tools to create a better future. Today, good things don't come to those who wait. They come to those who move. "No good joke survives a committee of six." Understand the seven laws of a world gone digital. Great management book and thought provoking insight into the collapse of High Street giants and the power of online genius.

BRAIN TEASER

UNLEASH YOUR POTENTIAL



Neuro-Linguistic Programming is a subject that is easy to be cynical about. The title alone is a real 'turn-off'. But look beyond that because in the competitive environment that is professional sport, the behavioural patterns you develop make the difference between success and failure.

Who created NLP?

Neuro-linguistic programming is an approach to communication, personal development, and psychotherapy that was created by Richard Bandler and John Grinder in California in the 1970s. Bandler and Grinder were exploring the concept of 'Genius' and it was through their work in this area that NLP was born.

So what is NLP?

In its simplest terms, NLP is about learning how to model excellence, at both conscious and unconscious levels, through the exploration of how a person 'thinks', 'feels' and 'behaves'.

NLP explores the connection between an individual's neurological process (neuro), their use of language (linguistic) and their behavioral patterns (programming) learned through experience. It then explores how these processes can be changed to achieve specific goals the individual has.

Through their research, Bandler and Grinder demonstrated that by detailed observation of what a person is thinking, feeling and doing, consciously and unconsciously, when they are performing well (demonstrating excellence) it is possible to copy and then teach another person to replicate the same processes. In other words,

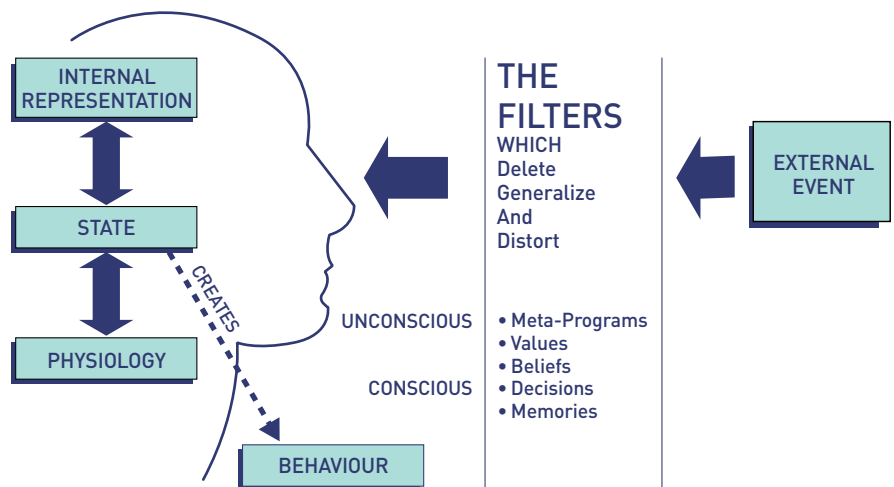
pass on a model of excellence. It sounds simple, and yet to be successful at modelling it requires training, most notably the development of high levels of sensory acuity i.e. an ability to notice subtle changes in a persons' physiology, and the ability to identify through both eye and language patterns unique individual preferences for how people

absorb and process information best.

We all filter, absorb and process information in different ways and as such we all see the world through our own unique lens, as highlighted in the Communication Model.

We run meta-programmes in everything we do right from getting out of bed to

NLP Communication Model



REMEMBER:
NLP IS BEING CURIOUS
ABOUT EVERYTHING,
RATHER THAN TO KNOW
EVERYTHING.

THE POSITIVE INTENTION
OF FEEDBACK IS FOR
YOU TO LEARN AND DO
SOMETHING DIFFERENT
NEXT TIME.

THE MORE YOU KNOW
ABOUT YOURSELF, THE
MORE YOU CAN HELP
THOSE AROUND YOU.

THERE ARE NO
RESOURCEFUL PEOPLE
ONLY RESOURCEFUL
STATES.

performing at elite level sport. The fundamental work in NLP is working within the filters section of the diagram.

How can NLP help me?

NLP gives you a practical toolkit to tackle unwanted emotions, limiting beliefs, negative superstitions that limit you from realising your full potential. Knowing you can learn to change your internal negative state into a more desired one within seconds is the foundation of NLP. It helps us set and achieve our goals by us adopting resourceful states of mind and body and blowing away our doubts and fears. NLP goes to the core of problem thinking and allows us to change things we once didn't like about our beliefs and values, our choices and our outcomes. NLP encourages you to focus on what is important to you about your family, career, health and fitness, relationships, spirituality and personal development.

The words you use DO matter!

Language, the words we use, are at the centre of NLP. Subtle changes in language ARE the difference between your message being heard, or not.

Don't turn the page

How many of you are now thinking about turning the page? Why is this? Our brains often fail to hear the DON'T and instead pick up the words that follow, the unwanted instruction. With this in mind, have a go at deleting DON'T from your language when you want a positive outcome. Remember to DO that!

If you are curious to know more about how NLP can help you, speak to your regional PDM. Interested in studying NLP? Take a look at www.insideperformance.com



NLP has become established across most sports as a key component in the development of players. Gary Brazil, the former Fulham, Newcastle and Sheffield United striker and now Nottingham Forest's Academy Manager, provides an insight into its extensive use within football.

"If you don't have a positive attitude in our business you have no chance and a key part of our job is to develop the right behavioural programmes within young players.

"They can have all the technical ability in the world but if they are not motivated to succeed and their attitude and application are not right, they simply won't complete the journey.

"We encourage our boys to be individuals and it can be good to have an 'edge'. But it needs to be channelled within a framework of discipline. They must learn how to conduct themselves properly in all situations because if we cannot trust them off the pitch, how can we trust them on it?

"It's a skill to be able to control your emotions and stay clear-headed in stressful situations and the work we do through NLP has a huge influence on a boy's chances of success.

"They wouldn't be part of our group in the first place unless they were good players but it's the bit between the ears that gets them a living. The challenge is making the brain and body to work together.

"We operate now in a world that is

incredibly analytical. We know how many metres a player covers, at what speed, what his passing retention ratio is and so on. All that data can become intimidating for both players and staff. What we must seriously factor into the equation is ... does he have the mental capacity to stay on the journey?

"NLP is part of our curriculum. There's a syllabus of work designed to develop the lads as players - and people - and we have staff members with an in-depth knowledge of the subject.

"It's the bit between the ears that gets them a living. The challenge is making the brain and body to work together"

"They not only work with the players in groups and on a one-to-one basis, but also with the parents and our staff. It's crucial that everyone understands what the end goal is - and how we want to get there."

THE SECRET CRICKETER

IAN THOMAS
PROVIDES
GUIDANCE FOR OUR
SECRET CRICKETER
- WHO MAY NEED A
PUSH IN THE RIGHT
DIRECTION

HAVE I LEFT IT TOO LATE TO PLAN MY FUTURE?

"I am now in my early 30's and have some time left in the game with a secured contract for the next few years. For a while now I have known that I need to take my planning for the future more seriously. It has been clear to me that my team mates have been taking part in different things over the past few winters and I have not. I somehow seem to find excuses for not taking this seriously enough for myself and still remain unsure of what I want to do. I have some areas of interest around staying within cricket but realise the job opportunities can be limited and it's also highly competitive. If I'm honest I am a bit fearful; with a young family to provide for it's important that I can earn a reasonable salary".

PDWP RECOMMENDATIONS

The first thing to realise is that it is never too late to engage in any form of personal development. The smallest of courses or experiences will always read well on a CV. The most important thing is to understand the reasons for not making a commitment to yourself to do something about the situation.

Here are some points to consider if you, or a team mate, is currently in this situation:

BUILD A RELATIONSHIP WITH YOUR REGIONAL PDM

Spending time and gaining a trusting relationship with your county's PDM is a resource you won't regret engaging with. The PDM's are qualified coaches and mentors who can not only provide ideas and direction, but can challenge your thinking on ideas with questions you may not have been asked before and examples from dealing with a wide range of players in the past. Working out strengths and weaknesses as well as career values and motivations can sometimes be overlooked, and a PDM can help provide clarity for understanding yourself better.

MBTI

Go through the MBTI process to gain some self-awareness and a career report. This may not have all the answers, but it will allow you to talk about yourself and your personality, linking this to your strengths and identifying some possible career options. It will also allow working environments and work type tasks to be explored.

'Working out strengths and weaknesses as well as career values and motivations can sometimes be overlooked and a PDM can help provide clarity for understanding yourself better.'



MAKE A FINANCIAL PLAN

Looking at your finances with possible earning potentials can help you to put a plan in place. This could help relieve money worries and allow you to review and better understand the type of lifestyle you can provide for your family in the future. It will also challenge you to look deeper at future careers and their earning potential, providing motivation to get planning.

PDP

A work placement, a conversation with a former team mate, a course, a networking evening... it doesn't matter what it is, but doing something is better than nothing. It may be a small move in the right direction that could lead to the plan growing over time. But what could grow from any seed planted will help formulate your future direction. Even doing something you thought was a waste of time or of no interest, it can play its part in leading you into something you feel more committed to.

TIME TO CHANGE

With time in the game a lot can be achieved, and players who are in this situation can sometimes put things off to the next season. Ask yourself; is this something you have done historically? If so, challenge yourself to do something different from now.

STAY COMMITTED

To have become a professional cricketer it has taken commitment and no doubt going through some pain and requirements you may have not wanted to. The same behaviours and determination will now be needed towards sticking to a development plan.

AN APP A DAY KEEPS THE DOCTOR AWAY

The PCA have worked in partnership with Virtually Free to develop an app which uses four medically proven relaxation techniques - calm breathing, meditation, deep muscle relaxation and self-hypnosis - to help reduce stress.



The app uses Dr. Freeman, a virtual doctor, who provides easy to follow demonstrations to teach the relaxation techniques and also a journal and goals to keep users involved.

The innovation is introduced by Marcus Trescothick, the Somerset and former England batsman, who is supporting the Stress Free app.

"We all experience stress and anxiety every day but at times this can be so extreme that it becomes an illness. When it gets to that level it can stop us from getting on with our lives or doing the things we love, like playing cricket," Trescothick says.

"We at the PCA take stress-related illnesses very seriously and we want to raise awareness of them. We want to build a culture that acknowledges that it is OK not to be OK. Our aim is to help our members prevent them when possible or seek help in the early stages if not.

"As part of this initiative we have teamed

up with a talented group of clinicians and software developers to offer Stress Free to our members.

"This app teaches you to do four different relaxation techniques which have all shown to be effective in clinical trials. These can help de-stress when anxiety is getting on top of us, but they can also help us become more resilient to stress in general. In particular meditation can build our ability to cope with stress.

"Just like we take training our body really seriously Stress Free encourages you to practice relaxation skills frequently and train your resilience. You cannot focus on your body and forget your mind, you need both to win the game. We hope Stress Free will help you achieve your goals."

The Stress Free app is the latest initiative from the PCA in putting in place measures to

help reduce stress-related illnesses.

Virtually Free was formed by consultant psychiatrists and games developers in order to use technology to provide high quality and accessible psychological help.

"Stress Free is part of our toolkit and picks up the excellent proactive and preventative work being done by the team of Personal Development Managers and resilience sessions with counties across the country run by our partner LPP," says Jason Ratcliffe, assistant chief executive of the PCA.

The App is free to download on a range of devices through iTunes and Google Play, distributed by the PCA.

For more information visit:

www.thepca.co.uk/mind-matters

CHEF'S SPECIALS

LURKER'S CHILLI

Glamorgan Stalwart **Dean Cosker** is no mug in the kitchen and recently joined his Glamorgan team mates on a cooking skills course, organised by the PCA's personal development programme as part of the winter development workshop series.

Throughout the day he passed on his cooking confidence to the players of tomorrow to show how to cook up something tasty in the kitchen.

Dean's choice is Chilli Con Carne.

INGREDIENTS

SERVES 4/5

500g 10% fat lean beef mince
2 medium onions, chopped
3 garlic cloves, finely chopped
2tsp hot chilli powder (adjust to taste)
2tsp ground cumin
2tsp ground coriander
2tbsp plain flour
150ml red wine
300ml beef stock
400g can of chopped tomatoes
400g can of red kidney beans
3tbsp tomato purée
1tsp caster sugar
1tsp dried oregano
1bay leaf
Season to taste with sea salt
and ground black pepper

METHOD

On a medium heat place a large non-stick saucepan. Add the onions and a little water to cook until soft. Once soft, cook off the remaining water and lightly brown the onions. Add the beef mince and cook for five minutes, stirring and breaking up the lumps. Add the garlic, chilli powder, cumin and coriander. Fry for a couple more minutes. Gradually add the flour and stir well.

Next, slowly add the wine, followed by the beef stock, stirring constantly. Tip the tomatoes and the drained kidney beans into the pan, and then stir in the tomato purée, caster sugar, oregano and bay leaf. Season to taste with a pinch of salt and black pepper.

Bring to a simmer, and then cover loosely with a lid. Reduce the heat and leave to simmer gently for 45 minutes, stirring occasionally until the mince is tender and the sauce is thick. Remove the bay leaf and serve with fluffy white rice.





CAREER FOCUS: ESTATE AGENCY



ESTATE OF MIND

PACE-BOWLING ALLROUNDER
TOM JEWELL REVEALS HOW
HE'S MAKING HIS MOVE IN
THE PROPERTY MARKET

I signed for Surrey straight after finishing my A-levels at Bradfield College and in the process turned down university offers in order to commit to life as a professional cricketer. Obviously when you commit to professional sport you also sign up for the risks that are attached to it, especially if you haven't got something in place to fall back on if you were to get injured or get released. Being with the club for six years on one year contracts made me fully aware of the position I could easily find myself in if I didn't develop myself outside the game.

I felt the nature of being in professional sport presented me with a massive opportunity to prepare for a career outside of cricket and go into any industry I wanted. I found I had contacts that other people didn't have access to, chunks of time that I could dedicate to developing my skills and all the resources of the PCA.

Coming from a family of property professionals and property investors, it was an industry I had been brought up with. Two things I was certain of from the age of 16 were that I was going to play professional cricket and, one day, be involved in property. Over a six year cricket career I set about furthering my experience in the property industry alongside my Surrey commitments and aimed to gain experience in as many areas of the industry as possible.

I worked for two of Australia's

biggest real estate companies whilst playing cricket in the country for six months, and once back in London I worked for property law firm, Pemberton Greenish, and London's largest estate agency group, Thamesview. During the summer months where I couldn't get hands on experience because of cricket commitments I undertook qualifications in Property Investment, Finance, Residential Lettings, Property Management and Sales and became a full member of the Association of Residential Lettings (ARLA) and National Association of Estate Agents (NAEA).

In Spring this year I am launching a new company called The Home Cloud which is a new estate agency that aims to tackle the ever-growing negative stereotype of estate agents in the UK. The company focuses on residential selling, letting, buying and renting that will give people in Berkshire and Surrey convenience and transparency through a fresh approach to brokering property transactions. The company has an HQ based in Berkshire with a second hub in Guildford, Surrey. Whilst setting up the agency I have spent my time working as a buying agent for various individuals, consulting on property investment and home searching which I can only imagine I will continue to do alongside The Home Cloud.

THE WAY IN TO ESTATE AGENCY

TWINNED WITH OUR
FOCUS ON PROPERTY
DEVELOPMENT, HERE
IS SOME ADVICE ON
DEVELOPING A CAREER
IN ESTATE AGENCY

It is well known that many cricketers regard themselves as budding property developers. However, the reality is that it can be a tough lifestyle and requires spare cash to invest in a property other than the one you already live in.

For those who don't have the luxury of funds to invest yet still have a desire to work in property, estate agency is an ideal and potentially affluent alternative. A career as an estate agent can gain recognition and respect, and the job carries with it the potential scope for development and mobility within a relatively stable industry.

Although estate agents have in previous years been the butt of many a joke, it seems that the profession is shaking off this perception.

Working as an estate agent can be an incredibly varied job, with lots of travelling during the day as well as a proportion of office-based work. The diversity of skills associated with working as an estate agent could be suited to many people looking for a job that requires them to tackle each day on the hoof. Sales valuations, negotiation skills, organisation and administration skills and proficiency in marketing and promotional activities are all attributes of a good estate agent.

CHANGING CAREER

You don't necessarily need a degree to start work as an estate agent. A confident, outgoing personality as well as enthusiasm, drive and a head for numbers might be the very qualities that could land you the job. However, as with many positions, some relevant experience or an appropriate degree can put you that bit ahead of other candidates for the same role.

A qualification in business or management would be beneficial, and for the more top-end agencies or senior positions, qualifications in surveying, urban studies, land studies and land management (particularly for rural estate and land management agencies), structural and civil engineering or estate management could lead to better paying jobs with more responsibility.

OTHER RELEVANT QUALIFICATIONS

You should also take into consideration that estate agents are increasingly using the internet as a sales platform. Being more than competent in using CMS (content management systems), SMS updates, virtual tours and digital photography will be regarded as very attractive attributes in terms of employability. Although you may receive training in this area on the job, having the IT skills beforehand will definitely be of great benefit.

Another consideration you should make if thinking about changing career to become an estate agent is the legislation that is involved in the job. There have been increases in the amounts of regulation and legislation involved in the sale of a home, and as an estate agent you will also be required to liaise with other professionals such as solicitors and surveyors, and acquire an understanding of certain legal procedures and aspects of the law.

- Association of Residential Lettings (ARLA)
- National Association of Estate Agents (NAEA)

These qualifications are run and regulated by the National Federation of Property Professionals NFOPP. Both the size of an A-level with four modules per qualification, each with 20 multiplechoice questions with a 75% pass mark required.

CAREER DEVELOPMENT

There are many opportunities to develop your personal skills and gain extra qualifications while working as an estate agent. Larger firms and those that deal with land management and commercial properties will be particularly keen for their employees to gain qualifications accredited by the Royal Institute of Chartered Surveyors (RICS).

A more senior position will also mean supervising other agency employees, and particularly with the larger city-based agencies, promotion will most likely result in being responsible for an increasingly important and large portfolio of clients.

As well as the opportunity to gain promotion,



many agencies will employ a commission or bonus payment scheme. Estate agencies have gained a reputation of being somewhat sales-driven and competitive environments to work in. However, while there are sales targets, many agencies believe in their reputation and in terms of a work environment, can be more relaxed than expected.

There are many routes into estate agency work - graduate schemes are usually set aside for the larger firms. Depending on the vacant position, smaller residential estate agencies tend to advertise locally for candidates with the relevant experience or qualifications. If you are really keen to become an estate agent, it might be worth approaching an estate agency directly and making enquiries. Alternatively, signing up with a recruitment agency is always an option, as some estate agencies do use recruitment agents to source candidates.

SALARY

The basic salary for a trainee is around £12,000 to £15,000, plus commission, which depends on how successful they are at the job. This can rise to £30,000, plus commission. Larger companies, mainly based in London where house prices are much higher, can offer a much larger salary, often around £50,000 plus commission.



REVERED RECIPIENTS

NINE PLAYERS HAVE BEEN HANDED BENEFIT YEARS IN 2015 FOR GIVING THEIR RESPECTED COUNTIES DEVOTED SERVICE. DURING THE SUMMER THEY WILL BE RAISING MONEY FOR EXCELLENT CAUSES, WITH MANY SUPPORTING THE PLAYERS' CHARITY, THE PCA BENEVOLENT FUND.



2015 TESTIMONIAL ANDREW HALL, NORTHAMPTONSHIRE

Former Northamptonshire captain Andrew Hall has been awarded a Testimonial in honour of his services to the county for which he made more than 200 appearances. The South African all-rounder is hosting a Black tie Pre-Ashe's Dinner on 3 July at The County Ground Northampton with guests cricketers representing the old enemies England and Australia. We are delighted that Andrew, who scored 6662 runs and took 358 wickets in his seven years at the club has also chosen to support the PCA Benevolent Fund as his charity on the night. For details email sales@andrewhallcricket.com

www.andrewhallcricket.com

2015 BENEFICIARIES

A JIMMY ADAMS **HAMPSHIRE**

A good captain should lead from the front and the left-handed opener certainly did that for his team in the 2014 season, scoring 1,215 first-class runs as Hampshire clinched the LV= County Championship Division Two title ahead of Worcestershire with only one defeat in 16 matches. Making his debut for the club in 2002, he has since made more than 380 appearances for the south-coast club, posting in excess of 16,000 runs with 22 hundreds – five of them doubles – and 82 fifties. He was a key component of the Hampshire side to win one-day silverware in 2009, 2010 and 2012. Parkinson's UK is Jimmy's chosen charity.

www.jumblebee.co.uk/jimmyadamsbenefit

B RAVI BOPARA **ESSEX**

The definition of a one county man, the prolific right-handed batsman turned all-rounder, signed his first professional contract with Essex in 2002, aged 17. Since then, he has developed into a player good enough to feature for England in all formats of the game and boasts three Test centuries as well as more than a century of one-day international appearances. For his county, he has scored 9,201 first-class runs ahead of the 2015 season plus another 8,416 in List A games and 3,605 in T20. With ball in hand, his medium pacers have collected 160 (first-class), 198 (List A) and 108 (T20) wickets respectively. Ravi is backing Great Ormond Street Hospital, Lord's Taverners, Magic Bus, Essex Cricket and Community Trust and Indian Ocean Disaster Relief.

www.boparabenefit.com

C HAMISH MARSHALL **GLOUCESTERSHIRE**

What has been New Zealand's loss has been very much Gloucestershire's gain. In 2007-08, the likeable, middle order batsman hailing from Auckland turned his back on international cricket and instead chose to play as a home-qualified player for his adopted county thanks to an Irish passport. Having played 13 Tests and 566 one-dayers for New Zealand – the highlight a maiden Test century of 146 against Australia in 2005 – Marshall has become a consistent run getter in the West Country, frequently passing 1,000 runs in a first-class season. He was also one of two centurions, along with Kevin O'Brien, to become the first pairing to reach three figures in the same T20 innings, against Middlesex in 2011. Hamish is supporting the Pied Piper Appeal and the PCA Benevolent Fund.

www.hamishmarshallbenefit.co.uk

D TIM MURTAGH **MIDDLESEX**

The man known as Dial M (for Murtagh) has certainly strangled the progress of many an opening batsman thanks to his reliable and miserly new ball bowling, with the pick of his summers in 2011, when he claimed 85 first-class scalps at 20.87. That has contributed to 468 four-day wickets in all that has seen him collect six-wicket innings hauls nine times and 10 wickets in a match on four occasions. Then there is also one-day competition where a further 105 (List A) and 46 (T20) wickets have been snared, the latter including a remarkable burst of 6-24 in 2005 when with Surrey. Tim is throwing his backing behind the Anthony Nolan Trust, Shooting Star Chase, Cardiac Risk in the Young and the PCA Benevolent Fund.

www.murtagh2015.co.uk

E GRAHAM ONIONS **DURHAM**

A career-threatening back injury sustained in 2010 has only made the opening bowler even more determined to succeed – and enjoy his cricket at the same time. In serving his home county and England with distinction, he has taken 592 career wickets in all (459 of them in first-class cricket) and recorded career-best innings figures of 9-99 against Nottinghamshire at Trent Bridge in 2012. His season-best first-class tally is 70 wickets, while he has won the County Championship title three times with Durham. For his country, he has taken 32 wickets at 29.90, including a best of 5-38. Graham has opted to back Comrades Of Children Overseas, The Sir Bobby Robson Foundation, Queen Elizabeth Hospital Special Care Baby Unit and the PCA Benevolent Fund.

www.grahamonionsbenefityear.co.uk

F RICHARD PYRAH **YORKSHIRE**

The proud owner of the White Rose County's best T20 bowling figures of 5-16, secured against Durham at Scarborough last summer, the bowling all-rounder showed his versatility by also playing in six County Championship matches in 2014 to earn a Division One winners' medal. It is one-day bowling figures of 140 wickets at 25.65 (List A) and 101 wickets at 20.65 (T20) using his right-arm seamers that really catch the eye in the career analysis, but 'Pyro' is a good enough player to have scored three first-class centuries since making his debut in 2004, along with seven fifties. Richard is supporting Yorkshire Cancer Research and the PCA Benevolent Fund in his Benefit Year.

www.richardpyrahbenefit.co.uk

G PETER TREGO **SOMERSET**

The all-rounder's undoubted value to his club was illustrated in 2012 when he won the coveted FTI Most Valuable Player Award. Another one-club man, Weston-super-Mare's finest has played in well over 450 games across all formats, amassing 13,200 runs, including 17 centuries, and has taken 544 wickets in 15 seasons with his home county. His career-high score of 140 came against West Indies A in 2012. He lists back-to-back centuries in last summer's Royal London One-Day Cup – the second at Lord's – as a highlight of his career. 'Tregs' is getting behind the Bone Cancer Research Trust, the British Heart Foundation, the Anthony Nolan Trust and the Tom Maynard Trust.

www.tregs2015.com

H IAN WESTWOOD **WARWICKSHIRE**

The Birmingham-born, left-handed opening batsman has been with his home county since the age of ten, working his way up through the age groups before making his first team bow in 2001 (List A) and 2003 (first-class). During that time he has notched up 13 centuries en-route to more than 6,500 first-class runs and has another 1000-plus runs in the one-day formats. He captained the Bears side in 2009 and 2010 and his successes have included County Championship title wins in 2004 and 2012, a CB40 trophy triumph in 2010 and NatWest T20 Blast trophy victory in 2014. Ian is supporting Cure Leukaemia and the PCA Benevolent Fund.

www.ianwestwoodbenefit.co.uk

I LUKE WRIGHT **SUSSEX**

Few players have made a harder-hitting impact – in every sense – on English T20 cricket since its inception in the first half of the noughties, with no better example than the 153 not out (including 11 sixes) he smashed for Sussex in leading a world record run chase last summer. Success has also come in that format at international level, where he thumped a memorable unbeaten 99 against Afghanistan, which came so close to making him his country's first T20 centurion. But the swashbuckling right-handed batsman and medium-fast seamer has much to offer in one-day and first-class competition, too, averaging a shade under 40 in first-class matches with the bat and taking 120 wickets to date with the ball. The Broad Appeal, Make A Wish and Sussex Cricket in the Community Trust will benefit from Luke's support.

www.lukewrightbenefit2015.co.uk



**PCA
BENEVOLENT
FUND**
The Heart of the Game



Patronage of
**ROYAL
LONDON**



**TOM MAYNARD
TRUST**



SOMERSET CCC
COUNTY GROUND, TAUNTON

HAMPSHIRE CCC
THE AGEAS BOWL

INSTOW

TRURO



ON YER BIKES

Riders take to the saddle once again in a bid to raise a six-figure sum for two worthy causes supporting current and former players and aspiring cricketers. Graham Napier will be joined by fellow cricketers and PCA members in this gruelling 400-mile challenge.

Essex all-rounder Graham Napier will be getting on his bike later this year to raise money for the PCA Benevolent Fund and the Tom Maynard Trust.

Napier has been a dedicated fund-raiser for the PCA Benevolent Fund for many years taking part in a cricket match at Everest Base Camp in 2007, the Three Peaks Challenge in 2009 and the first Big Bike Ride in 2013.

Napier will be back in the saddle in October when he will be one of 60 riders who will cycle from Truro in Cornwall to the Kia Oval over five days in the 400-mile Big Bike Ride 2.

“The Benevolent Fund helps players out and at some point you never know who is going to require the needs of the fund whether it’s players I have played with or myself one day. It’s putting something back in really,” Napier says.

“Most current cricketers are going to cover the fitness side of it although you can’t prepare your backside for hours in the road sitting on a razor blade of a seat.

SURREY CCC
KIA OVAL

SUSSEX CCC
BRIGHTONANDHOVEJOBS.COM
COUNTY GROUND



“But the fund-raising aspect is probably the hardest part, going back to the same people and finding new ways to raise money for the charities.

“It’s hard work. On the first bike ride we had three of us from Essex and we managed to work it between us to try and build up the fund-raising. It gets tougher and tougher every time to go back to people and asking them to support.

“But they are willing to do that because they understand that the Benevolent Fund is such a god cause for cricketers. With Big Bike Ride 2 also supporting the Tom Maynard Trust it’s two good causes in one which is a good selling point for people when you are looking for sponsorship.”

Napier will be joined on Big Bike Ride 2 by four members of England’s 2005 Ashes-winning side in Michael Vaughan, Andrew

“The Benevolent Fund helps players - you never know who is going to require the needs of the fund, whether it’s players I have played with or myself one day”

GRAHAM NAPIER

Flintoff, Marcus Trescothick and Steve Harmison.

Other riders include Mark Wallace, the PCA chairman and Glamorgan wicketkeeper, Middlesex’s England Lions seamer James Harris, Gloucestershire’s former New Zealand batsman Hamish Marshall, Surrey pair Gareth Batty and Stuart Meaker, both England internationals, Somerset



director of cricket Matthew Maynard, the father of the late Tom Maynard, and Jason Ratcliffe, the PCA assistant chief executive.

The first Big Bike Ride in 2013 raised more than £200,000 for the PCA Benevolent Fund and Tom Maynard Trust and another six-figure sum in sponsorship is the target for this year's event.

The first leg of Big Bike Ride 2 will be from Truro to Instow in Devon on October 9. The following day the riders will cycle from Instow to Somerset CCC's headquarters at Taunton followed by legs from Taunton to Hampshire's Ageas Bowl on October 11, the Ageas Bowl to Sussex's TheBrightonandHoveJobs.com County Ground at Hove on October 12 ending with the final leg from Hove to the Kia Oval on October 13.

The PCA Benevolent Fund is part of the Association's commitment to helping current and former players and their dependants in times of hardship and upheaval to readjust to the world beyond the game.

The Fund also supports players and their dependants who might be in need of a helping hand with medical advice, a much-needed operation or those who require specialist advice, care or assistance.

The Tom Maynard Trust was set up in the summer of 2012 following Tom's tragic death.

Its initial objectives were to try to provide low level financial support for young cricketers making their way in the game.

This has now been expanded to include grants for aspiring young sports people looking for support with different aspects of their career

LEFT PAGE
OUT OF THE PARK:
PCA BENEVOLENT
FUND SUPPORTER
GRAEME NAPIER HITS
OUT DURING THE
PCA TREK TO MOUNT
EVEREST - ONE OF
MANY FUNDRAISING
EVENTS HE HAS
BEEN A PART OF;
MARCUS TRESCTHIC
CELEBRATES
REACHING LORD'S
AND COMPLETING
THE 2013 BIG BIKE
RIDE

CLOCKWISE
JASON RATCLIFFE'S
BIG BIKE RIDE
INITIATIVE ALSO
RAISES FUNDS FOR
THE TRUST SET UP IN
MEMORY OF FORMER
SURREY BATSMAN
TOM MAYNARD;
FORMER ENGLAND
CAPTAINS ANDREW
STRAUSS, MICHAEL
VAUGHAN AND
ANDREW FLINTOFF
ARE ALL TAKING PART
IN THE GRUELLING
BIG BIKE RIDE 2

development, education and awareness programmes, the Tom Maynard Academy at the Desert Springs complex in Southern Spain where up to 14 emerging county cricketers will benefit from specialist technical and conditioning work and a scholarship at his old school, Millfield School.

TO SUPPORT AND DONATE TO BIG BIKE RIDE 2 GO TO:
MYDONATE.BT.COM/EVENTS/BBR2PCABFTMT/193332

FOR MORE INFORMATION GO TO:
WWW.THEPCA.CO.UK/BIG-BIKE-RIDE-2

A ROYAL WELCOME

Royal London's sponsorship of the PCA Benevolent Fund marks a further connection between the UK's largest mutual life, pensions and investment company and the sport. The sponsorship will extend through to the end of 2017.



Royal London are valued partners of English cricket as title sponsors of both international 50 over cricket and the domestic 50 over trophy, The Royal London One-Day Cup for both men and women.

This new partnership represents an important development in the existing sponsorship and reflects one of the core business functions of Royal London of helping those planning for their financial future.

"We are absolutely delighted that Royal London, a true partner for English cricket, have chosen to offer generous support to the PCA Benevolent Fund. With their help, we will be able to offer more to more people, and for that we are very grateful," said Angus Porter, the PCA chief executive.



WOBURN CHARITY CELEBRITY GOLF DAY

Thursday 24 September 2015

12 noon shotgun start



Join David Ford, Chairman of the PCA Benevolent Fund for the 10th anniversary of the PCA Benevolent Fund Golf day. You are welcome to bring a team of 4 or have a celebrity join your team of 3.

Includes: bacon rolls on arrival, supervised golf clinic, on course refreshments plus 3 course dinner with complimentary wine and entertainment. High quality, top-name prize table.

**Team of 4 - £1425 plus VAT
Hole Sponsorship - £350 plus VAT**

***2 buggies per team included plus high quality goodie bag
for all team members***

To book your team please contact Ali Prosser – aprosser@thepca.co.uk
Tel 07769 880888

In association with

SPORTINGCLASS
www.sportingclass.com



THE COUNTY CRICKETERS GOLF SOCIETY

2015 FIXTURES

10 APR	SPRING MEETING (WORPLESDON) HON SECRETARY T: 01280822624
11 APR	THE BERKSHIRE BRYAN RICHARDSON M: 07836205811
19 APR	WOBURN GEORGE SHARP T: 01604505438
26 APR	ROYAL MID-SURREY TED CLARK T: 02088925974
17/18 MAY	COLD ASHBY GEORGE SHARP T: 01604505438
29 MAY	MCCGS (WORPLESDON) ANDY NEEDHAM T: 01923242660
10 JUN	FORMBY BRYAN RICHARDSON M: 07836205811
7 JUL	ROYAL PORTHCAWL BRYAN RICHARDSON M: 07836205811
28 AUG	FARNHAM KEITH WHEATLEY T: 01420525262
19 SEP	ROYAL WORLINGTON IAIN FLETCHER M: 07798837814
26 SEP	WORPLESDON CHRIS GOLDIE M: 07710493251
27 SEP	CANFORD MAGNA STEVE ANDREW M: 07799660199
1 OCT	WEST SUSSEX LADIES (PULBOROUGH) GRAHAM COTTRELL M: 07885089790
2 OCT	BROOKMANS PARK FRANK COLLYER T: 01702582158
3 OCT	DENHAM ANGUS FRASER M: 07768558071
4 OCT	IPSWICH RICHARD BAKER T: 01442-871166
4 OCT	STONEHAM MIKE TAYLOR T: 02380269763
6 OCT	EDGBASTON DENNIS AMISS T: 01214725860
7 OCT	ROYAL ASHDOWN TONY PIGOTT M: 07768552688
10 OCT	WEST HILL NEIL SARGEANT M: 07866361123
11 OCT	ASHRIDGE RICHARD BAKER T: 01442-871166
14 OCT	NOTTINGHAM HOLLINWELL TREVOR TUNNICLIFFE M: 07949488408
16 OCT	AUTUMN MEETING (WORPLESDON) HON SECRETARY T: 01280822624
18 OCT	THE GIRLS (THE BERKSHIRE) JON HARDY M: 07785353626
24/25 OCT	ROYAL ST. GEORGES (SANDWICH) JOHN SHEPHERD T: 01227743122

County cricketers past and present have the chance to play golf at some of the top courses in the country as members of the County Cricketers' Golf Society which celebrates its 80th anniversary this year.

The Society was formed in 1935 with the objective of providing "opportunities for occasional meetings on the golf course between County Cricketers and so revive friendships commenced on the cricket field."

The Society also provides competitive golf for its members with 28 fixtures scheduled for this year including matches at Rye, Walton Heath, Woburn, Royal Mid-Surrey, Formby, Royal Porthcawl, Royal St Georges, Worplesdon, West Hill, The Berkshire, Hollinwell and Royal Worlington.

The annual membership costs just £25 and is open to anyone who has played a first-class county match.

The current membership stands at around 330 and includes former England Test players such as Andrew Strauss, John Murray, John Snow, Ted Dexter, Paul Downton, Angus Fraser, Mike Gattling, Tony Pigott and Dennis Amiss.

The chairman of the CCGS Bryan

Richardson, the former Warwickshire batsman, is keen to involve more current players in the society's activities.

"Traditionally when players had finished playing cricket they took up golf but now many of the boys are playing golf while they are still playing cricket," he said, "and we want them to be welcomed into the Society at this time."

Each fixture includes 36 holes of golf and a lunch. As guests of the host clubs CCGS members do not pay green fees, the only cost is for lunch.

The Society's 'home' is the Worplesdon club in Surrey where two meetings are held each year.

The Society pays a block subscription to WGC and this currently entitles CCGS members to play on weekdays at any time of the year and introduce guests on payments of a green fee of £40 per person.

Further details about the County Cricketers' Golf Society can be obtained from Richard Baker, the secretary, at: ccgshonsec@gmail.com
Any changes to the CCGS fixtures will be posted on:
www.thepca.co.uk/fixtures

EXCITING TIMES AHEAD FOR WOMEN'S CRICKET



After a season of celebrations, Head of England Women's Cricket, Clare Connor, takes stock and looks ahead to the future, and it's most definitely bright.

We have had much to celebrate in women's cricket after a year of 'firsts' in 2014. We introduced the first instalment of professional contracts for 18 players, we signed our first stand-alone commercial deal with Kia Motors and we secured Sky Sports' commitment to cover the entire multi-format Women's Ashes in July and August this year. That will be the first time that Sky have covered an entire women's international summer and the first time they have broadcast a women's Test match.

Not only has there been a chain of good news stories at the professional end of the game, but last year we also celebrated one million girls going through the Chance to Shine programme. Through Chance to Shine, the sport has become more accessible to girls than ever before and there are now more opportunities for girls to play cricket at school and in clubs. With eight members of the contracted England women's team still working as coaching ambassadors with Chance to Shine, that is something of which we are particularly proud.

We are really pleased with what we achieved last year but this has also been a time for us to take stock and assess what our ambitions are for the future of women's cricket in England and Wales. This year we will be focusing on women's domestic cricket – the club and County games, and the potential development of an elite competition that sits above women's County cricket.

The Counties have made significant progress with women's and girls' cricket in recent years and we have a vibrant County game in many areas. However, the women's County game remains an amateur sport so it is unsurprisingly a mixed landscape

in terms of playing and coaching standards and mixed levels of support and investment across the country. Looking from the grassroots up, we want to raise the aspiration of talented players in club cricket. Our ambition going forward must be to have a robust club landscape for women and girls as it is such an important stage of the player pathway.

We have had a range of conversations with counties, other sports and the players themselves to ask what the competitive environment should look like underneath a fully professional England set-up. We are now pulling together all those responses and findings to ensure we provide a competition structure which challenges our 18 contracted players to be even better prepared for international cricket, and which gives our most talented players who aspire to play for England a platform whereby they can showcase their abilities against the very best players.

With real support and momentum behind women's sport at the moment, women's cricket is in an exciting place.

RIGHT: ON-FIELD LEADER: CLARE CONNOR LED ENGLAND WOMEN WITH DISTINCTION

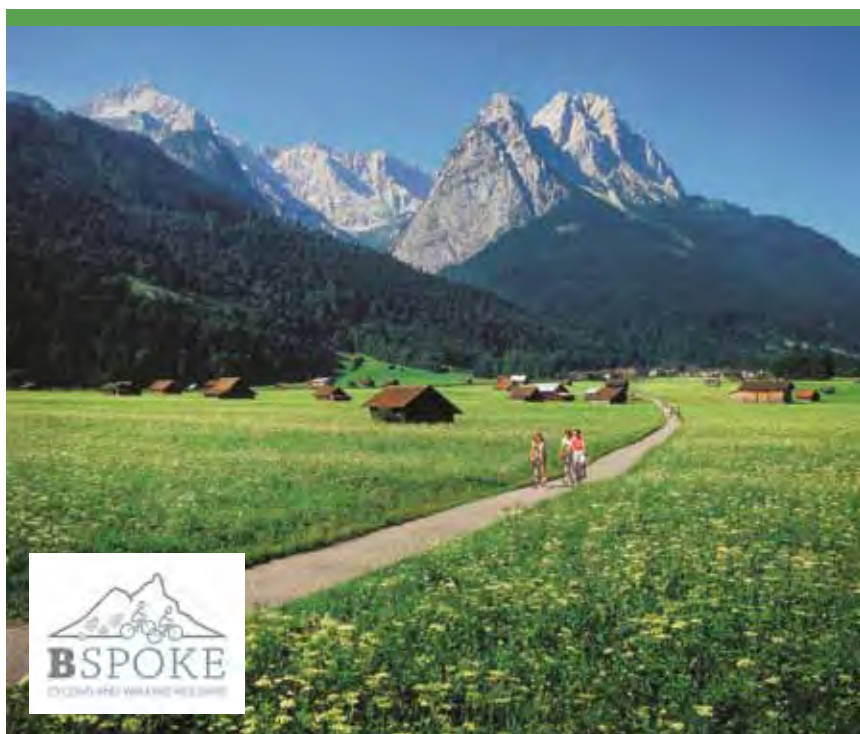
BELOW: PRESENTING JENNY GUNN WITH THE PLAYER OF THE MATCH AWARD FOR HER PERFORMANCE IN THE WOMEN'S TEST MATCH AGAINST INDIA





**"LOOKING FROM
THE GRASSROOTS UP,
WE WANT TO RAISE
THE ASPIRATION
OF TALENTED
PLAYERS IN CLUB
CRICKET."**

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...



5% OFF A BSPOKE CYCLING OR WALKING HOLIDAY*

BSpoke Tours, the summer sister of Ski Solutions, is offering PCA members 5% off a BSpoke cycling or walking holiday.

Designed by experts, BSpoke Tours has carefully hand-crafted its holidays which span across France, Switzerland, Germany, Austria, Croatia and Italy. From the pine forests, fairytale castles and beer-brewing monasteries in Bavaria to the rolling hills, olive groves and vineyards of Tuscany, a BSpoke holiday is a fantastic opportunity to

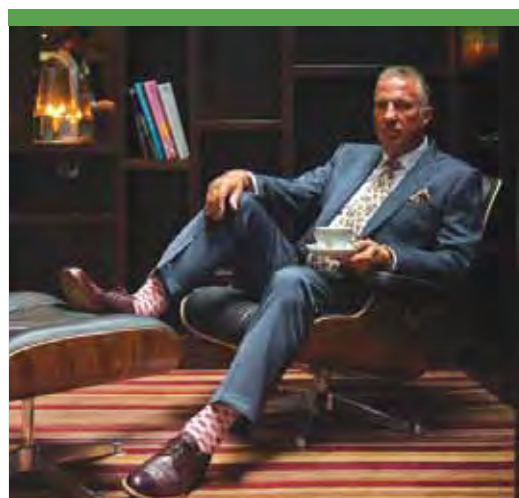
enjoy the very best cuisine and local culture.

Uniquely, the BSpoke team have ridden or walked every route to find the secret hotspots and tasty food stops that make a BSpoke holiday so fulfilling. All of the team have first-hand, in-depth knowledge ensuring we can talk you through every twist and turn and find the best holiday for you.

The BSpoke team will take care of all of the details, from arranging flights, hotels and transfers, to providing suggested route maps and transporting your luggage from hotel to hotel.

For more information visit www.bspoketours.com or call our experts on 020 7471 7750

*Book before 30 June 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.



25% DISCOUNT OFF YOUR FIRST PURCHASE AT McCANN BESPOKE



Using a dedicated team of in-house tailors, McCann Bespoke tailors garments including suits, shirts, overcoats and casual wear, complimented by a large range of accessories at an affordable price.

McCann's have most recently introduced an exciting range of golf trousers made from technical fabrics in which you can choose from a wide selection of materials to suit any style.

Prices start from £795 for suits, £135 for shirts and £595 for casual jackets - all fully measured and fitted to your unique specifications. Perfect for the modern day sports professional.

For more general information or to book a consultation please contact McCann's on 020 7186 0320, email admin@mccannbespoke.com or alternatively you can book by visiting the website www.mccannbespoke.com

LATEST MEMBERS OFFERS

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To book, please contact: Lizzie O'Neill
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telephone: +44 (0) 207 287 3333

40% DISCOUNT ON PIZZA HUT VOUCHERS

40 years in the UK and many more to come.



Pizza Hut Restaurants - passionate about pizza - have lovingly developed pizzas with a range of bases - from deep pan, to Italian to our skinny

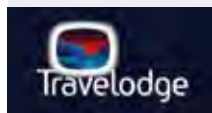
500 calorie pizzas, all topped with fresh toppings. Pair one with the fresh free salad that's unlimited, the unlimited

drinks oh and unlimited ice cream - it's just, well, heaven.

That's not all. Pizza Hut is changing... there has recently been a facelift at several Huts and these restaurants are serving the new menus too. 40 years in the business - they must be doing something right!

Through corporate barter specialist Miroma you can now purchase vouchers for Pizza Hut that can be used in restaurants as well as for take away and delivery services. These are available in £20.00 denominations for an incredible 40% discount.

25% DISCOUNT AT TRAVELODGE



Travelodge is the smart choice for leisure and business travellers,

consistently offering great value hotels in locations where you need them most.

More than 80% of Travelodge hotels are located in major city centres, towns and popular holiday hotspots. Recently, Travelodge invested £141.5 million in opening 14 more hotels which totalled

1,742 new rooms - with four of those hotels in London.

The brand has also extended its reach in Europe with openings in Barcelona and Madrid.

You can access any Travelodge subject to availability at a 25% discount from the online booking rate through Miroma.

- Locations in London and within the M25 are priced at £104.00 per night
- Regional bookings are priced at £62.00 per night
- International bookings are priced at the best available online price at the time of booking.



LG'S NEW VISION

Through a new partnership with the PCA, members can now catch all the action on the finest display - thanks to LG.

From the purest black to the most brilliant colours, the new LG Curved OLED TV comes with a unique four colour pixel structure that allows you to enjoy the latest movies or live sport, better than ever before.

This award-winning television combines great design with market-leading technology - and members can benefit from preferential rates. Go to the offers page of the website to find out how... lg.com/uk/discovered

CHANGE THE GAME.



40% OFF ALL NEW BALANCE ON AND OFF FIELD FOOTWEAR AND APPAREL FOR PCA MEMBERS

New Balance is one of the world's leading technical performance footwear and apparel brands. We have taken our 100 years' of experience in producing high-quality running and fitness footwear and have extended this to cricket.

Our product range has been 'designed by cricketers, for cricketers'. Our 4040 bowling shoes were produced with the close involvement and input of Dale Steyn, and our batting/

allrounder shoes were produced with Jonathan Trott. The input of these two global stars and New Balance Cricket Ambassadors was essential in ensuring that we produced footwear of the very highest quality and performance to suit the needs of today's professional cricketers.

We are keen to hear all the feedback from PCA members using our products, which will be fed into our product development and improvement process to

make sure our products are continually improved.

We also recognise the importance of off-field preparation to achieve maximum on-field performance. As a result, our 40% discounted offer for PCA members extends across all of the New Balance footwear and performance apparel range. To receive your promocode please contact Ali Prosser at the PCA at aprosser@thepca.co.uk

DRESSING ROOM NOTICES



Cheltenham Past Player Day

This year's PCA Past Player Day will take place on **15th July** when Gloucestershire will be playing Leicestershire.

This day is a relaxed, enjoyable chance to catch up with old friends and foes. Contact Ali Prosser on 07769 880888 or aprosser@thepca.co.uk



See who is topping the leaderboard at anytime on the PCA website-
England MVP - www.thepca.co.uk/england-mvp
County MVP - www.thepca.co.uk/county-mvp

Got a story to tell?
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

The PCA Masters in 2015

Keep an eye out for the PCA Masters playing at a club near you - the fixture list will be updated throughout the summer at www.thepca.co.uk/pca_masters

Situations Vacant
For the latest job opportunities, visit www.thepca.co.uk/job_opportunities



Royal Imperial is delighted to be supporting the PCA Benevolent Fund. Royal Imperial offer a variety of vintage style bicycles for the whole family combining traditional designs which hark back to days gone by of a simpler time, with the very best of modern components and craftsmanship.

Handcrafted to perfection with over twenty years manufacturing experience, the range of bicycles resonate quality, style and a quintessentially British ethos. A solid product: classy, which stands the test of time. See for yourself at www.royal-imperial.co.uk

We are offering PCA members a special discount across the range - available soon via the members' offers section of the PCA website.

Keep in touch
Find players past and present and stay in contact with the PCA by searching for our facebook page. Follow us on Twitter: @PCA



PCA
BENEVOLENT
FUND
The Heart of the Game



Supported by

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





Travel Policy

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

Key points:

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

The policy number is now RKK806998

Visit: www.thepca.co.uk/travel_policy

Budding Journo

Fancy having your work published?

The PCA are looking for contributors to their website now - call Jason Ratcliffe to find out more on 07768 558 050.



Jason Ratcliffe
Assistant Chief Executive

Mobile: 07768 558 050
Email: jratcliffe@thepca.co.uk



Members offers password

www.thepca.co.uk/member_offers

User name: pca
Password: offers

Angus Porter
Chief Executive

Mobile: 07584 262 083
Email: aporter@thepca.co.uk



PCA Negotiator

Jason Ratcliffe has assisted over 220 players to negotiate their contracts in the last three years - from making a simple phone call through to full negotiation.

Call **Jason** for details on 07768 558 050.



New shoes?!

Don't forget the **40% discount** all PCA Members receive at New Balance...

www.thepca.co.uk/footwear.html



Great golf gear from

TaylorMade

Speak to Carl Maughan at TaylorMade for more details on 01256 408739



adidas Eyewear has teamed up with the PCA to offer all members an exclusive 50% off RRP. To find out more, contact Victoria Mitenina on V.Mitenina@adidas-ep.com or 0208 987 2437

THE PROFESSIONAL CRICKETERS' CONFIDENTIAL HELPLINE



Worried about drink, drugs or gambling dependency?
Struggling with family or relationship problems?
Feeling stressed or not in control of your private life?

**NEED TO TALK, IN STRICT CONFIDENCE,
TO A PROFESSIONAL WHO CAN HELP?**

• Experienced, professional counsellors, therapists and life coaches who understand the pressures of your profession

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Call the Confidential Helpline any time on:
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Email: draines@thepca.co.uk
Mobile: 07711018440
www.thepca.co.uk



NO OBLIGATION, NO DEMANDS - JUST HELP WHEN YOU NEED IT.





THE PCA ADDRESS BOOK
THIS ISSUE WE LAND ON A 'T'

THOMPSON, Dr J.

Being forced to retire from playing before you'd planned to can be a daunting prospect, but for Kent's Julian Thompson having a career to fall back on was very reassuring.

BEING FORCED TO RETIRE AFTER YOUR KNEE INJURY IN 1999 MUST HAVE BEEN VERY DISAPPOINTING?

My right knee was a bit sore in the second half of the 1999 season and it never really got better. I had an operation on it that winter but it didn't recover. It was a shame because it was just getting good. I went through rehab but the inflammation in the front of the knee was too much and I didn't want any more surgery on it. It was hugely disappointing. That 1999 season was great - I put in a lot of hard work before. I got in the side, started off well and it carried on. To have to retire was a big disappointment.

DID YOUR CAREER AS A DOCTOR SOFTEN THE BLOW?

It was most enjoyable playing cricket and I certainly envisaged playing for a few more years after that. But in terms of making ends meet when you finish playing, I had a career to go back to which I had kept going through the winters of my playing career. It was reassuring being able to carry on with that.

WHAT ARE YOU DOING NOW?

I'm a GP and work at Cossington House Surgery about 400 yards from the ground in Canterbury so I still go up there quite a bit. I'm Kent's medical officer and the club physio Nimmo Reid was working there when I was playing so we know each other quite well. If I need to see a player I will either pop up or they will come down to the surgery. It's good to still be providing an input.

DO YOUR PATIENTS RECOGNISE YOU FROM YOUR PLAYING DAYS?

A lot of our patients are members of Kent and are keen cricket supporters so they will often make a comment about cricket as they are going out of the door. It's always good for a bit of a lighter moment. It's nice that they can have something they can talk about in a more relaxed way.

HOW DID YOU GET INTO COUNTY CRICKET?

I was working at St Thomas's Hospital and playing club cricket for Tunbridge Wells. Kent used to play the Kent League in a pre-season friendly which got rained off so we went into the indoor school to bowl at the Kent players. I bowled quite well and caught the eye of Daryl Foster, who was Kent's coach at the time. They invited me to play some second team games, which I did for the next two seasons. When I qualified and was working they asked whether I could play more, but I couldn't unless I was on a contract and gave up the medicine. They thought about it and signed me for 1994.

WHAT WAS YOUR DEBUT AGAINST WARWICKSHIRE IN 1994 LIKE?

I'd taken five wickets in a second team match against Warwickshire at Knowle and Dorrridge earlier that week, I was included in the squad for the match against the world-beating Warwickshire side. It was quite a massive game to go into at a Test ground, against a hugely successful side with Brian Lara playing but I really enjoyed it.

WHAT ARE YOUR TREASURED MEMORIES?

Against Durham at Stockton in 1999 we had lost some time and we had to bowl them out and knock the runs off quickly. I got seven for 89, Trevor Ward came in and thrashed it around a bit and we won. The most satisfaction comes from contributing in a meaningful way to a team win, not only for yourself but for the whole team. There was also a game at Tunbridge Wells, my home ground in 1997, where I got five for in the first innings and then a fifty and we beat Warwickshire.

ARE YOU STILL IN TOUCH WITH YOUR FORMER COUNTY TEAM MATES?

I keep in close contact with Tim Wren. I see Dave Fulton and Simon Willis sometimes and I attend the past players reunions at Canterbury. I'm also a member of the County Cricketers' Golf Society.

CHANGE THE GAME.



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Gary Ballance
Yorkshire CCC & England
Wears New Balance CK10s

The Official Footwear
Partner of the PCA



[new balance.co.uk](http://newbalance.co.uk)

HERE FOR THE LONG GAME

Royal London are proud to support the PCA Benevolent Fund, caring for cricketers even after they've hung up their kit for the last time.

royallondon.com/cricket



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