

BEYOND THE



# BOUNDARIES

The Personal Development Magazine of the Professional Cricketers' Association

A degree of  
therapy for  
Derbyshire's  
James Pipe...

**PLUS...**

**Batting to banking**

**Addictive behaviour  
– the lowdown**

**Occupied off-season**



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JARDINE LLOYD THOMPSON



**performance  
lifestyle**







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# FOREWORD

Welcome to the second edition of ***Beyond the Boundaries***, the Personal Development Magazine.

**Jason Ratcliffe, Assistant Chief Executive**



Welcome to the second edition of *Beyond the Boundaries*. In this issue we talk to players who have fully utilised their winters by doing work experience, attending courses and developing their skills off the pitch. Five players secured internships with Clydesdale Bank through the PCA's PLAN programme and talk about their experiences on page 8. The PCA's Development Courses programme also proved successful this winter, with over 40 current and past players attending one-day courses, with plumbing and plastering being the most popular! 33 per cent of these players did more than one course, making the most of their winter at home by learning some new skills.



Success for Sussex last year, but who will be celebrating in 2008?

It is widely recognised that your performance on the field can be enhanced by a balanced and varied life off it, and that is precisely what the PCA's Personal Development Programme can help you achieve. Whether you want to develop your sales skills, learn about the stock market, talk through a business idea or look into career opportunities, we are here to help so please get in touch.

Executive Sean Morris (left), who replaces Richard Bevan. The PCA is continually changing and striving to develop and provide more services and opportunities for you, the players. So take advantage of what we offer and keep pushing yourself on and off the pitch. Good luck for 2008!



Sean Morris - New CEO

The 2008 season sees new faces at the PCA, with two new Performance Lifestyle Advisers joining the team, Liz Gould and Tristan Coulter as well as new Chief



**Kate Green - Performance Lifestyle National Lead**

As pre-season begins and you are all welcoming new faces into your county set-ups, we too are adjusting to changes made over the winter. We said goodbye to David Priestley and Heidi Coleman, thanked them for all their hard work and wished them luck for their future careers.

We welcomed on board Liz Gould to the North area – servicing Lancashire, Yorkshire and Derbyshire – who is moving over from working with the Northern Territory Institute of Sport (NTIS) in Australia as a Sport Psychologist/Athlete Career and Education Adviser. We also

welcomed Tristan Coulter to the South area – servicing Surrey, Essex, Kent and Middlesex – who also recently spent time out in Australia working for the University of Queensland tutoring on the Postgraduate Diploma programme and working as a Sports Psychologist for the Elite Junior Development Squad in Tennis. And finally on the staffing front, I am now co-ordinating the PL team and working with England teams alongside two counties, Hampshire and Sussex.

I hope that over the winter you all had some time off; a chance to try something new or gain some work experience. I hope

that you have all had the opportunity to develop your skills or gain a qualification that might have sparked some interest or made you think about something else alongside cricket. And just because the season starts, it doesn't mean you should stop – the next six months will fly by so now is the time to plan whatever it is you might want to do next October...

I hope this issue of *Beyond the Boundaries* is an enjoyable read and if you don't find information on something that you are particularly interested in, please contact a Performance Lifestyle Adviser who can help you further.

Edited by Rachel Newnham, Player Services Executive, PCA  
Design by TriNorth Limited  
Printed by Jellyfish Solutions Limited  
Special thanks to Ian Thomas and Jim Hindson  
Cover image by Jim Hindson  
All imagery courtesy of Getty Images unless otherwise stated

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## Career in Focus – Physiotherapy, James Pipe

It's back to school for Derbyshire gloveman **James Pipe**, as he looks to the future...

James Pipe gets down to business



From an early age, all I ever aspired to be was a professional cricketer. I was always extremely determined to achieve my ambition and the support my parents gave me was phenomenal. School studies were important to me but at the time they always came second to cricket.

I left home at the age of 16 to join the YTS scheme at the Yorkshire Cricket School. My whole life revolved around training and playing cricket. I wanted the opportunity to play for my county and I was prepared to sacrifice anything to achieve this. I was also extremely fortunate to be encouraged by my employer at the time, Ralph

Middlebrooke, to attend college one day a week to study a BTEC National in business and finance.

The opportunity to represent my native county did not materialise and eventually I signed for Worcestershire, which I was delighted about. My family encouraged me to continue my studies throughout this period of uncertainty and I achieved an HND in leisure studies from Bradford College.

While at Worcester, fighting for a first team position, my girlfriend was at university studying French and Spanish. She used to ask me what I intended to do after cricket but being 22 and thriving on my time playing for the county and also playing in Australia

throughout the winter months, I honestly didn't see how I could fit it

*I received a blow to my right eye from a ball that bounced awkwardly and forced its way between the grill and the peak of my helmet.*

in or why I would even want to burden myself with studies when really I needed to stay focused on my cricket.

At the age of 24, whilst training at Worcester, I received a direct blow to my right eye from a ball that bounced awkwardly and forced its way between the grill and the peak of my helmet. The initial trauma resulted in a build up of pressure behind my right eyeball. The severity of the damage made it difficult for medical staff to report the full extent of the injury. I spent approximately 17 weeks out of the game and was uncertain with

*School studies were important to me but at the time they always came second to cricket.*

regard to my future in cricket throughout the majority of that period. This was an extremely traumatic and worrying time for me as I realised my career could be heading for a premature end and despite my academic efforts earlier in life, I had no direction or plan of what I would do when this inevitable day finally arrived. I was determined to use this time out of the game objectively. I was aware one of my team-mates had a meeting with a career adviser that was arranged for him through the PCA and I was really interested to learn more about this service.

I wasted no time in meeting up with the Performance Lifestyle Adviser and after discussing my area of interest, together we formulated a plan of how I could enable myself to start a part time degree course in physiotherapy. The PL Adviser informed me of several universities that offered this programme, but I was drawn towards Salford Uni because of the excellent facilities and structure of the course. Unfortunately the timing of our meeting did not allow me to apply for a place at Salford until the following year. Due to this, I decided to study for a diploma in strength and conditioning and sports massage therapy to gain knowledge of some of the basic principles of exercise prescription. This definitely

gave me a headstart and in my opinion enhanced my chances of being accepted on the physiotherapy course.

Studying a part time physiotherapy degree alongside my cricket commitments has been difficult at times but extremely fulfilling. Without the support and understanding of family, coaches, team-mates and university lecturers alike it would be an impossible task. The university has been extremely flexible, allowing me to base my clinical placements through the winter months and even reschedule exam dates that have coincided with fixtures during the season. Also, I would like to give thanks and recognition to the PCA for their support and funding, which has made these studies possible.

I am currently in my final year and it feels great to know that, all being well, I will be a fully-

qualified chartered physiotherapist this time next year. Despite the intense workload I feel secure knowing that I have a solid career path in place and although I am still as committed and determined as ever to achieve success on the field, I have become a lot more relaxed about my game. I don't think I will ever be able to replace what I get out of playing cricket for a living when I retire, but the enjoyment and fulfilment I have experienced whilst studying to become a physiotherapist so far will definitely help to make the transition slightly easier.

Interested in being a physio? More on next page. >>





# Is physiotherapy for you?



## What is physiotherapy?

The image that most often comes to mind is that of a physiotherapist running on to a sports pitch to deal with a traumatic injury and the subsequent rehabilitation of this musculoskeletal problem. Physios also work in other fields such as cardio-respiratory care, neurological rehabilitation, paediatrics, mental health, learning difficulties, occupational health, women's health, health promotion and care of the elderly.

## Examples of the diversity of physiotherapy practice are:

- Relief of pain and restoration of function in patients with joint pain or following injury
- Cardiac rehabilitation of patients having undergone heart surgery
- Working with patients on ventilators in intensive care to keep their chest clear and maintain movement of the joints
- Helping stroke victims to recover the use of their limbs
- Enabling children with Cerebral Palsy to improve and maintain the length of their muscle tissue and facilitate them walking
- Working with the mentally ill or individuals with learning difficulties to improve confidence and self esteem through exercise and relaxation
- Education in the workplace to avoid injuries such as repetitive strain injury
- Being involved in counselling, exercise and education programmes to help modify behaviour in those with high risk of such conditions as coronary heart disease, intermittent claudication, obesity etc.
- Working in falls clinics with the elderly to help them to improve their balance and avoid injury

## What skills and personal qualities are needed to be a physiotherapist?

Many of the skills developed in professional sport are valuable as a physiotherapist: commitment, determination, enthusiasm, motivation, team-working skills, to name but a few. You also need to communicate well and relate to people of all age groups and be sensitive, caring, reliable and trustworthy. Other key skills include using your initiative and problem solving.

## How do I train to be a physiotherapist?

Physiotherapist is a title protected by law. This means that anyone using this title must be registered by the Health Professions Council (HPC). To qualify as a registered physiotherapist, you need to gain a degree from an approved degree course that has been validated by the HPC.

You can study for a BSc (Honours) degree in Physiotherapy either full-time (over three years) or part-time (usually over four to five years). Studying part-time often allows more flexibility when working. For example, the part time degree at the University of Salford allows the flexibility of completing the degree between four and six years, which has enabled professional footballers and, more recently, professional cricketers to study alongside their professional careers in sport. An alternative route is an accelerated programme over two years through an MSc which is offered at some universities. A list of approved degree courses can be found on the CSP and HPC websites.

## What qualifications would I need?

Each university will have their own entry criteria and you should check the individual websites for details. Typically for school leavers this is 3 'A' levels at grade B or 300 points to include a science. A percentage of places go to mature students who tend to fall into two categories: graduates, and applicants without standard academic qualifications. Graduates are normally expected to have gained an upper second-class degree and to have gained some work experience between their first degree course and the start of the physiotherapy course. Mature applicants without suitable academic qualifications are likely to be asked to sit at least 2 'A' levels or equivalent, one of which is required to be in biology. There are other alternatives for mature students including Access programmes, Open University qualifications or a distinction/merit profile at BTEC National Diploma. Academic qualifications are usually expected to have been gained in the five years prior to entry.

## What does physiotherapy at university involve?

Being realistic, you need to be committed to study physiotherapy as the workload is intensive. Teaching and learning methods



■ ■ ■ Physiotherapy in action.

include lectures, tutorials, practical skills and self directed study. In addition to this you are expected throughout the course to carry out a minimum of 1000 hours of clinical practice in order to put the knowledge, problem solving abilities and practical skills developed at university into practice. It's challenging, but really interesting too and offers many opportunities for the future.

For further information on the BSc (Hons) Physiotherapy degree at the University of Salford, please contact fhsc@salford.ac.uk or 0845 234 0184.

## Useful websites

Chartered Society of Physiotherapy  
[www.csp.org.uk](http://www.csp.org.uk)  
 Health Professions Council  
[www.hpc-uk.org](http://www.hpc-uk.org)  
 Open University  
[www.open.ac.uk](http://www.open.ac.uk)  
 UCAS  
[www.ucas.ac.uk](http://www.ucas.ac.uk)  
 University of Salford  
[www.healthcare.salford.ac.uk](http://www.healthcare.salford.ac.uk)



University of Salford  
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# Shape your own future

## Be a rehabilitation all-rounder

A career in **Physiotherapy** will open up a number of bright new horizons. It's a profession that will keep you in touch with sport and help you make a difference at the highest level.

Combine study and playing cricket with our flexible programme, developed with the elite sportsman in mind.

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- Full or part-time study available





# Banking on the right career

**Charlie Mulraine** works with the PCA on the development of their career outplacement programme, PLAN (Placement and Learning Access Network). We asked him about the recent successes this winter.

There have been some really positive developments within the PLAN programme this winter, and it is extremely exciting and satisfying to hear from players who have benefited from the experience. The aim of PLAN is to create off season work opportunities for players who are looking to do something other than play cricket abroad. It is there to help all players, and not just those who are nearing the end of their playing careers.

The challenge has always been to convince companies that they can benefit hugely from accessing what is a unique talent pool. Professional cricketers have

skills and life experience that even some graduates lack. It was therefore a major step forward for the programme when Clydesdale Bank agreed to be a partner. Clydesdale Bank and Yorkshire Bank are subsidiaries of the National Australia Bank Group, which is one of the world's top 30 financial services companies. Clydesdale already has links with sport; it is a senior partner of the PCA and the title sponsor of the Scottish Premier League.

Clydesdale was really keen to come on board and saw this as a long-term investment. They made it clear from the early meetings that, although this was a pilot scheme, recruiting cricketers

created opportunities to develop new business relationships and potentially could be used as a vehicle to recruit new talent to the organisation.

My role was to work with Clydesdale on the creation of job descriptions, which were advertised to the players via the PCA, and then to conduct the first round interviews. Clydesdale was extremely impressed by the calibre and attitude of the individuals put in front of them and this resulted in five players being offered winter training contracts.

Here is what the guys said about their experiences over the past few months:

"They have extended my contract and I am really enjoying it. After Christmas I shadowed the bankers so that my financial knowledge was brought up to speed. Clydesdale has been more than accommodating and really helpful. I am enjoying the diverse nature of the projects and working in a big office in the City is a real buzz!"

*Jason Gallian*



"It is going very well! They are getting me involved in different projects within the Financial Solutions Department, providing me with an excellent insight into how the operation works. As an organisation they are certainly providing me with the opportunity to see career change as a less worrying concept. They are really positive about making this programme work!"

*Gerard Brophy*



*Phil Weston*

"I have really enjoyed my first five weeks at Clydesdale. It has been a great experience in getting an insight into business, banking and more importantly what it's like to have a 'real' job! Over the first few weeks I have primarily been used to meet with clients and to attend a couple of networking events, where I have been able to see how things are done. My experience has been made easier by the business partners, who have helped me by sitting me down and going through what they do in their jobs. They have also demystified the different aspects of banking such as invoice financing, asset financing etc. Recently I've been given the task of putting together a marketing plan for the Thames Valley region. This has been very interesting and involved a lot of independent research; for example looking into the local economy, at opportunities for the bank in sponsorship and gathering data on the capabilities of the Reading centre itself. I've also been involved in trying to arrange an event for early this year. In addition, I have enrolled on a course called Omega, which is an official qualification and revolves around learning about loaning to small businesses. Since I have no business experience or qualifications linked to business, this has been of great benefit to me. I am hoping to finish the course after my training contract comes to an end, completing it from home over the summer."



*Gareth Rees*



*Mark Chilton*

"Things are progressing really well with the bank. Everyone has been really helpful and positive about the placement programme. My line manager has been very supportive and taken me on a number of client visits. Obviously there is a lot to take in to begin with; Durham University seems a long time ago! There is plenty to learn and I am picking up new skills everyday, which was one of my aims before starting. I think the experience at this stage in my career is invaluable. In the New Year I spent time with various departments to get more of a feel for some of the specialist work the bank does, so that gave me an even better idea of what really interests me. Overall there are a lot of positives to take from my experience."

"The National Australia Bank Group was aware I was coming without any previous banking experience, yet they made me feel as if I was an asset to them from the very beginning. As well as being extremely helpful and encouraging, they organised the placement extremely professionally. They ensured that I was able to have experience in all of the different departments; this helped me understand how they fitted together and this knowledge gave me confidence. I must admit there wasn't much of a 'settling in' period, almost straight away I had to learn the 'nitty gritty' behind the principles of lending money. I was also pleasantly surprised how soon I was able to attend client meetings. NAB was an excellent choice. It was a huge learning curve and forced me out of my comfort zone. At times it was uncomfortable since it was so alien, but the experience was so positive that I decided to end my cricketing career mid-contract and accept a full-time position with the Bank as a Business Partner. My advice to players is to start 'PLAN'ning now and use the services available to them!"



The PLAN programme now has relationships with companies in a variety of different sectors, and the aim is to develop further work placement schemes similar to the Clydesdale/NAB partnership. In December last year a number of players attended an Open Day with the BBC in Birmingham,

which was a great success. Keep in touch with your Performance Lifestyle Adviser and review the PCA site for opportunities in 2008!

For more information please call Charlie on 08702 640530 or email [charlie@mulrainsport.com](mailto:charlie@mulrainsport.com).





# Sports Medicine and Sport and Exercise Science

The ultimate goal of someone working within the fields of Sports Medicine and Sport and Exercise Science is to help active individuals to achieve optimal health and optimal performance.

Sports Medicine is the field of medicine concerned with injuries and illness sustained in athletic endeavours, including their prevention, diagnosis, and treatment.

Sport and Exercise Science is the application of scientific principles to the promotion, maintenance and enhancement of sport and exercise related behaviours.

Traditionally, sports medicine was the sole responsibility of the team doctor. However, advances in knowledge have seen the field of sports medicine

expand to incorporate a wide range of sport and exercise science related disciplines such as:

- **Physiotherapy/sports rehabilitation**
- **Strength and Conditioning**
- (Follow the link below for more information about this discipline and training opportunities: [www.ukscsca.org.uk/ukscsca/common/home.asp](http://www.ukscsca.org.uk/ukscsca/common/home.asp))
- **Sports Biomechanics**
- **Performance Analysis**
- **Exercise Psychologist**
- **Exercise Physiology**
- **Nutrition**

Most of these disciplines require individuals to be educated to a minimum of degree level in a related subject e.g. physiology, sports science

or dietetics and, where possible, to have demonstrated their passion for the discipline by undertaking relevant work experience. At the elite end of the spectrum, competition for jobs within these disciplines is high but then so are the rewards e.g. supporting athletes at the Olympics.

For information on all of these and lots of other careers within Sports and Exercise Science disciplines, go to [www.bases.org.uk/newsite/pdf/BASESCareersGuide.pdf](http://www.bases.org.uk/newsite/pdf/BASESCareersGuide.pdf)

If you would like further information about careers within Sports Medicine or Sport and Exercise Science, i.e. qualifications required and flexible study options, then speak to your Performance Lifestyle Adviser.

## Industry recognised personal training qualifications for professional cricketers

### Study in your spare time to become a personal trainer

Executive Fitness Careers has designed a number of courses in collaboration with the Professional Cricketers Association to specifically fit in with the lifestyle of a professional cricketer.

You could be fully qualified within 12 weeks full time study or 9 months part time study without any crossover into your cricket demands.

Once qualified, our industry recognised courses will enable you to operate as a fitness instructor or set up a professional personal training business.

- Study at home from books, DVD-ROMs and online
- University recognised qualifications
- Award taught by academics, sport scientists and practicing personal trainers
- Discounted course fees for PCA members



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QUALITY : FLEXIBLE : RECOGNISED

# Addictive Behaviour

**Addiction – being addicted to something – is a common human condition, with recent statistics reporting that one in three adults in the UK will suffer from an addiction at some point during their lifetime.** Not all sufferers will experience the extremes of addiction or require specialist support but it is likely that their quality of life will be diminished and their well-being affected.

## So what is addiction?

In short, addiction describes the potential conflicting relationship a person experiences with a substance or behaviour. People can become addicted to pretty much anything. It may involve the need to take an addictive substance, such as drugs or alcohol. It may involve food, shopping, gambling, exercise or sexual promiscuity. A person with an addiction may become dependent on a substance to change the way they think, feel and behave. They may require increasing amounts to achieve the desired effect and experience severe withdrawal effects if the substance is discontinued.

## Are professional cricketers at greater risk of addiction?

To date, there is no empirical evidence to suggest that professional cricketers are any more or any less likely to suffer from an addiction than the general population. However, the consequences of addictive behaviour can sometimes be far more pronounced for elite sportspeople due to daily performance-related pressures.

Awareness raising and education about the signs and symptoms of addictive behaviour is paramount in the prevention and treatment. This year the PCA, in conjunction with the ECB and Performance Healthcare, will begin rolling out an Addictive Behaviour workshop to the 18 first-class counties. The workshop will be focusing on the three main addictions in the UK: alcohol, drugs and gambling. The aims of the workshop are to better equip players to:

- Recognise the circumstances that could lead them or others into a

problem relationship with substances or gambling

- Recognise signs of problems in themselves and their team-mates
- Access professional help if required, self-manage their own problem and be able to focus on the challenges of playing cricket at the highest level

## Common signs and symptoms

The table below lists common signs and symptoms that are exhibited by people who are experiencing problems in these three areas.

If any of this information raises concerns about your behaviour or someone you care about, then please refer to the 'where to go for professional help' section for advice.

It should be noted that these signs and symptoms may be indicative of other issues rather than addiction so always seek advice if you are unsure about how to proceed.

## Signs of addictive behaviour



DRUGS	ALCOHOL	GAMBLING
<p>Poor time keeping</p> <p>Loss of concentration</p> <p>Irritability &amp; mood swings</p> <p>Consistent &amp; uncharacteristic poor performance</p>		
<ul style="list-style-type: none"> <li>• Deterioration of physical appearance (grooming)</li> <li>• Talking incoherently or making inappropriate remarks</li> <li>• Not spending time with friends</li> <li>• Engaging in secretive or suspicious behaviour</li> <li>• Expressing feelings of exhaustion, depression &amp; hopelessness</li> <li>• Bloodshot eyes / dilated pupils</li> </ul>	<ul style="list-style-type: none"> <li>• Deterioration of physical appearance</li> <li>• Drinking alone</li> <li>• Forgetting conversations &amp; commitments</li> <li>• Storing alcohol in unusual places</li> <li>• Gulping drinks, ordering doubles &amp; chasers</li> <li>• Getting annoyed when drinking rituals are disrupted</li> </ul>	<ul style="list-style-type: none"> <li>• Preoccupied with gambling</li> <li>• "Flashing the cash"</li> <li>• Chasing lost money</li> <li>• Lying about whereabouts</li> <li>• Lying about losses</li> <li>• Borrowing frequently &amp; ever increasing amounts</li> <li>• Increased isolation from friends and family</li> <li>• Periods of restlessness</li> </ul>



# How to get professional help

## Access Direct Support

**The PCA Confidential Helpline: Confidential one-to-one private assessment and support**  
Tel: 0844 800 6873 International Calls: +44(0)1373 858080

**Drinkline National helpline** Tel: 0800 9178282

**Alcoholics Anonymous** Tel: 0845 7697555 [www.alcoholics-anonymous.org.uk](http://www.alcoholics-anonymous.org.uk)

**National Drugs helpline** Tel: 0800 776600 [www.talktofrank.com](http://www.talktofrank.com)

**Gamblers Anonymous** Tel: 08700 508880 [www.gamblersanonymous.org.uk](http://www.gamblersanonymous.org.uk)

## Additional Sources

Your GP  
NHS  
Priory Clinics  
The Manor Clinic  
Private sector  
Charities

## Sources of Support and Referral

**County Coaching and Support Staff**

**The PCA**  
Jason Ratcliffe Tel: 07768 558 050  
Ian Smith Tel: 07798 698 201  
Richard Doughty Tel: 07771 782 752

**Performance Lifestyle Advisers**  
Kate Green Tel: 07766 804 484  
Lynsey Braddock Tel: 07771 972 827  
Ian Thomas Tel: 07920 575 578  
Liz Gould Tel: 07826 535 783  
Phil Dicks Tel: 07703 477 195  
Tristan Coulter Tel: 07826 535 786

Did you know...?

1. In Britain, nearly one in 10 male drinkers have an alcohol problem.
2. Half of all adults who end up in hospital with head injuries are drunk.
3. Alcohol can lead to problems such as weight gain, depression, liver, heart and stomach conditions and it is the third biggest killer after heart disease and cancer.
4. Alcohol features in almost a third of all UK divorce petitions.
5. There are an estimated 236,000 problem gamblers in Britain.
6. Around four million people use illicit drugs each year in England and Wales and 25 per cent of those aged 26 to 30 have used a class-A drug at least once. Have you?
7. Cannabis is, by far, the world's most commonly used illicit drug. Despite reports of it not being addictive, many find it hard to quit.
8. One cannabis cigarette can be as damaging to the lungs as four tobacco cigarettes.
9. More than 750,000 people in the UK take cocaine at least once a

- year with over six per cent of the population having tried the drug once in their lifetime
10. Up to 75 per cent of people who try cocaine will become addicted to it. Only one out of four people who try to quit will be able to without help.

Myth.....

People who can "hold their liquor" are to be envied.

Fact.....

People who can drink heavily without becoming intoxicated have probably developed a tolerance for alcohol, which can indicate the onset of dependency.



"Booze acted for me as an anaesthetic to avoid intense feelings, good or bad...I was trying to run away from all the problems building up in me but staying in the same miserable place."

Tony Adams

"Everything I'd pretty much done over the years in some way was connected with my addiction. I reached a point where I was trying to recreate the good times and block out the bad times; it worked for a while. What I didn't realise was I was in the grip of something that was taking away my choice, my life and my future. I thought I was in control but there was only one thing in control and it wasn't me."

Richard Doughty

Gambling

"I've stayed away from drink and drugs but gambling has beat me, spanked me all over the place. People do not understand what gambling does to you. They think you just put your money on and that is it. But it's on your mind all

the time. You're constantly thinking about it and if you're playing cards day in day out, there's no way you can give football your full concentration. I know that when I was throwing money at gambling, I was going out on to the

"Booze acted for me as an anaesthetic to avoid intense feelings, good or bad..."

pitch in a real state. I was feeling really tired before a ball had been kicked."

Paul Merson

Drugs

"Whereas my home life was falling apart, I could be totally uninhibited when I was out. It was an escape from my real life. When I was socialising, everything altered for the better and

the drugs fuelled that. I wish someone could have identified my problems in my thirties. If I could have had the 1996 season off to get myself straight I think I could have contributed for another four years. As it was I was seen as washed up at just 32."

Paul Smith

"I realise now that taking drugs made me lazy. I had no drive and showed a lack of respect for others. However, at the time I just felt like a waste of space, a let down. I knew early on that I had a problem with cannabis but I never really thought I could tell anyone about it."

Keith Piper

Additional Information:

Addiction BBC One life site [www.bbc.co.uk/radio1/one/health/](http://www.bbc.co.uk/radio1/one/health/) contains information on all types of addiction including drink, drugs, gambling and smoking.

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

- FREE confidential help and support when and where you need it

Call the Confidential Helpline any time on:  
0844 800 6873 (UK calls) or +44 (0)1373 858080 (International)

Email: [advice@performancehealthcare.com](mailto:advice@performancehealthcare.com)  
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NO OBLIGATION, NO DEMANDS - JUST HELP WHEN YOU NEED IT.





# Matthew Tait – Q&A

England and Newcastle Falcons' **Matt Tait** explains how he combines an international sporting career with a university degree.....

## What course are you currently studying and where?

I'm studying for a BSc in Biomedical Sciences at Newcastle University. It's normally a three-year programme, but I'm currently talking to the university to extend it. Ideally I'd like to do half an academic year in one year.

## How are you managing to combine studying with life as a professional rugby player?

Last year, when I was studying full-time, I was doing about three hours of lectures in a morning, then would train with the team in the afternoon and read books and lecture notes in the evening. Now I go predominantly on a morning and then whenever I can. The uni have been very supportive on this front and access to lecture notes is relatively easy via online blackboard.

## Have the university made any concessions or allowed you to tailor the course in any way to accommodate your sporting circumstances?

I am currently negotiating splitting this second year into half, ie taking half a year over a full academic year. I've got a very supportive tutor who has given me extra one-to-one support and, whilst I was away with the World Cup, they sent me some lecture notes, although I didn't do too much as I had other things on my mind!

## Is the qualification part of a long-term career plan for life after rugby?

In the short term, I felt it was important to gain a degree in something that I enjoy. In the long term there's the possibility of restudying in medicine or something like that. At the moment I am just enjoying the challenge of the academic study for what it is. I am a rugby player first and foremost and hopefully have another 10 years in the game, so I'm not looking too far ahead.

## Do you feel that 'investing' in yourself in this way has had a positive impact on your on-field performances?

Perhaps by having something other than rugby you feel a little more balanced and take comfort from the fact that you are preparing for the inevitable – life after the game. It's difficult to say whether it has had a positive impact. It has been good to have something outside of rugby to focus on, but if the studying began to have an impact on my rugby then of course university would be put on hold. I can always go back to studying but you only get one chance in professional sport.

## What advice would you give to any young professional in any sport who is trying to combine their sport and study?

If you're unsure, look into it and give it a go. It is tough to start off with, getting into the flow of studying. This I am finding difficult at the moment, post World Cup. However, unless you give something a try you will never know. If you find it does impact on your sport you can always go back to it later on.



■ ■ ■ Matt Tait in action.

# PCA VW Touareg Safe Driving Campaign



■ ■ ■ Billy Taylor, Ashley Giles, Alex Gidman and Martyn Ball look at the damage a crash can cause.

In 2006 the PCA launched its safe driving campaign in association with Volkswagen Touareg. As part of this campaign, the PCA is offering players the opportunity to take ROSPA advanced driving tests. Research indicates that drivers trained to the advanced standard are 20 per cent less likely to be involved in an accident. Apart from being safer on the road, you could also gain from:

- lowering your insurance premiums
- reduced levels of driving stress
- improved fuel consumption
- less wear and tear on your vehicle.

If you would like to take an advanced test please **contact Rachel on 020 7449 4229 for more information.**

## Want to learn to drive?

If you have yet to take your driving test, the PCA will pay for your driving lessons up to a cost of £250. Just keep your receipts and fill out an Education Funding form.

Statistics show that new drivers are

more likely to have an accident in the first two years of passing their test than at any other time in their driving career, plus insurance costs for new drivers can be sky high. To improve your driving and insurance premiums, the PCA is offering newly qualified drivers the opportunity to take the Pass Plus test. Pass Plus can be taken any time within 12 months of passing your driving test and consists of six hours of on-road training. The PCA will pay for half of this course.

**For more information call Rachel on 020 7449 4229.**



## Touareg



## Education Funding

As well as driving lessons, the PCA will fund 50 per cent of an individual personal development course, up to £1500.

## Criteria:

- Players must pay for the course in full and return receipt of payment together with a completed Educational Funding form to the PCA.
- Players must fully complete any course that they receive funding for.
- University fees will be supported to a maximum of £1500 per annum. However, you will not receive funding if you go to university prior to beginning a career as a professional cricketer.
- All applications will be considered on their individual merit.
- All applications will be paid subject to available funds at any point in time.



# What did you do this winter?

Busy off season? Players reveal their winter tales

## Paul Franks Nottinghamshire CCC

During the 2007 season, following consultation with my Performance Lifestyle Adviser, I began exploring coaching opportunities within my county club. Coaching had long been something I had wanted to involve myself in, especially with elite level performers. I have since taken up the new position of EPP Coach for the junior academy set up at Trent Bridge. This has been both challenging and rewarding and, along with the completion of my Level 3 course, the off season should set me up well for further coaching assignments in the future.



## Ben Smith Worcestershire CCC

This winter I have mainly been concentrating on the Level 4 cricket coaching course I am on. The course consists of 12 modules over two and a half winters. So far this winter we have had two integration modules and the batting module. All three of these have been at Loughborough, either at the Centre of Excellence or the Imago conference centre. The modules run for three days each and although we have not had any assignments to write on the subjects, we usually have some pre-course work to take along (and afterwards I like to write up some of the notes I have made). All this is fairly time-consuming but I'm sure will be worth it. The integration modules were very beneficial as they were based on putting everything we had learnt from previous courses together whilst also looking at what other sports and organisations, such as the military, do for their research, training, and preparation – to see if there is anything that would be useful for cricket and you as a coach. I have thoroughly enjoyed the course so far and see the qualification as something that will fully qualify me in my profession and hopefully, along with my experience as a player, give me the recognition of being an elite coach and good knowledge for life in general after cricket.



## Mark Wallace Glamorgan CCC

I've spent the close season completing my final year of a Journalism degree at Staffordshire University. Although I have had to manage my time more efficiently than I would have in the past, I have found pursuing something away from the game both enjoyable and fulfilling. The skills I have learned have enabled me to gain work with a local newspaper covering rugby and football matches, which I am hoping may lead to further winter employment in future years.



## David Lucas Northants CCC

After finishing playing for Yorkshire CCC in 2006 I tried a couple of jobs. The first one involved helping clients fill in financial paperwork for a mortgages and loans company called Enable Finance. I then started a plumbing apprenticeship, which, for a period of time, was what I wanted to do. I did this for around three months but it was not what I thought it would be. So I decided to set up my own exterior cleaning company called Pristine Clean. I specialise in the cleaning of gutters & fascias, conservatories, driveways & patios, window cleaning (monthly contracts), car ports, etc. I invested my money in all the equipment needed for the job like a van, pure water system with water fed poles, pressure washers, etc. So for the winter of 2007-08 I have been busy marketing the company to widen my client base, and also doing the cleaning jobs myself.

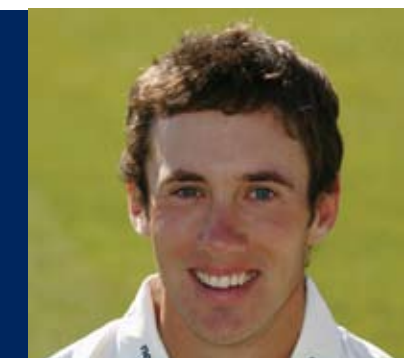


## Ian Fisher Gloucestershire CCC

For the past few winters I have been working towards a career in exercise and fitness, firstly to run alongside my cricket career and then hopefully to pay the bills when cricket is no more. After a couple of years generalising in this area I decided that a qualification in strength and conditioning was what I needed and began planning how best to achieve this. With sound advice from my Performance Lifestyle Adviser Ian Thomas and a couple of people who work in this field, I am now working towards the UKSCA strength and conditioning accreditation and currently working with the players on the academy at Gloucestershire. Thomo has been great to bounce ideas off and has helped me build a clear path as to what I need in experience and education to work towards a professional career beyond cricket.

## Will Smith Durham CCC

Through a little bit of advanced planning and being in the right place at the right time I'm having a very busy winter. Part way through the summer, Phil Dicks, our Performance Lifestyle Adviser, identified a Sports Journalism course, which I started in September. So I have two days a week of lectures and practical in the West Midlands, then I head off to London to contribute to the monthly edition of *All Out Cricket*. Jimmy Hindson and Andy Afford were kind enough to offer me the chance to put theory into practice and, of course, I jumped at it. It's a fantastic opportunity that I'm really relishing.



## Carl Hopkinson Sussex CCC

I was quite keen to make sure I had a break from cricket to recharge the batteries. I did this by taking a holiday to Cuba! I was also determined to progress the ECB Level 2 coaching qualification I completed last winter & embark on my level 3 – which I attended before Christmas. I used this to then help coach on the following Level 3 – Fielding Module – which I really enjoyed. And finally I started the New Year by doing a Gym Instructor Award with Premier Global, which enabled me to gain a recognised qualification for an area that is very important as a cricketer but also as a part time job alongside coaching in the winter. I have found everything I have done really useful and with the qualifications behind me I am now quite keen to get my bat in hand and begin my pre-season preparation...





## PCA Tiling Course – Mark Wallace

It's probably best to start off with a confession – I am (or was) the original DIY virgin.

I'd never changed a light bulb, wired a plug, or fixed a fuse, so attending the PCA's tiling course in November was about as far out of my comfort zone as you could get.

So with much trepidation I took the trip down to Newbury with Glamorgan colleagues, and fellow novices, David Harrison and Ryan Watkins. Kent's Darren Stevens completed the group and thanks to some knowledgeable, insightful and, most importantly, patient tuition from the instructors at the Building Skills Academy, we all had a rewarding and enjoyable day.

Based around hands-on experience, we were taken through some basic tiling skills – preparing the area, applying the tiles and grouting – and were promptly let loose on putting together our own individual piece of tiled wall.

Now while I'd like to claim that my finished article was the best, I sadly have to concede that Stevo's handiwork took the first prize, although I certainly wasn't the worst on show. That award had to go to Dave Harrison who managed to continue his injury-plagued 2007 by cutting his finger on a piece of his own shoddy craftsmanship and finishing the day with his arm in a sling!

While I'm not about to rush



Mark Wallace gets his eye in.

down to B&Q and start attacking the kitchen just yet, I am quietly confident that the skills I learnt may now at least qualify me to undertake the odd minor job or repair. But most importantly, I had a great day experiencing something I never would have had the opportunity –

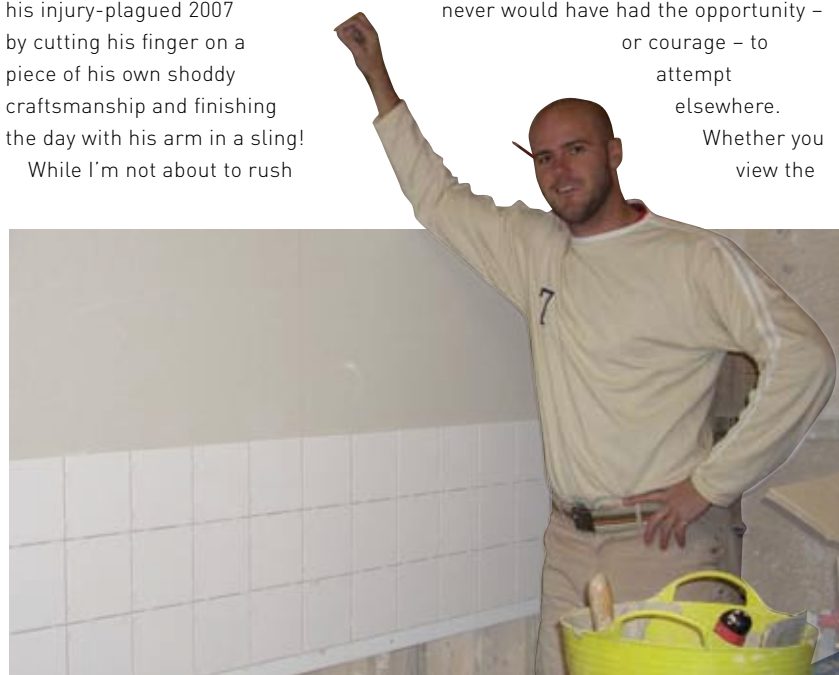
or courage – to attempt elsewhere.

Whether you view the

various courses laid on by the PCA as an opportunity to learn new skills, gain a feel for a possible future career, or just a way of broadening your horizons, you won't go away disappointed.

And you never know, you might just learn something.

*"That award had to go to Dave Harrison who managed to continue his injury-plagued 2007 by cutting his finger on a piece of his own shoddy craftsmanship and finishing the day with his arm in a sling!"*



Dave Harrison shows off his handiwork.

## Skin Cancer Sreening



Geraint Jones is tested in a quick and easy process.

The PCA, in conjunction with Screen4Life, are delighted to announce the provision of a Skin Cancer Screening service that will be made available to all County Cricketers in 2008.

Screen4Life is a leading skin cancer screening specialist dedicated to the early detection and prevention of skin cancer. We specialise in the Corporate and Professional Sports Sectors and are supplier to the PGA European Tour where we have carried out screening for Europe's leading Golf professionals, their families and caddies, as well as the European Tour staff.

Skin cancer is very common in the UK and more people get it each year. Most skin cancers are caused by too much sun. Research has shown that fit and active people have a forty per cent higher chance of getting skin cancer. Cancer Research UK statistics indicate that:

- Skin Cancer is the UK's most

common cancer, with 100,000 detected cases each year.

- More people now die from skin cancer in the UK than in Australia.
- Skin cancer amongst the 20 – 40 age groups has trebled in 25 years.
- Melanoma, the most dangerous skin cancer, has increased by 40 per cent in ten years.
- Melanoma kills 1 in 4 of its victims.
- Early detection through screening saves lives.

The key elements of Screen4Life's service are as follows:

- Consultant-led service using the latest skin imaging technology, which is unique in being able to identify what is going on

under the surface of the skin to a depth of 2mm.

- Results are immediate and enable the person screened to be referred to a specialist rapidly, if there is a need for further tests or possible treatment.
- The scanning service is portable and will be offered on your premises.
- An individual scan only takes 20 minutes and is completely painless.

Should you wish to find out more about Screen4Life or the screening service please either visit our web site at [www.screen4life.co.uk](http://www.screen4life.co.uk) or telephone Diane Wegg on 01474 702 335

**Screen4Life**  
SKIN CANCER SCREENING



# THE PERFORMANCE LIFESTYLE TEAM



*Kate Green*  
(Performance Lifestyle National Lead)

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

**Counties:** Working with England teams, Sussex and Hampshire

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

**Contact:** 07766804484 or kate.green@ecb.co.uk



*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 whilst playing is always part of the life of a cricketer. I feel the Performance Lifestyle programme helps players with the insecurity of cricket, allowing for a smoother transition out of the game when needed and, importantly, takes away the stress whilst concentrating on playing. PL allows players to have a sounding board for this.'

**Counties:** Glamorgan, Somerset, Gloucestershire, Northants

**Background:** BSc (Hons) Sport Development, 8 years as a pro cricketer with Glamorgan CCC, Graduate Certificate in Elite Performer Career Counselling, ECB Coaching Qualifications.

**Contact:** 07920575578 or ian.thomas@ecb.co.uk



*Lynsey Braddock*

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

**Counties:** Worcestershire, Warwickshire, Leicestershire, Nottinghamshire

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

**Contact:** 07771972827 or lynsey.braddock@ecb.co.uk

*"I feel the performance lifestyle programme helps players with the insecurity of cricket, allowing for a smoother transition out of the game when needed"*

*Ian Thomas*

*"Optimising one's lifestyle to perform at your peak is a crucial aspect that requires significant attention in any player's career."*

*Tristan Coulter*



*Elizabeth Gould*

'Players spend a considerable amount of time pursuing sporting success. They are often challenged personally in their ability to successfully integrate all aspects of their lives. The exciting part of the PL programme is that we assist these players in developing their own self-management skills so they can be successful not just in cricket, but in their lives too.'

**Counties:** Yorkshire, Lancashire, Derbyshire

**Background:** B. Sc (Psych), Post Graduate Diploma (Sport Psych), M. Psych (Sport), Cert IV Workplace Trainer & Assessor, Graduate Certificate in Career Counselling for Elite Performers (candidate). Five years' experience working with high-class athletes including Olympians & World Championship level athletes.

**Contact:** 07826535783 or elizabeth.gould@ecb.co.uk



*Tristan Coulter*

'I joined the PL team this February having spent the last two years living in Australia studying for my Masters in sport psychology, while also gaining valuable experience of working within the Australian sports system. I cannot wait to be a part of the team working with my colleagues to provide the comprehensive support both players and coaches deserve at this level. Optimising one's lifestyle to perform at your peak is a crucial aspect that requires significant attention in any player's career. Getting the balance right is often a vital element to personal success and well-being. Taking this into account, I am thoroughly looking forward to the challenge of assisting players to achieve this aim as the South East's PL Adviser.'

**Counties:** Surrey, Middlesex, Essex, Kent

**Background:** BSc (Hons) Sport Studies, Grad Dip (Hons) Psychology, MSc Sport & Exercise Psychology.

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*Phil Dicks*

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

**Counties:** Durham

**Background:** Athlete advisor with English Institute of Sport since 2004. Worked with Sport England for 15 years, BA (Hons) Sports Studies, Diploma in Management Studies, currently studying for a MSc in sports Psychology, Minor Counties and ECB amateur XI player Employed as a performance consultant at Durham since 2005.

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**performance lifestyle**



## Changing young lives through cricket



Youth charity, The Prince's Trust, needs PCA members to help young people into work.



■ ■ ■ Middlesex wicket-keeper Ben Scott with Prince's Trust students.

HRH The Prince of Wales' charity gives practical and financial support, developing key workplace skills such as confidence and motivation. It works with 14- to 30-year-olds who have struggled at school, have been in care, are long-term unemployed or have been in trouble with the law.

Through our Cricket Initiative, we help young people develop their confidence, motivation and give them the chance to earn a nationally recognised qualification. A 12-week self development course brings together young people from different backgrounds and communities and gets them involved in community projects, work placements and a residential activity week.

The Initiative involves county cricket clubs, who provide practical support and activities to the programme, improving attendance, morale and motivation.

Player participation in the Initiative is key to the development of young people. Players,

both past and present, can provide positive role models to young people who are often disillusioned with traditional figures of authority. Through their experiences as professional sportsmen they can inspire and motivate young people to have the determination to overcome barriers and achieve success. Such expertise can be transferred through motivational talks, Q&A sessions and the delivery of cricket coaching. Similarly, these activities enable players themselves to develop confidence and learn new skills.

There are a number of paid opportunities for PCA members to involve themselves. To register your interest in the programme please forward your details to Rachel Newnham, Player Services Executive on 020 7449 4229 or via email at [rnewnham@thepca.co.uk](mailto:rnewnham@thepca.co.uk)

Clubs taking part in the initiative this year include Derbyshire, Durham, Essex,

Gloucestershire, Leicestershire, Middlesex, Northamptonshire, Nottinghamshire, Surrey, Sussex, Warwickshire, and Worcestershire. The initiative aims to engage all 18 counties in providing support for the programme by 2009.



■ ■ ■ Surrey's Scott Newman lends a hand.

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Coming in the next issue of *Beyond the Boundaries*:

- **Pathway to a career in umpiring**
- **PCA winter courses**
- **And much, much more...**



# WHO WILL BE CRICKET'S MOST VALUABLE PLAYER IN 2008?

pca

Graeme Swann



Winner NatWest Pro40 MVP 2007

Runs	815
Wickets	73
Catches	19

pca

Ottis Gibson



Winner Overall PCA Rankings MVP 2007  
Winner LVCC MVP 2007  
Winner Friends Provident MVP 2007

Runs	723
Wickets	116
Catches	11

pca

Luke Wright



Winner Twenty20 MVP 2007

Runs	918
Wickets	16
Catches	11

These are not your average cricketing statistics.

Designed by the players, they cover all round, in depth performances across all four competitions.

Follow all the action as the season develops and watch the race for the 2008 MVP title unfold.

Will your favourite player come out on top?

Check out [www.thepca.co.uk/rankings](http://www.thepca.co.uk/rankings)

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rankings

MOST VALUABLE PLAYER

