

BEYOND THE



# BOUNDARIES

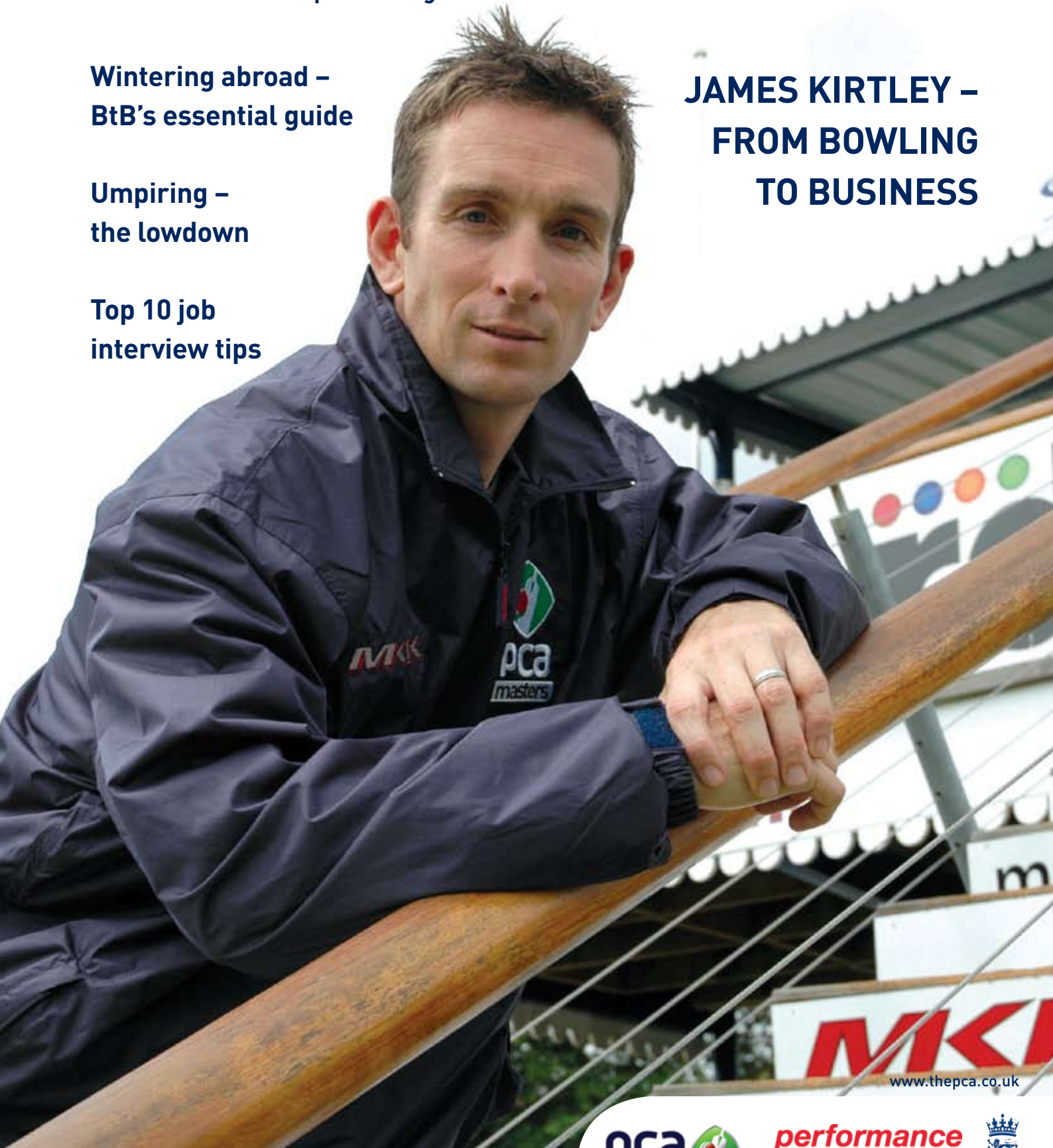
The Personal Development Magazine of the Professional Cricketers' Association

Wintering abroad –  
BtB's essential guide

Umpiring –  
the lowdown

Top 10 job  
interview tips

**JAMES KIRTLEY –  
FROM BOWLING  
TO BUSINESS**



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



JARDINE LLOYD THOMPSON



**performance  
lifestyle**







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# FOREWORD

Welcome to the third edition of *Beyond the Boundaries*, the PCA's Personal Development Magazine.

**Jason Ratcliffe, Assistant Chief Executive**

The last 12 months have brought with it many changes, both domestically and internationally, and the success of Twenty20 around the world has elevated both the status of cricket in the public eye and the amount of money in the game. More money within the game is good not only for all levels within cricket but also for you, the players. Playing for England, IPL, Champions League or Stanford can be very lucrative if you are fortunate and get the chance to do so. There is certainly more of an incentive to be a cricketer for young children who would previously have chosen football instead.

But while we hope these new found riches filter through the game, we mustn't forget that professional cricket is still a relatively short career which can end prematurely through injury or illness. There are many examples of players affected, some of whom are helped by the PCA Benevolent Fund, such as ex-Gloucestershire batsman Dominic Hewson, whose career was cut short when he was diagnosed with a heart condition and has recently undergone an operation, or Glamorgan's Adam Harrison who has been forced to retire through a persistent ankle injury.



Stanford shows cricket the money.

The PCA are trying to ensure that you make the most of your cricketing career by helping you to plan for your future, both on the pitch and off it. The winter is a valuable time to put career plans in place by going abroad, working, gaining work experience or attending courses.

We hope the excellent articles in this issue of *Beyond the Boundaries* will help and guide you in your planning

and inspire you to fulfil your goals, ambitions or simply to discover a new element in life that you didn't know existed. Nothing is impossible if you have a pro-active approach combined with positive thought, planning and support.



**Kate Green, Performance Lifestyle National Lead**

As we near the end of the season it is probably a good chance for us all to take a moment to stop and think. It's a chance to reflect on how things have gone and what you need to plan for the future – in the short, medium and long term. Some things to get you thinking:

- If you're in your last/only year of contract, do you need to prepare for your appraisals?

- Do you know what you and the club want for you over the winter?
- Do you have a 'masterplan' in mind?

This magazine and the monthly PCA E-newsletter you receive are packed full of articles, advice and contacts to get you thinking. In this issue of *Beyond the Boundaries* we have showcased business start-up, umpiring, transferable skills, the increasingly popular – and now regional –

PCA Winter Courses and much more. The season is coming to an end and now is the perfect time to make plans for your winter.

We hope you find this issue of *Beyond the Boundaries* enjoyable and useful, and if you don't find information on something you are particularly interested in, please contact a PL Adviser who can help you further...

Good luck with the rest of the season!



# Career in Focus – Setting up your own business - James Kirtley

Performance Lifestyle National Lead Kate Green, looks into how Sussex’s James Kirtley has successfully started up his own business alongside his cricketing career.

Simple Stats	Further Facts
2003-04 Test Matches for England	1st work Experience
2004-05 ODI for England	£10,000 investment in MKK
2007-08 England Twenty20 squad	MKK 07/08 turnover £350,000

Many cricketers tell me how busy they are as a reason to preclude doing anything else. Today I sat listening to a player who was explaining how he managed a cricketing career, benefit year, sports & leisure wear company, cricket tournament organising company and new fatherhood commitments – it makes you think just how much is actually possible!

James Kirtley has played for England in different forms over the years. In the winters he either played cricket or coached abroad. At the same time he also had his eye on planning for a career that could go alongside his cricket and possibly be something for the future. He didn’t want to be a surfeit cricketer – someone who made it the ‘be all and end all’. Seven years full-time with back-to-back seasons had left him sacrificing a lot and mentally tired.

### Getting into business...

Like all good things it started with a pub chat with a friend, later to be business partner, resulting in his first business plan (including financials) in 2002 – ‘Caught in the Deep!’, a fish and chip take away shop. Unfortunately they found out that due to the proposed location restrictions it couldn’t go ahead and still to this day remains only a plan!

The following year he spent his first full winter at home during which time he did his first ever work experience: six weeks with Newbery as an Account Manager, liaising with customers. It was a kit request about material, piping variations and custom-made possibilities that got him thinking about what experience he had that he could use in the business world. They were twofold – his experience and profile as a professional cricketer let him a) know what kind of apparel he would want/need and b) gave him a network of people that he could tap into. This was key as James had no formal qualifications – just the skills and experience he had developed as a cricketer.

### 1st Company – MKK Sportswear

In 2005 James (one of the Ks in MKK) jointly set up his business with Roger Myall (the M) and the Keeley Brothers (the other K) from Newbery, each investing £10,000 into the start-up costs. They were determined to produce and distribute sportswear that would be known for service and delivery and so were keen to grow organically through demand.

In October 2006 James worked full-time in the winter and Roger became full-time year round. They also acquired their first office in a cost effective short-term rent deal – in January 2008 they were able to upgrade and purchase a new premises which holds both offices and storage. Since 2007 they have also employed an administrator, a business development manager and a consultant designer, and are keen to expand nationally through regional account managers in October 2008.



*Like all good things it started with a pub chat with a friend, later to be business partner, resulting in his first business plan*

### 2nd Business Venture – Sport Arabia

While visiting schools as part of MKK there seemed to be an apparent need for cricket tournaments organised abroad. In 2006 James and Roger joined forces with Matt Jackson, a link within Arabian Cricket, to form Sport Arabia, a cricket tournament organising company facilitating bespoke packages for groups. This has proved a huge success, with tournaments and pre-season packages being delivered.

Their plans now are to incorporate the ever changing landscape of international cricket and have a Twenty20 competition at the end of the Pro-Arch Trophy which will include the county squads, IPL franchises and a FICA World XI...

### Advice to other Cricketers

- Don’t be too proud! Seek advice from trusted and successful people; sponsors of you or the club, local business, anyone with an affinity to cricket who may be able to help you.
- Be aware of what you can bring to business! As his business partner

Roger said about James: “It’s that insider knowledge, the profile, the attention to detail and drive for success all fostered as a player.”

- Think about what business can teach you, when you are not being spoon-fed! It’s the lessons you learn from experience, the ‘real’ consequences of not being organised or not communicating efficiently and effectively. This is especially important if you have your name/ mortgage attached to its outcome...
- Think ahead – by about five years! In business, learning to think and plan for five years ahead is the hardest but most crucial thing, as it will enable successful expansion without having to incur added costs at re-estimating what is needed.
- Be realistic and clear about everything! Timescales, logistics, your market, cost in money and time, work and personal time in researching, developing, organising everything – it’s a ‘fine art’ balancing everything. Be prepared to understand how you work best, set limits and use measured deadlines.

Ultimately James believes it’s what you get in return that makes working at a contingency plan worth it all. As a cricketer you love nothing more than the buzz you get from the game. You can also get that from securing a big contract, from achieving success in a new challenge/environment, in building a secure future and gaining recognition and reward for all the hard work put in.



James Kirtley: successful on and off the pitch

### Fancy earning some extra cash and learning new business skills?

If you would like to do some flexible work where you manage your own workload and success, and that success directly reflects in how much you earn, please contact James Kirtley to discuss the possible opportunity of being a Regional Account Manager for MKK on jameskirtley@btinternet.com or phone 07769726786.

Ideally MKK are looking for someone who is self motivated, organised and enjoys building mutually beneficial relationships with new people!



## Want to start your own business?

Do you like the idea of being your own boss, working in an area that interests you, bringing your ideas to life, continually developing new skills and knowledge, and working hard to develop a successful thriving business after or alongside your career as a professional cricketer?

Starting up a business is a big commitment and challenge but it can be immensely rewarding and exciting. A good business idea, coupled with good research and long term planning, can lead to great financial rewards and high levels of personal satisfaction.

The PL team talk to many cricketers who like the idea of starting up a business but with over 1200 new businesses starting up in the UK everyday and 75% of these failing within the first two years, it is important that players take time out to really consider whether they have the necessary qualities, knowledge and experience needed to actually make this idea a successful reality.

Literature on Business Start-Up defines the Successful Entrepreneur as someone that ...

- is a self starter, confident and forward thinking, often creative, self disciplined and full of initiative and dogged determination to succeed
- has a viable business idea(s), which is established through thorough market research
- sets up and follows a business plan, and applies good planning skills to all aspects of the business
- knows their product or service and customer base, and has the skills to attract them to each other
- has developed adequate understanding of

business and how it works (i.e. business structure, commercial, financial and legal knowledge) and has developed a good support network.

If you do not display many of the personal qualities listed above then starting up a business may not be the right move for you. However, if you do possess these skills, but lack the business knowledge and experience, then it is possible to develop these qualities.

### WHERE TO GO FOR INFORMATION AND ADVICE

#### Dyke Yaxley

**Tel: 01743 241281**

**Email: Keith.winter@dykeyaxley.co.uk**

Dyke Yaxley Chartered Accountants work with the PCA and offer PCA Members financial and business advice. They have supported many cricketers who have started their own businesses and can help with advice, guidance, business plans and much more.

Attend a FREE Financial Management or Writing a Business Plan course this winter. For more details go to page 16.

#### Business Link

**Tel: 0845 600 9 006**

**Website: www.businesslink.gov.uk**

This is a government-funded company that supports people wanting to start a business. The website provides useful information and contact details for your local business link centre where you can get free and impartial initial advice specific to your needs.

#### Business Start-Up Community UK

**Tel: 0117 930 4927**

**Website: www.startupcommunity.co.uk**

This is a company that specialises in organising business start-up conferences and exhibitions. You will need to sign up, free of charge, to become a member which will then get you access to expert advice, advertising space, chat forums, events and training opportunities, and useful information on other small businesses within the UK.

#### Business Start-Up

**Website: www.bstartup.com**

This is the UK's largest exhibition for people starting and expanding a small business. The Business Start-up exhibition is all about giving the best quality advice to people who want to start a business or who already run one. You will be able to attend seminars and by pre-booking, arrange for a one-to-one session with a business expert to get some free, objective advice on a particular topic relevant to your needs.

Even if you are not 100% certain whether you would like to set up your own business, it is worth attending the exhibition for networking purposes as a broad spectrum of companies and career sectors will be present to provide you with sector specific support and advice over the two day period.

**Attend the Business Start-up 2008 Exhibition in Olympia, London 28th and 29th November**

To get your FREE exhibition tickets log on to their website or call 0800 328 0467.

#### Inland Revenue

**Website: www.hmrc.gov.uk**

Their website can be a little confusing but it does contain some useful information that can be downloaded.

#### High Street Banks

Many of the major banks have FREE business start up packs that contain FREE software and business planning tools

#### Don't forget your own NETWORK!

Professional cricketers are surrounded by sponsors and local business people, some of whom will have extensive experience of setting up and running companies. Chat to them, friends or family members who may be able to support you in developing your ideas, knowledge base, business plans etc...

Finally, should you require any additional help or support in this area then contact your regional PL Adviser.

## REAL PEOPLE REAL PLACES REAL NEEDS



**PCA  
BENEVOLENT  
FUND**

The Heart of the Game

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

Few vocations carry so much uncertainty as that of a professional cricketer. The demands of playing any sport for a living, leaves little time to consider and plan for possible disasters or upheavals in the future.

A significant amount of money is set aside from PCA fundraising for this purpose.

Benevolent issues are those that pull at everyone's heart strings and emphasise the important work the PCA does in generating vital funds.

The Fund is part of the PCA's on-going commitment to supporting players and their dependants who might be in need of a helping hand to readjust to a world beyond cricket.

It can also help current and past players who may have fallen on hard times or are in need of specialist advice or assistance.



Every donation helps. Please give today  
**www.thepca.co.uk/benevolent\_fund**

Acting to safeguard  
the rights of present,  
past and future first  
class cricketers.

**pca**  
PROFESSIONAL CRICKETERS' ASSOCIATION



# View from the Interviewer's Chair



Being a skilful interviewee is like being a skilful sportsperson; you have to practice at it! Not only does this help to ease the nerves but it can make the difference between an offer or a rejection. Charlie Mulraine offers the top ten tips to successful interviewing.

- 1. Know thyself!** If there is one person who should know what's in your CV then that's you! Take time to read it through in detail, making mental notes about how long you worked in each job, memorising dates and reasons why you moved on. Referring to your CV during the interview does not go down well!

**2. Research** Companies often open an interview with the standard ice-breaker 'so, what do you know about us?' With information available at the click of a button, not knowing anything about the company is unforgivable.

**3. Transferable skills** The skills and attributes that have made you a successful professional cricketer are the same ones that will create success in the commercial world! Ask yourself what these are and list them – problem solving, coping under pressure etc. You can then produce them during your interview.

**4. No-one is perfect** All of us have weaknesses and most interviewers will want to know what they are, so you need to know them yourself. The art is then to give an honest answer that contains a positive spin. For example, if your weakness is that you
- find it difficult to delegate tasks your answer could be: "Having been extremely hands on in my previous role, initially I found it a challenge to delegate tasks to my new team. To improve this I made a conscious decision to learn the strengths of each individual and therefore found it easier to trust them to perform tasks successfully."

**5. Competency based interviews** In simple terms, a competency is a behaviour that a candidate must have or be able to acquire in order to succeed in a role, whereas competence refers to a system of minimum standards that need to be achieved. Nowadays, the majority of organisations will break each vacancy down into a number of core competencies and candidates will be asked questions requiring them to show evidence of demonstrating them.

**6. Key competencies** According to a recent survey by the Chartered Institute of Personnel and Development, the most popular competencies tested by clients are:

  - Communication skills
  - People management
  - Team skills
  - Customer service skills
  - Results-orientation
  - Problem-solving
- 7. What does a competency question sound like?** There are two signs to look out for. If you can't answer 'yes' or 'no' to it and it is asking for a real life example of something you have done in the past, it is probably a pesky competency! Here is an example question on Team skills: Tell me about a time when you have had to join a new team/group? What did you do to make sure that you were accepted by this group?

**8. STAR - Situation or Task, Action, Result** If you are new to competency or behavioural style interviews, a useful mnemonic to remember is STAR – Situation or Task, Action, Result. When you are asked how you demonstrated a specific competence, pause and think, 'What was the situation I was set?' 'What action did I take?' and 'What was the result of that action?' If you follow this simple process you will provide the interviewer with all the evidence they need!

**9. Body language** An interviewer will not only be assessing you on what you say but also on what you don't say! 55% of first impressions are based on visual impact (appearance, facial expressions and body language) and 38% on the tone of your voice. This only leaves 7% to be based on what you actually say!

**10. Smile!** Smiling helps to build rapport with the interviewer and can also help to ease nerves. As with most things, avoid over-doing it – smiling constantly like a Cheshire cat could result in a white coated escort out of the building!



■ ■ ■ The media spotlight – useful experience for a job interview

# Why would an employer want YOU?



As a professional cricketer you have many more transferable skills that an employer would want than you may realise...

- What do Employers want?**
- **Work ready**, rather than well educated.
  - **Raw material**, learn on the job.
  - **Life**, not classroom experiences.
- As cricketers you have all of these key attributes. All you need to do is put in the time to prepare adequately so that you are able to reframe your experiences and skills into tangible examples that make them think and promote you at your best...
- Have a try at matching across the following key skills below with examples of how and when you have been competent in these areas.
- For any help with this or anything else to do with your personal development, please do not hesitate to contact your Performance Lifestyle Adviser who will be happy help to you explore and develop your options.



■ ■ ■ Brilliant catch...a cricketer in the workplace!

TRANSFERABLE SKILLS (that cricketers <b>do</b> possess)	How?	Examples – When & Where?
Decision-making		
Problem-solving		
Organising & Planning		
Time Management		
Oral & Written communication		
Negotiating		
Flexible/Adaptable	Improvising solutions and adapting procedures both tactically and technically to match situations	Changing demands of various forms of the game: 4-day, 50 or 40 overs or Twenty20
Leadership		
Business awareness		
Researching information		
IT literacy/Numeracy		
Team working		
Ability to prioritise		
Self Motivation/Initiative		



# Umpiring as a career



Chris Kelly, ECB Umpires Manager, gives an insight to the world of umpiring and explains what it takes to become a First-Class umpire

During the 2008 domestic season, all 1276 days of cricket will be officiated by a panel of 24 Full List and nine Reserve List umpires. With a volume of playing conditions to accompany them and the observation and awareness skills akin to a hawk, the demands on umpires make it one of the most challenging officiating roles in any professional sport. It is not surprising that the sense of achievement on the completion of a successful day's work is the most satisfying feeling short of playing itself.

All Full List umpires are employed by ECB on full employment contracts, which include benefits associated with most private sector employees. Opportunities exist to progress to officiate major domestic matches and beyond. Among the current ranks of the ECB Full List umpires, both Nigel Llong and Ian Gould have been

The Reserve and Full List umpires are supported by ECB with annual fitness and health screening and continual professional development programmes. It is my role as Umpires Manager to provide them with relevant information and tools to allow the development of the umpires to maintain pace with a continually evolving game.

Since April 2007 all the umpires have been supported by their own Umpire Coaches and meet up in their coaching teams twice a year during the season, to share experiences and discuss issues current at that time.

It doesn't go unnoticed that the Full List of umpires looks like a roll call of former first-class players, to the extent that the impression is created that it is a prerequisite. It would be true to say that no one will become a good umpire as a result

*Since April 2007 all the umpires have been supported by their own Umpire Coaches and meet up in their coaching teams twice a year during the season*

selected by ICC to officiate in Test matches within the last 12 months and Peter Hartley has been appointed to the U19 Cricket World Cup Final in Malaysia.

These officials regularly stand in One Day Internationals and are members of the Emirates International Panel of ICC Umpires. In April 2008 ICC agreed to allow the involvement of another representative from ECB and Richard Kettleborough has risen through the ranks to be given further opportunities at the highest level of the game. The progress that these officials have made illustrates the opportunities that exist, and illustrates that further honours are available within the game beyond playing.

of playing but having played does enhance the opportunity to be a successful umpire. It is no coincidence that the following former players David Shepherd, David Constant, John Hampshire, Peter Willey and Neil Mallender have all been able to convert their successful playing careers into equally successful umpiring careers. If anybody is considering umpiring as an option it would be worth discussing it with any of the current officials for more detailed information on the role.

Over the last few winters ECB has arranged education programmes for any former players. This fast track process is designed to be part of the ECB Association of Cricket Officials Qualifications



■ ■ ■ Nigel Llong

Framework with appropriate credits being available to former players. Anyone with ambitions to umpire will need to attend a programme and attain a qualification. This can be achieved at any time and some current players look to complete this stage while still playing. Before being invited to be part of the Reserve List, all umpires will be required to have a reasonable number of matches under their belt of the appropriate standard and their progression will be led by the level of their performances.

Umpiring is a profession that requires a strong sense of fairness, developed powers of concentration and the ability to manage people effectively in a highly competitive environment. The challenges are huge but this is balanced by the sense of achievement once those challenges have been met.

## Nigel Llong and Rob Bailey discuss their lives as First-Class Umpires

### 1. What made you consider umpiring as a career option when you finished playing?

**NL** - I became an umpire because I wanted to stay in cricket and umpiring suited my character, plus I thought I could be good decision maker.

**RB** - I always fancied umpiring long before I finished cricket and did my exams long before hanging up the boots.

### 2. How long did it take you to get on the First-Class List ?

**NL** - I spent two seasons on the Reserve List doing 2nd XI, Tourist and University matches which was an invaluable time for gathering experience.

**RB** - I was lucky to get straight onto the Reserve List the year after retiring from playing. After three years on the reserves I got onto the Full List.

### 3. Was it the career you expected it to be?

**NL** - Yes and more.

**RB** - Yes, for a career move. I was tired of the training in cricket and my body was getting worn out, so, from that respect, umpiring is great! No warm ups and no ice baths!

### 4. What are some the most enjoyable things about being a professional umpire?

**NL** - Getting to see the world's best players playing on the best grounds and being involved in a great game at the sharp end. I'm also lucky enough to travel all over the world doing matches.

**RB** - One of the most enjoyable things about being an umpire is still being able to watch the wonderful standards of cricket being played in this country.

### 5. What are some of the down sides to being a professional umpire?

**NL** - The downside of this job is you do a lot of travelling on your own and you can spend a lot of time away from your family. Also everybody thinks they can do your job better than you! I also think we don't get paid enough for the tough job we do.

**RB** - The downsides of being an umpire? Every game's an away game!

### 6. What do you do in the winters?

**NL** - I had been coaching at a school in Dover but due to my winter appointments with the ICC I'm not able to do it anymore.

**RB** - Off-season I concentrate on running my business, which I set up 12 years ago, Rob Bailey Ceramics. We supply businesses/sports clubs with promotional ceramic wear: i.e mugs, plates etc

### 7. What advice would you give to anybody considering becoming a First-Class umpire?

**NL** - You've really got to want to do the job as it's a long day on the field. It's very satisfying knowing when you've had a good game and I think there aren't many better jobs in the world.

**RB** - Umpiring is a very rewarding job and I would recommend it to anyone thinking about wanting to join the First-Class List.

**For further information on Umpiring contact Chris Kelly on 020 7432 1170 or [chris.kelly@ecb.co.uk](mailto:chris.kelly@ecb.co.uk)**



■ ■ ■ Rob Bailey



# Playing Abroad

Are you thinking of playing abroad this winter? Read our essential guide before flying out for a Southern summer



■ ■ ■ Andrew Strauss, pictured playing in New Zealand for Northern Knights last winter.

## PLAYING ARRANGEMENTS

- CONTRACT DETAILS - Check the club contract details and if possible get in writing the deal the club is offering you.
  - o What costs will be covered and by whom?
  - o What kind of car, wages, and
- *should you happen to meet a lovely Southern lady, remember to protect yourself*
  - o accommodation will you be getting? Is the accommodation near transport or close to the training ground?
  - o Will someone be there to greet you at the airport and introduce you to your working holiday?
  - o Who is you point of contact upon arriving?
  - o Make sure that you let the club know your

- o proposed leaving date and pre season county commitments back in the UK.
- LIVING ARRANGEMENTS - What are your expectations of the accommodation?
  - o Is it furnished? Does it have a washing machine/landline/internet?
  - o Sharing the accommodation with others or living alone? It could be a long summer if you are by yourself.
- EXCHANGE RATE - The GBP isn't as strong as it used to be compared to Aussie and NZ Dollar and SA Rand, so research what your weekly cost of living will be. Factor in expenses such as:
  - o Weekly groceries/ Travel – petrol, public transport/Entertainment – drink at the local pub, eating out, sightseeing, shopping

## PRACTICALITIES

- CARRY ON BAGGAGE – Liquids, gels and aerosols have to be less than 100ml for carry on baggage. You will be asked to

- throw out anything larger so make sure you place it in your check-in luggage.
- FINANCES - Automate your bill payments through your online banking. If you are away then you won't get any unexpected overdue bills on your return.
- POST - Royal Mail can forward your post for a fee while you are abroad for 1, 3, or 6 months. Alternatively get a family member to collect it for you.
- MOBILE PHONE - Activate global roaming on your mobile phone or alternatively purchase a pre paid one upon arrival at your destination.
- HOME SECURITY - Get a family member or friend to check on your house/flat while you are away. A trusted house sitter is an option.
- CAR - If your car is patiently waiting in the garage for your return, get a mate to come over and start the engine so you don't come home to a flat battery.

## WHAT TO PACK

- ADAPTORS - Electrical plugs are different to the UK. Make sure you have the correct adaptor for your iPod charger, hair straightener, camera, phone & laptop. The Lonely Planet website has a good description of the adaptors you may require. <http://www.lonelyplanet.com/>
- WARM STUFF - It does get cool below the equator especially at night. So even though South Africa and Australia are known for their warm climates – take a jumper.
- SUN PROTECTION - The hole in the ozone layer is directly over NZ and parts of Australia which means the UV rating is constantly considered to be 'HIGH'. So do yourself a favour - pack a hat and always wear sunscreen.

## HEALTH

- MEDICATION - Ensure you have a letter from your doctor or prescriptions for medication you are taking. Take enough meds to cover your trip.
- IMMUNISATION - Check you have Hep A B C shots – you will be eating out at some point and needle stick injuries can occur if you are regularly going to the beach.
- SEX - Should you happen to meet a lovely Southern lady, remember to protect yourself. Sexually Transmitted Infections (STI's) are just as common in the Southern Hemisphere.
- HYDRATE – especially before you celebrate, and always keep water with you when you are outdoors and in the sun. Brits are commonly known for experiencing sun stroke and dehydration – make sure you're not one of them.
- HOSPITAL - AU and NZ have reciprocal health agreements in that they will treat residents of the UK. If you have to have medical attention always keep your receipts if you want to claim on your insurance.
- PERSONAL SAFETY – Check out the latest security updates for your awareness and safety.[www.fco.gov.uk](http://www.fco.gov.uk)

And finally, along with your passport, don't forget to take the PCA travel policy and emergency numbers. You are covered (as are your wife/partner and kids) by the PCA's Travel Insurance Policy. Make sure you keep all medical receipts and letters if you have to have treatment. X-rays, scans and physiotherapy should also be paid for at the time and only be carried out after a doctor's referral. (If not your claim may not be paid on return to the UK) For a full policy list go to [www.thepca.co.uk/travel\\_policy](http://www.thepca.co.uk/travel_policy)  
PCA Policy No: PA200873  
Emergency 24h No: +44 208 773 3320  
Any queries contact Rachel Newnham on 020 7449 4229 or [rnewnham@thepca.co.uk](mailto:rnewnham@thepca.co.uk)



■ ■ ■ On the flight path! Queenstown CC, NZ



# Returning to Education – Learning the way forward

## When was the last time you learnt something new outside of cricket? Tested your knowledge? Learnt a new skill?

Progression in professional cricket from 2nd XI to 1st XI through to International honours requires evidence of improvement and this comes about as a result of hard work and a willingness to learn more about yourself and the game. To be the best that you can be, learning is essential. However, too often we choose not to extend our knowledge and skills for fear of the learning experience having a negative impact on our life, personally or professionally.

### 7 reasons to learn

- Personal interest
- Increase knowledge base
- Mental stimulation
- Better understanding of self and the world around you
- Gain sense of personal achievement
- Develop confidence / self esteem
- Improve chances of future employment

### What common reasons might be putting YOU off learning?

- The belief that you need to be 100% focused on your cricket 100% of the time...

We all need mental and physical rest and distraction from our main roles in life. No one can sustain 100% focus all of the time. Having different interests and pursuits, no matter how brief, can provide the necessary breaks that help

keep you fresh and highly motivated in your cricket.

- Concerns that focusing some of your time and attention on wider learning will make your coach(es) question your level of commitment...

This is where good communication is essential. Consider involving your coach(es) in your decision making about your learning interests outside of the game. Remember, they want to get the best out of you too! With so many flexible learning options now available - learning no longer has to eat into cricket time, you don't always need to travel or attend college, and many learning courses can be spread out over several years to reduce the intensity of the workload.

- I don't know what I want to do!
- Is that a good enough reason not to do anything? Get in touch with your PL adviser who will be able to help you work out what you could do and how to achieve it.
- I don't think I can afford to study at the moment...

Don't give up without first looking at all funding options available to you – your PL Adviser can help with this. Colleges and Universities sometimes have bursaries or scholarships that you might be eligible to apply for. As a first time degree student you may also be eligible for student grants or loans. AND don't forget that as a PCA member you can access 50%

### Learning Options

#### Self Study

- o Pick up a book – teach yourself.
- o Work with your PL Adviser to learn more about yourself, your skills & qualities and how these apply in the world of work.

#### Taster Courses and Short Courses

- o Attend the FREE PCA career taster courses this winter.
- o Your PL Adviser can help you source short courses of interest.

#### Work Experience - on the job learning

- o Undertake work experience in order to assess your interest and suitability to a career area.

#### Recognised professional & educational qualification courses

- o Work with your PL Adviser to identify recognised qualifications and flexible courses suited to your interests.

funding for the cost of any learning course up to a total of £1500 per annum.

- Time and motivation - the impact on the quality of your life outside of cricket...

It is important to communicate with your wider support network to assess whether you have adequate time to devote to learning something new. Meaningful learning will and should be challenging, and motivation levels need to be high as it is likely that sacrifices may needed in some areas of your life. Discuss the practicalities and realities of this commitment with those who matter around you.

### Will YOU be learning the way forward this winter?

The table on the left is a quick check list to help you reflect on your current attitude towards learning this winter. What would you like to achieve? And, what barriers, if any, are preventing you from learning something new?

If you would like to discuss any of your responses, find out more about learning options, or set up an individual learning plan then contact your regional Performance Lifestyle Adviser.



■ ■ ■ A common learning style in cricket – Stuart Broad receives 1-to-1 tuition from coach Peter Moores

### How do YOU learn best?

#### Which statement best matches your learning preference?

I learn best when I...

- o SEE information presented visually
- o LISTEN to information
- o DISCUSS information with others
- o WRITE / READ information
- o HAVE A GO and learn through trial and error
- o have a MIXTURE of the above.

Knowing how you prefer to learn can help you to decide what type of study mode and learning options would best suit you.

### Study Modes

One-to-one, face-to-face tutor support e.g. driving lessons, public speaking classes, work placement support, mentor etc...

### Tutor-led interactive group sessions

Full or part-time attendance where you learn from and with peers as well as the tutor.

### Independent (distance) learning

Learn from a remote location either via the internet (on-line), DVD's / CD-Rom's or by written postal correspondence. Learners are given access to the learning material, a study plan for them to work to, and allocated a tutor who will provide individual support via phone or e-mail as and when required.

### Blended Learning

This involves a mixture of the above modes i.e. learning might require some remote independent work, direct in-house tutor guidance, or group projects with fellow learners.

## Vikram Solanki, Ben Smith & Paul Dixey discuss why they chose to return to education



**Vikram Solanki (VS)**  
Worcestershire CCC captain and current Open University Business and Economics degree student

to combining education while you're playing cricket. Cricket can be very unpredictable at times, especially with changes in personal form or picking up injuries, therefore, if something doesn't go to plan you'll have something to fall back on. Also, the life of a professional player lasts only approximately 15 years at the most – one day it will end so what are people going to do if they don't have qualifications to get a job afterwards?

### What were/are the challenges you faced/face in making this happen?

**VS** - The toughest challenge is to organise your time and be motivated enough to spend time studying when perhaps you've spent a long day in the field.

**BS** - Getting back to the classroom environment - writing assignments, working and presenting to peers in the group. Having the time management skills to get the work done.

### How is this learning experience affecting you as a person and/or as a performer?

**VS** - At times it seems ideal as the focus required can take your mind away from thinking about cricket.

**BS** - It has helped me to be better at soaking up information on view. Allowed me to understand me and my own game as a player. Taught me about my own style and behaviour.

**PD** -Studying or going to university gives you a break from the game, which I think is a good thing. You get to experience other things and become a more rounded person for it.



**Ben Smith (BS)**  
Worcestershire CCC and current ECB UKCC Level 4 student



**Paul Dixey (PD)** - Kent CCC and Durham University (UCCE Program) Natural Sciences student.

### What were your reasons for choosing to undertake learning alongside your cricket?

**VS** - To try and gain a qualification which I may be able to use at a later date.

Also to get a balance on learning about subjects that are relevant to the real world and playing cricket!

**BS** - To have a qualification to help me in a profession after cricket.

**PD** - I think there are lots of benefits



# PCA Winter Courses – 2008/09



The PCA's annual Personal Development Courses will once again be run this winter with more emphasis on courses being run regionally.

## Courses will include:

### Leadership

This two-day course will focus on the elements that make a good leader and will be tailored towards those players who are already or who will be in the future, PCA Reps, captains and vice captains.

### Writing a business plan

A one-day course which looks at how to write an effective business plan. This would be suitable for any player who is thinking of starting their own business. It will also help anyone who wants to know how to fill out financial/funding/grant applications successfully.

### Financial Management

Learn how to effectively manage your own finances. The day will include information on budgeting, debt management, tax systems, PAYE, saving products and more.

### Photography

Enjoy taking photos as a hobby or thinking of it as a second career? This course will take you through how to get the best shots and will include how to set up correctly, focus, colour and much more.



■ ■ ■ PCA Plumbing (above) and Marketing courses – Winter 07

### Cooking and nutrition

A one-day course for those who are not that confident in the kitchen! Looking at basic dishes and covering nutrition as well, this is a good course for any young players out there who have recently moved out of home and now have to fend for themselves!

### Writing creatively

Former players, Andy Afford and Jimmy Hindson from All Out Cricket magazine will give you tips and advice on how to write articles from 50-word shorts to 1000-word interview features. It promises to be an action-packed day, so get scribbling!

### Networking

Networking is an excellent skill to have and this course will give you tips and advice on how to network confidently and effectively, whether you are at a club sponsors' lunch, a benefit dinner or winter work experience drinks.



Regular courses including Sales, Marketing, Negotiations and Trade skills are also available. To register your interest in any of the courses contact Rachel on 07881 881531 or [rnewham@thepca.co.uk](mailto:rnewham@thepca.co.uk) or talk to your Performance Lifestyle Adviser.

# Career in Focus – Police Force

Have you ever considered the police force as a career after cricket? Becoming a Police officer has certainly been a career option for some players. Below, Gary Brown, a former professional cricketer with Durham, gives his thoughts on his successful 15-year career in the force.

Part of Durham's original squad which entered First-Class cricket in 1992, Gary Brown, whose brother, Keith, played at Middlesex from 1984-98, has now been with Durham Constabulary for nearly 15 years. As part of their Training and Development Unit he has teamed up with former Hampshire, Middlesex and Sussex seamer, Martin Thursfield, working out of the Seaham station on the East Durham coast.

Having taken a coaching post with former Gloucestershire players Martin and Andy Stovold at Cheltenham College in early 1993, Brown decided he was also interested in joining the police so made a provisional application to join whilst he was still coaching. He formally completed that application later that summer and the rest, as they say, is history.

*'it's a bit like cricket in that you just don't know how each day will pan out'*

"I was attracted to the police through a school friend and a couple of members of my extended family were also in the Met so it was a natural path to take. The thing I love about the job is that it's a bit like cricket in that you just don't know how each day will pan out. You might have a set of plans for the day then 'Bang!', there's an incident and all of a sudden you've had to tear the plan up and start again. I enjoy working with new recruits too. A bit like coaching young players, you see them develop and ultimately find their own way. It's very rewarding. It just seems like yesterday I joined up!"

### So is the Police force for you?

Could you join your local police force and make a difference in your community? Find

out what life is really like on the beat.

Don't doubt that this can be a tough and unpredictable job, but it could also be the most rewarding position you will ever have. Every day when you put on that uniform and go to work, you will be making life safer and more secure for your friends and neighbours, and making your town a better place to live. Nothing is more valuable than that.

### Do you have what it takes?

The Police are looking for people with the initiative and willingness to learn new skills and methods for combating crime and violence.

Through their comprehensive training course you will learn to:

- protect the public from violence
- provide a reassuring presence in the community
- support victims of crime and offer help to those who have witnessed crimes
- investigate complex crimes using a mixture of cutting-edge technology and time-proven traditional methods

### What's in it for you?

You might be thinking: 'Is it worth it? What would I get out of this?' The answer is: A great deal. There's so much to gain from becoming a police officer.

In return for your hard work you will:

- have a rewarding job where no two days are ever the same
- be constantly challenged and always learning
- be valued for your contribution to your community
- be well paid and have an excellent benefits package
- have continual opportunities for advancement.

For further information on becoming a police officer then go to the national recruitment web site below. You will find links to application and local recruitment pages as well as many other interesting facts about the police as a possible career option. [www.policecouldyou.co.uk](http://www.policecouldyou.co.uk)



■ ■ ■ A career in policing – from life in the middle, to Life on Mars?



# Where are they now?

In 1998 the England U19 team beat New Zealand to win the U19 World Cup in South Africa. Ten years a later their cricketing fortunes have varied with some becoming county and international names and others developing successful careers away from professional cricket.....



Photo: Graham Morris / cricketpix.com

## Owais Shah

Captain of that World Cup team, Shah also hit 50 in the final and the winning runs. He has since had 2 Test appearances for England but has been more successful in the shorter form of the game with over 40 ODI appearances and 10 International Twenty20 games. He continues to perform well for county Middlesex with a First-class batting average of 43 and has a deserved benefit year this year.

## Paul Franks

Franks made his debut for Nottinghamshire at the age of 17 and was 1998 Vice Captain. He played one ODI in 2000 before a devastating knee injury kept him out of the game for 18 months. Now in his 13th season at Nottinghamshire, Franks has amassed over 4500 runs, taken over 400 wickets and enjoyed a benefit year in 2007.

Was with Essex and then Kent, before he finished playing in 2004. Since then Flanagan has pursued a career in recruitment and in 2006 he moved to Brisbane, Australia. Currently works as Manager of the Engineering Division for Hays Recruitment and still plays cricket at 1st grade level for Northern Suburbs District CC.

## Ian Flanagan

## Michael Gough

Aged 22, Gough had a very promising cricketing career ahead of him and was averaging over 50 with the bat for his county, Durham. But one season later he decided to quit, for the simple reason that he no longer enjoyed playing the game. "Each year I kept thinking: 'I'll give myself another season and I might enjoy myself more.'" But it didn't happen. There would be times when I'd sit there thinking: 'Surely there's more to life than this.' I still enjoyed watching the game, though, so I thought that I might be able to give it a go as an umpire." Whilst working in his father's shop, he also sat his umpiring exams and in 2006 he was appointed to the ECB's Reserve Umpires list.



## Jamie Grove

Grove was released in 2003 after playing for Essex, Leicestershire and Somerset. Alongside his playing career, Grove studied for a City & Guilds Engineering Btec, meaning he was qualified for a second career when his playing days ended. Whilst he continued to coach for a while after, persistent injuries mean he can no longer coach or play. He is now an Area Sales Manager working in engineering technical sales.

## Giles Haywood

After leaving Nottinghamshire in 2000, Haywood completed the degree in Geography that he had begun whilst playing for Sussex several years before. In 2001, he undertook a Masters degree in Property Investment at City Business School in London and is currently working in the city for a property investment and development company. Although Haywood no longer plays, he did have a couple of years playing club cricket in Sussex after finishing at Notts.

## Robert Key

Arguably the most successful of the 1998 squad, Key has 15 Test appearances to his name, has captained Kent since 2006 and has also captained the England Lions. In 2007 he led Kent to the Twenty20 title and with his Test average at 31 and First Class average at 42, he remains one of the best batsmen around.

## Aaron Laraman

Allrounder Laraman made his first class debut for Middlesex in 1998 and moved to Somerset in 2003. He was released in 2005 and has since played Minor Counties for Hertfordshire, scoring heavily for them in 2007. He currently works as a Fleet Sales Manager.

## Richard Logan

Fast bowler Logan represented England at U15 & U17 as well as at U19. He started his county career at Northants before moving to Nottinghamshire and then Hampshire in the following years. Also a competent hockey player, Logan has now come full circle in his 10 years playing cricket, returning to Northants, his current county, in 2006.

## Graham Napier

Consistent with bat and ball for his county Essex over the last 10 years, Napier has always shone in the shorter formats of the game. In 2008 though, he made his mark in the Twenty20 competition by hitting a record breaking 16 sixes in his 152 against Sussex. Although he was unable to help Essex reach the Twenty20 final, Napier walked away with the County Twenty20 MVP title. "After my recent performances, expectations of me have changed and now fireworks are expected every innings. I was given the opportunity many years ago as a pinch hitter and some days it worked, some days it didn't. This year I was given the opportunity again and with a few more years of experience and, hopefully, a slightly wiser head on my shoulders which I've been able to use to my advantage, it all seems to have fallen into place and be working for me."



## Stephen Peters

After making a century in his first class debut for Essex in 1996, Peters later hit a century in the 1998 U19 World Cup Final, earning him the Man of the Match award. He moved to Worcester in 2002 followed by a move to his current county, Northants in 2006. A consistent batsman, Peters has scored over 8000 first class runs at an average of 32.

## Jonathan Powell

Powell finished playing for Essex in 2000 and moved into Investment Banking for 3 years before deciding that office life wasn't for him. He went back to college and gained his carpentry qualification before taking a year out to travel. Once back in the UK, Powell returned to carpentry and set up his own business in January 2008. He still enjoys playing cricket and helped his club, Ardleigh Green, win the Essex Premier League in 2007.

Swann's first class debut for Northants in 1998 was swiftly followed by an A team tour and then his ODI debut in 2000 before he returned to the county fold. He moved to Nottinghamshire in 2005, becoming a key member of the county side. His international recall came in 2007, nearly 8 years after his debut and he is now a regular in the England ODI squad.

## Graeme Swann

## Nick Wilton

Wicketkeeper Wilton spent 3 years playing with Sussex before falling into a coaching role with the county. This evolved into a Cricket Development Officer's role with Sussex, in which he stayed for 3 years. In 2005 he moved to Gray Nicholls where he is now Cricket Promotions Manager. He still plays cricket socially and occasionally coaches some of the counties wicket keepers.



# A PAIN IN THE GROIN

The syndrome of groin disruption (Gilmore's Groin / Sports Hernia) was first recognised by Mr Jerry Gilmore in 1980.

In the 28 years since the first operation over 7,000 patients have been referred with groin pain and of these 4,100 have undergone surgery.

The typical patient is a young male whose pain increases with:

- Sprinting
- Kicking
- Twisting & Turning
- Coughing
- Sneezing

108 Harley Street is a Consultant Surgeon led clinic, that through the pioneering work of The Gilmore Groin and Hernia Clinic has extensive experience of treating elite sportsmen enabling a quick and successful return to sport. As a PCA partner the offer to all PCA members, past and present, and their families is a guarantee of shortfall free treatment if covered by medical insurance, subject to policy conditions and exclusions, and a 25% discount on standard charges for patients paying their own fees.

## The specialist clinics available at 108 Harley Street include:

**The Gilmore Groin and Hernia Clinic** - The diagnosis and treatment for patients with groin disruption (Gilmore's Groin) under the care of Mr O J A (Jerry) Gilmore who identified the condition together with the treatment and assessment of herniae of all types.

**One Stop Day Surgery Centre** - A leader in offering same day consultation and surgery for minor operations under local anaesthetic for conditions including melanoma, skin cancer, cysts and lesions together with treatment of general dermatological conditions.

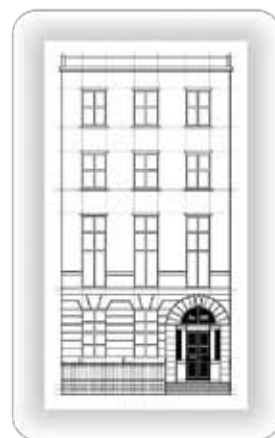
**The London Breast Clinic** - A team of 5 leading breast surgeons led by Jerry Gilmore providing rapid access to its fully integrated breast care services for patients with both benign and malignant breast disease.

**The London Rectal Clinic** - Expert diagnosis and treatment of benign and malignant diseases of the colon, rectum and anus.

For further information contact Hamish Millar, Commercial and Financial Director on 0207 563 1234 or 0789 418969 or by email [hamish@108harleystreet.co.uk](mailto:hamish@108harleystreet.co.uk) or visit the website at [www.108harleystreet.co.uk](http://www.108harleystreet.co.uk) Details are also on the PCA website at [www.thepca.co.uk/health\\_and\\_fitness](http://www.thepca.co.uk/health_and_fitness)

# THE GILMORE GROIN & HERNIA CLINIC

AT



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## Brain Training

Give your brain a workout during your down time or when it's raining by solving these puzzles. Answers can be found on page 22.

1. A coach has a square sports hall with 10 large cones in it that he wants to arrange for a group activity. How can he arrange the 10 cones along the wall so that there are an equal number of large cones along each wall?



2. A mathematician recently brought a hardware store and came up with an alternative method of pricing his goods. Can you figure out his method and determine the cost of the hammer?

SCREWDRIVER	30
BOLTS	14
NAILS	13
PLYWOOD	19
HAMMER	?

3. There are six scrambled letters below that can be formed into seven English words. You must use all the letters in the word, and they can only be used once. Can you find all seven?

T P S E A L

4. How can you arrange nine square tables in nine rows of three tables each?

5. What word in the blank space will create two new words? Find at least one word for each set of words.

Example:  
Quick sand Paper

BARN \_\_\_\_\_ STICK  
CAMP \_\_\_\_\_ PLACE

6. The word BOOK can be turned into the word GOAT in only three steps, changing only one letter at a time. Each time you change the word, it must form a valid word.

BOOK \_ \_ \_ \_ \_ GOAT

7. I can buy two bananas for one apple and one clementine for one apple. I have four bananas. How many clementines can I buy?



8. Complete the sequence

2, 5, 26, 677, ?

9. Imagine two identical boxes. One is filled with 27 wooden balls and the other one is filled with 64 smaller sized wooden balls. If all the balls are made of the same material, both boxes are filled exactly to the top, and both boxes are the same size, which box would weigh more?

10. If 50% of zigs are zags and 25% of zags are zogs, what percent of zigs are zogs?



## Work it out

THE LONDON BREAST CLINIC

108 X-RAY AND IMAGING

THE GILMORE GROIN & HERNIA CLINIC

THE ONE STOP DAY SURGERY CENTRE

THE LONDON THYROID CLINIC

THE LONDON RECTAL CLINIC



THE PERFORMANCE  
LIFESTYLE TEAM

performance  
lifestyle



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BRAIN TRAINING ANSWERS

1.

2. 16 (vowels count as 2 and consonants 3).

3. Staple, petals, plates, pleats, palest, palest, septal.

4.

5. yard and fire

6. BOOT and BOAT

7. 2

8. 458330 (1x1 + 1 = 2, 2x2 + 1 = 5, 5x5 + 1 = 26 ....)

9. They would both weigh the same

10. 12.5%

Want more info? Got a query? Have feedback on what you've just read?

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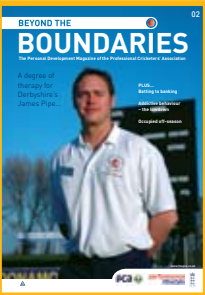
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Coming in the next issue of *Beyond the Boundaries*:

- What to do with your down time
- Coping with travel fatigue
- And much, much more

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?

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The Old Vicarage, Heywood,  
Westbury, Wiltshire BA13 4LG

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

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

22  
BEYOND THE BOUNDARIES





# FORGET THE IPL AUCTIONS

WHO REALLY ARE THE  
MOST VALUABLE PLAYERS?

MORE PROSPECTS  
MORE OPPORTUNITIES

The PCA MVP ranking system now encompasses both County MVP and England MVP - giving players hundreds of opportunities to increase their value and ranking throughout the domestic and international season.

The MVP's are based on a cumulative points system, rewarding all valued elements that are imperative to win cricket matches.

Runs, strike rates, wickets, economy rates and catches, all in one formula = MVP

To view the current results for both County MVP and England MVP or for more info simply visit:  
[www.thepca.co.uk](http://www.thepca.co.uk)