

# BEYOND THE BOUNDARIES

IAIN BRUNNSCHWEILER

## Conditioned for success...

*PLUS...*

**Player to Pilot**  
Career taking off

**Be on the ball**  
– off the field

**Groundsman uncovered**



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# FOREWORDS

Welcome to the fourth issue of Beyond the Boundaries.



**Jason Ratcliffe**

*"Pipey has the security of a second career during and after cricket, which gives him tremendous piece of mind."*

As we enter a new pre season, thoughts of new or alternate careers can easily be put on the back burner. Rightly, the focus is on the 'here and now' and what can be achieved on the cricket pitch becomes a priority.

Much has happened over the last 12 months and indeed the winter period. Nine courses were delivered across a broad range of topics including new 'networking' sessions. Interestingly players are finding practical courses of great benefit, with plastering being the most popular. Perhaps a career in the trades offers a future of flexibility and the attraction of being your own boss?

Gerard Brophy, Jason Gallian, Mark Alleyne and Peter Martin all completed work placements with Clydesdale Bank and Adam Shantry got valuable experience at Dyke Yaxley. Simon Guy and Joe Sayers have set up their own recruitment company which will ultimately benefit many sportspeople.

In the last four years, we have delivered 'core skills' workshops which have benefited over a hundred current and past players. We aim to take the programme to a new level from this September, through until March 2010, by delivering to you, in your county. There will be no need to travel as core skill sessions will be integrated into winter schedules at your county and implemented on a rolling four year cycle, to ensure maximum benefit to as many players as possible.

Performance Lifestyle will play an integral part in co-ordination and delivery, and of course educational funding for bespoke courses will continue for those with more specific aims and goals. More information will be available during the summer on this exciting programme.

Special congratulations go to James Pipe who has recently become qualified as a chartered physiotherapist. We featured his progress this time last year in BtB and his achievement has been the culmination of four years study, and commitment alongside a playing career. Still just 30, 'Pipey' has the security of a second career during and after cricket, which gives him tremendous piece of mind. I'm sure Derbyshire will see the benefits in the coming years and that with new qualifications, his team mates will also be well looked after!

I hope you enjoy this edition of the BtB. As you'll see, there are many examples of cricketers past and present who are being pro-active in a multitude of areas.

Special thanks to Rachel Newnham and all the Performance Lifestyle advisers for their tireless and committed work on your behalf.

If there is anything we can do, for you please do not hesitate to let us know.

Have a great season.

**Ratters**



**Kate Green**

*"Do you know what you want to achieve this year and have you set targets accordingly?"*

## Are you 'FIT'...for the season?

Welcome back! Whether from the far beaches of Durban, Perth or Tasmania, or the indoor schools of Leeds, Taunton and Chelmsford! I hope you all had really good experiences over the past six months and are keen to get stuck into the season! So as it all starts again, are you...

### ...Physically Fit?

The most frequent response I got in emails or face-to-face meetings this winter, when I asked how people were and what they were up to was - 'smashing the gym'!! So for all those keen gym bunnies, this issue should be perfect - it is packed full of info on fitness. There is a strength and conditioning article with Iain Brunnschweiler from Hampshire on his experiences of training and working as an S & C coach (page 4), while "On top of their fitness" (page 15) profiles various players who have been involved in fitness qualifications recently.

### ...Mentally Fit?

Have you had a good time out from the tough domestic season? Now you're back is everything sorted at your club, both on and off the field - contracts sorted and signed, knowledge of your role in the team/squad/club? Do you know what you

need/want to achieve this year and have you set targets accordingly? If not, planning or seeking help from the PL team or PCA could be the first start.

### ...Financially Fit?

The credit crunch seems to be all anyone now talks about and we want to ensure you are able to manage your finances so that they put you in the most secure position possible. Charlie Mulraine explores the current economic trends and the way they are shaping careers options on page 8.

### ...Emotionally Fit?

We would also like to ensure that you are managing your lives off the field, so that you are in the best position to perform on the field. Whether it is Coping with Travel Fatigue (page 12) or planning for the future, where we have provided Career in Focus case studies on being a Pilot (page 16) or Professional Groundsman (page 10).

Finally, I would just like to wish you all the very best for the season. If there is anything more or different that you feel the Performance Lifestyle Programme can do for you, please get in contact, as all constructive feedback is actively welcomed.

Best wishes for the season!

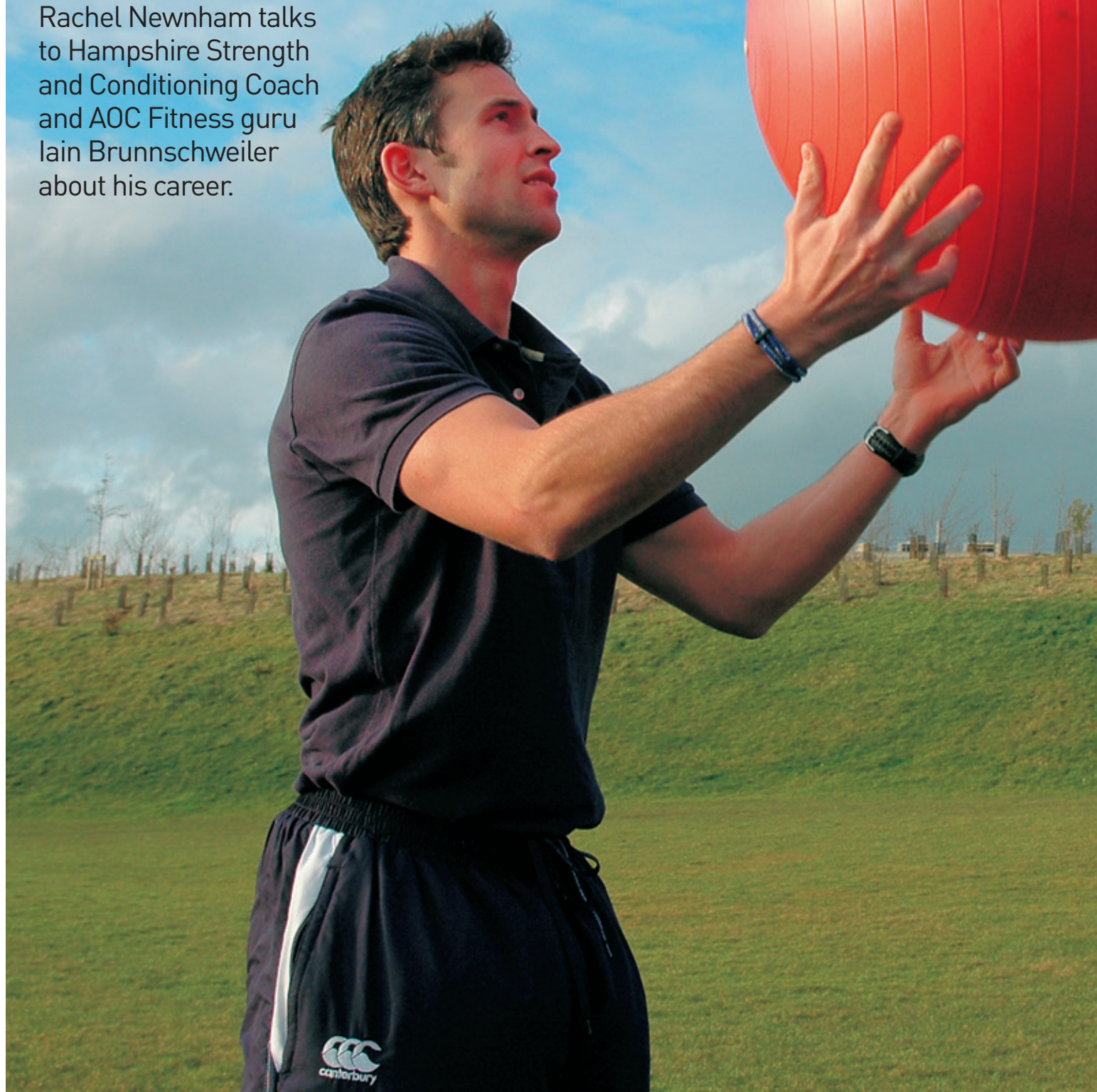
**Kate and the PL team**



CAREER IN FOCUS

# Strength and Conditioning Iain Brunnschweiler

Rachel Newnham talks to Hampshire Strength and Conditioning Coach and AOC Fitness guru Iain Brunnschweiler about his career.







## BRUNCHY'S TOP 5 pre-season fitness tips

- 1 'If you do what you always done, you'll get what you've always got.'  
Be honest with yourself.
- 2 Be realistic in assessing your own strengths and weaknesses - you need to work on both.
- 3 Set yourself goals and targets, and then monitor your progress towards these.
- 4 Take pride in putting 100% into everything you do, make sure you've got adequate recovery time.
- 5 **ENJOY IT!**

**Iain Brunnschweiler** finished playing professional cricket in 2003 but soon after began assisting with coaching the Hampshire Academy players. Alongside completing his ECB coaching awards, his interest in fitness led him to complete a Premier Training fitness course, after which he began to investigate the career options open to him in the fitness field.

### Why did you decide to pursue a career in strength and conditioning?

I made a conscious decision that I wanted to play a role in professional cricket and had a particular interest in performance preparation and conditioning of players. This gave me a focus towards the sort of role I realised I wanted to achieve within county cricket.

### What were the next steps?

After some investigation, it became clear that if I wanted to work at the top level with professional sportsmen, then I would have to get an appropriate degree. It was a major decision to commit to three years of study but I felt that it would put me in a position to achieve my goals of working within pro sport again.

### What degree did you do?

I completed a 3-year, full-time degree in Sport and Exercise Science at Chichester University. The University runs a 2-semester system, with a 15 week contact period pre-Christmas, the same post-Christmas and a Reading Week each semester. Each semester consisted of 40 hours of study per week, of which 15 were lectures/practicals.

### How did you juggle the demands of a full-time course whilst working?

It was a big challenge. I was commuting a 70 mile round trip to Chichester, whilst doing 20 hours per week coaching at Hampshire, and I was also a contracted semi-professional footballer. It essentially meant that I had commitments seven days-a-week, for 15 weeks each semester, for three years. It was taxing mentally but I enjoyed everything I was doing, so it certainly wasn't a chore. The main issue was being organised enough to keep up with my studies, assessments and revision alongside the coaching and football.

### Did you have a support network?

Yes, I had great support from my family, friends (including a very tolerant girlfriend!) and the tutors at university. My tutor was fantastic at helping me through the busier periods and supported me if I needed to work and miss the odd lecture. All of the lecturers were also very supportive and understanding of my position, especially the lead physiology lecturer Dr Marcus Smith, who has since become my mentor.

### Why do you feel strength and conditioning is important?

The strength and conditioning of players has become more important as the game has developed. The volume of Twenty20 cricket and the intensity of training and playing has increased, meaning we now have some genuine athletes in the game who could physically hold their own against a range of other elite sports.

However, I believe that the term 'strength and conditioning' doesn't really fully cover what I am trying to achieve with players. Certainly conventional fitness work plays a central role, but I like the challenge of taking an individual approach and building a case study of each player. I work with them to assess their own strengths and weaknesses related to fitness parameters, performance preparation and lifestyle, as well as trying to understand what is going to help their game the most. Some players can get too hooked on fitness training and actually miss skills and technical training opportunities.

### What is your favourite part of the job?

The best bit about my current role is working with such a range of players; from young academy players to senior internationals. This has helped me learn that there is no quick, one-size-fits-all answer to conditioning a cricketer. I've been very lucky to work with a range of brilliant coaches at Hampshire and interact with other great coaches and support staff around the country. The other major bonus is just being in the cricketing environment, which I love and it's a privilege to work at the professional level.

### Would you recommend strength and conditioning as a career?

I would certainly recommend it as a career if you are passionate and interested in cricket and sports science/strength & conditioning. Cricket is a rapidly evolving environment and being a part of that evolution is exciting. The attitude towards fitness in general has changed massively since I started as a player nearly ten years ago. Back then I still did fitness work, but didn't really know what I was doing or whether it would help my game at all, whereas now we are starting to learn more about the areas each player needs to be developing in order to maximise their 'cricket-specific athletic potential'.

### What advice would you give to players thinking about strength and conditioning as a career?

If you are considering a career in this field and you are really interested and passionate about it, you will find your way to where you want to be. As it turns out, my degree experience was far more positive than I could have possibly imagined and it really broadened my horizons. You have to be prepared to work quite hard to gain the necessary qualifications and experience but if you are dedicated then just go for it and enjoy the ride.

### Do you have any further ambitions and/or goals?

In terms of the future, if I was looking to become a National Lead for Strength and Conditioning in cricket or any other sport, I would look to complete a Masters degree alongside my current role. As it is, my ambition is to move more specifically into a cricket coaching role, therefore I have recently embarked on my ECB Level 4 coaching award. So far this has been extremely interesting as my 'classmates' are a brilliant bunch with backgrounds mainly in First Class and Test cricket. Already I'm learning a huge amount, which will no doubt help me in my future career within cricket.

*"Strength and conditioning is crucial in the modern game. You have to be an athlete and cannot hide if you're unfit - simple as that. Brunchy played for Hants until recently which is great, as his way of training is modern, interesting and innovative."*



Michael Carberry, England Lions & Hampshire CCC

# ROUTES INTO STRENGTH AND CONDITIONING

## Courses and Industry Recognised Qualifications

Many sports professionals have considered moving into the strength and conditioning/personal fitness instructor role as a career after or alongside playing, but the growth of this sector means the occupation is extremely competitive. Whether your ambition is to become a strength and conditioning coach at a sporting organisation or to work as a fitness instructor at a health club, the career path requires training and continual up-skilling to gain entry and promotion.

There are numerous private training companies who offer training and qualifications, which can make the first steps on this career path confusing and a potential minefield. The tips below aim to challenge you to think a little deeper about whether this career is the one for you.



## TOP TEN TIPS TO BECOMING A FITNESS TRAINER

### 1 DECIDE IF YOU HAVE WHAT IT TAKES –

Personal trainers need to have a multitude of skills on top of being a good listener. In addition, you should love working with different kinds of people, be a self-motivator, lead a healthy lifestyle and be a good role model for your clients.

**2 CHOOSE A QUALIFICATION –** There are tons of choices for getting qualified but you should choose an organisation that is nationally recognised and accredited. If you already have a club in mind, call and ask them what qualifications they require. If you don't know where you'll work, take some time to research the websites of major organisations to find out how much the certification costs, what the pre-requisites are and if they offer workshops/exams in your area or a home study program.

**3 CHOOSE A SPECIALITY –** This isn't required, but in a competitive market, many trainers are boosting their C.V.s by qualifying in specific areas. Getting a speciality certificate means you have more to offer and can usually charge a little more for your services.

**4 GET A JOB AT A CLUB –** Using your local phone book, call some clubs in your area and enquire if they employ personal trainers, ask about availability of jobs and the procedure for filling out an application. You can also visit some of the major clubs on the internet and see what jobs they have open.

**5 MARKET YOURSELF –** Once you get things going, it's time to get your name out to the masses. This means making flyers, newsletters, business cards and a website. Be prepared to hawk your wares anywhere you can: posting flyers in sporting goods stores and getting friends and family members to spread the word. Offering free

consultations and seminars is a great way to get people in the door. Volunteering or shadowing/gaining work experience, can help business and future employability.

**6 SETTING UP YOUR OWN BUSINESS –** Briefly, setting up your home business requires the following: choosing a business entity (i.e. sole proprietorship, partnership, etc.), choosing a business name, registering your company, getting liability insurance, setting up your gym (if you're training from your own home), targeting potential clients and marketing yourself.

**7 IMPROVE YOUR SKILLS AND EDUCATION –** Continuing your education is essential if you want to keep up to date with the latest training methods, equipment and techniques. It's a dirty job, but if you want to keep your qualifications and be a good trainer, you'll have to do it.

**8 BECOME INDISPENSABLE TO YOUR CLIENTS –** Being successful takes work, talent, skill and experience. To improve upon your skills, consider joining a national organisation like the United Kingdom Strength and Conditioning Association (UKSCA) or the Exercise Register.

**9 OTHER OPTIONS –** You don't have to work in a gym or even work for yourself. Personal trainers operate in all kinds of different areas: from corporate fitness, cruises, resorts and spas to online training and more.

**10 BEYOND PERSONAL TRAINING –** Once you're an established trainer, there are even more opportunities available to you. You can consider consulting, fitness writing, working with sporting teams and organisations, group fitness instruction or opening your own gym. **IT**

## Working in the High Performance Environment

Elite sport contains many established, well qualified and well experienced strength and conditioning coaches. Many jobs will require a minimum of graduate qualifications or a degree in sports science to firstly get you an interview, and more recently, sporting organisations have begun to look for candidates who are UKSCA accredited.

There are many universities that offer flexible sports degrees and many of these courses can be researched on the internet or by visiting your local universities.

Alternatively, to discuss any of the training requirements to becoming a Strength and Conditioning coach or Fitness Instructor, contact your regional Performance Lifestyle Advisor:

### Training Providers, Courses and Organisations worth looking at :

[www.hotcourses.com/uk-courses/Sports-Science-degree-courses](http://www.hotcourses.com/uk-courses/Sports-Science-degree-courses)

[www.whatuni.com](http://www.whatuni.com)

[www.uksca.org.uk](http://www.uksca.org.uk)

[www.bases.org.uk](http://www.bases.org.uk)

[www.ymcafit.org.uk/courses](http://www.ymcafit.org.uk/courses)

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

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

[www.executivefitnesscareers.com/](http://www.executivefitnesscareers.com/)

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

[www.exerciseregister.org/](http://www.exerciseregister.org/)

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

[www3.open.ac.uk/courses/bin/p12.dll?Q01G10](http://www3.open.ac.uk/courses/bin/p12.dll?Q01G10)

[www.icslearn.co.uk/study/fitness-qualification](http://www.icslearn.co.uk/study/fitness-qualification)





# 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)

# THE STATE OF THE ECONOMY

With Britain in an official recession, **Charlie Mulraine** looks at the state of the economy and what effect this has on the employment market.

***"An exciting new opportunity..."***

***A positive environment for innovative ideas..."***

***the perfect platform for fledgling entrepreneurs!"***

Sadly, these are not words being used by many of our commentators on the state of the economy, but do we always have to take their word for it?

Psychologists are already presenting compelling evidence that suggests believing a situation will turn bad, can actually be a self-fulfilling prophecy. Talking about the 'Credit Crisis' has replaced the weather as our most popular conversational topic. Lately, having to write and talk about current market conditions has made me feel like a relative delivering the eulogy at a family funeral.

Perhaps the best approach is get the facts out in the open first. They do make for some stark reading.

A recent evaluation from the British Chamber of Commerce outlined a "frightening deterioration" of the economy and an "ominous collapse in confidence". The Centre for Economic and Business Research has estimated that 38,000 jobs could be lost this year within the financial services sector alone.

Rather alarmingly, graduates are going to be some of the hardest hit. A recent study by High Fliers Research stated that recruitment targets among 100 top UK firms had been cut by 17% for this year. Fortunately, not all companies are cutting back. Lloyds TSB has confirmed their commitment to their graduate programme, and will be recruiting the same number of graduates as last year.

No cliché is ever without an element of truth, and there is definitely a silver lining.

Tesco confirmed that their sales were up by 2.5% and that they were creating 10,000 jobs for 2009. Iceland has confirmed that it will be buying 51 of the recently closed down Woolworths stores; a move which could potentially create 2,500 new jobs. Sainsbury's experienced their "best ever Christmas", and plans to create 5,000 new jobs

this year. Other 'winners' were Poundland, Dominos Pizza and Greggs – hopefully their sales were not boosted by the diets of professional sportspeople!



Former England bowler Dean Headley networking at a PCA function.

A depressed economy is the perfect breeding ground for the next generation of entrepreneurs. Ask any successful business person and they will tell you that where there are people losing money, there is someone who is making it. Creativity, passion, long term strategic thinking and an appreciation of the ever evolving Global economy will be vital for those people who have dreams to succeed. Equally important, will be self-awareness, emotional intelligence, an ability to market your own personal brand, together with career flexibility. It will no longer be good enough just to sit passively in an interview answering questions. Employers will want to know what you can offer them over and above the thousands of other applicants who are waiting outside the door.



## Top Recession-Busting Tips

- Spend a day without using the words 'recession', 'global crisis' and 'credit crunch'. I promise that you will feel more positive; it will also lift others.
- Know what you want, whilst also being prepared to be flexible.
- Discover what your passion is. Passion is infectious. You are more likely to succeed if you are truly motivated about your career path.
- A drop in salary or position is not always a negative. Find out how your future could improve with an organisation in the long term.
- Keep an open mind. You may have to take a few sideways steps before your career can move forward.
- Find a business mentor. Someone experienced in the commercial world will be able to give you sound advice, as well as possibly being able to make useful introductions for you.
- Remain positive at all times, especially when in the company of others. Opportunities will always present themselves when you have this mindset.
- Trust your instinct, don't be afraid to take risks.
- Keep talking to people in your network. People love to help other people. It's a fact! Go to as many networking events as you can, and keep in touch with friends and family.

Charlie Mulraine has over 10 years experience in the recruitment industry and has been running his own consultancy, Mulraine Sport, for nearly five years. A former professional sportsman, Charlie supports the PCA's work experience programme and has helped a number of players secure winter positions.

His book, 'The Greatest Interview Tips in the World', will be published in April this year through Public Eye Publications.



# My winter with Dyke Yaxley – by Adam Shantry

As everyone knows, there is a limit to how long you can put something off for: the car will need cleaning; the dog will have to be walked; and the county cricketer will, sadly, have to find alternative employment.

After many winters spent playing abroad or fashioning a groove in my sofa, the time had come to explore the options available to me when my cricket career eventually finishes. Although a few of the Glamorgan players jetted off to the Southern Hemisphere, I undertook a five month work placement, through PLAN, with PCA accountants, Dyke Yaxley, at their offices in Shrewsbury.



At the start of my placement, I expected to be thrown into a cupboard with some "filing", or to be nominated as the office's version of cricket's 12th man, the prestigiously titled "Teaboy". But no –

I had my own desk, computer, email address, telephone extension and even a business card!

As well as providing the more traditional accounting services, Dyke Yaxley offers a range of business services, including Business Development, Marketing, IT, and Human Resources. I was involved in all areas of the business including putting into practice my own marketing campaign, meeting with potential new clients and forging links with local schools and colleges.

One of the biggest challenges was the change in behaviour that was required. The language in your average cricket changing room is best described as 'colourful' and the playing of practical jokes on your team mates is actively encouraged. But I can only imagine the reaction at Dyke Yaxley though, if someone returned to their desk to find their personal possessions super glued to the ceiling.

Cricketers already have experience of communicating with all kinds of people – sponsors, committee members and the media, and the skills gained in these situations are highly valued in business. Players generally do not realise how easily these skills can be transferred and if you combine

them with some business acumen, you begin to see that far from being unemployable, ex-sportsmen are actually very valuable people to have in a company.

With the excellent support network available from the PCA, it is possible for today's cricketer to enjoy a virtually seamless transition from the sporting arena into the business world. This sort of placement scheme is infinitely more preferable than a "stop gap" job and has a real sense of purpose and progression.

Fitting in my training around a 40 hour week has been challenging but Dyke Yaxley were very understanding when it came to taking time off to train.

The placement has proved to be a thoroughly rewarding experience and I have learnt a great deal more than I thought I would, as well as meeting some fantastic people. Some exciting opportunities have presented themselves and it has opened up new avenues when it comes to planning my future, as well as reminding me how lucky I am to be playing cricket for a living.

As I finish the placement, I leave a more rounded person, with many new skills and new ideas, and considerably paler than if I had chosen to winter in the Southern Hemisphere!

For more information on the PCA's work placement scheme, PLAN, contact your regional Performance Lifestyle Adviser or **Charlie Mulraine** on **0872 640530** or **Charlie@mulrainesport.com**



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## CAREER IN FOCUS

# Escape to the outdoors...

## INTRODUCING THE GROUNDSMAN



To be a groundsman of any description, essential requirements for the job are a love of working outdoors, an interest in horticulture, the practical skills to be able to use an array of tools and machinery and a willingness to get your hands dirty. This article focuses on the role of a sports facility groundsman but links at the end offer advice on a wider range of agricultural and land based careers.

The main role of a sports facility groundsman is to prepare and maintain sports surfaces in good condition. This involves seeding surfaces, preparing land for turf laying and maintaining grounds through regular cutting, trimming, rolling, irrigation and application of fertilizers and chemicals. Responsibilities could include marking out surfaces for different sports such as cricket, rugby or football, installing and maintaining equipment in the facility, and ensuring the upkeep of surrounding areas. Using, cleaning or repairing tools and machinery is likely to be part of the daily routine, so following health and safety procedures is essential. Other tasks will vary depending on the sport, time of season and weather conditions.



### SKILLS & QUALITIES REQUIRED...

- Ability to work as part of a team but also on your own initiative.
- Practical skills - capable of safely using mechanical equipment
- An eye for detail to detect damage to sports surfaces.
- Enjoy being involved with sporting activities
- Basic numeracy and literacy
- Be accurate with measurement.
- Patience
- Physically fit as there is a large amount of walking, lifting and carrying
- Ability to interpret plans and drawings
- Clean Full Driving Licence
- Ability to learn and follow health and safety regulations and procedures.
- Good technical knowledge of soil science and plant biology





#### Where and who might you work for?

Employers in the UK range from local authorities, school and colleges, and the armed services to private ground contractors, and private sports/leisure clubs. Some jobs will require you to ensure the upkeep of several different facilities and sports pitches; whereas others are concerned with a single sport such as cricket grounds.

#### What's the money like?

The Institute of Groundsmanship (IOG) recommended pay scales for 2009 are given below:

- Unskilled groundsman £14,690 to £17,950 a year.
- Skilled groundsman £18,335 to £22,400 a year.
- Head groundsman £23,965 to £31,170 a year.

This is based on working around 37.5 hours per week, however due to the seasonal nature of certain sports it is not uncommon for a groundsman to work part-time, flexible hours (early starts, late finishes and weekends) or even on temporary contracts, so salaries may differ accordingly.

#### What qualifications do you need?

■ If you have no formal qualifications, you may be able to enter the profession as an unskilled groundsman BUT you would need to demonstrate that you have or would be able to learn the practical skills and knowledge required in areas of gardening or horticulture through on-the-job training or undertaking a course.

Once employed as a groundsman, there is usually on-the-job training but you might choose to undertake additional training to improve chances of promotion.

#### Types of Qualification

■ You could do an entry level and intermediate level BTEC, NVQ or NPTC course in Horticulture or Sports Turf management at colleges around the UK. Contact your local colleges or use the link below to find out about different courses and local course providers - [www.lantracoursefinder.co.uk](http://www.lantracoursefinder.co.uk)

■ There is also the option of undertaking general or sport specific foundation level, to advanced management level professional courses, run by the Institute of Groundsmanship (IOG). Courses range from one day to 12 months and there is also a distance learning option for those relatively new to the profession.

For example, IOG offer five day courses on a range of topics specific to cricket groundsmanship. For 2009 dates, details and prices go to [www.iog.org/course-cricket.asp](http://www.iog.org/course-cricket.asp)

■ To progress further up the pay scale, more advanced qualifications and experience are required. The IOG offer a recognised membership package which will give you access to ongoing professional development. Alternatively, you may choose to study at higher education (HE) level e.g. HNC/HND's, foundation degrees and also degrees in subjects such as Sports Turf Management. To find HE courses, search the UCAS website [www.ucas.ac.uk](http://www.ucas.ac.uk)

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### WHERE TO GO IF YOU WANT MORE INFORMATION?

■ Talk to your local groundsman - they can tell you more about what the job entails; they might also be willing to allow you to shadow them for the day.

■ Useful websites:

Institute of groundsmanship (IOG)  
[www.iog.org](http://www.iog.org)

Lantra - The Sector Skills Council  
[www.lantra.co.uk](http://www.lantra.co.uk)

NCPT - National Proficiency Tests Council  
[www.nptc.org.uk](http://www.nptc.org.uk)

■ Chat to your Performance Lifestyle Adviser if you would like assistance in collating information and also in sourcing flexible courses locally.

**Warwickshire cricketer TONY FROST, recently back from retirement, discusses his groundsman career plans ...**



#### What made you consider a career as a groundsman?

It was strange as I hadn't really thought about it but Edgbaston's Head Groundsman Steve Rouse first suggested it to me. I knew I wouldn't enjoy or be suited to a 9 to 5 office job and the more, and more I spoke to him, and thought about it, the more it appealed to me.

#### How did you go about getting into groundsmanship?

I had retired from cricket in 2006 and during 2007 I spoke to my PL adviser, and Steve, to learn more about the career, and what was required. With help from the PCA, I signed up for the IOG five day intensive groundsman course. Using my network at the ground, I convinced people of my passion for the profession and managed to arrange employment at Edgbaston.

I had considered doing a university course but the content of many courses involved a high percentage of green keeping and this was something I wasn't really interested in - plus I wasn't too keen on three or four years of study when I knew I could learn on the job at Edgbaston. The club has been great in helping me gain this employment and career experience, and I'm very grateful for all their support.

#### What are the realities of the job?

Learning about a profession on a course is never the same as actually getting out there and experiencing things first hand. The majority of my experience at Edgbaston so far has been about learning how to maintain and repair wickets. I've done lots of rolling, have learnt how to know when a wicket is ready and what to do if it isn't, and have also learnt the fundamentals of measurement. You can spend a lot of time working on your own as a groundsman but I quite like this, as it is very different to being a professional cricketer, where you live in each others' pockets for six months.

#### What are the hours like?

Test matches involve long hours but not longer than I thought; similar to domestic cricket really. There isn't much to do in the winter, partly due to the weather and the busiest time is near the start of the season and during the season.

When I decided to come out of retirement, managing the job and the cricket was really difficult. I really wanted to keep both going but it was impossible once the season started. Occasionally I helped out when we had a break but I had to stop working in the end as I couldn't fit in both.

#### Do you still have aspirations to continue groundsmanship?

Yes - I loved it. I would definitely like to continue working at Edgbaston as and when I can around my cricket and beyond. I really enjoy working with the groundstaff and would definitely like to get back into things if I can.

#### Has this career experience changed the way you approach or view your cricket?

Yes in a way it has, as now I know I have that there waiting for me. I know I enjoy it and the lads are great - so yes there is comfort in not having to worry or think about what else I can do when it all ends.

# SEND TRAVEL FATIGUE PACKING

For many of you, 2009 will see you take various different forms of transport – planes, trains and automobiles (with perhaps a coach or two thrown in just to mix it up). Travel, whatever form you take, can be a tiresome and often frustrating experience. As the season draws closer, the Performance Lifestyle team have put together some handy tips to assist you in preparing for those journeys.

**Tiredness can kill**  
**Take a break**

## TRAVELLING ALL OVER THE COUNTRYSIDE – COUNTY TO COUNTY.

### MOTORWAY SAFETY

M1, M62, M6, M25... sound like fun? You all spend a lot of time on the motorways. Perhaps for those of you who have been in the game for a while, you even know the route to each county ground like the back of your hand. We'd even go so far as saying you could do it blindfolded (or at least programme your Sat Nav to get you there!).

Motorways can be friend or foe. Driving beyond the recommended speed limit or in defiance of bad weather and road conditions can bring about various problems. If the Police don't get you for dangerous driving, then a skid on a wet road or another hazard will. Similarly, impatience can often lead to risky manoeuvres. The time difference between driving like a maniac and taking caution is less than 10 minutes for a 100 mile journey. Would you risk it?

### NUTRITION

Welcome Breaks, Road Chefs, Moto stops, Little Chefs and petrol stations – can you taste the temptation?

Most of these places are branded with McDonalds, Burger King, KFC and the ever tasty Wimpy, at every turn. Even though they are tempting, they are unfortunately not so good for the general health. Certainly try to source a healthier alternative when you stop there. Sandwiches and fruit are an ideal snack for drivers as fatty, deep fried foods encourage the onset of fatigue. As does chocolate because it increases the sugar in the short term but once it disperses, can speed up the onset of driver fatigue.

### FATIGUE

Did you know that fatigue is a major killer on our roads causing 20% of fatal accidents? Understanding some of the warning signs is essential in avoiding an accident and can certainly reduce your probability of becoming just another statistic.

We all know the amount of driving that county players do during the season but what you probably won't know is how to tell if you are too tired to make the trip home. The temptation of getting back home to family and friends after a four day game can sometimes cast a shadow on your judgement.



Players need to take breaks whenever they can, as Niall O'Brien can testify!

### Consider this -

- If you have been awake for 17 hours, then decide to drive, the risk of you crashing is the same as if you are just over the legal alcohol limit.
- Driving after 24 hours on no sleep (or in fact poor sleep) is equivalent to driving with a blood alcohol level double the legal limit.
- Beware - a beer after a match can take up to 60 mins to reach its limit in your system. This means, if you drive only 30 mins after finishing your drink, you could potentially be driving over the legal limit.

### So what are the best ways to stay alert?

- Try to avoid driving long distances after a days play. Make the trips shorter by stopping at a Welcome Break or the like. A five minute petrol break to fill up the car isn't enough – plan a stop for at least 15 minutes.
- Keep fresh air circulating throughout the car. A car full of stuffy hot air can make you drowsy.
- Avoid alcohol. Exercise and drinking coffee or water won't lower your blood alcohol – only time does.
- Share the driving with a team mate, or at the very least have a travel buddy who can talk to you and keep you alert and awake.





## TRAVELLING OVERSEAS

For those of you lucky enough to get a game off the island...

*'This is your Captain speaking. Today's flight will take approximately 10 hours and we'll be cruising at an altitude of 34,000 feet. The current temperature at our destination is a warm and sunny 32 degrees with a light south westerly breeze...'*

Hmmm... sounds like the place to be, but you have to travel there first and get through the joys of leaving on an aeroplane. International travel has been widely reported to interrupt the body's natural rhythms and can often have a negative effect on performance. Sometimes this can include fatigue, decreased mood, headaches and mild dehydration. For some players it can take up to 4 days to return to feeling normal again. With this in mind, it is important to prepare well for your travel experience, with consideration to what you can do prior to departure, during the flight and upon arrival to minimise the effects of travel fatigue.

### Before departure

- Believe that you will cope with the change and adapt well
- Pack in your hand luggage – Blow up neck pillow, eye patches, ear plugs, a water bottle and snacks, especially if you don't like airline food.
- Pack your entertainment (iPod, cards, PlayStation or laptop).

### Inflight

- Change your watch to the time of your destination when you board the plane and listen for inflight announcements.
- Make sure you move around and stretch your legs at regular intervals. This will prevent pins and needles, and swelling.
- Drink lots of water. The environment in the aircraft cabin is dry and you can lose up to 300ml of fluid per hour.
- Avoid caffeinated drinks and alcohol.

### Upon arrival

- Be careful carrying your kit bag. Correct lifting technique requires concentration and is essential to prevent the risk of back or shoulder injuries.
- Stay physically active. Some light exercise such as walking or swimming will help you adjust to the time zone.
- If you need to sleep, take a 45 minute nap then unpack and set yourself up in your room or take a look around and explore your new surroundings.
- Keep your hydration up. Drink plenty of water.

And remember, at the end of the day, flights will be delayed, sometimes you can't help who you sit next to and everywhere is hotter than the UK. So just roll with the punches and don't get irritated by what is out of your hands. Have a good flight! **LG**





# BRAIN TRAINING

Give your brain a workout during your downtime or when it's raining by solving these puzzles.

**1** How can you arrange nine cricket balls in ten rows of three cricket balls each?

**2** Take the first letter off each pair of words and replace them with another single letter that will form two new words. Place the new letter in the box in the middle and you will form a new word from the letters in the box. The first one is done to get you started.

DIG **P** SALE – Pig & Pale

















ROSE  TONE

MUCH  SAT

VOTE  HEAT

CAT  JAR

**3** Find the hidden value. Each of the three symbols has a different value associated with it. When you add up the value of all the different symbols you get the total value for each of the three symbols and fill in the missing value.

				= 37
				= 37
				= ?
				= 54
= 41	= 50	= 41	= 37	

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

RNIES

**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

EAR  TONE  
BANK  WORM

**6** Determine the item that best completes the analogy...

0	
	0

 is to 

	0
	0

as 

0	

 is to

A	B	C	D	E
0		0		
0			0	0
	0	0		0

**7** Three brothers share twenty-four jelly babies, each getting equal to their age three years before. The youngest brother proposed a swap...

"I will keep only half the jelly babies I got, and divide the rest between you two equally. But then the middle brother, keeping half his accumulated jelly beans, must divide the rest equally between the oldest brother and me, and then the oldest brother must do the same."

They agreed the result that each had eight jelly beans. How old were the brothers?

**8** Winter is approaching a small town in Russia. As the ground will soon freeze, they need to dig enough graves in the town cemetery in anticipation of the number of deaths. The town's population is 1,000 and it is assumed that each person has a one percent chance of dying during the winter. What is the least number of graves they should dig so that the probability of having enough is at least ninety per cent?

**9** A scale has only two weights that can be used for weighing - a 1kg weight and a 4kg weight. In only 3 weighings, divide 180kg of flour into 2 bags of 40kg and 140kg.

**10** METEROROLGY is to WEATHER as HOROLOGY is to

- A. Horoscopes
- B. Food
- C. Religion
- D. Shape of the skull
- E. Time

Answers can be found on page 20





# ON TOP OF THEIR FITNESS

Many players around the counties worked on their fitness this winter. Here four players explain what qualifications they've done and how their own fitness and career options are benefiting...

## DARREN MADDY

Warwickshire

At the end of 2008, Darren Maddy completed a Reps Level 2 Health and Fitness Coach qualification with Performance Training Solutions, and has since achieved his Reps Level 3 Certified Personal Training Qualification. When asked about his reasons for doing these courses Darren said, "After I finish playing cricket I want to stay involved in the elite form of the game, specifically the conditioning side as I have always enjoyed the fitness aspect of being a professional player".

Coaching is another passion of Darren's, "It would be great to have a job where I could combine my interest in fitness with coaching. I would particularly like to become a specialist fielding coach and create, or be involved in the creation of new cricket fitness drills specific to players needs, so that they optimise training and develop and maintain their fitness and fielding skills all year round."

## IAN FISHER

Worcestershire

I am doing a Foundation Degree (Fdsc) in Sports Performance at Leeds Met University, Carnegie. I aspire to do strength and conditioning at elite level and looking into it, I realised that the academic credibility of a degree would add to my sporting experience, personal training experience and make me best placed to take on the role in the future. The actual course I am doing is aimed at elite sportsmen and is designed to be

flexible. I have found the lecturers and administrators very supportive and so far it is fitting in really well around cricket. I would recommend the course to other cricketers and wish a course like I am doing was available a long time ago. You get to learn with athletes from other sports such as football, rugby, athletics and many others. Rubbing shoulders with these people is a huge incentive and great fun.



## MATT MACHAN

Sussex & England U18

I've recently completed a sports course with Premier Training which has enabled me to work anywhere in the world. I decided to leave school early as I really felt it wasn't for me, and decided to do a qualification that I enjoyed, was practical and would back my cricket up in the off-season. I took the intensive course as I enjoy the health and fitness aspect of life and also thought it could give me a better insight into cricket.

My qualification is a Level 2 REP gym instructor qualification, Level 2 Nutrition qualification and also a Level 3 REP advanced qualification in Personal Training.

It was a four week intensive course that I completed straight after the season and just before I headed off to Perth! I plan to use this qualification as much as I can but mainly throughout the off-season. I decided to go to Premier as the qualification was internationally recognised and would help me get a job overseas if I wished to play cricket in the off season abroad. These are my immediate plans for the next few years and I haven't really thought past that but this will definitely give me a boost into the fitness industry.



## BEN PHILLIPS

Somerset

I originally took S&C qualifications with Premier Global, to help support myself with winter employment. Since studying and working in this area, it has helped me in a number of ways. Although I have no immediate plans to pursue a career in this industry, the qualifications have allowed me to improve my knowledge and approaches towards my own fitness as well as others. I have been able to work in health clubs, as well as taking on private clients, which has helped increased my work experience and made me become a more organised person. It has developed my communication and management skills, as well as giving me a healthy focus away from cricket.



## CAREER IN FOCUS

# Ever wanted to be a Pilot?

Many young boys dream of flying as a career and here, former professional cricketer **ADRIAN PIERSON** gives us the lowdown on his life as a pilot.



Former off spinner **Adrian Pierson** had a 16-year career with Warwickshire, Leicestershire, Somerset and Derbyshire but explains how he was lucky to always know what he wanted to do when he left the game.

"My great uncle was a pioneer of British Aviation and designed the first aircraft to fly the Atlantic Ocean less than 90 years ago. I was always interested in aeroplanes and had started a degree in Aeronautical Engineering just before I became a professional cricketer at the age of 22. Flying for me mirrors many things in cricket; it's competitive, challenging and it's very much based on team work.

I started my Private Pilots Licence six years before my cricket career ended and decided to study for my Commercial Ground exams, as well as take my flying tests during the winters between cricket seasons.



The flying tests involved a Basic Commercial Licence; navigation, emergencies and radio communications and then an Instrument Rating which involves flying by instruments alone, when the pilot is unable to see the ground due to cloud. Unfortunately the tests seemed to be never ending and the cost was extortionate. I was lucky though, to receive financial support from the PCA who helped me with the cost of the courses and tests.

Even once I had gained my licences, getting a job was impossible. So I took extra exams to become a Flying Instructor on light aircraft, which also enabled me to build up my flying hours. My first flying job was instructing at Nottingham Airport at weekends, where I took potential students up for half an hour at a time.

I was released from Derbyshire in 2003 but because I had my flying licences under my belt, I was lucky enough to be able to instruct full time straight away. Finances were tough though to start, as teaching pays little and all too often the winter weather would ground us.

Unfortunately no flying equals no pay! Finally my luck came in and I was offered a fabulous job.

Centreline Air Charter employed me to fly a light twin-engine aircraft out of Coventry Airport. The job was definitely "Boys Own" stuff. I was flying single pilot as "Thunderbird One", covering rush hour traffic jams and accidents throughout the Midlands motorway network and reporting to various commercial radio stations. During the day we were occasionally commissioned to ferry RAF fast jet test pilots from one RAF base to another. Having to fly whilst the best in the land were looking over your shoulder was pressure indeed!

***"The job was definitely 'Boys Own' stuff."***

Rostered shifts though were the more harrowing journeys! The company was contracted to fly bank mail overnight, which involved flying solo over Snowdonia at 8000ft in the black of night, often in icy conditions and through thunderstorms. I had no radar to help me avoid the weather and on a few occasions I honestly believed the wind was going to rip the wings off!

Then through a lot of luck, I got a job with Jet2.com as a First Officer flying Boeing 737 airliners. It is a very rewarding job but meant I had to gain more licences, as unlike driving a car, where you can go from one car to another, pilots have to be licensed to fly different types of aircraft. It's a big change to go from flying a six-seat propeller aeroplane to a 50 tonne jet with 148 passengers on board.

Jet2.com is a low cost airline based at Leeds Bradford International Airport, flying scheduled and charter flights to European destinations, although some of our aircraft do fly as far as New York.

I'm based at Manchester International Airport flying to European cities and more recently on "Santa" flights to Lapland. Every flight is different, from flying the Manchester United football team back from a Champions League fixture to flying Royal Mail. At night, the seats are removed from the aircraft to allow the aeroplanes to become freighters, enabling us to fly cargo such as mail. Flying is interesting and rewarding and I would certainly recommend it as a career."



For further details on becoming a pilot, Virgin Atlantic and British Airways both have comprehensive information about the various options and routes available to fulfilling your ambition.

British Airways – [www.britishairwaysjobs.com](http://www.britishairwaysjobs.com)

Virgin Atlantic – [www.virgin-atlantic.com](http://www.virgin-atlantic.com)

#### OTHER USEFUL WEBSITES INCLUDE:

Careers Advice – [www.careersadvice.direct.gov.uk](http://www.careersadvice.direct.gov.uk)

Civil Aviation Authority – [www.caa.co.uk](http://www.caa.co.uk)

Royal Air Force – [www.raf.mod.uk/careers](http://www.raf.mod.uk/careers)

Cabair – [www.cabair.com](http://www.cabair.com)

Kingston University – [www.kingston.ac.uk/aviation](http://www.kingston.ac.uk/aviation)

CTC Wings Training Scheme – [www.ctcwings.co.uk](http://www.ctcwings.co.uk)

Flight International Magazine has recruitment advertisements and information which is also useful.

## 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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**Fitness Careers**



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e: [info@executivefitnesscareers.com](mailto:info@executivefitnesscareers.com)

**QUALITY : FLEXIBLE : RECOGNISED**

# Getting up on DOWNTIME

Utilising one's time productively is easier said than done, particularly during the season when matches, training, fitness, rehabilitation, and travel are all consuming. So when do players and staff have the time outside the boundary to focus on other things during such a hectic part of the year?

Tristan Coulter met with Essex batsman **JASON GALLIAN** to discover how this prolific player takes advantage of his downtime.

## So Jason, what is downtime?

Downtime refers to any break in the competitive action. This might be due to stoppages, waiting to go into bat or even after you have been dismissed. Downtime may also spread more widely to days off between matches, travelling to games and to periods when you're out recovering from an injury.

## How do you use this downtime effectively during a game?

It depends on where my focus is and what I'm doing. During a match, it's harder to do other things and it's important to watch the game and be aware of what's going on. But when there's a lengthy stoppage for rain for instance, it's important to get yourself into good habits.

For example, keeping up to speed with current affairs and knowing what is going on in the world. Having opinions can have a positive influence, especially when networking and speaking to people such as sponsors, because it allows you to talk about issues other than cricket and displays another side to your personality.

## What other activities might you get up to during downtime?

I may make some phone calls, read the paper, or play mind games such as Sudoku so that I stay alert. Other guys use the opportunity to study or to sort out their benefit years or to work on getting their contact or network base going. It depends on the individual.

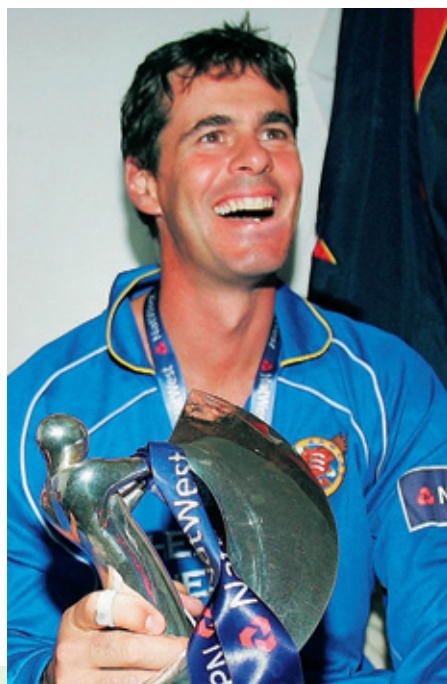
## What about matches when you're travelling away from home?

When you're not at the ground, you have lots of opportunities to make use of your downtime, whether back at the hotel or on the coach travelling. It's a perfect time to work on future things that you have coming up. It's also a time to relax or socialise with your team mates. Sometimes I go to the gym for some fitness work. It depends on the individual and the culture within a squad that influences what

people get up to. The older you get, the wiser you get and you realise that you can use this time productively. As a young player, I was always very much focused on my cricket the whole time, but today I'm able to use my downtime effectively to get important tasks done away from the game, as long as these are not distracting me away from the match.

## What are the main benefits about having downtime as a professional and what tips do you have for others to use their downtime productively?

It provides an opportunity to take a look at some of the outstanding things you need to get done. Sometimes you can get so wrapped up in cricket that you can't switch off. Taking advantage of your downtime allows you to think, 'How organised am I at the moment? Have I done everything I need to do this week? Have I paid my bills? Have I spoken to XYZ? Have I replied to that email?' From a lifestyle perspective, taking the time to address these little things can make a big difference to keep you on top of everything.



## TIPS

- Think about what you like doing
- Use downtime to investigate other opportunities
- Be proactive and search out what's there.
- Contact your regional Performance Lifestyle Advisor



Jason has highlighted some important aspects of using downtime effectively, but its important you consider...

**YOU AS AN INDIVIDUAL** – What do you want to do in utilising your downtime? Relax; socialise; switch off; contemplate future long-term plans? Understanding the amount of downtime you could take advantage of, may open up all sorts of opportunities that can positively impact on you, personally and professionally.

**TEAM CULTURE** – How do others in your team spend their downtime? Who in your squad uses their time effectively and is fresh, and motivated to make the best of themselves on, and off the field? What can you learn from these individuals?

**THE SITUATION** – Because match day stoppages can present themselves in different forms, how you utilise this time will depend on what is currently going on around you.

Former England left arm spinner

JOHN CHILDS is now a colleague of Gallian's, working as Academy Director and 2nd XI coach at Essex. He identifies different activities players do in their downtime, depending on the situation, some of which include:



■ READING

■ LISTENING TO MUSIC

■ WATCHING TV

■ DOING COURSE WORK

■ STUDYING VIDEO REVIEW (crickstat)

■ PHYSIO WORK

■ FITNESS TRAINING

■ NET/TECHNICAL PRACTICE

■ TALKING CRICKET WITH THE OPPOSITION

John adds "It is important to bear in mind how you are going to switch on and off within any stoppage or break in the match. This can be difficult because sometimes you don't know how long a particular stoppage might last and sometimes you can get into bad habits to curtail your boredom, such as gambling or eating badly. Another difficulty with any stoppage is coping with the frustration of wanting to go back out and play".

# Injury

**Injury is both painful and extremely frustrating for the professional sportsman. Fortunately, the inclination for athletes to look for positives is rewarded by the realisation that they suddenly have time on their hands, once the daily rehab is completed.**

One of the most frustrating experiences for any player to deal with!

**ALAN RICHARDSON** (Middlesex CCC) has certainly had his fair share of injuries, but at the same time has been able to use this undesirable downtime to good effect:

**AR** "Having been injured enough times in my career, finding ways to keep myself going has become something of an art form. Physically there is only so much rehabilitation you can do, so you need to fill your time productively especially when being out of the game can be so disheartening. I believe you have to make these breaks as useful as possible.

Speaking to your regional Performance Lifestyle Advisor can just give you an idea of what to do next. I have used my injury downtime as a way of finding out what I would like to do when my career finishes. During my last two breaks I've completed a journalism



course and worked for Spreadfair in Canary Wharf. Certainly these are two things I would not have considered otherwise. Not only were they great experiences but they also look pretty good on my CV."

*"When you experience an injury you have to try to see any positives that can come out of it."*

John Childs echoes these sentiments:

"When you experience an injury you have to try to see any positives that can come out of it. You may need this downtime to not only accept that injury is a reality of the game and to set yourself goals for your rehab, but you may use the opportunity to study the game from off the field or to learn more about understanding your own body. If your injury is going to be long-term, you may want to involve yourself in personal study for your future or alternatively take the chance to get away for a while so you can come back refreshed and motivated to perform again."



Like for Surrey's Jon Batty, the reality of the game unfortunately can mean sustaining injuries.

There's no one simple answer to using your downtime effectively, however an important question to consider is:

**"How would you like to use your downtime productively, so that it matches your needs?"**

By considering this question, you are taking an important step to utilising your time more effectively and achieving something meaningful.

# NETWORK twentytwo

Yorkshire team mates Joe Sayers and Simon Guy recently started up their own business, Network twentytwo, with the aim of providing professional cricketers with opportunities in business, education and sport. Joe tells us more ...

## How did this idea originate?

Whilst our team mates were making plans to play overseas this winter, Simon and I were in search of something to do outside of the game to lead into next pre-season. We quickly realised that we were two members of a growing number of professional cricketers in search of off-season occupation and ways to earn additional income, who are having difficulty finding the opportunity to suit their needs. So we started Network twentytwo, a free-of-charge and easily accessible online service connecting professional cricketers to individuals in business, education and sport.

## What are some the main aims of Network twentytwo?

Network twentytwo aims to assist professional cricketers to find opportunities in coaching, personal appearances, paid work and work experience. The organisation provides access to a growing network of individuals who are interested in connecting with the world of professional sport, giving professional players the chance to invest in their futures, develop themselves as people and earn additional income.

## How does Network twentytwo work?

Firstly, a professional player follows the steps for free registration on our website [www.networktwentytwo.co.uk](http://www.networktwentytwo.co.uk) and completes the short questionnaire. Network twentytwo then simply cross-references the information provided by registrations and connects professional cricketers with the individuals in business, education and local sport who can provide the opportunity to suit the player's needs.

## How many opportunities nationally do you believe you will be able to generate for players or is this purely for players in the north region?

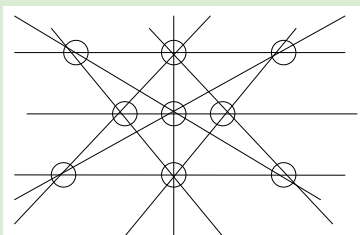
For the next twelve months, Network twentytwo will run a pilot scheme to create opportunities for professional players in Durham, Yorkshire, Lancashire, Derbyshire and Nottinghamshire. If the programme achieves the expected level of success within its first year, we have plans to expand the service nationwide and create opportunities for professional players in all counties.

For further information on Network twentytwo visit [www.networktwentytwo.co.uk](http://www.networktwentytwo.co.uk) or contact Joe on 07984 072352 or [jjsayers967@hotmail.com](mailto:jjsayers967@hotmail.com)



## Brain Train Answers

1. Answer:



2. Answer: The new word is **PHONE**

PIG **P** PALE

HOSE **H** HONE

OUCH **O** OAT

NOTE **N** NEAT

EAT **E** EAR

3. Answer: The missing number is 41

4. Answers: RINSE, RISEN, REINS, SIREN

5. Answers: RING and BOOK

6. Answer: D

7. Answer: The youngest brother was 7, the middle brother was 10 and the oldest was 16.

8. Answer: 14

9. Answer: Divide the 180KG between 2 pans of the scale. Then remove the flour from one pan and divide the other pan's 90kg of flour between the two pans. You now have 45kg on each pan. Then remove 5kg from one of the pans by using both the weights on the other side. You now have 40kg of flour left.

10. Answer: E



# PCA SERVICES

The PCA are committed to supporting all players with their personal and professional development, so don't forget that as part of our extensive Personal Development Programme the following services are always available ...



## Performance Lifestyle

**performance<sup>™</sup>  
lifestyle**

Contact your regional PL Adviser (contact details on p 22) to chat about your personal and professional development. Career, lifestyle, personal, educational – whatever your question is, they are there to support you.

## Education Funding



If you decide to do a course or qualification, the PCA will pay for 50% of the course fees, up to a maximum of £1500 per year. Just fill in an Education Funding form (available from Rachel) and return to us with your receipt and we will reimburse you.

### Please note:

University courses will not be reimbursed if the player starts the course before he becomes a professional cricketer.

## Driving Lessons



The PCA will pay up to a maximum of £250 towards any driving lessons you have and will also pay for 50% of the Pass Plus driving course should you choose to take it.

Just fill in an Education Funding form and return to us with your receipts.

## PCA Development Courses



Every winter the PCA runs one day skills courses from plumbing and marketing to after dinner speaking and property development. This winter, core skills courses such as networking and financial management will be run locally at each county, enabling players to develop their skills without having to travel far.

## Coaching Qualifications



The PCA will fully fund any player wishing to complete their ECB Coaching Award Levels 1, 2 or 3 and will part fund Level 4.

Contact Jason and send your invoices to him.

## Prince's Trust



Prince's Trust

The Prince's Trust are always looking for players who would like to work on their TEAM projects. TEAM projects are based at cricket grounds and give disadvantaged kids the chance to gain confidence, develop personal skills and gain a qualification. Players are needed to give motivational talks, coaching sessions and be team leaders on TEAM projects. So if you are looking to develop your coaching, personal or presentation skills and can spare anything from a couple of hours to a few days, they would love to hear from you.

Contact Rachel for more info.

## Work Placement



The PCA's PLAN programme assists cricketers in extending their playing lifespan by enabling them to develop new career opportunities in the corporate world. In partnership with Mulrairie Sport, PLAN has developed a number of winter work placements for players over the last few years.

If you are interested in exploring your options further talk to your Performance Lifestyle adviser or Charlie Mulrairie.

## Business Advice



Many cricketers like the idea of starting their own business and working for themselves. Dyke Yaxley, official accountants to the PCA offer all cricketers advice on starting up their own business. From business plans and financials to employment and tax, Dyke Yaxley can support you step by step.

For a free initial consultation, contact Keith Winter on 01743 241281 or [keith.winter@dykeyaxley.co.uk](mailto:keith.winter@dykeyaxley.co.uk)

# PERFORMANCE LIFESTYLE team 2009



Left to right: Lynsey Williams, Liz Gould, Kate Green, Ian Thomas and Tristan Coulter

## KATE GREEN

Performance Lifestyle National Lead  
Hampshire & Sussex  
Kate.green@ecb.co.uk • 07766 804484

**Favourite place:** La Med in Cape Town as the sun sets on a Sunday night!

**Favourite film:** Baz Luhrmann's Romeo & Juliet

**Favourite food:** BBQs - especially steak or seafood

**Favourite album:** Jason Mraz - We Sing. We Dance. We Steal things.

**Favourite book:** A Million Little Pieces by James Frey

**Most admired sports person:** Tiger Woods

**When I'm not working...** I am currently busy planning my wedding!

## LYNSEY WILLIAMS

Performance Lifestyle Adviser  
Leicestershire, MCC YC's, Warwickshire,  
Worcestershire  
Lynsey.williams@ecb.co.uk • 07771 972827

**Favourite place:** Sitting beside the sea in Pembrokeshire eating homemade flapjack and drinking steaming hot tea from a flask!

**Favourite film:** Amélie

**Favourite food:** hmmm - I love most things pasta based but I think it would be my homemade lasagne with a twist!

**Favourite album:** I can't remember the last time I brought an album - but top of my like to listen to list at the moment is Kings of Leon

**Favourite book:** The Negotiation by Fredrick Forsythe or perhaps the Alchemist by Paulo Cohen

**Most admired sports person:** Denise Lewis

**When I'm not working...** or playing netball, I'm spending time with friends and family.

## TRISTAN COULTER

Performance Lifestyle Adviser  
Essex, Kent, Middlesex, Surrey  
Tristan.coulter@ecb.co.uk • 07826 535786

**Favourite place:** Anfield, Siena (Tuscany), or San Francisco (too difficult to choose!)

**Favourite film:** The Shawshank Redemption

**Favourite food:** Curry, curry, curry!

**Favourite album:** Pretty much anything by Oasis

**Favourite book:** Carra: My Autobiography

**Most admired sports person:** Severiano Ballesteros - a great champion and personality who changed the face of European golf as we know it

**When I'm not working...** I try and keep fit through running and playing 5-a-side footy; following my beloved Liverpool; playing golf when I can; spending time with loved ones; watching Sky Sports News (that is work isn't it?).

## IAN THOMAS

Performance Lifestyle Adviser  
Glamorgan, Gloucestershire, Northampton,  
Somerset  
Ian.thomas@ecb.co.uk • 07920 575578

**Favourite place:** Perth, Western Australia

**Favourite film:** Cocktail

**Favourite food:** Difficult choice for me!

**Favourite album:** Amy Macdonald, This is the Life

**Favourite book:** Who Moved my Cheese, An inspirational book for dealing with change and fresh challenges

**Most admired sports person:** Jonny Wilkinson

**When I'm not working...** I am chasing my 1 year old daughter around, fishing or probably sleeping.

## LIZ GOULD

Performance Lifestyle Adviser  
Derbyshire, Lancashire, Nottinghamshire,  
Yorkshire  
Elizabeth.gould@ecb.co.uk • 07826 535783

**Favourite place:** There's no place like home - Cronulla in Sydney

**Favourite film:** Dirty Dancing, 'Nobody puts baby in the corner'

**Favourite food:** Thai

**Favourite album:** Bon Jovi, Slippery when wet - greatest album of all time!!! Also anything by Kylie Minogue

**Favourite book:** Five people you meet in heaven by Mitch Albom. Made me realise that sometimes those you may consider insignificant in your life can often have the most significant role of them all

**Most admired sports person:** Layne Beachley, 7 time world surfing champion & successful business woman

**When I'm not working...** I'm planning my next adventure... or enjoying it.

## PHIL DICKS

Performance Lifestyle Adviser  
Durham  
phil@dicksp.freeserve.co.uk • 07703 477195

**Favourite place:** Chamonix, France

**Favourite film:** Harold and Maude

**Favourite food:** Smoked Kippers

**Favourite album:** U2 - The Unforgettable Fire

**Favourite book:** Roget's Thesaurus

**Most admired sports person:** Jacques Anquetil, the French cyclist who lived life to the full

**When I'm not working...** I'm dreaming of getting out on my bike in the Scottish Borders.





# CONTACTS

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

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.



Performance  
Healthcare

# 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](http://www.thepca.co.uk/benevolent_fund)

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

**pca**  
PROFESSIONAL CRICKETERS' ASSOCIATION

