

BEYOND THE

Boundaries

THE PCA MEMBERSHIP MAGAZINE FOR PLAYERS PAST & PRESENT



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





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FROM THE EDITOR

Welcome to Issue Eight of Beyond the Boundaries.

You will notice that we have doubled the number of pages in this new-look issue, which is now aimed at both current and past players.

The Performance Development and Welfare team have retained a dedicated section in the middle of the magazine, from page 19, which contains the very latest information on developing the personal and professional skills of current players.

On page 10, we reveal details of the launch of our new membership scheme. One of the many benefits of this pioneering scheme is a membership identity card which will provide access to any LV= County Championship match for you and a guest. This is part of a wider project to track down all members since 1967, and those before who played at least one First Class game to ensure they are aware of the potential benefits available to them.

Elsewhere in the publication, there is a fascinating feature on getting into law on page 16, an interview with PCA Board member Matthew Wheeler and an insight into the support that first year contracted pro's now receive at their inaugural Rookie camp.

If you are not currently receiving information from the PCA but would like to, including the new membership documents, then either contact either me or Ali Prosser, remembering to supply us with an up to date photograph, to be included on your membership card.

We would love to hear your views on the new publication and our new membership drive, so please do not hesitate to get in touch.

Enjoy the magazine and all the best for the summer.

A handwritten signature in black ink that reads 'Ratcliffe' with a stylized flourish underneath.

Jason Ratcliffe

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**CHELTENHAM
PAST PLAYER DAY:
JULY 28**

**HEADINGLEY PAST
PLAYER DAY:
SEPTEMBER 8**

2011 PCA PAST PLAYER DAYS ANNOUNCED

Thanks to the growing popularity of the PCA Past Player Days, the organisation is set to run two events this summer. They will be at Cheltenham on July 28, then Headingley Carnegie in September, and will link in with the Past Player Membership Drive - more of which on page 10.

Not only will they provide a platform for the PCA to reach more former players and raise awareness of the range of services available, they will offer an opportunity to

highlight the PCA Benevolent Fund, which has established a deserved reputation as a lifeline to past players who have fallen on hard times.

The Cheltenham Past Player Day takes place during festival week at the college, and the backdrop to the event will be Day Two of the Gloucestershire v Surrey LV= County Championship match. With the chance to take in a day's cricket, while enjoying fine hospitality and catching up with old friends,

it's no surprise that such days have become so popular.

There is an open invitation to all past players to attend, from whichever generation you played in, but please note that places are filling up quickly for Cheltenham so you should book soon to avoid disappointment. For more information, please contact Ali Prosser at the PCA on aprosser@thepca.co.uk / 07769 880888 or visit www.thepca.co.uk/past_players



OPERATION RECOVERY

After a series of operations during the winter, which saw him confined to hospital for more than two months, former Nottinghamshire batsman Josh Mierkalns is now making good progress.

The 25-year-old, who won the adidas 'Impossible is Nothing' Award at the 2010 NatWest PCA Awards,

has been receiving support from the PCA Benevolent Fund and also from England star Kevin Pietersen, who sent Josh his Ashes winning shirt and a bespoke adidas bat.

Mierkalns is hoping to be back in action this summer with his club side Caythorpe CC.

PCA EMBRACE ENGLAND WOMEN

The England Women's team, who won both the ICC Women's World Cup and ICC Women's World Twenty20 trophy in 2009, are set to join the ranks of the PCA in an historic deal. The women's game has become increasing professional, particularly at international level, through ECB training grants and ECB Ambassador contracts.

PCA CEO Angus Porter said: "The PCA looks after the interests of all professional cricketers. England Women are highly professional and very successful and it's absolutely right that we should embrace them into our organisation." Details are set to be finalised over the next few weeks.

THE INTERVIEW ATTRACTOR

Charlie Mulraine has recently launched a new online career mentoring service with a dedicated player support area for professional sportspeople.

With nearly a decade of experience within the recruitment industry, it is no surprise that players leaving the game turn to this former professional cricket and rugby player.

This latest initiative provides a downloadable 15 page interview training course called 'Interview Attractor'. Also included is a free report on maintaining peak performance, the 'Life

after Sport' ebook that takes players 'step by step' through the job-hunting process as well as the Online Career Planning Programme 'Transition Sport'.

For more information, visit: mymissionmentor.com



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OUR NEW RECRUIT

The PCA has recently recruited Ali Prosser in the role of a part time Player Services Executive.

Ali said: "I've been working with Ratters (Jason Ratcliffe) as part of a plan to grow the number of services available to all PCA Members, and also to

develop our past player database so that more former cricketers are aware of being a part of this elite club and the services that are on offer."

For more information, please contact Ali on 07769 880888 / aprosser@thepca.co.uk



MEMBERS NEWS

STAYT FUNDED BY PCA

Former Gloucestershire seam bowler Tom Stayt has recently completed a training course thanks to the assistance of the PCA.

The 25 year old is now a personal trainer and he said: "I've been looking for a development course to improve my qualifications and knowledge and was recommended to go on this one by our old fitness coach at Gloucestershire. It was a two-day event in Twickenham and was pretty tough but I got a lot out of it. The PCA funded 50 per cent which meant that the costs became manageable, so I'm very grateful to them."

Stayt left the professional cricket two years ago but still feels very much a part of the game.

"I've stayed in touch with Ian Thomas and Jason Ratcliffe and still feel very much a part of the organisation. I always wanted to play cricket and was proud to have had the opportunity at Gloucestershire. Naturally, I would have liked to play for longer – but if you had said to me when I finished that I would be this happy 18 months down the line, I would have been delighted. I've got a certain Midge Ure on my client list which is pretty cool and the business is growing really nicely."

For more information, visit tomstayt-totalfitness.co.uk



SPEAK NOW, OR
FOREVER HOLD
YOUR PEACE...

UNACCUSTOMED AS I AM...

The recent public speaking course laid on in Bristol for Gloucestershire players was one of a number of personal development courses organised by the Personal Development and Welfare team.

A wide range of courses were laid on the length and breadth of the country to provide opportunities for current county players to gain qualifications and learn new skills at their home ground.

THE HARD YARDS

Warwickshire assistant-coach Dougie Brown has hit the season running - literally - by competing in the London Marathon. The former Bears and Scotland all-rounder took to the capital's streets with wife Amelia to raise money for The Wooden Spoon charity, which helps disadvantaged children. Other past players to run the 2011 London Marathon included Head of Elite Coach Development Gordon Lord, who completed the 26.2 mile course in aid of The Lord's Taverners. To donate, visit justgiving.com/dougie-amp-amelia-brown or justgiving.com/Gordon-Lord

REMEMBER NOVEMBER

Last year saw the PCA team up with the Prostate Cancer Charity to help fight this hidden illness, which has affected the likes of Dudley Owen-Thomas - the former Surrey batsman. In November of this year, we hope to see as many past and present players as possible growing sponsored moustaches to raise money for the charity. The month will officially be known as 'Movember' and the PCA hopes to break the £17,000 record it achieved last year, when Kevin Pietersen (pictured) finished on top of the fundraising leader board. As a team we finished 26th overall in the UK.



OUT OF AFRICA

PCA Past Player Stephen Adshead spent part of the winter in Kenya with the Cricket Without Boundaries charity. This charity has worked in eight African countries, delivering 23 projects, training over 1700 new coaches and bringing the game to over 20,000 children. It also links the sport to HIV/AIDS awareness incorporating these messages into coaching sessions.

Adshead said: "I have always felt privileged to play cricket for a living but to be able to take part in this project was a great way for me to bookend my career, give a little back and really appreciate how fortunate I have been. The enjoyment the kids gained learning the game in what are clearly very tough lives was enough for me to know that the trip was worthwhile."



PICTURE THE YEAR

Warwickshire captain Jim Troughton is well known for his talents as an artist and one of his latest works reflects the success stories of the 2010 domestic season.

This piece of artwork is available for purchase in A3 or A4 size for £8 or £5

respectively. Alternatively you can order individual parts of the collage for the same prices.

For orders or personalised caricatures of your favourite players contact jtroughts@yahoo.co.uk



NEIL CARTER:
THE 2010 FTI MVP

FTI MVP REPRESENTS INCREDIBLE VALUE

The FTI MVP Rankings system, which has proved to be a huge hit with pro's, coaches and fans alike in providing a measurement of a player's worth that goes far beyond traditional averages, is now available to all clubs around the country, free of charge.

This cumulative system, which recognises captaincy, fielding, strike rates and the calibre of batsman dismissed among other categories, was designed by former professional cricketers to reveal a player's true value to his team.

The annual Player of the Season debate at your club can now be decided objectively and professionally with the MVP system.

Simply visit mycricketmvp.com and register your details to get started.

MY CRICKET
mvp

MEMBERS NEWS



EAGLE-EYED: TAYLOR HAS SPOTTED A CAREER OUTSIDE OF CRICKET

HAWK FOR HIRE

Former Sussex and Hampshire bowler Billy Taylor is now running the Lainston House Falconry, at Lainston House Hotel, near Winchester.

A selection of falconry experiences are available for guests to take part in, including a wedding service where, on Billy's instruction, a Barn or Snowy Owl will fly silently down to the aisle to deliver the rings to the bride and groom. It's a good job the former Hampshire Hawk is used to delivering under pressure!

For more information visit www.lainstonhouse.com

PACEMAN ONLINE

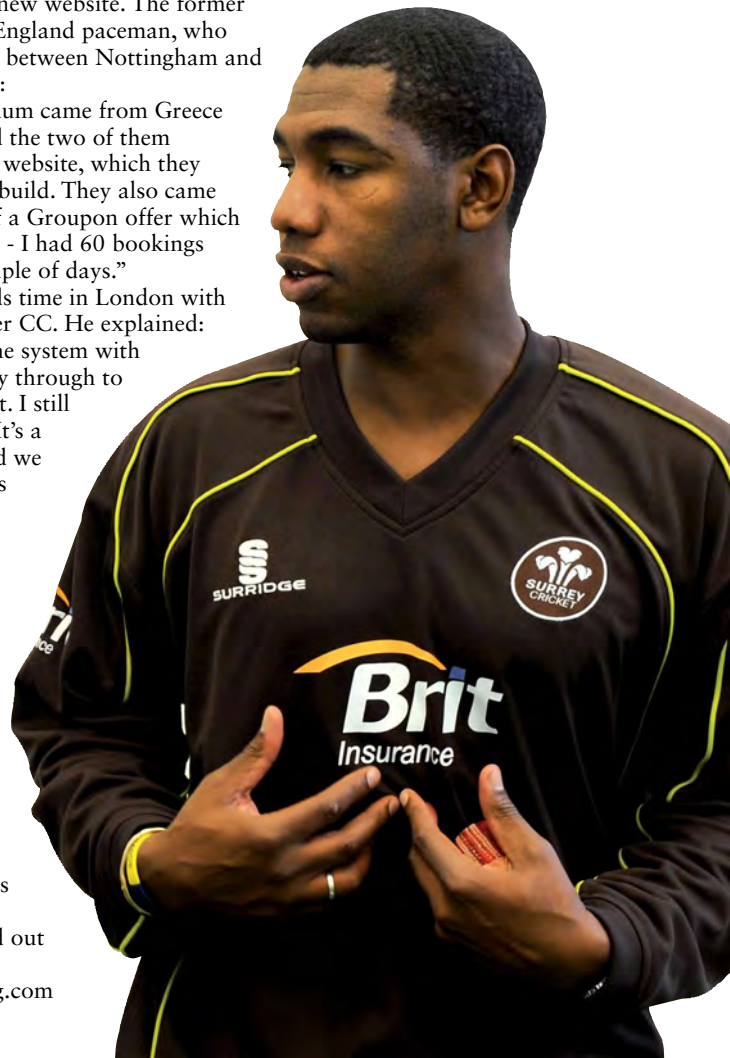
Alex Tudor's coaching business is set to take off thanks to a brand new website. The former Surrey, Essex and England paceman, who now splits his time between Nottingham and London, explained:

"My partner's mum came from Greece to stay with us and the two of them decided I needed a website, which they then proceeded to build. They also came up with the idea of a Groupon offer which was a huge success - I had 60 bookings within the first couple of days."

Tudor still spends time in London with his old club Spencer CC. He explained:

"I came through the system with Spencer, all the way through to professional cricket. I still coach at the club. It's a fantastic set up and we have over 700 colts registered. I often take some of the guys I played with down there - the likes of Ben Scott, Ian Salisbury and Michael Carberry - to help out. I really enjoy coaching the youngsters... I reckon it's because I'm on their wavelength!"

Tudor also writes a daily blog for on his website. To find out more, visit alextudor-coaching.com



SADDLE UP

Surrey Cricket Manager Chris Adams and his brother David, also a PCA Past Player, are embarking on a mammoth bike ride at the end of the season to raise money for charity.

The 868 mile trip will see them visit the eighteen first-class counties, starting at Durham and finishing at Surrey 15 days later. The pair are raising money for Leukemia & Lymphoma Research, a charity close to their hearts after their

father was diagnosed with Peripheral T cell lymphoma attached to the liver. Dave Adams said: "We are hoping to raise £1 million pounds and also increase awareness for this disease. Our dad John is fighting this and it's great to see the wider cricketing family lending their support. The likes of Michael Vaughan, Allan Lamb and Phil Tufnell have all pledged their support, with Tuffers even stating that he would cycle a leg with us, as long as it was from Lord's to the Oval - which is about four miles!"

"We are exploring the opportunity



A GRIZZLY PAIR: CHRIS ADAMS (LEFT) WITH BROTHER DAVID

of holding a fundraising dinner half way - at Edgbaston. We'll also be having a dinner at the Oval where Kia have been very supportive and Sumaridge will be supplying the wine which is very kind of them.

"As for the cycling, Chris has had a knee op and I need to jump on him to get him training. I've been putting in the hard yards and so far my lungs and legs are ok - it's just my arse that is killing me!"

To support them visit www.justgiving/thekiacricketsbigride

OBITUARIES

EDDIE LEADBEATER

Eddie Leadbeater, the former England, Yorkshire and Warwickshire player, died at a nursing home in Huddersfield aged 83 after a short illness.

Leadbeater played two Tests on the 1951/52 tour of India, after he was summoned as an injury replacement. But he was little used, took only two wickets and was not picked by England again.

The leg-spinner spent seven seasons with his native Yorkshire, ending his career with two years at Warwickshire. He played 118 first-class matches, making his debut in 1949.

His only first-class century was made against Glamorgan in June 1958 as nightwatchman, making 116, adding 206 for the second wicket with Fred Gardner.

Leadbeater's 11 first-class five wicket hauls included a career-best 8-83 in a victory for Yorkshire over Worcestershire at New Road in 1950. He added two second innings wickets for a 10 wicket match haul.

After his county career ended, he returned to his native Huddersfield, playing league cricket until his late 60s. He ended with more than 1,000 wickets for Huddersfield League club Almondbury, where his career began.

MARTIN HORTON

Former England and Worcestershire all-rounder Martin Horton, who passed away aged 76, was a key member of Worcestershire's Championship winning team of 1964 and 1965. He played in two Tests against India in 1959. After retiring he spent 17 years as coach of new years, and later served as Worcestershire Chairman.

TREVOR BAILEY CBE



Former Essex and England all rounder Trevor Bailey recently passed away in a fire at his retirement home. He was 87.

The quick bowler and obdurate batsman was a leading light of the England team in the 1950's and in domestic cricket achieved the 'double' an incredible eight times - a post war record that he shares with the late Fred Titmus.

All Out Cricket Editor Andy Afford paid tribute to Bailey, stating: "Anyone who plays 10 years of professional cricket is a good player - Trevor Bailey played for over two decades, which speaks for itself. I played alongside both Richard Hadlee and

Franklyn Stephenson at Notts when they completed the double in the 1980's and can vouch that being able to excel in both disciplines is quite exceptional. As a front line bowler, staying at the top of your game is hard enough, so to be good enough to duplicate that with the bat is a feat of nature as well as skill."

After cricket, Bailey moved into the media, writing for newspapers, penning books and also becoming a popular member of BBC's Test Match Special team.

Afford continued: "Trevor was a colourful commentator who certainly had a strong opinion and was not afraid to share it."

MEMBERSHIP DRIVE

WITH A NEW MEMBERSHIP DRIVE RAPIDLY GATHERING PACE, THE PCA ARE APPEALING TO FORMER PROFESSIONAL CRICKETERS TO GET IN TOUCH WITH THEIR UNION. **JIM HINDSON** FOUND OUT MORE.

The opening day of the county season is always a special occasion within cricket. Playing staffs around the country have been fine-tuning their game after a hard winter's graft, and there is a wave of optimism in the dressing room with many roads of opportunity to be negotiated. Inevitably, players dream that this will be a year of big achievements, be it breaking into the first team, becoming a senior player, or getting selected for England.

Past players from all decades know the feeling - and there will always be a glint in their eye on this special day as the memories come flooding back. It provides a common bond between past players, who have seen it all before, and current pro's, and this is being embraced by the PCA.

On a glorious sun-drenched April day in Nottingham, the new drive to unite the membership is being discussed in earnest by Chief Executive Angus Porter and Jason Ratcliffe, his assistant CEO. Ratcliffe, the former Warwickshire and Surrey all-rounder picks up the story. He explained: "We are trying to make sure that everyone who has played professional cricket understands that they are a member

of the PCA - especially those who played before the PCA was formed in 1967 - and to share with them all of the benefits that are available."

Those member benefits now include a membership card, providing free entry to county cricket, an initiative that is already proving popular. Said Ratcliffe: "I had a phone call from Ray Julian who played in the Fifties and Sixties for Leicestershire and went on to become a popular first-class umpire. He was over the moon that he will be able to walk into county grounds up and down the country, flash his card and find a seat for the day. It's like working in the game all over again."

Angus Porter, whose impressive CV boasts a number of prestigious roles at blue-chip corporations, has rapidly established a reputation for being one the game's most astute thinkers. Initially a steadying hand on the tiller, Porter is now steering the PCA in a very clear direction.

He said: "When I joined just over a year ago, it was interesting to understand just what this organisation is about and what is really important to it. And it is ► PAGE 14

- **WE WANT ALL PLAYERS ON BOARD - IT'S FREE!**
- **NEW CARD GETS YOU AND A FRIEND**
- **FREE ACCESS TO ALL LV=CC MATCHES**
- **SEND US YOUR PHOTOS**
- **MAKE THE MOST OF MEMBER OFFERS**
- **A WIDE RANGE OF EVENTS EACH YEAR**
- **TELL YOUR FRIENDS...**





**REACH
FOR THE
STARS**

THE PCA STRUCTURE

THE PCA HAS BEEN THE REPRESENTATIVE BODY OF PAST AND PRESENT FIRST CLASS CRICKETERS IN ENGLAND AND WALES, SINCE THE ORGANISATION WAS FOUNDED IN 1967 AND ACTS TO PROMOTE AND PROTECT THE INTERESTS OF THE MEMBERS.

THE TEAM ENGLAND PLAYERS' PARTNERSHIP (TEPP) WAS ESTABLISHED IN 2001 AND IS A PARTNERSHIP CONSISTING OF THE CURRENT ENGLAND CRICKETERS AND IS ADMINISTERED BY THE PCA.

THE BENEVOLENT FUND IS PART OF THE PCA'S COMMITMENT IN HELPING CURRENT AND FORMER PLAYERS AND THEIR DEPENDANTS IN TIMES OF HARDSHIP, UPHEAVAL OR TO RE-ADJUST TO THE WORLD BEYOND THE GAME.

THE PERSONAL DEVELOPMENT AND WELFARE PROGRAMME IS A JOINT VENTURE BETWEEN THE ECB AND PROFESSIONAL CRICKETERS ASSOCIATION SUPPORT THROUGHOUT THE ELITE PLAYER PATHWAY IN ENGLISH CRICKET.



VIKRAM SOLANKI

PCA Chairman

Elected by the Players, the PCA Chairman represents their views on all cricketing, employment, and welfare issues, and is one of the most respected voices in English cricket.

BOARD OF THE PCA

Vikram Solanki
Anthony Wreford
Angus Porter
Jason Ratcliffe
Johnny Grave
Matthew Wheeler



ANGUS PORTER

Chief Executive

Directs the executive functions of the PCA, responsible for strategy and operational delivery.

The voice of the players with the ECB, the media, and other stakeholders.



IAN SMITH

Legal Director

The PCA's legal expert on a broad range of sports law and regulatory issues, and widely respected as an influential voice on topics including anti-corruption and drug-testing.



JOHNNY GRAVE

Commercial Director

Responsible for sustaining and growing the commercial revenues of the PCA and Team England Player Partnership, through sponsorships and commercial partnerships.



PAUL PRICHARD

Commercial Manager



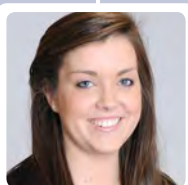
LOUISE MICHAEL

Events and Fundraising Manager



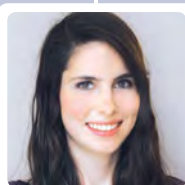
EMMA BARNES

Team England Commercial Manager



AILEEN PHIPPS

Commercial Assistant



ELEANOR BOWE

Events and Fundraising Assistant

TEAM ENGLAND PLAYER PARTNERSHIP



ERIN CALDWELL

Team England Assistant



LUCY GRIBBLE

(on maternity leave)

ANTHONY WREFORD
(PCA Board Chairman) and
MATTHEW WHEELER

(non-Executive Director) bring extensive Board experience from other companies and organisations, and provide the Independent oversight which ensure the PCA Board and Executive are well advised and properly managed to high governance standards.



JASON RATCLIFFE

Assistant Chief Executive

Head of player services, Jason is lynch-pin in the organisation, and the first person players turn to for help and advice on all manner of issues, including welfare, education, and contracts.

PCA EXECUTIVE - COUNTY REPRESENTATIVES

Wesley Durston DER
Graham Napier ESS
Chris Nash SUS
Darryl Mitchell WOR
Michael Lumb HAM
Pete Trego SOM

Jon Lewis GLO
Mark Wallace GLA
Gordon Muchall DUR
Steve Patterson YOR
Paul Franks NOT
Paul Horton LAN

Simon Cook KEN
Tim Murtagh MID
Michael Brown SUR
Steve Peters NOR
Jim Troughton WAR
Nad Malik LEI

PCA BENEVOLENT FUND



DAVID FORD
Chairman



DAVID GRAVENEY
Vice President

Leads the activities of the PCA Benevolent Fund, developing its income streams, and ensuring the fund is able to support past and present players who need our help.

BENEVOLENT FUND TRUSTEES

David Ford
David Graveney
Geoff Davies
Angus Porter
Jason Ratcliffe
Peter Walker

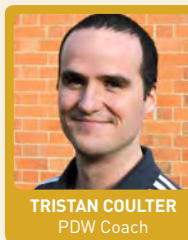


PERSONAL DEVELOPMENT AND WELFARE



KATE GREEN
PDW National Lead

Heads up the team of Personal Development and Welfare Coaches, who work closely with the players to fulfil their personal potential, and to prepare them for a life after cricket.



TRISTAN COULTER
PDW Coach



PURDY MILLER
PDW Coach



RACHEL NEWNHAM
PDW Coach



IAN THOMAS
PDW Coach



LYNSEY WILLIAMS
PDW Coach



MATT WOOD
PDW Coach



ALISON PROSSER
Player Services Executive



CHARLIE MULRAINE
Past Player Career Mentor

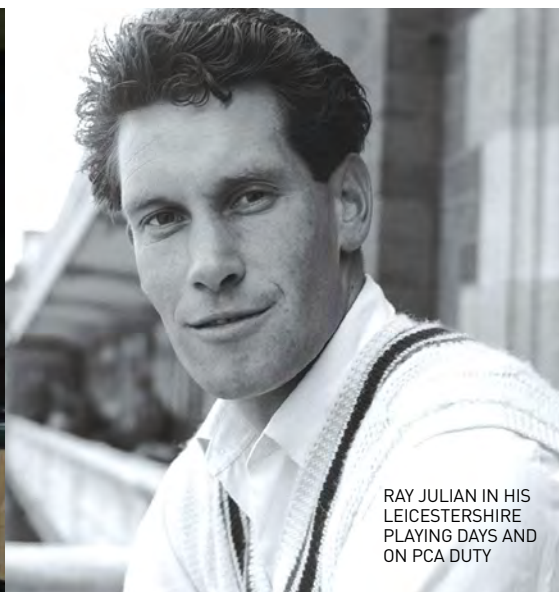
MEMBERSHIP DRIVE

absolutely about being the collective voice of the players, and uniting and facilitating support for past, present and future cricketers.”

Porter and Ratcliffe were in the process when we met of completing a tour of all 18 first-class counties, where the PCA Executive address the players, and Porter was quick to point out that the future element of his last statement is important to the players of today. “When we are talking about domestic structure - we don’t have to say to the players: ‘This is not all about you - it’s also about the next generation of cricketers’ because they understand that. It’s instinctive, absolutely ingrained. You start off at 17-years-old, nervously sitting in the corner listening to the old pro’s and before you know it, you are one of them. The tradition is being handed on and when you talk to the likes of Darren Maddy or Jon Lewis, they ask us what is going to be there for tomorrow’s players.”

The PCA Executive continue to work tirelessly for the players, and the commercial team have built up an impressive list of corporate partners and supporters that help to fund the work of the organisation, and also provide exclusive player services.

Ratcliffe touched on the vital role of the PCA Events calendar. He said: “Virtually all of the money raised



RAY JULIAN IN HIS LEICESTERSHIRE PLAYING DAYS AND ON PCA DUTY

“YOU START OFF NERVOUSLY LISTENING TO THE OLD PRO’S AND BEFORE YOU KNOW IT, YOU ARE ONE OF THEM”

for the PCA Benevolent Fund comes through fundraising at our events with our commercial partners. And these also create employment opportunities for past and present players - through the Masters programme and ambassador appearances.”

With the clock ticking, Porter and Ratcliffe nodded to each other. They have work to do, addressing the Notts players, but Porter offered this parting shot. “If we are better connected with past players, we will be better placed to identify the most deserving cases for the PCA Benevolent Fund. And we

can also build up this idea of a self-supporting group.

“I think there are a lot of people who have done very well out of cricket and have got either the financial means or the personal confidence and experience to give something back to the game. Our members, past and present, have hugely diverse experience but they have one common bond - that they have stepped out onto the field together and spent their playing careers supporting and relying on their team-mates. It’s natural for this select group of current and former players to want to feel they belong... and they most certainly do.”

THIS ISSUE’S COVER CONTAINS 58 PLAYERS REPRESENTING GENERATIONS FROM THE LAST 150 YEARS OF FIRST-CLASS CRICKET. THEY ARE ALL PCA MEMBERS, PAST AND PRESENT – BUT CAN YOU NAME THEM? SEND US YOUR ANSWERS, AND **THE WINNER WILL BE INTERVIEWED IN THE NEXT ISSUE OF BEYOND THE BOUNDARIES AND WILL ALSO RECEIVE A FANTASTIC MIXED CASE OF WINES, COURTESY OF AVERYS WINE MERCHANTS.** WINNER WILL BE ANNOUNCED AT THE CHELTENHAM PAST PLAYER DAY ON JULY 28.

Entries should be marked Beyond the Boundaries Competition and should be emailed to Ali Prosser: aprosser@thepca.co.uk or posted c/o Ali Prosser, PCA, 3 Utopia Village, 7 Chalcot Road, Primrose Hill, London, NW1 8LH.





AVERYS
WINE MERCHANTS
EST. 1793



**EXCLUSIVE
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TO PCA
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NORTELCO

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Some of the benefits:

- Dedicated Account Manager
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We can supply any handset including BlackBerry, HTC, Nokia, Sony Ericsson, Motorola, Samsung, LG and iPhone and offer a great deal on the iPad 2, with or without data plans. For more information please call 01969 625035 or visit: nortelco.co.uk/home

DIGDEEP

digdeep was conceived in the summer of '95 - A contemporary British fashion label that is ideally suited to an everyday urban lifestyle.

The brand foundations are built upon that great British institution, 'digging deep'. To digdeep is to be an inspiration...to find that inner strength when the body and mind is telling you to stop.

Like many British trends that have spread around the globe, digdeep can be worn with a real sense of pride. It's an acknowledgement of our collective and individual challenges, achievements and style.

The Brits' ability to dig deep is after all one of the reasons why the word Great precedes the word Britain!

We are offering PCA Members an exclusive 25% discount - simply type in promotional code PCA001 at the checkpoint on the website: digdeep.com

AVERYS WINE MERCHANTS

Better than half price wine offer
- Save £65

How would you like to enjoy 12 of our best-selling red wines, along with two professional tasting glasses, all for only £59.98 - that's less than half their original price?

This special introductory offer is exclusive to members of The Professional Cricketers' Association and is only available while stocks last.

Enjoy smooth, cassis-scented Claret alongside mature, barrel-aged Spanish Gran Reserva, spicy Tuscan Sangiovese from vineyards just outside the Chianti zone and a lusciously rich, hand-crafted, single estate Chilean Cuvée. Enjoy all of these and more for only £4.99 a bottle, not forgetting your two free tasting glasses.

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HOSPITALITY BOXES

The PCA utilise hospitality boxes at both Lords and The Kia Oval and as part of being a member of the PCA, you have the opportunity to book the box at the specific match times outlined below (or, if you wanted to take the box on non-match days for meetings or minor match days).

The box at the Kia Oval is in the OCS Stand and holds up to 24 people. At Lord's we have a box in the Grand Stand which holds 18 people. Access will be on a first come

first served basis - to enquire or reserve a day, or for more information and costing for major match days not detailed below, please contact either Jason Ratcliffe on 07768 558050 or Ali Prosser on 07769 880888.

There is a minimum charge of £50 to open the box. Prices for food and drink (including all terms and conditions for usage) will be made available upon request. For availability, please visit thepca.co.uk/hospitality_boxes

ADIDAS EYEWEAR

adidas Eyewear have teamed up with the PCA to offer all members an exclusive 50 per cent off RRP.

adidas Eyewear has become synonymous with cricket by offering purely technical eyewear designed to aid the performance of a cricketer. Through our relationship with the ECB and the country's top cricketers we have developed class leading products.

To view the key models and discounted prices, please visit thepca.co.uk/adidas_eyewear

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Looking for a Plasma/LCD TV? Cinema system? Washing machine? Fridge freezer? Hi-fi? Vacuums? LG are offering all PCA members VIP prices across their range. Payment can be made by either debit or credit card. Delivery depending on stock is usually 7-10 days.

For more information and to place an order, phone Mark Hill on 01753 491633 or 07740 062970 or email hillm@lge.com. Mark is also happy to send out brochures or to see you at the LG showroom in Slough. Or visit: thepca.co.uk/lg_electronics

For more information on all PCA Member offers, please visit thepca.co.uk/member_offers

LEGAL APPEAL



A CAREER IN LAW IS PROVING AN INCREASINGLY POPULAR OPTION FOR CRICKETERS ONCE THEIR PLAYING CAREER IS OVER, AS **JIM HINDSON** DISCOVERS.

ADDITIONAL RESEARCH BY KATE GREEN, PURDY MILLER & RACHEL NEWNHAM

'I fought the law...and the law won.' Lyrics from The Clash's 1979 hit single which may go some way to explaining the attraction that becoming a lawyer holds for both current and ex-professional cricketers. The lure of those on-field battles being replicated in the courtroom, with a clear winner declared and rich financial rewards to boot certainly ticks a few boxes when it comes to looking for a post-cricket career.

That's exactly the position Nottinghamshire batsman Mark Wagh found himself in at the end of 2009. Wagh will call time on a 13-year career in August to qualify as a lawyer and he explained: "For the first time, I felt a genuine desire to plan for my future. Up until that point any effort was just a nod in the direction of sensibility. Then a chance conversation with a friend prompted me to have a closer look at law and as I found out more, it became clear that it was something I wanted to get into. The challenge of a totally different environment, the intellectual rigour required, and the opportunity to be well rewarded for hard work, combined to keep me interested."

Wagh signed up for a Graduate Diploma in Law distance learning course - a two year conversion course for graduates of non-law degrees. Once completed, he will undertake a Legal Practice Course and then, after two further years as a trainee, he'll qualify as a solicitor.

"Combining the GDL and cricket has on the whole been great," he added. "It has forced me to switch attention from cricket to something else in the down time, preventing me from mulling over the ups and downs too much."

For former Hampshire wicketkeeper Tom Burrows, there was a natural connection between playing sport for a living and a career in law. He told BtB: "There are many skills developed as a professional athlete that can be transferred to the legal profession such as ability to work under pressure as part of a team, being highly motivated and possessing a strong work ethic."



NOTTINGHAMSHIRE
BATSMAN MARK WAGH



PCA LEGAL DIRECTOR
IAN SMITH

Burrows' dedication to his studies over the last five years has resulted in the award of a First Class Honours degree and an opportunity with Paris Smith LLP who offered the chance to begin a part-time study training contract alongside his sporting endeavours.

He explained: "I began this training contract in October 2008 and worked full-time until March 2009, at which time I went back to playing cricket. I returned to the firm in October 2009 to continue my training contract and I've greatly enjoyed this experience so far, confirming my desire to pursue a career in the legal profession."

Burrows has taken up the opportunity of participating in the Legal Practice Course on a full-time basis now that his career as a professional cricketer has come to an end, and is relishing the challenge.

"I'll be focusing solely on my legal studies, which has not been possible in the past," he said. "A training contract is generally for two years and during that time, a trainee will spend six months in four departments. I hope that in the future I will be able to combine my passion for both sport and the law within my legal career, possibly advising sporting professionals and bodies. To that end, I've taken part in a number of conferences concerned with player regulations, contracts and anti-doping issues, which has enabled me to learn from leading individuals in the area of sports law." >

LAW & ORDER - THE HARD FACTS

THE SOLICITOR

ROLE: To give advice and assistance on matters of law. Usually the first and main point of contact for individuals, groups of people, companies or organisations seeking skilled legal advice and representation.

WHAT'S INVOLVED

- Providing expert legal advice and assistance on private or commercial issues
- Representing client's during court proceedings, or giving instruction to barristers to act for their clients
- Paperwork such as drafting of letters, contracts, keeping accurate client, case and financial records
- Conducting research of previous similar cases to use as a basis for action
- Attending meetings and negotiating with opposing parties

WORKING ENVIRONMENT

Mostly office-based as part of a team in a private practice or in-house for a commercial or industrial organisation. Also represent central and local government offices in crown prosecution.

PAY:

Trainees: £15k to £20k per annum
Qualified solicitors: £25k to £50,000 per annum
Partners in large firms or departmental management: £100k+ per annum

SOLICITOR PROFILE: The PCA's Ian Smith

QUALIFICATIONS:

- 2:1 degree or above
- Legal Practice Course (LPC) - year full-time or two years part-time
- Two year training contract with a firm of solicitors
- Professional Skills Course (PSC), which must be passed during the training contract

THE BARRISTER

ROLE: Receive their information and instructions through a client's solicitor. Then offer advice on legal issues on the front line, representing clients in court or at tribunals.

WHAT'S INVOLVED

- Delivery of legal arguments to juries, judges and magistrates
- Cross examination of defendants and witnesses
- Consulting with relevant professionals such as accountants or surveyors
- Studying case notes and liaising with solicitors and clients where appropriate
- Conducting research of previous similar cases to use as a basis for action
- Attending meetings with solicitors and offering advice and opinions

WORKING ENVIRONMENT

Most barristers work on a self-employed basis, working in private practice within the 'Employed Bar'. When not appearing in court, barristers work in chambers where they prepare their court cases and arguments.

PAY:

Trainees (during pupillage): £10k to £40k per annum
Barristers employed by the CPS: £22k to £55k per annum
Self-employed barristers: £20k to £260k per annum

BARRISTER PROFILE:

Ally McBeal; Rumpole of the Bailey; Perry Mason

QUALIFICATIONS:

- 2:1 degree or above
- Completion of a one-year full time (or two-year part time) Bar Vocational Course (BVC), plus 12 educational qualifying sessions
- 12 months of 'Pupillage' - practical training with an experienced barrister, which usually involves six months shadowing and six months of supervised practice

CAREER FOCUS LAW



FORMER
HAMPSHIRE
WICKETKEEPER
TOM BURROWS

On the subject of sports law, the PCA's Legal Director Ian Smith is beyond compare, having assisted countless cricketers over the years - not to mention football managers in his consultancy work for the League Managers' Association.

He told BtB that the key for budding sports lawyers is understanding what knowledge you will need in the sports sector. "Intellectual Property expertise will allow a young lawyer entry into commercial areas of sport - sponsorship, broadcast deals, naming rights... all the transactions that keep professional sport commercially alive and viable and that, ultimately, pay the salaries of professional sportsmen and women."

According to Smith, the other practice areas that work well in the sports sector are employment law (contracts and employment disputes), regulatory law (sporting rules, regulations and discipline) and litigation (commercial and personal contract disputes). "Each of these can be satisfying and interesting areas of legal work," he explained. "But make sure, as far as is possible, that you're doing something you enjoy. Focus on an area of practice that really works for you, not just something you can do - go for something you want to do."

Smith started as an employment lawyer, specialising in contentious and trade union work before moving into sport via professional rugby contracts when that game

went professional. He said: "There are multiple routes in. Former professional sports people often have the big advantage of good contacts and life experience - law firms love these attributes in a new lawyer, so maximise them in finding and getting the role you want. The obvious and quickest route is to work for a law firm that has an established sports law unit with a good reputation. Ask around though, because there are many law firms that say they have a sports practice that really don't... be discerning and remember too that there are many good legal jobs in-house at businesses or federations in sport."

So if you believe you can cope with the intellectual rigours of being a lawyer, which demands that you are clear and lucid in thought, articulate and eloquent in dialogue, and able to process and digest large amounts of information, this could be a career for you.

However, Mark Wagh's advice is to speak to your PDW coach sooner rather than later to begin the process. "In many ways, I should have done the distance learning course years ago but I was committed to becoming as good a cricketer as possible. Nevertheless, I wished I'd known that I could have done a course without it distracting me and indeed it may well have had a long-term benefit by taking away that worry about what I would do after cricket."

**FOCUS
ON AN AREA
OF PRACTICE
THAT REALLY
WORKS FOR YOU -
NOT JUST
SOMETHING
YOU CAN
DO**

WELCOME FROM YOUR PDW TEAM



The off-season is always a great time to develop as both players and people and in this dedicated Personal Development & Welfare section of your magazine, we are featuring a number of players who have done just that over the past few months. They set out to gain new skills and experience that is sure to stand them in good stead in the future.

We take an in-depth look at Sports Psychology as a career, and chat to former players who are now making a successful living out of this occupation. Ian Smith writes candidly about corruption in cricket in a must read article, and we've also got the first in a series of 'Meet the PDW Team' articles, where we all get to know Ian Thomas a little better.

All of our contact details are below so please do not hesitate to get in touch. Also, keep an eye out for us around the grounds. We're always pleased to see you and would welcome the chance for a coffee and a chat.

Fingers crossed for a successful 2011 season and we look forward to helping out wherever we can.

Kate & the PDW team

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PAST PLAYER CAREER MENTOR PROGRAMME

CHARLIE MULRAINE
PLAN and mentor
08702 640530
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WELCOME FROM YOUR PDW TEAM



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ON THE BALL, OFF-SEASON

Spare time is a precious commodity for the modern professional cricketer, but its value should not be underestimated. Last winter saw a number of players utilising downtime and gaining experience in a variety of different areas. Here's our pick of their stories...

VIKRAM BANERJEE

GLOUCESTERSHIRE

He's kept himself busy by running The Frontiers Group alongside his cricket training. The Group provides workshops to students, graduates and firms in disciplines such as leadership and communication. "Frontiers gives me a chance to consider the latest leadership and communication theory. I thoroughly enjoy creating, presenting and running the workshops and believe it complements the physical preparation we are undertaking as a squad."



MICHAEL CARBERRY

HAMPSHIRE

"Around six years ago I started thinking about future plans and what I could do alongside and after my career. When I found I wasn't able to go on last winter's England Performance Programme tour due to illness, I finally got my 'butt into gear'."

"I dug out all my previous work and decided to look into an advanced electrician's course, enrolled - and started straight away. It has been useful in filling up my spare time and also been really good to get back into something for the first time since finishing school 13

years ago. The course runs over 18 months and is geared towards people already in other careers. It is flexible and can be shelved for periods of time and then taken back up - so ideal for sportspeople.

"I have bought my overalls and protective boots and was given my toolkit at the first practical session I attended. I passed my first theory assignment with 90 per cent - so watch this space and if you need a good 'sparky', get in touch."



LIAM DAWSON

HAMPSHIRE

"I wanted to appreciate cricket a bit more through learning what other people do day-to-day, so I ventured into the 'real' world, volunteering for a couple of days a week with a plumber. In reality, that meant I handed the tools around and got grubby! It was interesting and I met a lot of different people. I had to learn to listen carefully to the customer about what suited their needs and answer all their questions - whereas usually I tend to just jump in and not think so much!"

"The toughest part was having to dip in and out around my training as our winter break was cut short, with an early return to full training and a tour to the Caribbean in January. I would have liked to have been more consistent, involved in following jobs through and learning more skills. This is definitely something I am interested in pursuing after cricket and in future winters I can see myself doing more of this."



WILL JEFFERSON

LEICESTERSHIRE

"Having successfully passed the Level 3 coaching certificate in 2005, enrolling for Level 4 was long overdue. I knew a fair amount about the course, having spoken to fellow players and coaches, all offering a wide range





LANCASHIRE'S
STEPHEN MOORE
IN AGONY AFTER
DISLOCATING
HIS SHOULDER
ON t20 DUTY

TOM SMITH MIDDLESEX

"It was my first full winter living in London and I decided to use my time off wisely. Middlesex were training four days a week from November and

I used my day off by doing some work experience in the city.

A friend set me up with his company - Insight Investment Management - in the special-interest equity team. My main duties were processing stats for a new fund launch, going to company meetings and generally learning about the stock market.

"It's been a great experience,

following the movement of well established companies that I met such as Speedy Hire, a tool and equipment hiring company, and Entertainment One, who own Twilight and various other programmes. It was interesting listening to their strategies and then following them for the winter, seeing how their shares perform.

"Overall it's been fascinating learning about the stock market, as I had very limited knowledge of it before. Arriving at the office at 7.30am and being the last one there, and seeing how hard the guys work really made me appreciate playing cricket as a career. A big thanks to Insight for teaching me so much and helping me to develop new skills."



MARK WALLACE GLAMORGAN

Wicketkeeper Mark has been balancing working as a rugby reporter in the Welsh press with studying for a Masters Degree in Sports Sociology at the University of Wales in Cardiff.

He said: "Pursuing other interests in the off-season gives the mind a refreshing break from cricket. It has also provided a good excuse for disappearing out of the house when our new-born baby has been screaming the place down!"



STEPHEN MOORE LANCASHIRE

"After dislocating my shoulder in the Friends Provident t20 quarter-finals and undergoing surgery, this winter has thrown me a whole new set of challenges. Rehabilitation and physiotherapy requires a commitment for at least three hours per day, six days a week, and my new-found respect for the fragility of a career in professional sport has meant I've spent extra time on areas outside of the cricket sphere. "My wife is due to launch her first album in the summer. This process has enabled us to learn a huge amount about the industry and all the factors that can influence a musician's career. I have also joined the PCA business mentoring scheme, which will serve as a sounding board for questions that would otherwise go unanswered, while working through GMAT papers and a couple of evening courses, will increase my core business skill levels."

IAN SAXELBY GLOUCESTERSHIRE

While continuing his rehabilitation after injury, he is studying for a mathematics degree via the Open University. "I've always had an interest in maths and science so I decided to dive in at the deep end and start a BSc in Mathematics. This has helped to fill most of my free time around training."



of views. People talked about the time commitment, the assignments, and the details into which elements of the game are studied, and the two years it takes to complete.

"Remembering back to when I was used by Andy Flower for his Level 4 video analysis, interview and a batting session reminded me that Level 4 was going to be an education in Personal and Professional Development. It goes some way to explaining how it helped turn Andy, an exceptional player and character, into the great coach he's become. After two courses of the 1st module, it's apparent that cricket is being used as a medium for developing many facets and life skills outside of the game too. This aspect has added to both the enjoyment and learning environment for the individuals and the group as a whole.

"I've been lucky to work with some world-class coaches who've gone through their Level 4, including Ottis Gibson who said how much the course had benefitted his own game, giving him a new lease of life to finish his career successfully with Durham. Considering his last season was the best of his career, I fully intended to use what I learn to help my own cricket development while still in the game.

"With a naturally curious and analytical brain, I knew it would be an unmissable opportunity to tap into the knowledge of people outside of the game. The course offers access to a huge range of experts, such as Brian Ashton, Dave Aldred and Steve Bull, who give insights to their relevant fields – and I knew I would enjoy this side of it. Starting Level 4 has helped give my winter real focus and direction, especially around the training that all professional cricketers now undertake if they choose to stay in the country."



WORKING IN A WINTER WONDERLAND

The PCA's past player career mentor **Charlie Mulraine** explains why planning your winter could lead to a more enjoyable summer...

The sun is shining, the outfield is lush and maybe you have recently emerged from your winter hibernation to begin another cricket season. If this is true for you, whether you are a current pro or not, why then am I writing an article about winter work placements in early April?

Firstly, it is because the BtB team asked me to. Secondly, I feel it is important to congratulate those players who gained commercial experience in the winter just gone, and to encourage those of you who didn't to take advantage of the opportunities created through the PCA support network, which will help you lay a solid foundation to achieve success after cricket.

But what about the present you may ask, especially if 'life after cricket' seems so far away?

Well, in a recent poll of current professional cricketers and rugby players, 77 per cent of players expressed feeling anxious about 'life after sport'. It could be that you were one of those players asked. This anxiety and uncertainty about your future may also affect your present, and therefore it is not too much of a stretch to suggest that if you start exploring career and training options now, you are more likely to feel more relaxed in your cricket career – and that can only be a good thing.



Following a direct introduction through the PLAN programme, the former Lancashire player Gary Montgomery (left), began the New Year with a permanent position with Deloitte. Four current players have also extended their business network through being part of the Clarke Willmott player mentoring programme.

KLAS International, a business-introducing firm founded by former Wasps rugby players Peter Scrivener and Kenny Logan, are committed to increasing their team of



Ambassadors with current and former cricketers. This is a great opportunity for you to grow your network while earning commissions for introducing business. The London office of Deloitte is creating a new internship for the coming winter and one of the largest UK Financial Services organisations have confirmed that they have part-time opportunities available within their Bristol office.

FORMER WASPS
PLAYER PETER
SCRIVENER IN
FULL FLOW

If you would like to find out more about the Ambassadorial opportunities with KLAS, the winter internship with Deloitte, the opportunities within the Bristol based Financial Services firm or perhaps just want to discuss your 'after cricket' career ambitions in more detail, you are welcome to contact me by phone on 08702 640530 or via email on charlie@mymissionmentor.com. If you are a tweep, and would like to receive daily careers tips and strategies for finding success after cricket, you can follow me on Twitter via @SportsCharlie.



Q&A

IN THE FIRST OF A SERIES OF Q&A INTERVIEWS, WE CHAT TO YOUR ECB/PCA PERSONAL DEVELOPMENT & WELFARE TEAM TO FIND OUT WHAT MAKES THEM TICK...

NO.1 - IAN THOMAS

HOW DID YOU GET INTO THIS? I was released by Glamorgan in the July, which I believe was fortunate as it gave me time to do some soul-searching and work out what I wanted to do. While I was playing I got involved in the PCA's 'rep' role and that gave me a personal responsibility to the team by representing them at meetings. I used to spend a lot of time talking to Jason Ratcliffe on the phone about how often players talked about what they wanted to do when they finished playing but weren't doing anything about it. I was always told to have something behind you first, and if you still want a go in pro sport, then best of luck. By pure fate this job came up in the September and I think being a player gave me a broad base of skills to allow me to do the job effectively.

WHAT'S A GOOD DAY FOR YOU? It's days where I've made a difference to someone's thinking, behaviour or reflection on what they want to

do. Working with academy players is great and I come away thinking that I can make a difference to them progressing in the game. With senior players, a great day might be getting them to sit down for a start and not be afraid of talking to me. If you build relationships and get players opening up - they're good days.

BEST PIECE OF ADVICE YOU'VE GIVEN? When I was 12, a journeyman county cricketer called Phillip North, who was getting released by Glamorgan told me: 'If you have any serious aspirations about going into the game, get something behind you'. That has stuck with me ever since. You don't want to lecture people but it is sound advice and it doesn't have to be a qualification - it can be work experience, or even reading a book. Anything that gets you out of the 'cricket bubble'. Ultimately it will help your cricket progress - there is strong evidence that having dual aspirations can aid performance.

BEST PIECE OF ADVICE THAT IS NEVER TAKEN? To be honest - see my answer above! I have sessions where a guy will sit there and say: 'I really like where we are going here.' But then he doesn't progress it. At first I took it personally, but now I've become more thick-skinned. It's up to him whether he takes the advice or not.

I WISH SOME CRICKETERS COULD BE... more open-minded. They really need to think more about other areas in their professional planning, and not just about cricket.

HOW TO YOU USE YOUR SPARE TIME? I'm a man of many hobbies and over time, I've got into mountain biking, golf and in recent years fly fishing. Ultimately, though, I've got a family now - one child nearly three and another one due in June - so that's where I spend my time. I still play a bit of club cricket and relish the challenge of playing against some the Academy lads and Glamorgan players who I've worked with. I really enjoy the competitiveness of it although unfortunately I'm losing the skills to back up my chat!

BEST THING A PLAYER HAS EVER DONE FOR YOU? At the NatWest PCA Awards, a player who had been released came up to thank me and said that I had made a real difference. It was a nice touch.

Born:
Newport,
South Wales

Counties covered:
Glamorgan,
Gloucester
and Somerset

Years worked:
Five

Previous career:
Was a professional cricketer for Glamorgan for eight years, three of which incorporated university.



THE MIND GAME

“Tennis became easier once I realised I was putting too much emphasis on winning.” Former American star Michael Chang summarises the golden rule of sport. That the processes that enable us to reach our goal are equally as important as the desire and talent required to achieve that goal. A critical element of that process is having absolute clarity of thought in key situations and sports psychology is a growing occupation that has become as much a part of elite performance as physical training. Intrigued by what makes you and your teammates ‘tick’? Then sports psychology could be for you. Beyond the Boundaries spoke to the experts to find out more.

With a career that spanned nearly two decades and included stints with Leicestershire, Northamptonshire and Gloucestershire, plus 11 appearances for England in one-day colours, Jeremy Snape's experience speaks for itself. But it is how this former off-spinner has applied that knowledge to become a leading name in sports psychology that really captures the imagination. **Lynsey Williams** finds out more.

WHEN DID YOU REALISE THAT YOU WANTED TO WORK IN THE FIELD OF SPORTS PSYCHOLOGY?

As a player I always found the mental side of the game more challenging than the technical or tactical side, and I knew my mental game was critical to my performance. I got injured in Australia during an England tour match and despite breaking my thumb, that blow from Brett Lee gave me the chance to reflect on what I was going to do in the future. I thought it was good to look longer term and plan, even though I was playing well at the time. I met various people working in the field and started looking at courses and qualifications.

WHAT IS YOUR CURRENT TITLE AND WHAT DOES YOUR JOB INVOLVE?

I'm a Performance Coach in Sport and Business so I use the Masters Degree in Sport Psychology which I did at Loughborough, along with some other professional qualifications, to understand the challenges people are facing either as leaders or teams, and try to solve them with new ideas and skills. I have been fortunate enough to work with the Proteas team for the last two years and had three years in the Indian Premier League with Shane Warne's team, the Rajasthan Royals. I also really enjoy the executive coaching and team-building work in

the corporate sector because it's fresh and challenges me to apply the things I've learned.

WHAT DO YOU LIKE ABOUT YOUR JOB?

Every client has different requirements whether it's a football manager, a cricketer or a business leader and I find that really refreshing. I suppose it's a skill to be able to unpick their tangled performance issues and simplify it for them but that is the challenge I enjoy. There is also the opportunity to speak at big conferences where the nerves flow just like going to play in a final at Lord's.

WHAT ARE THE MAJOR CHALLENGES YOU FACE?

Trying to grow a business in the current economy is a real challenge but I suppose we do our best work when there's lots of pressure on coaches and leaders to deliver results and the current climate of change means that people need support. I also have a talented team of consultants, so managing that side of things as well as my own client base is challenging, but it's very rewarding as you watch things grow.

HOW LONG DID IT TAKE TO TRAIN?

I would say that informally I was training for years as I was learning



JEREMY SNAPE AT WORK DURING A PCA BUSINESS SEMINAR

from coaches and other players while reading books and attending various conferences. In terms of formal studies and qualifications, perhaps 3-4 years.

HAVE YOU FOUND BEING A PROFESSIONAL CRICKETER HELPFUL IN YOUR CAREER?

Yes, without a doubt. The dedication and professionalism needed to play sport for almost 20 years meant that I picked up a huge amount about myself and other people. Cricketers often just focus on the game and the tactics but there is so much other stuff going on around them that is invaluable for their future skills. Working with people, being a role model and adapting are key life skills, not just cricket skills. Every business is looking for people who can perform under pressure, whether it's deadlines or financial targets to hit, so cricket is the perfect 'academy' for these skills in the wider world. ▶

CAREER FOCUS PSYCHOLOGY

WHAT ARE THE KEY SKILLS AND ABILITIES YOU NEED TO BE A GOOD SPORTS PSYCHOLOGIST?

Firstly, I would say a genuine care and interest in other people as that fuels the degree of effort you put into it. I also think the ability to listen really well is important, without making judgements and 'telling' people where they went wrong. I believe that everyone has been successful within their own lives at some point so it's important to work from a position of strength, not weakness. Once you have listened and understood their world then you can help them to find the best way forward. I think if you have a natural ability to connect with people it helps but it's also important to work through the various professional qualifications. That is critical to the move from being a supportive friend to being a professional psychologist.

WHAT WOULD YOU RECOMMEND TO CRICKETERS CONSIDERING THIS LINE OF WORK AS A POTENTIAL CAREER?

I would explore the area by reading some books on it, find information on the internet and try meeting someone local to them who may be studying or working in this field. There is no doubt that psychology based professions will become more widespread and in demand in future years. It's a very rewarding feeling if you can help someone to improve their performance or brighten their outlook. Even if players are not interested in psychology, my advice would be to actually try as many different work experiences as you can. There are loads of contacts around the counties who would love to help a current player but sadly that could drop off when you become a former player – so make the most of your position now and explore the best options available to you.

Routes into Sport and Exercise Psychology...

It's an indication of how professional cricket has moved on during the past 20 years or so that a number of new roles now exist that are specifically designed to help bring the very best out of players.

Everyone is striving to find ways of raising performance levels by the extra couple of percentage points that could make all the difference, and that was certainly the thinking behind the introduction of sports and exercise psychologists.

Their role is to study the mental and emotional effects of taking part in sport and exercise. They typically specialise in either sport or exercise, although some work in both.

As a sport psychologist you would work with teams and individuals at all levels, from amateurs to top professionals. You would help them with issues such as:

- dealing with nerves and anxiety
- improving self-confidence
- coping with the demands of training and competing
- improving concentration
- staying motivated and focused in spite of stress, discomfort or distraction
- coping with sports injuries
- controlling aggression
- setting goals.

You would work closely with other professionals such as coaches, managers, nutritionists and physiotherapists. As an exercise psychologist you would apply your knowledge of psychology to finding ways of encouraging the general public to become more active to improve their health and well-being. Your role could involve:

- work in cardiac rehabilitation or GP exercise referral schemes
- help to promote the therapeutic and health benefits of exercise by working with health promotion staff
- study the reasons why certain groups of people are more active than others.

In both sport and exercise psychology, you would usually combine consultancy work with teaching and research, or with work in other areas, such as clinical or occupational psychology.

HOURS & INCOME

You would often work normal office hours, but could also work in the evenings in some jobs. You could be office-based, or work in various settings, such as team premises, competition venues and clinics.

- Starting salaries can be from around £20-22,000 a year.
- With experience this can rise to between £27,000 and £37,000.
- Senior psychologists and department heads can earn around £43,000.

ENTRY REQUIREMENTS

You can qualify as a sport or exercise psychologist in two ways.

1. A Chartered Sport and Exercise Psychologist through the British Psychological Society (BPS). To become a Chartered Sport and Exercise Psychologist through the BPS you need:

- a degree in psychology from a course approved by BPS – this would give you Graduate Basis for Chartered Membership (GBC).
- at least three years' full-time training under professional supervision that includes a BPS-accredited postgraduate qualification in sport and exercise psychology.
- If you have a degree in a subject other than psychology, you can achieve GBC by completing a BPS-approved conversion course, or by sitting the BPS Qualifying Exam.

2. An Accredited Sport and Exercise Psychologist through the British Association of Sports and Exercise Scientists (BASES). To become an Accredited Sport and Exercise Psychologist through BASES you need:

- a degree in Sport and Exercise Science this would include subjects such as physiology and biomechanics as well as psychology, although you could focus on sport and exercise psychology)
- an MSc in Sport and Exercise Science/Psychology and three years' supervision by a BASES Accredited Sport and Exercise Psychology Practitioner.

For both routes you need to complete a degree, followed by a postgraduate qualification and a period of supervised practice.

Entry requirements for degree courses are likely to include five GCSEs (A-C), and three A-levels. However,

you may be accepted with alternative qualifications, so you should check with individual colleges or universities.

If you will be working with young people or other vulnerable groups you will need Criminal Records Bureau (CRB) clearance.

Importantly, regardless of whether you undertake a BPS or BASES accreditation route, in order to use the title 'Sport and Exercise Psychologist', you will need to be registered with the Health Professionals Council (HPC) - www.hpc-uk.org

SKILLS AND KNOWLEDGE

- an interest in how people react and interact
- an interest in sport
- a desire to help other people
- the ability to maintain a professional distance

- excellent communication skills
- the ability to work as part of a team
- a tolerant and patient manner
- good problem solving skills and a logical approach.

OPPORTUNITIES

You would probably combine consultancy work with teaching and research, or work in other areas of psychology. You could find full-time opportunities with professional sports teams and sport national governing bodies. Opportunities for exercise psychologists include involvement in GP exercise referral schemes or evaluation of exercise programmes in employment, prison or psychiatric settings.

For further information, visit the following websites:

www.bps.org.uk
www.psychapp.co.uk
www.bases.org.uk



Jeremy Snape is not the only past player to build a new career in psychology... Another man forging a path in this field is former Middlesex and Nottinghamshire opening bowler Steven Sylvester. The amiable left-arm seamer is now an established sports and exercise psychologist working with a range of sports organisations and businesses.

STEVEN SYLVESTER
NOW AND THEN...



LET'S BE STRATEGIC

The strategic approach that the ECB psychology team has been introducing across the various England teams (16-19's, Performance Programme / Lions & England squad) aims to provide players (& their coaches) with a great opportunity to develop their mental game.

Providing a strategic approach has enabled closer working relationships between performance psychologist and coach. One of the desired benefits from this collaboration is the formation / maintenance of a High Performing Environment (HPE) to support all aspects of the player's development. This increased collaboration has led to simplifying and prioritising the development goals a player has to focus on and ensures that the psychologist (in partnership with the coach) takes responsibility for the development of a player's mental game.

The success of the performance psychologist's work is hard to measure not least because any number of factors contribute to successful performances / cricket statistics. However, improvements in a player's mental game should be clear from better scores when repeating the profiling process and practical tests and a player having greater clarity, confidence and sense of control over their performance. This is especially evident when a player has experienced a set back – how quickly can they bounce back to their best?

For more information, please contact Wil James PhD, ECB National Lead for Psychological Support.

Email Wil on wil.james@lane4.co.uk



DEALING WITH THE SCOURGE

Ian Smith, the PCA's Legal Director, provides a compelling insight into the issues surrounding corruption within cricket.

Integrity is the absolute cornerstone of sport. If players and supporters are not certain that what they are doing or watching is a genuine competition, then it's not sport, it is a farce, a sucker's game. Cheating in any guise devalues and undermines the sport, the duped competitors and the cheat.

The summer of 2010 was a stark reminder in English cricket that corruption is alive and well in the game. The Pakistani players were found guilty of spot fixing, but we also have accusations hanging over domestic cricket events too, and I believe that restoring full public faith in our game relies primarily on the players.

Cheating can take many forms

- doping, match-fixing, betting using insider information

- and can occur at differing

- degrees of

- seriousness and

- effect. The common

- factor at every level

- is the willingness to go

- beyond playing your very

- best to win, the willingness to

- bend and break the rules, manipulate

- the honest trials of strength, fitness,

- skill and courage. To violate the

- spirit of sport – the ultimate act of

- selfishness.

There are only two ways of preventing corruption in sport.

The first is for someone, say the governing body or the police, to catch and prosecute the cheats, and the second is for sportsmen and women and officials to decide not to cheat. Unfortunately, the one relies on skills

and resources nobody has to carry out the job with any certainty of success and the other relies on a trust in sportspeople that ordinary people no longer seem able to feel. Many believe the evidence is against the players.

TRUST IN THE PLAYER

At its heart, integrity is an intensely personal value – only the player can really know whether he or she is playing to the absolute best of their natural ability. However, we know that the vast majority of players, from the first spark of youthful joy in competition, live for just that pure experience

- doing one's absolute best against an opponent and hoping to triumph. The most powerful deterrent to corruption is, therefore, sporting conscience and consciousness.

That is partly inherent, but largely it is taught.

I BELIEVE THAT RESTORING FULL PUBLIC FAITH IN OUR GAME RELIES PRIMARILY ON THE PLAYERS

Player education is absolutely key to the fight against corruption. This needs the co-ordinated efforts of everyone with a direct interest in sports integrity – the players (through the PCA and FICA), the ECB, the ICC, the Anti-Corruption and Security Unit (ACSU), UK Anti-Doping, WADA, the gaming and drug industries and the wider law enforcement community.

In cricket there are already extensive education programmes in anti-

corruption and anti-doping, but there is more planned and more needed. In anti-doping, education is primarily needed to ensure cricketers don't inadvertently fall foul of the complex regime of monitoring and testing set up by WADA and carried out by UKAD here in England and Wales.

In anti-corruption, education is primarily aimed at teaching players how to avoid being lured into temptation by corruptors and what to do if you are approached. By the time a player reaches the professional ranks it is taken for granted that the 'spirit of cricket' is well and truly instilled, but perhaps this is naive? In any event, because we know corruption exists in cricket, we have to acknowledge that the second method of prevention of corruption is necessary, and we need to support it.

CATCHING THE CHEATS

Within the game, there are the ICC and ECB Anti-Corruption Codes. Outside the game there is the Gambling Act, the Bribery Act and the general criminal law. These create the basis on which the enforcers try to catch and punish corrupt participants. The enforcers can be ACSU investigators, ECB officials, the police as well as outside agencies with an interest in this like the media. For example, we are all aware of the crucial role of the News of the World in exposing Salman Butt, Mohammad Amir and Mohammad Asif last summer.

Our biggest concern is that a player will attract the interest of one or more of these enforcers by accident. In particular, there is significant danger regarding the use of inside information. The PCA focus a good deal of time on this complex topic in

our education programme because this is where we fear mistakes can occur. After all, everyone knows you can't bet on cricket or seek to fix a match, but talking to a friend about something that happened in the dressing room – that's a whole different matter...

SOCIAL NETWORKING

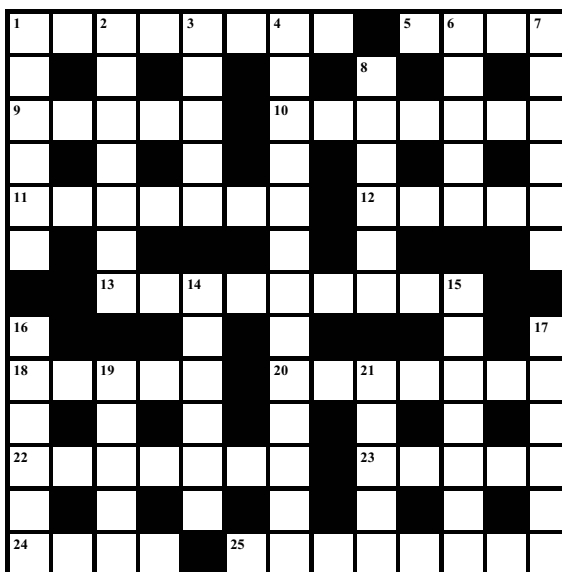
A brief separate word on social networking: Players tend to put a great deal of personal information on Facebook and other sites and tend to say a great deal on Twitter. Be aware that this information can easily be accessed by people you don't know who might use it to approach you or gain some other advantage over you. Please think twice about every status update, photo, comment or Tweet – would you be happy for a total stranger to read it? Your coach? A journalist? A bookie? Think!

CONCLUSION

The PCA are totally committed to ensuring players receive all the support necessary to protect their personal and our sport's integrity. We believe in the spirit of cricket and the values that spirit embodies. We believe that the vast majority of professional cricketers are neither cheats nor corrupt, and we will do our utmost to protect that vast majority from those that are cheating and are corrupt and those people who would seek to make them so.

This year's education programme has at its heart an online tutorial with video modules and multiple-choice questions that will be sent to all players and other participants. We would strongly urge you to complete this tutorial at the earliest opportunity.

THE DRESSING ROOM CHALLENGE...



ACROSS

- 1 'Syd' who suffered a career ending injury in a Test match in 1992 (8)
- 5 _____ de Angelis, GP driver with two wins for Lotus before his death in 1986 (4)
- 9 Leconte or Toivonen (5)
- 10 This Cup is Scotland's premier sprint handicap (3,4)
- 11 Madcap cricketer turned artist (7)
- 12 Comaneci or Petrova (5)
- 13 This United used to play at Millmoor (9)
- 18 Occurs between two tennis players (5)
- 20 Champion triple jumper who lost his beliefs (7)
- 22 Scored his first goals in the Hammers 4-0 League Cup rout of Man Utd (7)
- 23 This 'Cat' must rank among Fergie's worst ever purchases (5)
- 24 Ian or Xavier (4)
- 25 South African appointment which has caused ructions in Glamorgan circles (8)

DOWN

- 1 City where the Sri Lankan coach shooting took place (6)
- 2 London suburbia track that used to be a figure of 8 for jumpers (7)
- 3 Ntamack or Heskey (5)
- 4 Highbury's local folk hero striker of the 70s (7,6)
- 6 Tennis brothers David and John (5)
- 7 This Athletic play at Boundary Park (6)
- 8 _____ Opera, Nicky Henderson's Cheltenham specialist (6)
- 14 Carlos Sainz won rallying world titles for this manufacturer (6)
- 15 Former Toon striker with back-flip goal celebrations (7)
- 16 Marius _____, capped 65 times by France in 70/80s (6)
- 17 Moved from Bastia to Lyon to the Premier League (6)
- 19 Gradel and Becchio play for this United (5)
- 21 Scored Villa's winner [off his shin?] in European Cup Final (5)

(1) CAN YOU NAME THE FOUR CLUBS IN THE ENGLISH PREMIER LEAGUE AND FOOTBALL LEAGUE THAT START AND END IN THE SAME LETTER?

(2) NAME THE TOP FIVE 'ALL TIME PREMIER LEAGUE GOAL SCORERS?'



ALL THE ANSWERS CAN BE FOUND ON PAGE 38



MURTAGH'S MUSINGS

Middlesex seamer **Tim Murtagh** reflects on winter training programmes and the impact they have at the sharp end of the game.

Ever since the advent of 12-month contracts in county cricket, the demand on players' time during the winter has increased substantially. Gone are the days of disappearing for six months or seeking alternative employment before reporting back on April 1, as I did in the early days at Surrey - getting through the dreaded bleep test and then straight into nets and practice matches.

After Middlesex's pretty dismal season in 2010, Director of Cricket Angus Fraser wanted the whole squad back in at the start of November. Guys were free to go off and play abroad from the New Year onwards, but he felt it was important for the whole squad to be together in the two months leading up to Christmas. During that time we covered a wide variety of fitness and skills-based work, ranging from boxing and yoga to specific batting and bowling drills.

Emphasis on hard work, combined with competitive and enjoyable drills is definitely necessary to survive the long cold winter at home and avoids having stale players come the new season. These months are a great time to put the stepping-stones in place for the summer and bowling machines in particular have been working overtime.

The hard graft off-season does make a difference.

For example, the ability of so-called tail-enders to clear the ropes

last year was a stand-out factor. That was highlighted by Chris Woakes, who strolled in at number nine for England and proceeded to hook Brett Lee out of the ground in a t20 international in Australia.



And although bat technology has played a big role in this - some bats now look almost as wide side-on as they do held conventionally - the role of the much-maligned bowling machine can't be underestimated. It is no coincidence that Eoin Morgan spent many an hour in the indoor school on the bowling machine, perfecting the deft sweeps and power hitting for which he has now become famous.

TAIL-ENDERS WHO CAN CLEAR THE ROPES - CHRIS WOAKES AND AJMAL SHAHZAD; EOIN MORGAN (LEFT) REVERSE-SWEEPS

Worryingly for bowlers, the fear factor from pace also seems to have disappeared. With batters able to practice for hours against a bowling machine cranked up to 90mph, is it time for the introduction of 20 rather than 22 yard pitches to even things up?

MEMBER ON-BOARD

IT'S TWO YEARS SINCE **MATTHEW WHEELER** WAS APPOINTED TO THE PCA BOARD, AND AS THE FORMER PLAYER REVEALS, THE ORGANISATION IS NOW MORE DRIVEN THAN EVER TO SERVE ITS MEMBERS.

Bowling against a belligerent David Boon during Australia's '85 Ashes tour on a 'flat one' at Northamptonshire's County Ground provided Matthew Wheeler with his final experience of first-class cricket.

It was one he is never likely to forget because Boon, having endured a miserable start to the Test series by making just 56 runs in five innings, finally managed to get his eye in. Although Wheeler, a tall right-arm seam bowler, tasted early success by having Kepler Wessels caught at slip by Allan Lamb for one, Boon went on to plunder an undefeated 206.

It was a day when two cricket careers began to head in opposite directions. Boon went on to average 44 with the bat in Test cricket, scoring over 23,000 runs, while Wheeler was released by Northants at the end of that year.

Whatever disappointment Wheeler felt at the time, he has more than made up for it in an incredibly successful career away from the game. And although he hasn't set foot on a cricket field since being released, the common bond that exists between past and present professional cricketers tempted him to become involved in the game once again – and he was appointed to the PCA Board, in May 2009.

After his playing days, Wheeler swiftly established a glowing reputation in sports marketing. According to PricewaterhouseCoopers this industry, which was in its infancy when he first became involved, will be worth around US\$133 billion by 2013. The expertise gained from time spent as Chief Executive of Alan Pascoe's API Group in the 1990s and as Worldwide Managing Director of Octagon until 2001, during which time he sat on the board of both DC United and Major League Soccer in the US, and Eintracht Frankfurt of the Bundesliga in Germany, has proven

invaluable as the PCA emerges from a challenging period endured through the global financial crisis.

Wheeler is currently on the management team of Sports Investment Partners, alongside his role as Group Chairman of BDA Creative, and from his holiday home in Chamonix, he spoke candidly about the progress made by the PCA in the last two years.

"The organisation continues to evolve and has been skilfully steered through a difficult time by CEO Angus Porter and Chairman Vikram Solanki – ably supported by the PCA Board and Executive," he said. "We now have a very clear >



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FROM THE BOARDROOM



vision for the future, which focuses on increasing player services, building a comprehensive past player database, growing commercial profitability within minimal risk, and increasing the reserves of the organisation.

“It is a challenging environment with the hangover from the global recession still impacting on the economy. To that end, it’s important that our commercial team build saleable products that are not solely reliant on selling events around marquee England fixtures. FTI Consulting’s sponsorship of the MVP Rankings is a good example of that.”

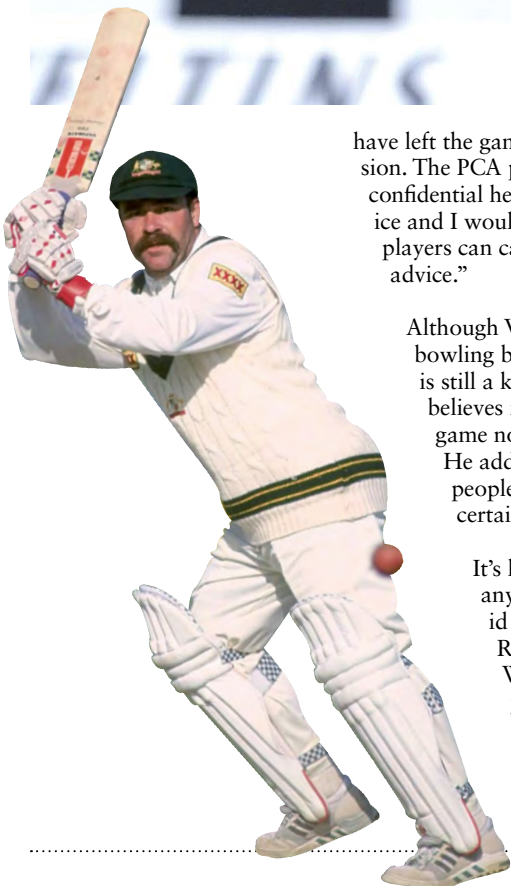
While Wheeler exudes expertise when chatting about the commercial strategy, his tone of voice changes as he passionately talks about the new membership drive. As a past player himself, he knows just how hard it can be when you leave the game, financially, psychologically and even practi-

cally – chores such as car and travel insurance suddenly fall on your lap as your club support system is withdrawn.

He added: “The PCA should be there for cricketers when they finish, providing education, support and helping find new careers. It’s a crucial role for the organisation to play – helping past players deal with the transition into the next stage of their life. I actually believe the needs and demands of current cricketers are even tougher than for those of previous generations, particularly if you have had a successful county career, which means you will have played for a decade or more and be earning a decent salary. When you finish playing, you still have the second half of your working life to lead, often with a mortgage and family to support, but without a regular income.

“Sadly, there have been a number of cases where cricketers

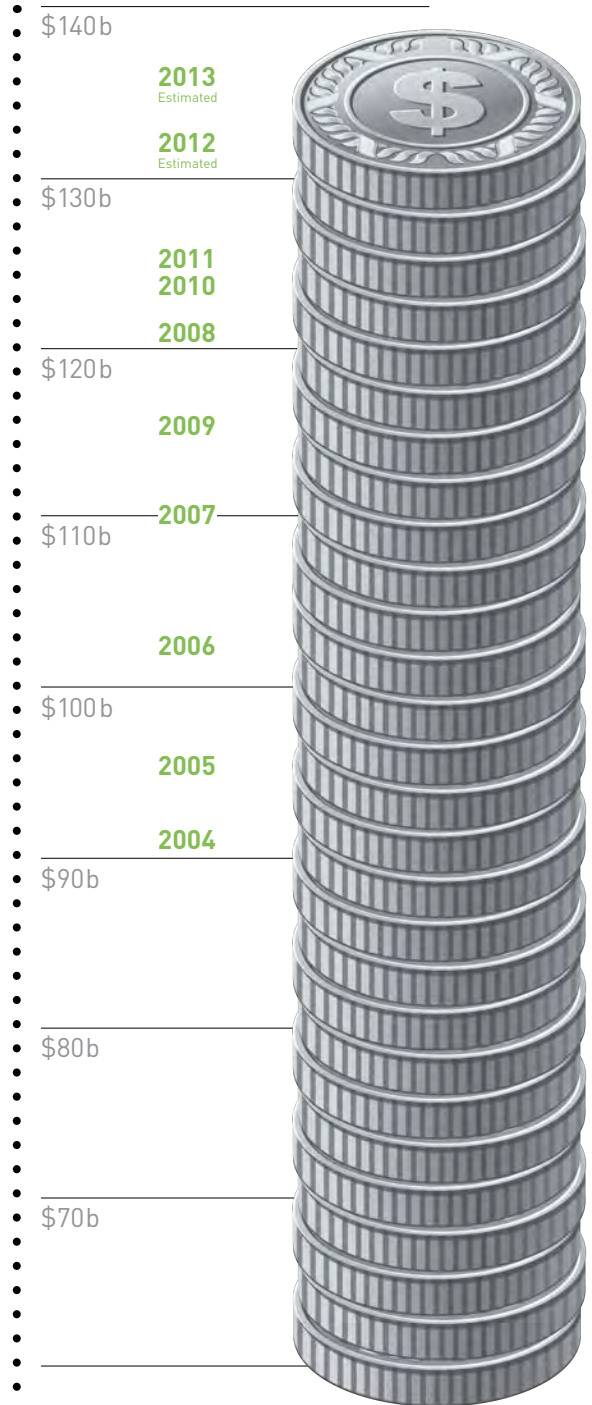
CLOCKWISE:
VIKRAM SOLANKI
SHARES A JOKE
DURING
WORCESTERSHIRE’S
PHOTO CALL WITH
MOEEN ALI (LEFT) AND
DARYL MITCHELL;
RICARDO CLARK
OF EINTRACHT
FRANKFURT - ONE
OF THE FOOTBALL
CLUB’S WHERE
WHEELER SAT ON THE
BOARD; DAVID BOON



have left the game and suffered from depression. The PCA provides a free independent confidential helpline which is a fantastic service and I would like to see that extended so players can call for commercial and financial advice.”

Although Wheeler hasn’t laced up his bowling boots since being released he is still a keen follower of cricket and believes it is a tougher, more physical game now than it was in the Eighties. He added: “When I played, there were people hiding in the field – which certainly isn’t the case today.”

It’s hard to imagine that there was anywhere to hide during that David Boon onslaught at Wantage Road in 1985, but the experience Wheeler gained from being a professional cricketer, allied to his commercial pedigree, has meant a first-class addition to the PCA Board, in every sense of the word.

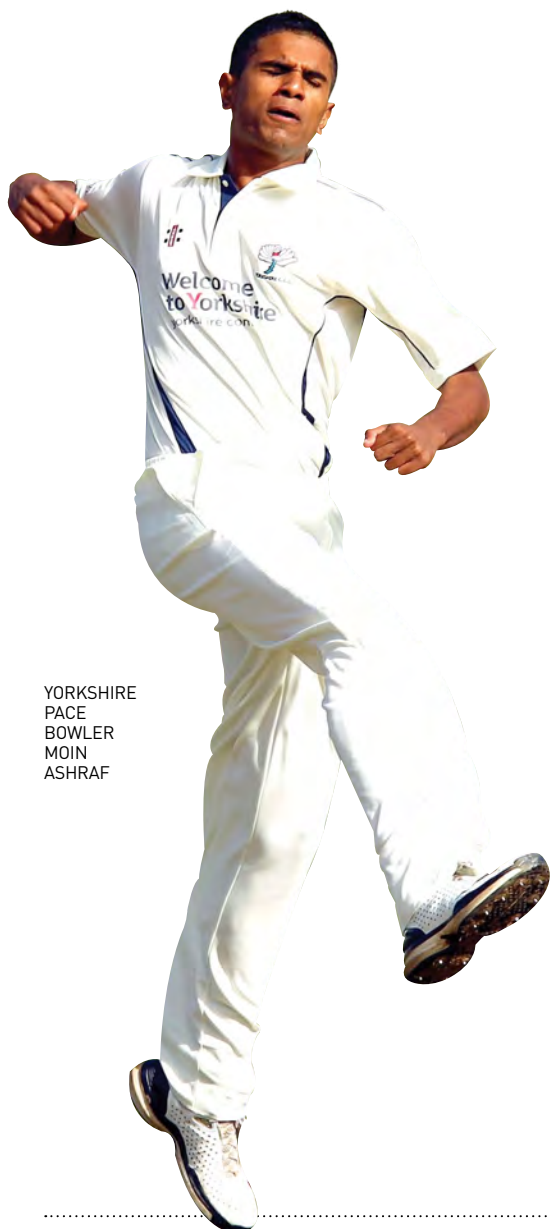


VALUE* OF THE GLOBAL SPORTS INDUSTRY 2004-2013

*IN US\$BILLIONS

BACK TO THE FUTURE

THE INAUGURAL ECB/PCA ROOKIE CAMP TOOK PLACE AT LOUGHBOROUGH UNIVERSITY IN THE BUILD-UP TO THE NEW SEASON, AIMED AT PLAYERS STARTING THEIR FIRST FULL PROFESSIONAL PLAYING CONTRACTS. FORMER NOTTS SPINNER **JIM HINDSON** TAGGED ALONG TO FIND OUT MORE.



YORKSHIRE
PACE
BOWLER
MOIN
ASHRAF

There were five of us... past players with a combined tally of 1,141 games of professional cricket, who met with the latest cohort of professionals at the inaugural ECB/PCA Rookie Camp. The camp was designed to help with the transition to their chosen occupation and this module presented the opportunity to pick the brains of the former players with contrasting careers in the game. The past players each hosted a table and a discussion carousel ensured that the Rookies chatted with all of us, with a wide range of subjects and experiences openly discussed.

In my case, that experience was an all too brief season in the first-team, sandwiched between long spells in the Second XI, where managing poor performances and a battered self-esteem provided a real challenge.

Bowlers Martin Saggars and Alex Wharf had moved county clubs before enjoying successful careers which saw them play for England in Test and one-day cricket respectively - and both retired from injury. Batsman John Sadler played for three different counties and was able to draw on over 60 games of Twenty20 cricket experience, while opener David Fulton blossomed in his pomp and was tantalisingly close to playing Test cricket. He then struggled after suffering a horrific eye injury in practice, and it wouldn't have gone unnoticed to the Rookies that none of us finished the game strictly on our own terms.

The blend of very real stories from the 'trenches' was combined with professional advice on anti-doping, anti-corruption and finance, forming the backbone of a course which sliced through the different stratas of the game. This new initiative from the ECB and PCA was certainly not designed to scare. It was more a process of educating the players, presenting them with the facts, potential pitfalls and reality of playing the game, thus providing opportunities to learn from decisions, both good and bad, made over the years.

The most poignant comment of the day came not from the old lags, but from 19-year-old Yorkshire pace bowler, Moin Ashraf who said: "I thought it was a bit of a reality check in terms of what we have at the moment, and how it can all be destroyed in a couple of minutes with a few wrong decisions. It showed me the importance of life after cricket and the need to start planning - way before my career ends."

Having taken a maiden Championship 'five-fer' in Yorkshire's last match of the 2010 season, Ashraf's current stock in the game couldn't be higher and he could be forgiven for expecting a glamorous career to run for years to come, just as I did back in 1993.

Crucially though, in 2011 the key message about thinking on your feet, whether on or off the field, was clearly getting through. Good luck to them all.



Former Kent batsman David Fulton addresses the Rookie camp



PCA Chief Executive Angus Porter chats with Lynsey Williams; (below) Maurice Holmes with Martin Sagers



DRESSING ROOM NOTICES



PCA Masters Fixtures

Friday 13th May
Compass Corporate six-a side, Kia Oval

Thursday 19th May
Barclays Capital six-a-side, Kia Oval

Monday 30th May
Southern Electric Prem Lge XI, Newclose, Isle of Wight

Wednesday 15th June
MCC Corporate six-a-side, Lord's

Friday 8th July
High Wycombe CC, High Wycombe

Tuesday 12th July
International XI, Hurlingham Club

Sunday 17th July
Potterne CC, Potterne CC, Wiltshire

Sunday 31st July
Frinton CC, Frinton, Essex

24th OR 31st August
Sandwich Cricket Club, Sandwich, Kent

Wednesday 1st September
JLT England v ROW Masters, HAC Ground, City

TBC Prostate Cancer six-a-side, Wormsley

www.thepca.co.uk/pca_masters

Birmingham office

Our new Birmingham office facility at Edgbaston Cricket Ground will be open from 1st August 2011

Location: the Wyatt Stand



BENEVOLENT FUND GOLF DAY

AT WOBURN GOLF & COUNTRY CLUB ON
THURSDAY 6 OCTOBER, 2011



Travel Policy

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

Key points:

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

The policy number is now RKK806998

Visit: www.thepca.co.uk/travel_policy

Save the date:
Inter-county Golf Day
at The Warwickshire
September 20th

Contact Jason on
07768 558050 or
Ali on 07769 880888

Save the date NATWEST PCA AWARDS DINNER

22nd September 2011

Contact a member of the PCA commercial team for more info

The Players Annual Summit takes place at Doonbeg, Ireland on October 3rd, 4th and 5th

PCA Past Player days take place at Cheltenham on July 28 and Headingley on September 8.

Contact Ali Prosser for more
e: aprosser@thepca.co.uk
t: 07769 880888



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Email: ismith@thepca.co.uk

Angus Porter
Chief Executive
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Email: aporter@thepca.co.uk

Jason Ratcliffe
Assistant Chief Executive
Mobile: 07768 558 050
Email: jratcliffe@thepca.co.uk

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?

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TO A PROFESSIONAL WHO CAN HELP?**

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

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Email: advice@performancehealthcare.com
www.performancehealthcare.com
www.thepca.co.uk

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

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.



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



Past Player reps needed

Want to get involved and help track fellow team mates down?

Contact Jason on 07768 558050
or Ali on 07769 880888

FTI MVP Rankings - check out the latest tables now
England - www.thepca.co.uk/mvp-11
County - www.thepca.co.uk/county-mvp-teams-11



PARSONS, K

AFTER A 17 YEAR
CAREER WITH
SOMERSET, KEITH
PARSONS IS STILL
LOVING THE GAME.
HERE IS HIS PAST
PLAYER STORY.

LEAVING THE GAME?

I retired in the end but to be honest I hadn't featured a lot and it was a mutual decision with the club.

CAREER HIGHLIGHTS?

Being named man of the match in the 2001 C&G Final at Lord's has to be up there. I got 60 odd and a couple of wickets. Also winning the Twenty20 in 2005 - winning trophies reminds you why you play the game.

BIGGEST LOW?

I was fortunate enough to have played for 17 years so I guess there was bound to be the odd low along the way. Not getting picked regularly in championship cricket was tough but I guess I didn't get the weight of runs required in that form of the game to become an automatic selection. Another low was when Mark Lathwell walked into the dressing room one February and told us all he'd retired - he was such a talented player.

WHAT DO YOU MISS?

Playing - I loved batting and still do - and relish the chance of batting all day. So playing six days a week was fantastic. On the plus side, I can get out of bed now without the aches and pains from 110 overs in the field!

TOUGHEST THING ABOUT LEAVING?

Well, I'm 35 and have another 25 years to work. But I've had to start again in a new career and I guess I'm still looking for that perfect job - although I am really happy with what I'm doing. It's really daunting coming out of the game and I would strongly advise anyone still playing to get qualified and have some idea of what you want to do. Very quickly after finishing you realise there is still a mortgage to pay and family to support.

WHAT DO YOU DO NOW?

I work in the Somerset County Sports shop on the ground at Taunton and am working with the new Sabre brand. I also do lots of coaching and captain the Unicorns.

DO YOU STILL ENJOY THE GAME?

Yes - absolutely love it. I still play in the leagues and pro for Cornwall. While I can play and do myself justice, as I did last season, I will continue.

ANY REGRETS?

No not really. I'm Somerset born and bred and can look back content that I gave 100 per cent in every game I played for the county.

CAREER FUNNY?

We lost to Lancashire at Old Trafford in a televised game that we threw away from the jaws of victory. Graham Rose came into the dressing room mad as anything and kicked out wildly at a duffel bag, finishing on all fours in the process. As the camera panned across to 'gutted' visitors, it picked up a number of us in fits of hysterics. We were all devastated but that split-second incident lifted the tension.

QUIZ ANSWERS
FROM PAGE 29

CROSSWORD

ACROSS

1. LAWRENCE
5. ELIO 9. HENRI
10. AVR GOLD
11. RUSSELL
12. NADIA
13. ROTHERHAM
18. RALLY
20. EDWARDS
22. SPECTOR
23. TAIBI 24. RUSH
25. PETERSEN

DOWN

1. LAHORE
2. WINDSOR
3. EMILE
4. CHARLIE GEORGE
6. LLOYD
7. OLDHAM
8. FRENCH
14. TOYOTA
15. MARTINS
16. TRESOR
17. ESSIEN
19. LEEDS
21. WITHE

THE TOP FIVE

ALL TIME PREMIER LEAGUE GOALSCORERS*

1. ALAN SHEARER,
OF COURSE! - 261
 2. ANDY COLE - 187
 3. THIERRY HENRY
- 174
 4. ROBBIE FOWLER
- 161
 5. LES FERRINAND
- 150
- SOURCE: WWW.
TOPFIVELISTS.CO.UK

NAME THE FOUR

CLUBS IN THE ENGLISH PREMIER LEAGUE AND FOOTBALL LEAGUE THAT START AND END IN THE SAME LETTER?

- NORTHAMPTON
TOWN
ASTON VILLA
CHARLTON
ATHLETIC
LIVERPOOL

THE MOST
VALUABLE
PLAYER ISN'T
A MATTER OF
OPINION.
IT'S A MATTER
OF SCIENCE.



FTI Consulting is working with the ECB and the PCA to ensure that the most accurate accumulation and analysis of data is coupled with best-in-class technology to give statistics real currency for coaches, players and fans. You can follow the FTI MVP Rankings online at thepca.co.uk

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