



Columbus Cricket Club

THE WEEKLY BULLETIN

VOL: 08 ISSUE: 0710

Date: 10th July 2008

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KNOW YOUR CRICKET: MENTAL PRACTICE

An important aspect of any competitive sport is mental preparation. Preparing yourself mentally as well as physically is essential to the success of any athlete. A serious "Mental Practice" can even be a good substitute for the off days of a training program

Just as a runner trains his or her leg muscles to perform at their peak ability, one must train the mind to become focused, relaxed and to have a positive attitude. The best time to mentally practice a specific task is immediately following a successful completion of it. So, practice the new moves or sport several times until you feel comfortable, then practice it in your mind to help perfect it.

Here are some tips that help an athlete mentally prepare for future competitions or confrontations.

"Observation": Go there! Try to go there and observe your competitive area. Take mental pictures and remember any differences you might notice. If possible, observe your opponents during another competition or game.

"Put Yourself There": Find yourself a quiet place with little or no distractions. Close your eyes and envision yourself at the ground or at the game. Picture yourself in the heat of the action.

"Problem Solving" Athletes who have difficulty performing a certain task should concentrate and visualize themselves doing it over and over till it becomes perfect and routine. Picture yourself doing it slowly and perfectly at first then try it at different angles or places on the playing surface. Visually play the game and concentrate on all the aspects including your weak points

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The Bulletin team is constantly looking out for new and enthusiastic writers.

Cricket in America

Cricket actually became part of American history quite early. Colonists in Georgia, Virginia and North and South Carolina played the game. William Byrd II of Virginia, in his secret diary written in short-hand, refers to an early morning game with family and friends played on the front lawn Westover, his impressive estate on the banks of the James River, on April 25, 1709.

Other historic references to cricket include games in Georgia in 1737 and in Baltimore in 1754, the same year Ben Franklin brought a printed copy of cricket rules of play home to the Colonies, almost one hundred years before the first book of baseball rules was published. But perhaps the most historic reference to cricket came during the 1776 debate in Independence Hall, when John Adams argued against the Chief Executive of the United States of America being called 'President' saying, "There are Presidents of cricket clubs."

The first recorded American cricket match per se was in New York in 1751, on the site of what is today the Fulton Fish Market in Manhattan. A team called New York played the London XI 'according to the London method' probably a reference to the 1744 Code of the game which was stricter than the rules governing the contemporary game in England. There is evidence that some of George Washington's troops played a game of "wickets" at Valley Forge in the summer of 1778.

Although an 'encounter' took place in Toronto in August of 1840, the world's first international match was between Canada and the United States at St. George's Cricket Club in Manhattan (East 31st near First Avenue) on the 24th and 25th of September, 1844. The series flourished and then died off.

Cricket was played up and down the East Coast and in other locations around the country, but Philadelphia became the Mecca of the game due to the stimulus provided by the influx of a number of Lancashire and Yorkshire hosiery and mill-workers in the 1840s. However, it was Jones Wister, an American, who is credited with being the "father" of Philadelphia cricket and it was probably the founding there of the four major cricket clubs that gave the game its biggest boost - Germantown CC, formerly the Manheim CC (1854), Philadelphia CC (1854), Merion CC (1865) and Belmont CC (1874-1913). It was these clubs, plus the 120 or so other cricket clubs in the Philadelphia area, which were the crucible of the game until the First World War.

Since 1924, popular interest in the game waned and it virtually disappeared from the American sporting landscape that is dominated by big business professional sports. Over last 10 years the interest has been renewed. This renewed interest in the game, however, is not due to a rediscovery by Americans, but is largely due to the recent influx of immigrants from Commonwealth countries. Today, there are about 250 cricket clubs active throughout the country with a pool of about 10,000 players. Greater New York is said to have 75 teams, Miami 31, Philadelphia 16, Washington 18, Houston 10 with others spread about.

SILLY POINT: David Gower's bowling figures in the Second Test versus New Zealand at Trent Bridge, 1986, were unusual: 0-0-4-0. How could it be? Gower delivered one ball, but it was called a no-ball because the umpire ruled Gower's arm was suspiciously bent. The batsman Martin Crowe hit it for four. They were the winning runs, so Gower didn't have to bowl again.



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KNOW YOUR CRICKET: MENTAL PRACTICE

"Predict What Will Happen": Try to imagine the worst thing that could happen to you in a game or competition. Now, try to analyze the incident and find out what might have caused it. No matter what the reason, try to concentrate on a solution to the mistake you made. Practice the play or shot in your mind for several minutes.

"Practice Your Form": Practice makes perfect. If you have good form, mentally practice it whenever you have several quiet minutes to spare. Tighten your muscles as if you were actually using them to perform. Try standing in a one spot and moving your arms and legs with your eyes closed, then try watching yourself in the mirror to see if your form is perfect.

"Get Psyched": If you think you will fail, you probably will. If you are certain you have trained and practiced to your fullest potential, and are physically and mentally ready to approach your opponent, you will be victorious. Think positive. Imagine good events happening to you or your team.

Watch these sports films if you haven't:

Hoosiers	Rocky
Chariots of Fire	Miracle
Raging Bull	Field of Dreams
Chakde India	Jo Jeeta Who Hi Sikander

First International Cricket Match Canada Vs USA

New York, September 24-25, 1844
Canada 82 and 63 beat USA 64 and 58 by 23 runs
Toss won by USA; Umpires: H Russell and Walker

It is generally accepted that the match between USA v Canada in September 1844 was the first international cricket fixture. The first game between the two nations, played for a wager of US\$ 1000, was watched by 10,000 spectators at the St George's Club at Bloomingdale Park in New York. Here is a report published that time for the game

"The match of 1844, at Bloomingdale Park in New York, came about because in 1843, a New York team had landed penniless in Toronto and were fully financed and entertained by their magnanimous hosts. In order to honor this Canadian gesture, the New Yorkers invited the Canadians to play in New York. The US team was drawn from several New York clubs, and also included players from Philadelphia, DC, and Boston (the other centers of US cricket at the time). The Canadians, too, tried to come up with a representative team. All the posters and advertisements of the match from that period, which are available in cricket libraries, refer to a Canada v USA match, not a New York v Toronto fixture.

"There were about 20,000 spectators at the match, and bets of around \$120,000 (close to \$1.5 million in today's currency) were placed on the outcome. By any reckoning, therefore, this has to be recorded as an international fixture - and a major one at that, surpassing many sporting events of that time." Scoreboard for the game is given below

BRAIN TEASER:

While driving two of his team mates on route to London to play in a charity match in late 1950s, this cricketer crashed his car into a cattle truck. One of the passengers in the car who had hit a century on his test debut was sleeping in the back seat at the time of the crash and injured his spinal cord badly which sent him into a coma. That cricketer never regained his consciousness and died three days after the accident. Name the cricketer who was driving the car at that time and endured the guilt of being responsible for the death of his fellow teammate and a close friend for a very long time?

Send answers to gautam.kini@gmail.com
1st 3 correct responses get mention in next week's bulletin

Last Weeks Answer

Justin Langer outscored the entire Pakistan side in Perth test of 2004. He scored 191 and 97 in the first innings while Pakistan made 179 and 72.

Canada 1st innings		Runs
D Winckworth	run out	12
J Wilson	b Wright	0
Birch	c Bage	5
GA Barber	b Wright	1
Sharpe	b Wright	12
GA Phillipotts	lbw b Groom	1
JB Robinson	lbw	1
HJ Maddock	not out	7
Freeling	c Dudson	12
French	b Groom	9
Thompson	b Wright	5
Extras	(b 11, w 6)	17
Total	(all out)	82

Canada 2nd innings		Runs
D Winckworth	b Wright	14
J Wilson	b Groom	0
Birch	c Turner	0
GA Barber	b Groom	3
Sharpe	b Groom	5
GA Phillipotts	b Wright	13
JB Robinson	b Wright	4
HJ Maddock	b groom	7
Freeling	not out	7
French	b Wright	0
Thompson	lbw	3
Extras	(w 7)	7
Total	(all out)	63

USA 1st innings		Runs
J Turner	b Winckworth	7
G Wheathcroft	b Winckworth	9
J Ticknor	lbw	0
J Symes	c Thompson	1
H Groom	c Thompson	0
R Bage	not out	1
R Ticknor	b Thompson	5
S Wright	c Barber	4
RN Tinson	st Phillipotts	14
S Dudson	c Freeling	4
Wild	b Winckworth	10
Extras	(b 7, w 2)	9
Total	(all out)	64

USA 2nd innings		Runs
J Turner	c Barber b Sharpe	14
J Ticknor	b Sharpe	0
J Symes	b Sharpe b	11
H Groom	Winckworth	0
R Bage	not out	5
R Ticknor	b Sharpe	8
S Wright	b French	3
RN Tinson	lbw b Sharpe	0
S Dudson	c Winckworth b Sharpe	0
Wild	c Maddock	8
G Wheathcroft*	absent	-
Extras	(b 3, w 6)	9
Total	(all out)	58