



The Holy Cow



**Corinthian
Cricket Club
Newsletter**



Spring Edition



30th April 2011

Inside this issue:

<i>Spring Edition</i>	1
<i>World Cup Review</i>	2
<i>Corinthians Match Summaries</i>	3
<i>Dietician Dave</i>	4
<i>Phoenix Tour Recap</i>	4
<i>Casuals Match Summaries</i>	5
<i>Upcoming Dates</i>	6

I know. Many of you thought that you weren't going to see a Cow this month but here we are. There has been so much to cover that it has been hard to condense all the excitement into one single publication. The World Cup is complete, the SCCA season has commenced, the Phoenix tour has been and gone and spring has sprung. So standby as we take a look back at the month's adventures and preview some of the fun in store.

A spot of culture

Always prepared to experiment the Holy Cow presents a perspective of spring from William Shakespeare.

Spring

When daisies pied, and violets blue,
And lady-smocks all silver-white,
And cuckoo-buds of yellow hue
Do paint the meadows with delight,
The cuckoo then, on every tree,
Mocks married men, for thus sings he:
'Cuckoo!
Cuckoo, cuckoo!' O word of fear,
Unpleasing to a married ear.

When shepherds pipe on oaten straws,
And merry larks are ploughmen's clocks,
When turtles tread, and rooks, and daws,
And maidens bleach their summer smocks,
The cuckoo then, on every tree,
Mocks married men, for thus sings he:
'Cuckoo!
Cuckoo, cuckoo!' O word of fear,
Unpleasing to a married ear.





WORLD CUP REVIEW

Well if you followed along with our guest analyst, The Prez, you'll have seen that by and large he was pretty good with his selections. Sure, there was the whole South African debacle as the Proteas choked well before anyone expected but he was on the money with the Indian's taking home the Cup and at the end of the day that's all anyone really cares about. There was no fairytale comeback from the Aussies, England were too tired from the Ashes and India had the wood over their regional rivals Pakistan and Sri Lanka. And so we wait another 4 years before the tournament heads down under. Many of the stars from today will have retired but as always there will be plenty of talent and more than a few surprises to make for another amazing journey in world cricket.

INDIA TAKES THE TROPHY

In what can only be described as an amazing piece of journalism, the Holy Cow has secured an interview with none other than Indian star Sachin Tendulkar, following India's World Cup Victory.

HC—Sachin, thanks so much for taking time to speak with us today. Congratulations on winning the World Cup. Is this a dream come true?

ST— Absolutely. Winning the World Cup is everything. It is what I have wanted since I started playing.

HC— So there really is nothing left for you to achieve now, is there? I mean why not retire?

ST— Well I still think I can contribute to the team and I love playing for my country. I'd like to keep going as long as possible.

HC— Well that's all well and good but what's the point? Do you think the fans still want to see you? How much longer do you think you can pick up that 30 pound bat or whatever it is you use? Aren't there days when you just want to chuck it all in and say "I'm off to the IPL and then Tahiti"?

ST— Well I'd like to think that I can assist some of the younger players in the squad. Experience is very important when playing high-level cricket.

HC—So you're saying that you'd like to coach the national team? You're not content with simply being on the playing stage but now you want to direct as well? It sounds like Bollywood has been calling.

ST— No I didn't say anything about coaching or acting. I mean that I want to keep playing and pass on my knowledge to anyone who is keen to learn. I love being part of the Indian team. I'm not thinking about leaving.

HC— So you're going to take up a spot in the roster that a younger player could fill. Isn't that a bit selfish?

ST— No, look, I want to play as long as I can and as long as I can contribute, that's all I'm saying. I haven't thought about coaching or acting or money or anything else. Playing is what I care about.

HC—Ok, fine, whatever. That's about all we have time for. Thanks for joining us.

ST—Thank you very much.

HC— So there you have it, Sachin Tendulkar wants to play and coach the Indian national team in between his commitments to the IPL and secondary career in film. We'll see how India fares in the next World Cup with this sort of attitude.



The Maestro



Have the Indian's been looking after the World Cup?

Corinthian Match Summaries

Corinthians vs San Diego 2

San Diego 2 182/10 in 41.2 overs. Corinthians 183/6 in 40.2 overs

A close, competitive opening game played on a sub standard pitch. Corinthians lost toss and were asked to field first. Richard and Dave bowled well in tandem and San Diego were restricted to 34-2 after 12 overs. Vishal played a captains innings for San Diego and deserved his 63. Vedant came on for Corinthians and bowled superbly in the conditions, varying his pace and mixing up his deliveries. He took 4 wickets and was well supported by Theo. Jatin plundered a quick fire 43 at number 9 and Corinthians were happy to restrict San Diego to 182.

The Corinthians batting revolved around a superb knock of 80 not out by Theo batting at number 3. Pramukh fought hard for his 20 and Faran and Andy made useful contributions with 13 and 14 respectively. Vishal bowled well for San Diego but Corinthians were able to keep the scoreboard ticking over. When the 6th wicket went down at 140 San Diego still had a chance but Abbass batting at number 8 played a great support innings and with Theo saw the game home with 4 overs to spare.

Corinthians vs Inland Empire

Corinthians 193/9 in 45 overs. Inland Empire 180/10 in 43.4 overs

Corinthians lost the toss, again, and were asked to bat. The wicket looked hard and flat but there was a tinge of green and the outfield, although recently cut, was still a little long and damp. It was hard work batting in the opening session. The IE openers did a great job bowling wicket to wicket and even the good shots from the Corinthian batsmen were only gaining them one run at a time on the slow outfield. At drinks Corinthians were 45/3. Theo grafted hard for his 30 runs, hitting a couple of nice boundaries including a big six but at 62/6 after 25 overs things were not looking good. Mark Punshon came to the crease at number 6 and was joined shortly after by Andy Price at 8. The two put on a lifeline of an innings scoring 59 runs before Mark fell for 19. The big man Andy Price continued his aggressive strokeplay and was joined by the equally hard hitting Dave Pieters. Andy fell for a well earned 47. Vedant joined the party at number 10 and he and Dave piled on the runs scoring 40 in 6 overs. Vedant fell for 13 and Dave was left not out on 36 which included a reverse swept 4 off the last ball.

IE got off to a good start with the bat on a wicket that had become a very nice track. The outfield had dried out and the IE openers were taking control, playing some very nice shots. Dave Pieters struck in the 10th over to dislodge Viren and followed up with a rocket of a yorker to ball Ronak in the same over. It took some sharp fielding by Dave O'Connor to displace Ashwin and then Theo struck in the same over to have Vimal caught. Vedant and Theo were bowling well in tandem to keep the run rate down and when Vedant claimed number 6 Yash to a catch by Abbass the score was 61/6 in 21 overs and the game was swinging Corinthians was. A couple of catches went down and sloppy fielding lead to missed run out chances. Akshay started plundering the Corinthians bowling. The game was swinging back to IE and the sideline crowd were getting rowdy. Richard brought himself back on and managed to get Akshay caught behind by keeper Mark Punshon. The rowdy crowd became less rowdy. The score was 158/6 with 16 overs to go, IE chasing 193 to win. Momentum was back with Corinthians. Theo came back to get his second wicket and Richard hit the wickets to remove number 10 batsman Dhaval. A brave last wicket stand of 18 wasn't enough to see IE home with Abbass claiming the last wicket - a skier caught by Andy at mid off.

Corinthians vs Victoria

Victoria 130/10 in 32.4 overs. Corinthians 135/4 in 22.5 overs

Corinthians won their first toss of the season and chose to field. Dave Pieters opened and bowled with fire but was unlucky not to have 2 or 3 wickets in his first over. Richard made a breakthrough in the 4th over getting Praveen to edge one to slips where Theo grabbed it second bite. Vedant came on first change to bowl in tandem again with Theo. This pair put the brakes on the Victoria scoring and Vedant was rewarded in his 4th over with the wicket of Rajan. He followed up with another wicket, his seventh for the season, in his next over and Victoria were 4 down for 78. The seamers bowled well and kept the scoring down but when the spinners Andy and Abbass were introduced the game changed completely. Abbass bowled a very tidy spell, claiming a wicket thanks to a youthful running, sliding catch by Kelly Dunagan. Without a doubt the star of the Corinthians attack was Andy who opened his account by removing the troublesome Srikanth for 35 with a beautifully flighted delivery. In his next over Andy picked up a good caught and bowled chance then followed that with a double wicket over. The first wicket of his 5th over was a wonder ball that pitched just outside leg and spun around the batsman to take the off stump bail off. The second was a flighted delivery that found the edge of the bat. Andy wrapped up his fivefa in his next over to finish with figures of 6 overs 5 for 13 runs. Dave Pieters came back to blast out the last wicket and Corinthians had bowled out Victoria for 130 in 30 overs. Credit also to Arjun behind the stumps who once again did a great job and picked up 3 catches.

DaveO and Pramukh got the Corinthian innings off to a great start taking 10 runs of each of the first 2 overs, both batsmen stroking the ball nicely along the ground and finding gaps in the field. Both batsmen were looking good which forced the Victoria skipper to ring the bowling changes. Dave was a little unlucky to get a faint touch on one down the leg side that was caught by keeper Praveen off Bharat but this brought danger man Theo to the crease. Pramukh continued to play some great shots but picked the wrong ball to hit over the top and was caught for a well worked 29. Theo and new batsman Mark Punshon departed to leave the way open for Abbass and in-form Dave Pieters to work the ball around expertly for 6 overs, taking the score from 87 to 133, the winnings runs once again coming from Dave's now signature reverse sweep. Abbass finished with a commanding 24 not out and Dave finished on 14 not out.

Dietician Dave

Why interval training will help your game & burn more calories

Now that the season is in full swing there is less need for us to continue with high volume fitness work. This is to ensure optimal recovery, prevent injury and to create variety while reducing boredom.

Since I'm letting you off the hook by cutting back on the frequency of your workouts, it's important to increase the complexity of your workouts since we want to change a program every 6-8 weeks. Interval training will enable you to not only burn more calories, but will boost your metabolism, improve your heart rate recovery (HR will come down quicker) & will get you ready for long & productive stints at the bowling/batting crease.

For 20-30 mins (x2 per week), I'd like you all to introduce

interval training (eg boxing, running, jump rope, rower/bike) into your weekly workout. For example, for 45 secs do cardio at a level 7.5 or 8/10 (RPE-rate of perceived exertion) & then lower the intensity to 5 or 6/10 for 60 secs & continue this process. You'll actually continue to burn way more calories after your workout (double the fat) due to the "Afterburn effect" or also known as EPOC (exercise post oxygen consumption).

Each week, you can either increase the duration of the workout or lower the recovery/low intensity component (60 secs<45 secs etc). This will ensure further fitness gains, as we want to avoid a stagnant program. As you know, cricket is a game that requires short phases of maximal effort over a long period of time. If you follow this program I guarantee that you'll take your cricket game to the next level!

Dave O'Connor (daviddoc24@hotmail.com)

Phoenix Tour Recap

They say what happens on tour stays on tour (and some of the boys might be hoping that's true) but this is Corinthians and we simply don't do that sort of thing.

After the long bus trip the first port of call was an Irish pub where we got an early start on celebrating David Pieter's birthday. The local Irish band was pretty good and a good time was had by all. The Horses Ass award (for most entertaining behavior) went to Brendan, whose girlish screams of delight at VCU's basketball win echoed throughout the hotel.

The weather was perfect for the match on Saturday. Batting first in the 40 over match we made a slow start before turning it on and finishing with a respectable 201.

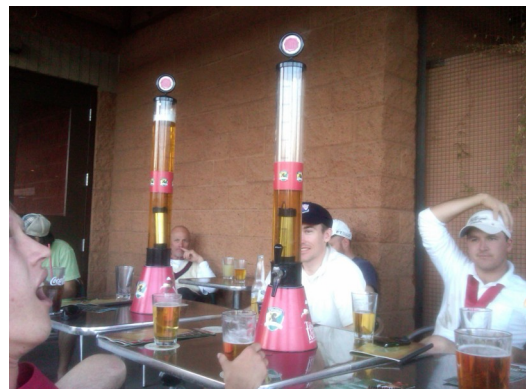
Phoenix batted well and looked likely to reel in the total but finished just short.

Ever the gracious hosts, the boys from Phoenix took us to the Tilted Kilt for a few refreshing ales where the service was excellent. From there it was off to dinner and to properly celebrate the win and Dave's birthday. Another fun evening.

A few of the boys were slow to rise the next morning but we made our way to the ground for another sunny day's cricket. The Horses Ass was passed onto Dave Pieter's for his ability to get separated from the group during the evening but still managing to make it home before the others.

Bowling first this time we managed to get on top early until the more experienced players took to the crease and started to capitalize on some loose bowling. Their target of 160 was always going to be tough from 25 overs and our start was fairly slow.

The middle order clawed away at the total and Dave O'Conner and Theo made a late charge for the runs but the Phoenix bowlers were too miserly and we fell just short. Another great game. Thanks to all the boys who made the trip and also to our wonderful hosts for great cricket, great food and great company. We're looking forward to the return visit in May.



Casuals Match Summaries

Regal vs Casuals

Regal 149/10 in 35 overs. Casuals 130/10 in 30.3 overs

Regals lost the toss and were sent in to bat.

Batting: On a cold windy day Regals lost 4 early wickets in just 8 overs for only 15 runs on the board, then Jay and Praveen stabled the batting a little bit and after that Jay and Aftab had a great partnership of 61 runs which set the inning for the regals and ended up at 149 runs with help of Sunil, Kadar, and Hasan at the end.

Bowling: Mayur and Devraj opened the bowling although Kedar was the one who broke the opening partnership and left the Casuals in trouble after taking 3 wickets in 3 overs, after that Devraj capitalized on the troubled Casuals and hurt them by taking two more wickets and then Sunil(3 wickets), Mayur(1 wicket), and Purvesh(1 wicket) finished the game by taking the last 5 wickets. Overall Good bowling by everyone.

Casuals vs Hollywood 4

Hollywood 4 275/4 in 40 overs. Casuals 168/10 in 40 overs

HCC4 began their 2011 with a bang, winning over Casuals at Marina Vista.

On a great morning, Casuals won the toss and sent HCC4 to bat. Punit struck within 2 balls to send Siva back, vindicating Gopi's decision. Sowri started well but was soon back, making it 25/2 within 5 overs. Pronit showed maturity beyond his years and with the ever improving Satish, consolidated well and started building up the foundation.

Satish and Pronit batted excellently and had a 117 run partnership, taking the score to 142 in the 30th over when Satish was out caught. If Casuals were thinking of restricting HCC4 to under 200, then they soon got a rude awakening in the form of a riled up Sri Lankan.

The last 10 overs yielded 130+ runs as Delan went ballistic, scoring 98 runs in around 35 balls, including nine 4s and seven 6s. Delan remained unbeaten on 98 just missing out on a well deserved century. On the other hand Pronit had scored a well deserved 50 and was out for 53, after laying the foundation for HCC's big score.

A beaten up and tired Casuals team, put up meek resistance despite HCC's generosity with extras. Only Phil batted well and was out on the last ball. HCC bowled everyone except the keeper to give everyone some practice.

Casuals vs Dolphins

Dolphins 37/10 in 17.2 overs. Casuals 38/7 in 10 overs

Both teams played very poorly. This was partly due to the pitch (Wright Field). The pitch had very uneven bounce. [Probably the less said about this game the better although well done to Punit for picking up 5 wickets, closely followed by Adhir with 4. Ed]

Upcoming Events / Dates

May 1st — Casuals vs Cougars (away at Highlands)

May 7th — Casuals vs Kabir (home at Wong)

May 8th — Corinthnas vs Pacifica (away at Marder)

May 22nd — Casuals vs Hollywood 5 (home at Wong)

May 22nd — Corinthians vs San Diego 2 (home at Wright)

May 28th/29th—Hosting Phoenix Cricket Clubs



2011 Executive

The Corinthian Cricket Club Inc, held their Annual Meeting Monday January 24th and elected the following:

Chairman: Kelly Dunagan
President: Phil Traynor
Secretary: Raj Naik
Treasurer: Lalit Sharma
Director: Barry Harwood
Director: Gopi Warriar
Director: Masud Zaidi
Director: Sandy Gage
SCCA Director: Richard Blackledge

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