



The Holy Cow



**Corinthian
Cricket Club
Newsletter**



Valentine's Day Edition



Welcome to the Valentine's edition of the Holy Cow for February. The day for lovers and romantics to profess their adoration and the day that franchises from Hallmark to Lexus hope for impulse sales. In honor of Saint Valentine here are our very own Cow's Top 5 gifts for that someone special in your life.

5. Flowers- simple and delicious. Red is traditional however pink are very tasty and go extremely well with a nice bit of hay.
4. Jewelry – something shiny is always nice. Necklaces are particularly popular and make a great place to attach another item such as a pendant or bell.
3. Tattoo – nothing says “I'm yours” like the permanency of a tattoo. Nothing says “You're mine” like the permanency of a brand.
2. Activity – for the more adventurous, do something fun as a couple. Hiking or a movie are fun but a nice massage can really get the juices flowing.
1. Dinner – we all have to eat and they say the way to a man's heart is through his stomach (certainly the way to a cow's is through their stomachs). A favorite restaurant is always nice or if you're daring try something new – vegan perhaps (ask for the Lucerne special).

Sponsored by The Georgian Hotel

The club Board is pleased to announce that they have secured a sponsor for the 2011 season. The Georgian Hotel in Santa Monica offers spectacular views, fine dining and a wonderful selection of beverages. The hotel will make a great place to gather after a long day of cricket and we're hoping to plan some events here throughout the year.

<http://www.georgianhotel.com>



THE GEORGIAN HOTEL

14th February 2011

Inside this issue:

<i>Valentines</i>	1
<i>Sponsorship</i>	1
<i>World Cup Preview</i>	2
<i>Dietician Dave</i>	3
<i>More Scandal</i>	3
<i>Club Dues</i>	3
<i>Nets</i>	4
<i>Calendar Dates</i>	4
<i>2011 Executive</i>	4

DONATE

If you would like to donate to assist the flood victims of Queensland you can send checks to:

Corinthian Cricket Club
c/o– Mr. Lalit Sharma
5624 Hidden Glen Court
Westlake Village
CA, 91362

Or to the Red Cross at:
<http://www.qld.gov.au>



WORLD CUP PREVIEW

We're only a few days away from the start of the ICC World Cup tournament to be staged throughout Bangladesh, India and Sri Lanka. Big crowds are expected for every match and the local teams are in with a very good chance to take home the trophy. Here is one analysts preview of the upcoming spectacle complete with predicted team ranking.

GROUP A



Australia: Defending champs looking for an unprecedented 4th consecutive title. While they have a relatively easy group they will need to play very well as a mountain of injuries has depleted a solid team. Prez's Pick—4th.



Canada: It will be far too warm for the snowshoers. Slight chance to cause an upset but real chance of winning will come against the other lowly ranked teams. Prez's Pick—14th.



Kenya: Still struggling to perform at the top level. Similar to Canada although they might not melt in the heat. Prez's Pick—11th.



New Zealand: Currently ranked 7th and with plenty of experience but probably not the overall team strength to get past some of the bigger teams. Prez's Pick—6th.



Pakistan: Ranked 6th and looking to put the debacle of the last World Cup far behind them. Look for some brilliant wins but maybe just a little lacking in experience. Prez's Pick—7th.



Sri Lanka: Always competitive and capable of rising to the occasion. Despite the magic of Murali this home side will need amazing batting to prevail, which they certainly have the talent for. Prez's Pick—5th.



Zimbabwe: Not the easy-beats they once were but still a fledgling competitor. Look for them to give a bigger team a good scare. Prez's Pick—10th.

GROUP B



Bangladesh: At home the local crowd should push this team to its fullest potential. This still won't mean they're going to finish in the top 6. Prez's Pick—8th.



England: Best overall team to come out of England in some time. If they can reproduce their focus from the Ashes they'll take home the trophy. Prez's Pick—2nd.



India: Home-town favorites and rightly so. They have a great team full of great players and the conditions and crowds will assist them immensely. Look to see them send Tendulkar off in style. Prez's Pick—1st.



Ireland: Caused a couple of upsets last time around but unless they have a lot of luck (and they well could) then they'll be heading back home early. Prez's Pick—13th.



Netherlands: Will they be able to reach the final as their soccer counterparts did last year? Not very likely but they could give some of the middle-road teams a run for their money. Prez's Pick—12th.



South Africa: Still searching for the elusive title having come close on so many occasions. Brimful of talent again but have to click when it counts. Prez's Pick—3rd.



West Indies: Possibly a better side than when they hosted in 2007. Much will depend on Gayle however. While I'd love for this team to return to its heyday I don't think they are there yet. Prez's Pick—9th.

Dietician Dave

Our very own Corinthian Vice Captain has kindly agreed to provide us with a column offering advice on nutrition and physical fitness for the 2011 season. Behold his first master class:

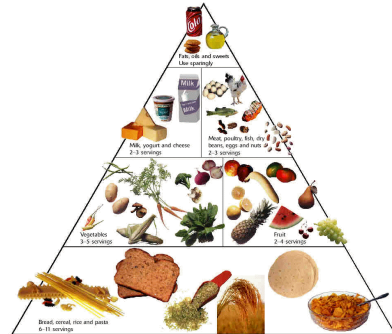
Nutrition & Hydrations tips to enhance Performance

I recall one of my junior knocks when I was 13 and I surely thought I was on my way to a TON, but I had to retire at 20 due to dizziness and fatigue. I want to set the record straight and clarify this isn't a euphemism for, "too soft to hold a bat". I had to stop batting because I was dehydrated and my blood sugar levels were too low. The reason

I'm sharing this story with you guys is to hopefully prevent anyone from limiting their performance at training or on the park due to poor planning.

I suggest that 3-4 hrs before a workout/ training and a game, eat a substantial meal (e.g. chicken, wheat pasta & veggies/salad). 45-60 mins before activity have a small snack (banana & Gatorade), which will balance your blood sugar levels & prevent fatigue. Drink 4oz (1/4 liter) water every 15 mins for 3 hrs prior to training/game. In order to maintain hydration levels during activity, drink 300-400mls (2 glasses) of water/Gatorade every 30-40 mins during activity.

Keep your eyes out for some more nutrition and performance tips! If you have any questions or have any topics you'd like me to cover, feel free to e-mail me to davidoc24@hotmail.com David O'Connor



Club Dues

Our esteemed Treasurer has asked me to remind you all that he is accepting payment of club dues along with application forms for the 2011 season.

The club executive has agreed to two payment options for SCCA League players as outlined in the adjacent column.

SCCA League player dues are \$450.

Option #1 (with Discount)
* Pay \$400 by April 1st (\$50 discount).

Option #2
* Pay \$225 on/before April 1st and
Pay \$225 on/before July 1st.

Full-time student dues are \$250.

Non-SCCA, Occasionals dues are \$250.

Checks should be made payable to Corinthian Cricket Club. See application form for further information.

The club enforces a "no pay, no play" policy.

Corinthian Chairman in Birthday scandal

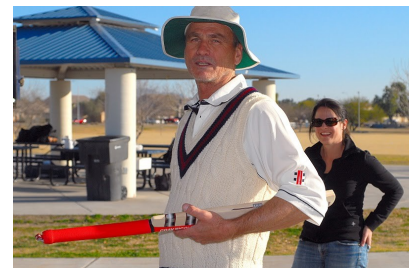
Premiere Gossip Columnist Polly Snapper unearths a deep secret within the Corinthian Executive.

Ms Snapper had been "following a lead" for some time regarding non other than Corinthian Chairman Kelly Dunagan.

"Apparently he's been having a birthday every year" reported Ms Snapper, "and this year was no exception". Conflicting reports have

surfaced regarding Mr. Dunagan's age. Some say he turned "3 score" while others said he had "3 scores" [presumably with the bat last season Ed.]

A source of Ms Snappers reportedly told her that "you're only as old as you feel" in which case Young Dunagan should be whacking away for some time to come. Congratulations Kelly.



Behind every good man.....

Youngagan Construction

Those of us who have started to strip some of the rust away in preparation for the 2011 season have been very impressed with our new practice facilities. A big vote of thanks to the Youngagan Construction Company for providing the temporary equipment. We look forward to the finished product in the coming months.



Phase 1 of the Corinthian Practice Facility



Construction has commenced on Phase 2.

Upcoming Events / Dates

March 25th-27th—Corinthian Tour to Phoenix

April 2nd—Start of SCCA League Season

The club's WG Grace game and the Youth tournament have been shifted from the Easter Weekend due to SCCA League requirements. Stay tuned for more updates and dates to circle on your calendar.

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

By subsequent appointment of the board:

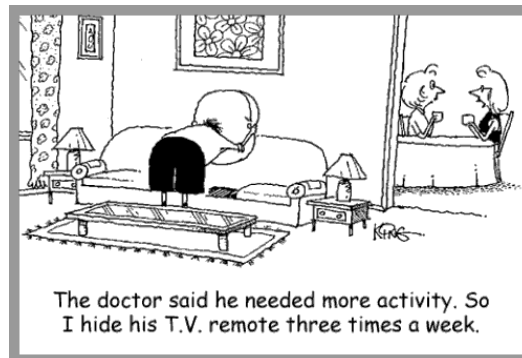
SCCA Director: Richard Blackledge

Breaking News: Mid-week Workout

Personal trainer to the stars Dave O'Connor has indicated that he'll be conducting a fitness session on Wednesday afternoon, 5pm at Woodley.

Everyone is encouraged to attend especially those of us who are still to kick off their New Year's resolutions.

So leave the kitbag and whites at home and join in the fun of physical fitness.



Follow us on the internet: <http://www.corinthiancricketclub.com>

Friend us on Facebook:

