



The Holy Cow



Corinthian
Cricket Club
Newsletter



St. Patrick's Day Edition



14th February 2011

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Ah St. Patrick's Day. Where a true Irishman drinks his own weight in Guinness, devours several pounds of potatoes and sings wistful tunes about red-haired Irish lasses. [As opposed to the wannabe Irishmen who color their beer green, devour green potatoes and sing drunken songs about plowing (sometimes featuring red-haired Irish lasses) Ed.] It is a fine day, to be sure, to be sure.

Being of Irish descent (before my ancestors helped colonize Australia) I thought it might be fun to celebrate today with a few fun facts and a couple of jokes.

A Texan walks into a pub in Ireland and clears his voice to the crowd of drinkers. He says, "I hear you Irish are a bunch of hard drinkers. I'll give \$500 American dollars to anybody in here who can drink 10 pints of Guinness back-to-back."

The room is quiet, and no one takes up the Texan's offer. One man even leaves.

Thirty minutes later the same gentleman who left shows back up and taps the Texan on the shoulder. "Is your bet still good?" asks the Irishman.

The Texan says yes and asks the bartender to line up 10 pints of Guinness. Immediately the Irishman tears into all 10 of the pint glasses, drinking them all back-to-back.

The other pub patrons cheer as the Texan sits in amazement. The Texan gives the Irishman the \$500 and says, "If ya don't mind me askin', where did you go for that 30 minutes you were gone?"

The Irishman replies, "Oh... I had to go to the pub down the street to see if I could do it first."

Did you know— The **Blarney Stone** is a block of bluestone built into the battlements of Blarney Castle. According to legend, kissing the stone endows the kisser with *the gift of the gab*. The stone was set into a tower of the castle in 1446.

Did you hear about the Irish water polo team?

All their horses drowned.

Did you know—The **Shamrock** is associated with St. Patrick due to the belief that he used it to illustrate the principles of the Holy Trinity to early Christians in Ireland.

An Englishman, a Scotsman and an Irishman went into a pub for a pint of Guinness one day. After being served a fly landed in each of their pints and stuck in the creamy heads.

The Englishman pushed his pint away from him in disgust and proceeded to order another pint.

The Scotsman simply fished the offending fly out with his finger and proceeded to drink his pint as if nothing had happened.

The Irishman, eyes wide with anger grabbed the fly and held it over his pint shouting "SPIT IT OUT!!! SPIT IT OUT YOU BASTARD!!!"

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 REVIEW

We're almost at the end of the group matches and heading towards a very interesting Quarterfinals stage. There have been upsets, failures and most importantly some wonderful cricket so far. What will the next couple of weeks have in store? Our resident panelist joins us again to review what has transpired and put forth some bold predictions.

GROUP A



Australia: Not looking too bad despite some poor performances. Still on track to make a run at the trophy but will have to navigate some big hurdles to reach the final. Prez's Pick—4th.



Canada: Wallowing near the bottom of the group despite a nice win over Kenya. The Canadians have shown signs of progress and but are missing decent scores. They still can't compete at the top level. Prez's Pick—12th.



Kenya: Performing worse than expected Kenya are yet to secure any points and with their final match against Zimbabwe things don't look good. Prez's Pick—14th.



New Zealand: Currently atop Group A and looking in good touch. Superb win over Pakistan and yet to play Sri Lanka. Keep an eye on injuries but this team is looking good. Prez's Pick—6th.



Pakistan: Just the one surprise loss to New Zealand. Pakistan appears focused and is batting and bowling well. Prez's Pick—2nd.



Sri Lanka: Excellent performances so far from Sri Lanka. If not for the washout against the Aussies they could be sitting alone atop Group A. Looking good for the finals. Prez's Pick—5th.



Zimbabwe: Haven't really come to the party. A nice win against Canada but after that they have failed to post a score over 200. Still struggling against the bigger teams. Prez's Pick—11th.

GROUP B



Bangladesh: Running hot and cold with their worst ever performance of 58 all out against West Indies followed by a surprise win over England. Still in with a shot. Prez's Pick—9th.



England: Test cricket hasn't translated into the 1-day arena. England are also hot and cold. Batting has been fairly solid but bowling has let them down. Injuries may now see England exit shockingly early. Prez's Pick—7th.



India: On top of Group B but looked vulnerable during the excitement of the tie against England and the loss to South Africa. They are still on track for a good finish. Prez's Pick—1st.



Ireland: Again caused an upset and what a big one it was. Taking England's bowlers to task and playing great 1-day cricket. Alas that will probably be the highlight of their tournament as they struggle to be consistent. Prez's Pick—10th.



Netherlands: Gave England a scare but haven't produced the runs to trouble the other teams. Languishing at the bottom of Group B they'll be off home shortly. Prez's Pick—13th.



South Africa: With the exception of the match against England (where they couldn't bat to save themselves) South Africa have looked like their normal, dominating selves. In with a great shot at the title—again. Prez's Pick—3rd.



West Indies: Playing pretty well, especially against Bangladesh where their bowlers simply destroyed. Need wins against England or South Africa to progress. Prez's Pick—8th.

Dietician Dave

Improve your Fitness & Cricket performance in 30 days!

Since we have nearly 30 days until the season kicks off [when Dave submitted this article 30 days was about right, Ed], I thought it would be appropriate to share a few tips that will help you to increase your cardiovascular fitness and cricket performance. Firstly, let's get rid of all the excuses! I agree that we have become more of a "time poor" society with more work, family & social commitments than ever before. All I'm asking of you is to exercise for at least 30 mins x3 times per week for the next 30 days & I guarantee that you'll achieve a better fitness level & more success on the field!

It's important to build a foundation with your fitness, just like when a house is being built. In the first few weeks of an exercise program, we need to create a solid cardio base by increasing your workload (increase duration before intensity) by 5-10% each week. This will allow you to gradually increase your fitness without risking overtraining or injury. Make sure you stay between 50-75% intensity

when you workout. You can track this by using the RPE method (rate of perceived exertion). Rate yourself between a 5-7.5/10 (10 being maximal intensity).

Here is a sample weekly workout program:

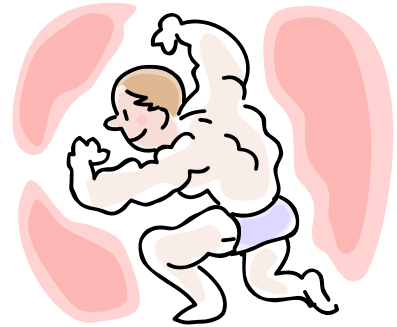
- Mon:** 25 min light jog (65% intensity)
- Wed:** 40 min brisk walk (50% intensity)
- Sat:** 30 mins boxing or biking (60% intensity)

Each week increase the duration by 2-3 mins in order to overload your cardiovascular system, which will help you to bat and bowl longer & also to survive in the hot Woodley sun for 45 overs!

Make sure you do a 3-5 min light warm up before the workout which will elevate your body temperature & prepare you for the workout. At the end of the workout, stretch for 5-10 mins. This will help your body to cool down and avoid injury.

Stay tuned for next month's article, which will include a few tips that will allow you to progress this program while increasing your metabolism, lose more weight & workout in a way that is more cricket specific!

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David O'Connor



Club Dues

Time is running out to take advantage of the club's discount offer. Hurry and submit 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.

Full-time student dues are \$250.

Non-SCCA, Occasionals dues are \$250.

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.

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

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



Interview with Corinthian Captain

Resident cricket columnist Phil Hamonic was granted an audience with Corinthian Captain Richard Blackledge as he prepares for the start of the SCCA season.

PH. Congratulations on being named Skipper for 2011.

RB. Thank you, it's a big responsibility and I'm looking forward to the challenge.

PH. What are the biggest challenges for this team?

RB. Well Phil, we've been on tour for quite a while now, and a few of the boys are starting to feel the strain both physically and emotionally but more than that Phil I think it's the bloody curry and this shitty water we've been drinking that have been our toughest challenges. We had a good series down under but I can't lie to you, the World Cup has been a roller coaster for me personally..... eh?..... what? I'm not Strauss? oh, shit sorry, was having a little dream there Phil.

The biggest challenges for the Corinthians? The usual I think Phil, overindulgence is a common issue throughout the season and of course occasional substance abuse. We do tend to suffer middle session apnea in the field more than most, combine that with a comatose of the top order, middle order bird watching syndrome and a brewers droop of the tail and you have a recipe for disaster Phil, I can tell you. Then of course there is the challenge of how to give everyone in the squad a full quota of 9 overs and a top 6 batting spot every week. Dave, Raj and I have written out list after list and we still haven't been able to fathom out a way to do it. If we don't get this problem solved soon there's going to be bother, I just know it.

PH. How has off-season prep been?

RB. Mate it has been going remarkably well. Kelly Youngagin was good enough to assist in procuring a new set of batting nets and a frame, and not any frame let me tell you. No flimsy wooden poles for us, oh no, we have cast iron

stakes which we drive into the ground with some big heavy metal stake driving device and ten foot aluminum poles with hooks. We show up to training every Sunday at 5 AM and by 10.30 the frame is up, the nets in place and we are ready to rock! Well, we are ready to rock as soon as Imran has spent another hour or so rolling the wicket after hot-wiring the roller. The bowling department is looking good, I think we are somewhere around the 80-90% range at landing the ball inside the net and the balls that go outside are easily retrieved. Batting wise only one broken nose so far so no real dramas. Our own SCCA president stole a bunch of white balls for us to practice with, I think he grabbed a hundred or so, which has really helped the preseason prep. The fielding has looked excellent. We hit those white balls high in the sky and the boys are running round to swallow their catches. Yes that's right Phil, when those white balls go up in the air even Faran is running to swallow them.

PH. What are your thoughts on the colored clothing?

RB. Lucky for us mate, that's all I can say. The SCCA decided on colored uniforms and white balls this season. Well its like a gift isn't it Phil? Half of our team have been playing with white balls for years. My god, if you just add up the amount of hours we've all spend rubbing and polishing our white balls it would be mind boggling. And our uniforms are so classy. When I heard we would be sporting red and royal blue I was a little concerned that we would look like the England team or even the USA but I need not have worried, these washed out blues and reds we have will distinguish us superbly from those top class sides.

PH. Did you see any of the England matches in the WC? What did you think of the results for England so far?

RB. Ha! I knew you were going to mention that at some point Phil you old devil! Yes mate I was sat in the WC throughout most of the England world cup games. I think Graham Swann described following England to be a bit

like following Newcastle United, you don't know what you're going to get. I think I would describe it more akin to wandering naked around West Hollywood on a Saturday night with a small pink poodle, at some point you know you're going to get..... well, actually, that's probably not fair. As we speak the boys are getting ready for a stirring challenge against the ever improving West Indian team. We win this one and it is on to glory! Barmy Army! Barmy Army! Barmy Army! Barmy Army!

PH. Who do you think will win the WC?

RB. West Indies

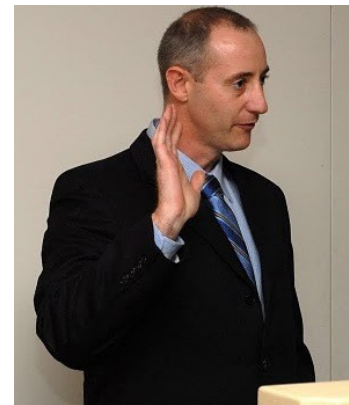
Rapid Fire:

Fav Food: Yorkshire puds & cheesecake

Fav Cricketer: Beefy Botham

Premier League Team: The mighty Leeds (next season)

Spare Time: When I'm not desperately trying to teach my son Auron to bat, bowl and field instead of playing with the toy kitchen his mom bought him, I like to write degenerate, fictitious responses to questions for the Holy Cow.



Richard Blackledge fielding questions from the Press gallery [looks more he's like placing his drinks order Ed.]

St. Patrick's Day Toast

Saint Patrick was a gentleman,
Who through strategy and stealth,
Drove all the snakes from Ireland,
Here's a toasting to his health.
But not too many toasting
Lest you lose yourself and then
Forget the good Saint Patrick
And see all those snakes again.
'Beannachtam na Feile Padraig!
Happy St. Patrick's Day!



Upcoming Events / Dates

March 20th—Final pre-season net session

March 25th-27th—Corinthian Tour to Phoenix

April 2nd—Start of SCCA League Season

A reminder to the players in the First XI that the colored kit can be purchased at this Sunday's net session. Please bring your \$40 and receive your pants, shirt and head-wear.

The Limerick

The limerick packs laughs anatomical
In space that is quite economical,
But the good ones I've seen
So seldom are clean,
And the clean ones so seldom are comical.

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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