



Rondebosch Cricket Corner

ISSUE #34

15 FEBRUARY 2011



E-mail Circulation is currently 386

Editorial

Greetings everyone from me, Olaf van Rensburg, the prospective new editor of the Cricket Corner. It is a huge privilege to be given this opportunity and I would like to thank Mr Rob Dalrymple.

It would be amiss of me not to pay tribute to the MAN, MR CRICKET CORNER, JOHN SPARKMAN. We thank him for his dedication to his "rag", to RBHS cricket and to the boys. We know that he will not be a stranger. I need to thank him for his tutorials : Cricket Corner 101. He is a hard taskmaster and demands results. I certainly hope to accomplish a small sliver of his success.

We also need to recognise those who give of their time and sponsorship towards RBHS cricket. Mr Sader of COLLECT CELLULAR and Mr Rippon of NEW BALANCE. Many thanks to you and your companies for assisting RBHS cricket to reach for new heights.

We also welcome Peter Harold, our professional coach to the fold and wish him well on his tremendous challenge that awaits him.

To the new boys on the block, Grade 8's, we welcome you to a great school with great traditions. We are counting on you to help carry those cricket traditions into the future. By the look of the latest results the

future is in good hands.

Altius et Latius.



Editor

Olaf van Rensburg

Message Wall / Graffiti Spot



Write it here - whatever is on your mind.

Send a letter to the Editor with your opinions, tips or just news about an Old Rondebosch cricketer's achievement and it will be published here the following week.

[The editor reserves the right to withhold or censor any article that may offend anyone, or if space and size are limiting factors.]

Fixtures for W/E Sat 19 February 2011

Players - please consult your coach where a fixture is marked "to be confirmed" (TBC)

TEAM	Opponents	Venue	Field	Day	Time
1st XI	Wiltshire	RBHS	Cricket A	Sun 20	09:30
1st XI	SACS T20	SACS	de Villiers	Tue 15	15:30
1st XI	Pinelands	Pinelands	PHS A Field	Sat 19	09:30
2nd XI	Table View	RBHS	Cricket A	Sat 19	09:30
3rd XI	Pinelands 2nd		Meadow A	Sat 19	09:30
4th XI	Victoria CC	RBHS	Meadow B	Sat 19	08:45

5th XI	Pinelands 3rd	Pinelands	PHS Artificial (no spikes)	Sat 19	08:45
6th XI	Hanover Park CC	Han Park	Downberg Road (no spikes)	Sat 19	08:45
U 15A	Pinelands	Pinelands	PHS B Field	Sat 19	09:30
U 15B	Green Point	RBHS	Meadow B	Fri 18	08:45
U 15C	Hott Holland CC	Hott Holl.	Gustrow Sports Fields	Fri 19	14:30
U15D	Rhodes	Rhodes		Sat 19	
U 14A	Pinelands	RBHS	Lower Desert	Sat 19	09:30
U 14B	Fish Hoek	Fish Hoek	FH Junior School	Sat 19	08:45
U 14C	Westerford	Westerford	Founders	Fri 18	15:00
U 14D	Parklands	RBHS	North (no spikes)	Sat 19	08:45
U14E	Oude Molen	O. Molen	B Field	Wed 16	15:30

Match Results

If there is no Match Report for your team, please speak to your Captain so that he can delegate someone to send in a Match report to Rondebosch Cricket Corner by not later than 10:00 on the Monday morning following the match.

NO MATCHES WERE PLAYED THIS PAST WEEKEND.





“The PARADOX of WINNING and LOSING“

- Webster’s dictionary defines the word “**paradox**” as a “**statement that seems contradictory, unbelievable or absurd, but that may be actually true in fact.**”

In sports psychology there is no more important paradox that you must learn than the paradox of winning and losing. What is it?

- Is winning important to you?
- Do you truly, desperately need to win?

The more a winning outcome is important to you, then the further winning must be from your consciousness and focus

of concentration when it’s competition time.

Want to beat that perennially tough rival of yours? Then, the further the thoughts of them must be from your mind as the competition begins. When you think about or concentrate on winning, that is, when you keep winning close to you,

the reality of it ever happening goes further and further away from you.

Paradoxically concentrating on winning makes it more likely that you’ll lose. Similarly, when you dwell on beating that opponent of yours, you significantly increase the chances that they will beat you. Far too many athletes, coaches and parents do NOT understand how the paradox of winning works. If you fail to grasp its’ significance, then you will continue to choke under pressure and consistently steal defeat from the closing jaws of victory.

“Winning will always take care of itself”

The two most common and costly mental mistakes that are committed by teams and by athletes at EVERY level across EVERY sport, EVERY day are very basic and, believe it or not, easily corrected.

These two mistakes result in more heartache, disappointment, frustration, choking and poor performances than any I know of. Both mistakes fit nicely into the serious athlete’s naturally competitive nature. Correct these mistakes and you’ll be well on your way to mental toughness and performing to your potential when the heat of competition is turned

way up.

Continue to make these mistakes, and I can guarantee that **you’ll continue to “cluck with the turkeys”**



rather than soar with the eagles.

Both of these mistakes are directly related to concentrating on the outcome of the contest.

- The first involves **focusing too much on your opponent**, specifically beating him or her.
- The second involves **concentrating too much on winning, getting a certain score, scoring “x” number of wickets, or any of those outcome concerns.**

How do these mistakes fit into the serious athlete’s naturally competitive nature? Simple! If you are anything like me on the tennis court, then you probably hate losing with a passion.

Most serious athletes do! Most likely you have certain opponents that you’d really like to beat. It’s your competitiveness and sometime desperate need to win/come out on top of your opponent where the problem lies! Too many athletes make winning so important that this is predominantly what they think about and focus on going into and during the contest.

Similarly, many athletes want so badly to beat a particular opponent that they end up focusing far too much on this individual or team instead of on what they themselves are doing. Both of these concentration mistakes set you as an athlete up for failure. How?

Let’s take your opponent first.

How your opponent performs, their skills, talent, strength, reputation, what they ate for breakfast, etc. is a HUGE UNCONTROLLABLE.

What does this mean?

You have absolutely no DIRECT control over them. Concentrating on needing to beat this opponent before or during the game, match or race will only serve to distract your focus from the important task at hand, get you physically and mentally uptight, undermine your confidence, and insure that you’ll perform with two left feet! In fact, it is this over focus on the opponent that leads athletes into getting psyched out and intimidated.

The paradox here is critically important for you to understand.

Remember the definition of a paradox: **“a statement that seems contradictory, unbelievable or absurd, but that may be actually true in fact.”**

If you truly want to beat someone else, if you truly want to kick their overconfident, annoying little butt, regardless of whether this person is an opponent, a team-mate, or a pesky archrival, **then you need to be sure that you focus on YOU!**

That’s right! **TO BEAT SOMEONE ELSE YOU MUST CONCENTRATE ON YOU.** The more you focus on THEM, the less chance you will have of playing to your capabilities and actually beating them.

The same paradox holds true for the competition’s outcome.

- Is that championship truly important to you?
- Do you really want to break that school record or qualify for your County team?

If you do, then the thought of winning and achieving those goals must be the farthest thing from your mind right before and during the contest. The closer those goals are to your consciousness on game day, the farther away they will move from your grasp! **Making a competition’s outcome too importance will set you up to perform tight and tentative.**

In this most recent Winter Olympics, skating great Michele Kwan was in a solid first place going into the long program. Her goal? To win gold.

She wanted to avenge her loss in the previous Olympics.

She went out onto the ice thinking about winning.

The result? She skated a terrible program and ruined her chances of winning gold.

And what about the eventual gold medal winner, Sarah Hughes? She went into the long program in a virtually impossible-to-win-gold 4th place. **She went onto the ice without any thoughts of winning** and, as a result, skated relaxed and brilliantly to win the gold medal. Want to win? Then you must put winning completely out of your mind when it’s competition time

Remember my favourite quote:

WHEN THE ARCHER SHOOTS WITH LOVE AND PASSION FOR THE SHOOTING, HE HAS ALL HIS SKILLS AND HITS THE BULLSEYE AGAIN AND AGAIN.....WHEN HE SHOOTS FOR THE GOLD, (centre of the target) HE GOES BLIND!

At game time forget winning.

Forget your opponent.

Instead, **FOCUS ON WHAT YOU ARE DOING IN THE MOMENT.**



If you concentrate on yourself and playing your own game in the NOW, winning and besting your opponent will take care of itself.

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