



**Boot camp was beneficial: Arun**

Bangalore, July 19, 2012, DHNS:



The under-19 World Cup-bound Indian squad returned from a three-day boot camp at Nagarhole wildlife sanctuary and coach Bharat Arun felt the trip was a fruitful one.

“We have been together for one year now and we wanted to start afresh,” said the former India paceman here on Thursday.

The squad was put through some rigorous yet fun-filled exercises aimed at building trust between individuals and increasing their sociability. “We had team exercises and all these were devised in such a way that you could relate them to the game. We did rappelling which is basically getting down a cliff (with rope tied around) and the process is simple provided you stay calm. It is similar to what happens in close matches, a cool mind wins in pressure situations. We also did a game called a trust-walk in which we split the players into three groups and except the group leader, the rest were blind-folded.

“They had to walk through some rough terrain in the reserve forest and at the same time none was allowed to talk. Initially we allowed them to hold hands and walk and then we stopped that too but the players found their own code-language and indulged in claps to guide each other, like say two claps to turn right. The camp was good and it got the team closer and it also helped a few players who were withdrawn or aloof to open up a lot more.”



**'Feels very good that we have got so much importance'**

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Smit Patel rose to the occasion in some style. The 19-year-old wicketkeeper played an instrumental role in helping India win the under-19 World Cup with a crucial unbeaten half-century (62) against Australia in the final.

Patel spoke with Harish Kotian after returning from Australia with the under-19 World Cup. Check out the story of his life thus far and plans for the future.

**Your preparation for the World Cup was quite interesting. You had a boot camp in Mysore, something unusual in Indian cricket. How did it help you?**

At the boot camp, we did a lot of activities, which involved a lot of team-work. It was more of a refreshing camp so that our state of mind was relaxed and normal heading into a big tournament like the World Cup. There were activities where you needed your team-mates to help you and it was all based on co-ordination between us. We also did mountain rappelling which helped us understand pressure, because when you are climbing down you are constantly under pressure and you have to do everything correctly as even one mistake can cause you to lose balance. That helped us understand that if our process is correct then automatically the results will take care of itself. So that activity helped us think correctly under pressure. That ways we did three or four activities which helped us develop mentally and helped a lot during the World Cup.

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**LETTER OF APPRECIATION**

National Cricket Academy has utilised the services of ‘Ether Ventures’ to conduct experiential learning programmes through outbound camps for different groups of cricketers.

All the Outbound Training Programmes have been of three days duration. The programmes were conducted with an aim to build mutual trust, team cohesion, self confidence and leadership qualities in the trainees. All the camps were conducted efficiently by the facilitators and staff of Ether Ventures.

A three days Boot Camp was conducted for India Under-19 World Cup Team during their preparation for the World Cup and the camp has helped players in enhancing their performance.

We wish Ether Ventures luck for future ventures and hope to continue our fruitful association with them.

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