



Former Jamaican and West Indies fast bowler Michael Holding spent an eventful weekend in Hartford meeting and sharing his thoughts with many cricket fans, most of whom were seeing him for the first time. Holding was in Hartford for his induction into the Cricket Hall of Fame. The annual induction ceremony was held Saturday, October 2, at the Hartford/Windsor Marriott Hotel, Windsor, Connecticut before an appreciative audience.

Now a respectable international television and radio commentator of the sport, earlier in the day, Holding stopped by Hartford's famous Keney Park, where a game was in progress between a New York Under-19 team and a select team. The youngsters were preparing for a United States of America Cricket Association (USACA) tournament, which would be held in California the following weekend.

On his arrival, Curtis Clarke, USACA's director for the New England region, who was responsible for the game, halted the match briefly to give the youngsters a chance to meet Holding who has gone down in cricketing history as the finest, fastest and most ferocious fast bowler of all time.

Following a brief introduction, the outspoken Holding, who was known for his smooth run-up, took time out to give the youngsters some pointers which he believes could help them to achieve success in the game. He stressed fitness as one of the key ingredients, stating that it was responsible for the success of the famous West Indian team, of which he was a member that dominated the game for two decades. "We had a great team with great players," he said, "a team that will always be remembered, but the main reason why we were so successful is because we were fitter than most of the teams we played against."

Holding told the youngsters that as a fast bowler the areas of your body that you have to strengthen and develop are your shoulders, back and leg. He did not advocate that they turn to using weights to achieve this, suggesting that they could hurt themselves as their drive to get ahead may cause them to resort to this type of training without supervision. You do not have to go out and buy any of the sophisticated equipment now on the market either he said, you can simply improvise by using old bicycle inner-tubes while going through a series of exercises.