



MEDIA RELEASE



Justin Langer tells kids that cricket the Aussie Way is about having fun with your mates while learning the skills of our great game.

Australian men's cricket team coach Justin Langer has taken time out before embarking on his hectic summer of international cricket to pass on the inspiration and advice to junior cricketers he learned from his own correspondence with Sir Donald Bradman nearly 30 years ago.

"As well as giving me valuable technical advice, Sir Donald told me he always played to have fun because he loved cricket," Langer said in Perth today.

"His letter to me is a treasured memory on my study wall. I see it every day when I'm at home".

Langer shares his advice to junior cricketers in a new book, *Cricket – The Aussie Way! with Justin Langer*, released to coincide with the start of the new cricket season.

The book, published by Perth-based Churchill Press on behalf of the Bradman Museum, started as a thought about updating the classic Sir Donald Bradman book, *The Art of Cricket*.

It developed from there to become a story about a struggling junior team – a narrative designed to engage young cricketers and emphasise Langer's message that cricket is about more than just winning.

Mateship, pride in effort, fair play, honesty, integrity, patience, courage and modesty are part of the Langer message.

He does also offer practical tips, including the importance of practice, noting that his former national captain Ricky Ponting used to say you don't get better at something by doing less of it. JL also draws on the ethos of another of his captains, Steve Waugh – "Attitude is contagious. Is yours worth catching?"

JL's insights include:

"Train hard and train often."

"Have goals and be inspired by others"

"Learn from your heroes."

"It's just a game ... keep it simple."





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“Love the game, always look to improve, and compete with sportsmanship, integrity and respect.”

The text is by educator and children's author Mike Lefroy, from Fremantle, who created a story about a fictional junior cricket team who ask Langer for advice, initially via one of their fathers, who played junior footy with Langer in their youth.

Lefroy said engaging and exciting children with Langer's advice and love of the game was best done by telling a story which Australian kids of all backgrounds could identify with and enjoy.

(Note: Images of the correspondence between Sir Donald Bradman and Justin Langer are attached.)

***Cricket – The Aussie Way! with Justin Langer
by Mike Lefroy, illustrated by Khrob Edmonds, Churchill Press (Perth) 2020 for
the Bradman Museum. RRP \$24.99***

Available at bookstores Australia-wide and online and at www.bradman.com.au

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About the Bradman Museum

The Bradman Museum, located in Bowral NSW, is a history making charitable trust. Supported by Sir Donald Bradman to recognize and celebrate the past, the present and the possibilities through cricket. Whether it's the Museum's oldest bat from c. 1750, to Don's childhood blade, Ian Chappell's World Series Cricket helmet, Justin Langer's Baggy Green or Belinda Clark's Collection of career match worn clothing, the living museum provides cricket with a trusted and safe place to preserve its memories, record its accomplishments and tell stories of its great characters.

A key driver of our purpose is to provide all children, regardless of ability or experience with the opportunity to play, to learn about the game and its impact on social issues around the world. Cricket is a fabulous vehicle to communicate strong messages on issues that can unite and impact change.

The Bradman brand is a uniting force for the future.

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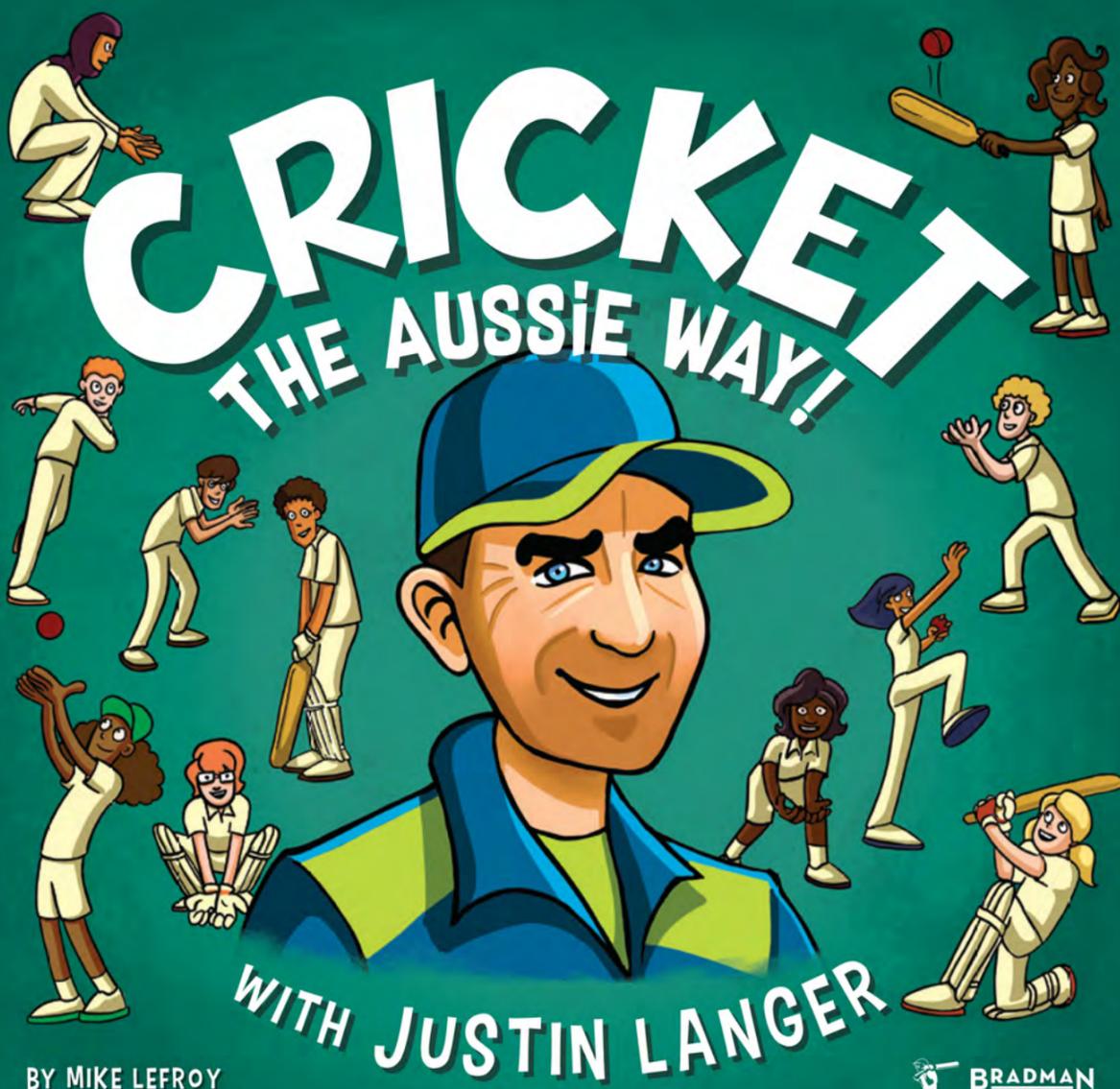
About the Bradman Museum www.bradman.com.au

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@bradmanbowral Opening Hours 7 days-a-week 9am – 4pm Phone 0248621247

St Jude Street, Bowral, NSW 2576 – 90 minutes from Sydney or Canberra





BY MIKE LEFROY
& KHROB EDMONDS

BRADMAN
MUSEUM
HOME OF CRICKET MEMORIES



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Dear Sir Don

I feel a little shy about writing this letter but I felt that you may be able to offer me a little advice which may help me achieve my goal of becoming a very successful Australian Test cricketer.

As I have heard you describe I am one of the temporary trustees of our great game who is very determined to play a part in helping this young Australian team develop into an entertaining and dominant force in International cricket. I have a burning desire to wear the green baggy cap with pride and distinction and I am determined to grab my opportunity of playing for Australia with both hands.

With the tour of Sri Lanka and Pakistan only a few weeks away, I thought, if it was not an inconvenience, you might offer me advice on a couple of aspects of my game which are playing on my mind.

I am very curious what you used to think about, how you prepared yourself mentally for a Test series, a Test Match, a Test innings? Your consistency was obviously remarkable and I am interested if you attribute that to your preparation or purely your natural ability?

Through my involvement with the Cricket Academy I believe that I have prepared myself physically for the next six months of cricket and I believe that the key to me succeeding for Australia will be my ability to adapt to different conditions and my ability to prepare my mind for the action ahead.

As I am predominantly a back-foot player I wonder if you have any ideas on playing medium pace bowlers. I tend to have more difficulty with my rhythm against these bowlers than the quicks and spinners.

If you could offer me any advice I would treasure it and value your opinion and thoughts. For me it would be an honour and privilege to be given a few words of wisdom from a person who has obviously a great knowledge of the game.

Yours sincerely

Justin Langer
JUSTIN LANGER

15 August 1994

An Australian Sports Commission program in conjunction with
the Australian Cricket Board and the Commonwealth Bank

SIR DONALD BRADMAN, A.C.

2 HOLDEN STREET,
KENSINGTON PARK,
SOUTH AUSTRALIA 5068.

17-8-94.

Dear Justin,

Thankyou for your letter. You flatter me by suggesting that an old octogenarian like me can help you with your cricket.

When I finished playing I summarised my thoughts in my book THE ART OF CRICKET which deals with all facets of the game and if you haven't got a copy I think you will find it worth while.

Also I made a video on the art of batting and this should be available almost everywhere.

My success in the game was I think more a matter of natural ability than anything else. I did not do anything special - I did not take any measures to fit me physically other than live a normal and sensible non smoking and non drinking career - and I relied on the practice nets to work out any chinks in my batting.

You mention specially the medium pacers and a slight problem you have with them. Against them I always started to move just before delivery by going slightly back and across. In fact the main basis of my batting was back play because I think this gives the batsman greater flexibility in making shots and taking the initiative than the forward player who becomes stuck in a groove.

I suppose the one outstanding feature of a good player is his ability to concentrate and to impose his will on the bowler.

I always played cricket for fun and because I loved the game. It never became a boring pastime.

I am sure you have the right attitude and I congratulate you on your success so far. Follow your own instincts and don't be a slave to coaching.

I wish you good luck in the future.

Kind regards,

Don Bradman