

If you're the skipper, always keep your eye on the ball.

When you're out in the middle and the bouncers are flying at you at 150km per hour it's vital you stay focused. On your boat it's also important you keep your eye on the ball at all times.

Remember, your eyes are your most valuable piece of safety equipment. Out on the water things can change in an instant – another boat can come out of nowhere or a wave can swamp you and you can suddenly find yourself in real trouble.

So if you're the skipper, always keep your eye on the ball.

Matthew Hayden, Australia's greatest opening batsman.

**YOU'RE THE SKIPPER
YOU'RE RESPONSIBLE!**



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