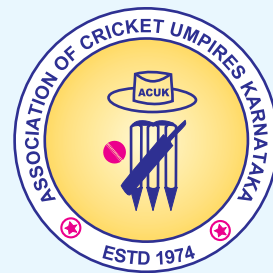


ACUK

NEWS LETTER



Association of Cricket Umpires Karnataka

E-mail : umpiresacuk@gmail.com Website : www.umpiresacuk.org

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Editorial Desk

**"Cherish The Mutuality And Interdependence,
Reap The Goodness Through Mutual Dependence
Arrow Shot From A Bow and Words Spoken
From Mouth, Don't Return"**

The third quarter of this year is undoubtedly an action packed phase for Karnataka State Cricket Association. Starting from felicitating the R Vinay Kumar led Karnataka Cricket team for an unprecedented string of victories, the success of Karnataka Premier League and induction of Sri Nandan to the ICC Panel of Umpires is a toast to the KSCA Managing Committee led by Brijesh Patel. Perhaps this list would grow bigger in the coming days with increasing representation of Karnataka Players in the Indian team. The indomitable force of domestic cricket, Karnataka, is expected to continue with the same intensity to achieve a Ranji Trophy Hat-trick. ACUK takes this opportunity to congratulate KSCA management, coaches, selection committee and support staff.

Umpiring fraternity, as usual, excelled with performance in many state tournaments as well in KPL. It is a matter of pride that umpiring during KPL has come in for appreciation from all, including commentators. With technology, media and TV cameras with repeated replays of decision keeping an eye on umpiring standards, it is imperative for umpires to keep themselves updated of playing conditions and Laws of Cricket. The new committee of ACUK is in the right direction to bring in aspiring young umpires. The process of inducting new members to ACUK is on, and all the Zonal Forums have been asked to increase membership by enrolling upcoming umpires to ACUK. This process will ensure periodic programme to enhance the quality of umpiring.

Umpires, as a general breed, are all too often the cursed of cricket. Respect between players and umpires are a two-way business which is ultimately so

dependent on an umpire's personal qualities and ability. Though Cricket umpiring is the most demanding referred to any sport, umpires should be opened to communication line through their mannerisms, the ability to sense volatile situations developing and the skill to nip the trouble before it really blows. ACUK is looking at these areas, and planning to organize seminars in Bangalore, moffusil areas and impart skills to overcome any shortfall. In Karnataka, cricket is a buzzing, humming, living entity going through a most remarkable phase like no other time in our cricketing history. At ACUK, as the custodians of the game, we continuously strive to keep this fire burning!

Secretary's Column

ACUK wholeheartedly wishes NANDAN – in getting elevated to ICC panel. We wish Nandan all the best in his future assignments. In this regard ACUK felicitated him on the 24th of September 2015.

Karnataka's contribution to ICC Panel of Umpires – Nandan stands third behind our Shavir Tarapore & AV Jayaprakash from ACUK fraternity. It really augurs well for Karnataka in general & ACUK in particular to inspire our budding youngsters to emulate seniors at BCCI & ICC respectively

It is heartening to note our KSCA management appreciated all umpires who officiated in KSCA conducted KPL – 2015 tournament at Hubli & Mysore respectively. ACUK congratulates all these gentlemen in their efforts & wish them success in future assignments as well.



During felicitation to Nandan asst. sec. KSCA Santosh Menon former ICC Umpire Shavir Tarapor, ACUK President V.N. Kulkarni and Hon. Sec. ACUK B.K. Kumar were present



I take this opportunity to request all members to attend monthly meetings regularly to share their thoughts & experiences regarding all aspects of umpiring. Also, please share your thoughts on Umpire's day scheduled in November 2015

B.K. Kumar

Shimoga Zonal Forum

The 24th Annual General Body of ACUK, Shimoga Forum was held on 20.09.2015 at the Country Club, Shimoga. Members from Hassan & Bangalore were also present. ACUK President Shri. Kulkarni along with Founder of Shimoga Forum Sri. B.R.Keshava Murthy graced the occasion. Many Members from Bangalore made their presence felt. Sri.N.S. Raghu Prasad, President, Shimoga Forum presided.



Election process was smoothly conducted by Returning Officer Sri Vivekananda Kini. Following members were elected unopposed for the working Committee of ACUK, Shimoga Forum for the term 2015-17

- | | |
|--------------------|-------------------|
| 1. President | N. Krishna Murthy |
| 2. Vice-President | B.K.Nagaraja |
| 3. Hon. Secretary | H.Ravindranath |
| 4. Joint Secretary | B.T.Muralidhar, |
| | M.V.Deepak |

5. Hon. Treasurer E.V.Sanjay Kumar
Executive Members representing, Shimoga, Hassan, Bhadravati and Sagara

- | | |
|---------------------------|----------------|
| 1. Raghunandan P.K. | 2. Lohith M.R. |
| 3. H.K. Srineevasa Murthy | 4. R.E. Anil |
| 5. M.G. Ashok | 6. H.R. Babu |



What's up?

Martin Gupthill of New Zealand lost his 3 toes at the age of 14 when a fork-lift truck rolled over his foot. Kiwi legend Stephen Fleming went to him in the clinic and this just added to his steely resolve to take steps to play for New Zealand cricket team. He obscured all other batsmen at the recent World Cup when he scored an unbeaten double century.

When asked in an interview "What's your favourite animal?" Steve Waugh said. Merv Hughes..."

Ian Chappell about England bowler Phil Tufnell: "The other advantage England has got when Phil Tufnell is bowling is that he isn't fielding."

When Daryll Cullinan came to bat in a test match, Shane Warne greeted him saying. "I've waited for two years for another chance to humiliate you..." The reply came in a flash from Daryll Cullinan. "Looks like you have spent it eating."

Before bowling to Mike Gatting in a test match, Dennis Lillee said. "Hell Gatt, move out of the way...I can't see the stumps."

Dates to Remember

Monthly Meeting : Oct. 4th, Nov. 11th, Dec. 9th,
Greetings

- | | |
|---------------|---------------------------|
| October 2nd | : Gandhi Jayanthi |
| October 22nd | : Maha Navami/Ayudha Puja |
| October 23rd | : Vijayadashami |
| October 24th | : 10th Day of Muharam |
| November 1st | : Rajyotsava Day |
| November 10th | : Naraka Chaturdasi |
| November 12th | : Balipadyami |
| December 24th | : Id-Milad |
| December 25th | : Christmas |

Obituary

Bharat Ratna Shri – APJ Abdul Kalam – Our Ex-President, true youth icon of Independent India, missile man & people's president left for heavenly abode on July 27th 2015. "may his soul rest in peace"

Mr. Jagmohan Dalmiya-President of C.A.B. & BCCI passed away. ACUK deeply condole the untimely death & pray "may his soul rest in peace"

Achievements Column

ACUK congratulates management of KSCA in promoting, developing & nurturing young talent of Karnataka which resulted in Karun Nair getting selected to India team for test cricket.

Our member Mr. Raghavendra from Sagara, Shivamogga forum bestowed with state award as "Best rural reporter" for the article "gramantaranga" published in newspapers. This award is given by

Karnataka State Working Journalist Union.

Sri. Ananda Ram from Bhadravati was awarded “Outstanding Sports Reporting” in Memory of late Sri. S.V. Manjunath, PTI Reporter instituted by Shimoga District Working Journalists Association.

In the recently held matches between India 'A' & Bangladesh 'A' teams at Bangalore & Mysore, our Umpires Ravi Subramanyam, B.K. Ravi, Jayapal and K. Srinath officiated.

Nandan shared his experience of England during ACUK monthly meeting. He appreciated the hospitality of ECB. He further added the crowd knowledge of the game.

Hall of fame



Late Sri M V Nagendra

Former Secretary of the ACUK on its formation in 1974. Officiated in 11 Test matches in India.

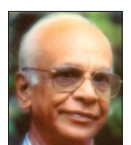
Additionally, Managing Committee member of KSCA from the umpires community. He was a great inspiration to the emerging umpires in those days.



Late Sri S K Raghunatha Rao

Former President of ACUK on its formation in 1974. Served as President of ACUK and Officiated 7 Test matches in

India. He was known to be a firm umpire and received accolades from many visiting teams.



Sri B. Sathyaji Rao

Former President of ACUK. He is a legendary figure in umpire's fraternity even to this generation. He officiated in 17 test matches for India which was a record till advent of neutral umpiring in India. He was the first umpire to visit United Kingdom on a Umpires exchange program. As recognition to his umpiring credentials – appointed as a member of the umpires committee, of the BCCI – also became a Chairman of Umpires examination board of BCCI – proud & unique achievement for Karnataka. As recognition to his services in umpiring - elected to the managing committee of KSCA – appointed as Assistant Secretary for tournaments.



Late Sri S N Hanumantha Rao

One of the founding pillars of ACUK on its formation. Initiated number of

creative activities for ACUK – encouraged upcoming and young umpires of KSCA sponsoring their attire and other needs. Brought about number of sponsorship proposals for ACUK, Former President of ACUK, Officiated in 9 Test and 2 ODI's matches in India.

Coping with pressure

V.N. Kulkarni

Pressure manifests itself in many ways and in general, will affect logical thinking and optimum performance. The aim is to pass on the knowledge to assist everyone to cope with and perform better under pressure.

There are good and poor ways of coping with pressure.

Recognising Pressure Symptoms

♦ There are external and internal sources of serious pressure

♦ Pressure breaks your attention span leading to a lapse in concentration and lower logical thinking process.

Pressures usually and almost always cause feelings of:

- ♦ A lack of control over the situation
- ♦ Tightness of your muscles and breathing
- ♦ Loss of feeling for the game, its values and participants

This results in:

- ♦ Loss of basic technique and discipline
- ♦ Complete breakdown in skills

Results of handling pressure well

- ♦ THOUGHTS are positive, confident and flowing in accordance with the game
- ♦ FEELINGS are calm and in control with a sense of enjoyment and anticipation without effort
- ♦ FOCUS - on the 'here and now', looking for the seam on the ball and wanting the next decision to be yours

Results of badly-handled pressure

- ♦ THOUGHTS are negative, overloaded with information, easily distracted
- ♦ FEELINGS - tense, heavy, tired - lack of motivation or goals
- ♦ FOCUS - looking ahead at the score, result or back to possible mistake, weather conditions noise or captains' reports on your performance.

Impact of anxiety on performance

One of the most frequent causes of poor concentration and therefore a build-up of pressure is anxiety. Under normal conditions, attention is continually shifting back and forth across a variety of wavelengths.

Under pressure, three things happen:

- ♦ Attention becomes inflexible
- ♦ Attention becomes narrow
- ♦ Attention becomes more internally focused

Dealing with the impact of anxiety

- ♦ Realise that you must have flexibility to be able to deal with pressure
- ♦ If you allow your attention to narrow, the pressure mounts and it becomes difficult to attend to several things at a time. This is the most dangerous period
- ♦ You feel rushed, overloaded and it results in poor decision-making

SYMPTOMS:

- ♦ Increased heart rate ♦ Lump in the throat
- ♦ Upset stomach ♦ Withdrawal or reluctance to talk to players ♦ Evading eye contact

Try these simple suggestions:

- ♦ Stand with your feet shoulder width apart and knees slightly bent
- ♦ Relax your neck and shoulder muscles
- ♦ Direct your thoughts inward and realise how tense the

rest of your body may be

- ♦ Try to breathe normally
- ♦ Feel the heaviness that occurs
- ♦ Now take a deep slow breath (at least 5 seconds) and feel the tension leave
- ♦ Continue with a few more deep breaths. Clear your mind of irrelevant thoughts
- ♦ Think of the good decisions /handling situations
- ♦ If need be count 10 to 1 slowly
- ♦ Focus on the next ball

Thought Control - turning negative thoughts into positive ones

POSITIVE "Nobody likes it but I can cope with it"

NEGATIVE "I can't stand this pressure"

NEGATIVE "I hope I don't make any mistakes"

POSITIVE "Stay calm and watch the ball"



Nandan with ACUK Family

With Best Compliments From

SHRI. B. SATHYAJI RAO

Founder Member and Former Test Umpire

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