



WHAT'S IN THIS EDITION

| | |
|---|----|
| ❖ Executive Officer update - Darren Goodger | 2 |
| ❖ Female Engagement update - Claire Polosak | 9 |
| ❖ Convention 2016 - Sue Woodhouse | 10 |
| ❖ Cricket Terms - Find a word | 12 |
| ❖ Laws of Cricket - Questions | 14 |
| ❖ Merchandise winner | 15 |
| ❖ ADF Tour of England - Craig Lees | 16 |
| ❖ Distraction control - Simon Taufel | 22 |
| ❖ Answers to Laws of Cricket Questions | 24 |
| ❖ Beastwear | 25 |
| ❖ 60 seconds with Nic Bills | 26 |
| ❖ New Members | 30 |

ANNUAL DINNER

Members are advised that the Association's Annual Dinner and awards presentation will be held at the Bankstown Sports Club on Saturday April 8 2017.

Registration forms will be sent out in February and it would be great to see as many members as possible in attendance.

MERRY CHRISTMAS



Executive Officer update – Darren Goodger

Cricket season is in full swing across the State after a slow start in some areas due to wet weather. Our members continue to serve the game to an excellent standard as umpires and scorers. Your work is appreciated.

Convention

The Convention held at Bankstown Sports Club in August was a great success, with more than 150 members attending. The venue was excellent. We had guest speakers including Justin Langer (WACA Head Coach), Alan Mantle (Enhance Mind Performance), John Rhodes (ICC Anti-corruption Unit), Nic Bills (First-class cricketer) and Ian Lock (Cricket Australia Umpire Coach). Our own members made a fine contribution and we offer thanks to them for sharing their experience for the benefit of others – Simon Lightbody, Anthony Wilds, Bob Davis, Graham Reed, Darren Foster, Ben Treloar and Greg Davidson. All put significant time and effort into their presentation which made for a quality experience for all who attended.

We enjoyed dinner and drinks in the Stephen and Mark Waugh Pavilion, at Bankstown Oval, on the Saturday evening in a relaxed atmosphere, it was fantastic to see members enjoying the company of each other and looking forward with enthusiasm to the 2016-17 cricket season. It caused me to reflect on the truly State-wide nature of NSWCUA, and also of the good will of our members.



The Convention closed with words of wisdom from Dick French, our co-Patron, Hall of Fame member and life member. Dick is delighted to see members making such a strong contribution to the Association and equally pleased to see members of NSWCUA making their mark in the national umpiring pathway. He encouraged our umpires to focus on high quality preparation and enjoying their matches – rewards, he said, will come through best possible effort and consistently good performance.

On behalf of all who attended the Convention I offer a vote of thanks to Troy Penman and Nic Bills, our outstanding administrators, for all their organisational work behind the scenes to ensure its smooth running. They do an excellent job for the Association.

One of the key take-home messages for me from this year's Convention was a comment made by Justin Langer during his presentation. He encouraged us to strive for progress, not perfection, because we can always get better – life will always have lessons for us to learn from. Our umpires at the top end of the funnel strive for progress and they share a number of common qualities – they accept feedback and are coachable, they act on it, they are disciplined (daily), they prepare thoroughly and they plan, they are resilient and self-sufficient, they are low-maintenance, they possess an excellent attitude, they are team

players, they display respect to all, they are positive and communicate effectively, they are accountable and responsible, they be themselves and they love what they do. They make a contribution to the Association.

NSW Country Championships

The NSW Country Championships Final was played at Sohiers Park, Ourimbah, on Sunday 27 November 2016. Western 3-134 defeated Central Coast 133 to win their fourth title. Western's Tim Berry was named Player of the Match taking 4-18 off his 10 overs. Congratulations are offered to the match officials who officiated in the NSW Country Championships Final – Umpires Graeme Glazebrook and Greg Jones, and Match Referee Keith Griffiths.

Cricket Australia – Match Officials for National Finals

Congratulations are offered to NSWCUA members who have officiated National Finals so far in season 2016-17 –

Christine Bennison (scorer)

Matador BBQs One-Day Cup Final
Queensland v NSW at North Sydney Oval

Troy Penman (field umpire)

U17 National Championships Final
NSW Metro v Queensland at Allan
Border Field

Claire Polosak (field umpire)

U18 Female National Championships
Final
NSW Metro v Cricket Australia XI at
Kingston Twin Ovals

Claire Polosak (field umpire)

WNCL Final
Queensland v NSW at Allan Border Field

Muhammad Qureshi (field umpire)

U18 Female National Championships Final
NSW Metro v Cricket Australia XI at Kingston Twin Ovals



Muhammad Qureshi & Claire Polosak

Glen Stubbings (field umpire)

U17 National Championships Final
NSW Metro v Queensland at Allan Border Field

Kay Wilcoxon (scorer)

Matador BBQs One-Day Cup Final
Queensland v NSW at North Sydney Oval

Paul Wilson (field umpire)

Matador BBQs One-Day Cup Final
Queensland v NSW at North Sydney Oval

Cricket Australia Umpiring Web Page

<http://community.cricket.com.au/umpire>

The Cricket Australia Umpiring Web Page is recommended to all members of the Association. There are excellent articles along with access to umpiring resources and latest national and international match officials' appointments.



Staying at the top – Ric Charlesworth

“Staying at the top” is well worth a read, an outstanding book written by Ric Charlesworth, the respected and successful Hockeyroos Coach.

Ric writes two paragraphs in his book under the heading “We learn best at work” which I share with you –

Most students enter school, college or university believing their education at the institution is an end in itself. They think that once they have a diploma or degree, they will go out and get a job and begin a working life. Their learning days will be over. This perspective is completely wrong. Our school and university days only prepare us for the most important learning environment – the workplace. Once in the workplace, we must deal practically with the problems about which we have some theoretical knowledge.

Athletes who think that getting selected in the squad or team is the goal also miss the point. Even national team selection – the highest achievement – is only the beginning for those who aspire to be the best.

Our best umpires apply themselves daily to continuous improvement. The challenge to improve stimulates investigation, analysis, evaluation and innovation.

In “Staying at the top” Charlesworth provides a number of tips on building resilience.

- Be realistic about success and failure, always look behind the outcome and have a process orientation. The outcome looks after itself once you get the processes right.
- Set realistic goals and be aware of the problems that possibly will be faced.
- Never be afraid to lose. Encourage enterprise. Too many teams are afraid to take risks and accordingly play very conservatively. You must risk losing to win and learn to take calculated risks.
- Make the training intense and harder than real work or the game. That way you build resilience in the least threatening environment first.

How can we relate Ric Charlesworth’s tips to our umpiring endeavours and experience?

Member Milestones in 2016-17

Congratulations are offered to the following members who have achieved milestones so far this season –

- Laurie Borg – 150 First Grade matches
- Kadhivelou Dhandapani – 200 matches
- Darren Foster – 100 matches
- Anil Pillai – 100 matches
- Claire Polosak – 100 matches
- Ragu Rajagopalan – 200 matches
- Steve Starks – 150 matches
- Ben Treloar – 100 First Grade matches

- Malcolm Ward – 100 matches
- Karl Wentzel – 200 matches
- Mike Wheeler – 150 matches

I would like to thank all these members for their contribution to umpiring, NSWCUA and the Sydney Cricket Association over many years. It is incredible and sustained service to the game which is appreciated.

Stephen Blomfield is acknowledged here and thanked for his fine work in updating our member statistics. He does a great job with this on a round by round basis to ensure the accuracy of member records.

First Grade Debuts

Congratulations are offered to Gaurav Desai and Roberto Howard who have made their first grade debut this season in NSW Premier Cricket.

Gaurav debuted in the Hawkesbury v Sydney University match at Owen Earle Oval in Round 4. Roberto debuted in the Gordon v Sydney University match at Chatswood Oval in Round 6.

Futures League

Congratulations to the following umpires who have received travelling Futures League appointments from Cricket Australia so far in season 2016-17 –

- Anthony Hobson umpired the match at Allan Border Field between Queensland and South Australia with umpire Murray Branch (Queensland).
- Simon Lightbody umpired the match at Allan Border Field between Queensland and Victoria with umpire Damien Mealey (Queensland).
- Claire Polosak umpired the match at Manuka Oval between ACT and Western Australia with umpire Donovan Koch (Queensland).
- Ben Treloar umpired the match at Lilac Hill between Western Australia and Tasmania with umpire James Hewitt (Western Australia).

We also acknowledge Troy Penman and Glen Stubbings who received local Futures League appointments with both making their Futures League debut this season.

Congratulations – Gerard Abood

Gerard was appointed to umpire the Tour Match (3-day) between Pakistan and Cricket Australia XI in Cairns earlier this month standing with umpire Shawn Craig (Victoria).

Congratulations – Greg Davidson

Greg was appointed to umpire two ODI matches in the Australia Women v South Africa Women series – one at Manuka Oval with Geoff Joshua (Victoria) and one at North Sydney Oval with Claire Polosak.

Congratulations – Simon Lightbody

Simon made his List A umpiring debut in the match between Cricket Australia XI and Victoria in the Matador BBQs One-Day Cup. Simon was partnered by Gerard Abood.

Congratulations – Claire Polosak

Claire made her ODI umpiring debut in the match between Australia Women and South Africa Women at Manuka Oval on Sunday 20 November 2016.



Congratulations – Paul Wilson

Daryl Harper, Gerard Abood, Simon Lightbody & John Ward

Paul umpired the ODI between Australia and New Zealand at Manuka Oval on Tuesday 6 December 2016. He stood with umpire Kumar Dharmasena (Sri Lanka). This was the sixth time Paul has officiated in an ODI.

Annual Dinner – NSWCUSA

Advance notice is given to members that the Annual Dinner and Awards Presentation will be held at Bankstown Sports Club at 6.30pm (for 7pm) on Saturday 8 April 2017. It is always a great night with fantastic entertainment. During the evening we will acknowledge member milestones, representative appointments and excellence among our metropolitan and regional members with the presentation of annual awards. We hope to see you there.

Vote of thanks

I wish to thank the NSWCUSA administration team of Troy Penman and Nic Bills. They do a wonderful job in servicing our members and always go above and beyond to make a positive difference. I appreciate and acknowledge their exceptional work ethic and their loyalty.

To Laurie Borg I extend my thanks for his outstanding ongoing commitment to the NSWCUSA training programs on a volunteer basis. Laurie has contributed more than 120 hours of his time this year in facilitating umpire training programs across the State.

To all trainers, committee members, observers and volunteers – thank you for what you do to support NSWCUSA.

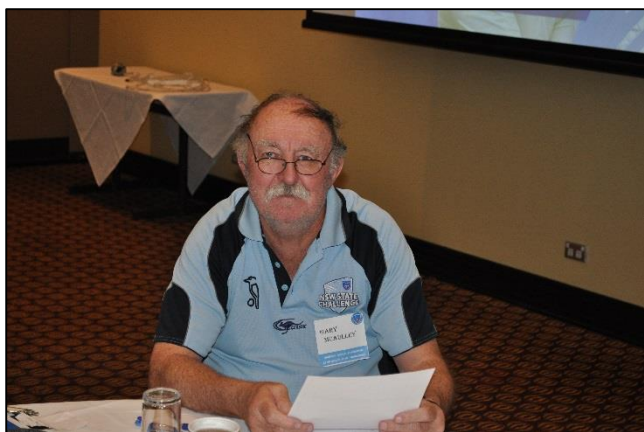
I would like to thank all members for their continued membership of the Association and wish you the very best for your upcoming matches. We will send out a brief newsletter in the week leading into Christmas. In the meantime, enjoy your cricket and for those members in our regional affiliates who travel long distances to officiate, please go safely on our roads. Thank you all for your commitment to cricket.



Chris King, Anthony Wilds & Darrin Masters



Peter Garlick, Tommy Ang, Brian Ferguson, Karl Wentzel, Kevin Battishill, Bill Glacken & Peter Woodyatt



Gary McAulley



Alan Monaghan



Errol Cranney, Bob Davis, John Williams, Dick French & Graham Reed



Phil Rainger & Geoff Hoy

Female Engagement Update – Claire Polosak

Since starting at Cricket NSW in the role of Female Engagement/ Umpire Educator in August I have been working to create awareness around the opportunities for females becoming umpires. There has been in excess of 80 enquiries regarding umpiring, with 33 coming from regional areas. We ran two workshops in November. The first workshop had 20 attendees. The second one was held at the Sydney campus of SEDA College. Both workshops have been well received with positive feedback. Four of the females below are currently completing the Level 2 Laws of Cricket course and have indicated that they are interested in umpiring NSW Premier Cricket – both male and female cricket.

The workshops cover the Laws of Cricket that are relevant to junior and school cricket. There are also match management strategies, concentration techniques and game scenarios discussed.

Before Christmas there are a few things planned in this space:



- Community officiating workshop held on Tuesdays 13 and 20 December at Cricket NSW.
- Community officiating workshop held at Trinity College, Goulburn, on Monday 12 December.
- Observing umpiring technique at the SCG on Sunday 18 December.

If anyone knows of a female who is interested in Cricket, and may be keen to learn more about the role and benefits of umpiring, then please feel free to contact claire.polosak@cricketnsw.com.au or 0417 074 458.

Convention 2016 – Sue Woodhouse

This year the Convention was held at Bankstown Sports Club, in Sydney on 27th and 28th August. The scorers had 13 in attendance which saw two new faces for the first time.

Our session started with a welcome from Merilyn Fowler, acknowledging and introducing the new scorers to our group.

Our first session was on Scorer Etiquette and Match Preparation presented by Merilyn and included how scorers should prepare for a match, and what we do to prepare for the upcoming season.



The scorers then joined the umpires in the main room to listen to special guest speaker Justin Langer. Justin is a great presenter and he told some stories of when he was playing with the Test team throughout his career which were quite funny. The best one was the year he announced his retirement from cricket, it was the Sydney Test, all the players were in the dressing room saying how sad they were that he was going, and here is Adam Gilchrist coming to hug him and crying saying that he will miss his “little buddy”. Justin went on to say he was ready to go out to bat for the last time at the SCG and trying to settle himself to face the first ball, and here are his team mates, all a blubbering mess in the dressing room. He said to them, “Hey guys we are here to play a Test Match, not to worry about me leaving!” If you ever get a chance to hear Justin speak make the effort to go, he is an excellent speaker, the stories he tells are fantastic and he has the audience captivated.

After morning tea we had Mystery Bag of Presentations, which were presented by the Scorers Committee. I presented on how we started scoring. Each scorer was asked to tell their journey of how they started their scoring career.

Christine Bennison talked about scoring at Test level and the process of making it to become a Test Match scorer. It is a great achievement to score a Test Match and is the highlight of a scorer’s career.

Kay Wilcoxon talked on the correct way to score in a score book and on the Cricket Australia (CA) scoresheets. Kay explained the differences from a normal score book as the CA sheets are more complicated at first until you get used to scoring on them. Scorers have to complete CA sheets at representative level.

Back to the scorers’ room after lunch, guest speaker was Alan Mantle. Alan took us through how scorers should relax before and during a game. Alan also talked about concentration, mental preparation and breathing which was most informative.

Another guest speaker was Darren Goodger who outlined the traits of high performance match officials and presented an overview of the Association.



Ben Treloar spoke to us about the Laws of Cricket and went through a number of questions with us, explaining the answers in a way so we could better understand the wording of the laws.

It was the close of the day at 5.15pm and we all gathered at the Bankstown Cricket Club, in the Steve and Mark Waugh Pavilion, for a meal, drinks and to socialise with everyone.

On Sunday morning the scorers that could make it had breakfast before we started our session. Back to the scorers' room at 8.30am where Ian Wright spoke about the Duckworth-Lewis system and various ways to calculate when we have rain delays. In the early days of Duckworth-Lewis it was all hand written, but now days it is a lot easier with the electronic version.

Next up Marilyn spoke on the importance of teamwork and ways we can work as a team when scoring.

After morning tea we did a scoring exercise to get the cobwebs out for the upcoming season.

At 12.55pm the Convention came to a close for another year. All the scorers who attended said that it was a most informative Convention.

Sue Woodhouse
Scorer Committee Member

Note from Marilyn: As Chair of the Scorers Committee, I would like to thank all the scorers who attended the weekend, the committee for their valued input and support and our very special guest speakers, Alan, Ben and Darren who helped make our time both educational and enjoyable.

"Because scorers count ..."

Cricket Terms

R Q K A C L S Y I L A P C J W K X O M C
 D E E C O F A I R M G E N D R T O P E Q
 X T H E A F A N C E H N E A K W F E Y L
 H L B T E H K O I M F E J L S X E N D S
 I P Z F A H V F S K B E A I W J L E X Z
 X A S E L E V E N Q L E R Y A R W R M S
 W V E J C Y F S L A P T G R L Y R Q G E
 O E Q P I X E P D P P U B G A J L N S C
 Z R N H W A Z V A I R A E V G L Y O G F
 V A F A M Y U C H I T E V O L G J I N P
 U G M E T G R S L S Y R U T N E C T I E
 F E R M Z Y R N M Y C E H L I P E A N O
 T D N C A E O A L E J N W O W M W R N Z
 K O P G N I N L E A N I P Q H J P A I K
 V R M T U P D J F I J J U B X W F L N R
 L D R X D K I E K U F W X B I C V C T C
 K A H P E M L D N X V G P D I F M E I J
 P P B O U N D A R Y A R W X Y Q W D I S
 V F S Q Y J V R A W O D Y N R T G G S C
 D B A B T E I S P M C K L H U C G I R Y

| WORDS | | |
|----------|---------|-------------|
| APPEAL | AVERAGE | BATSMAN |
| BOUNDARY | CENTURY | DECLARATION |
| ELEVEN | FEATHER | GLOVE |
| HACK | INNINGS | LAWS |
| MAIDEN | OPENER | PARTNERSHIP |
| REFERRAL | SEAMER | TEA |



Shane Lightley



Darren Foster



Bob McGregor



Bob Garwood



Greg Lill



Sharad Patel

Laws of Cricket Questionnaire

1. The batsman misses a fair delivery and the ball brushes the striker's pad, satisfying all the conditions for LBW; it then grazes the off-stump, removing a bail before being taken by the wicket-keeper, who then removes the other bail with the striker out of his ground. How is the striker dismissed?
2. A striker makes no attempt to play the ball, nor to take evasive action; it glances off his pad and the batsmen start to run. What action should the bowler's end umpire take?
3. At what point is a delivery considered to have been a wide, and at what point should it be called 'Wide'?
4. The wicket-keeper removes his helmet and places it on the ground within the field of play 25 metres directly behind the stumps. The umpire calls a foot-fault No ball and the striker makes no attempt to play the ball, or to take evasive action, but it glances his thigh. The wicket-keeper misses the ball and the batsmen have crossed on, but not completed, a first run at the instant that the ball hits the unworn helmet and continues to cross the boundary. How many runs do the batting side score in this situation?
5. For which one of the following dismissals does the bowler get credit?
 - a) Timed out
 - b) Handled the ball
 - c) Hit wicket
6. In which one of the following situations where 5 penalty runs are awarded would the ball count as one in the over?
 - a) Fielder returns without permission and touches the ball
 - b) Fielder fields the ball illegally with his cap
 - c) Fielder deliberately distracts striker whilst he faces a delivery
 - d) Fielder deliberately obstructs a batsman as he is running
 - e) Fielder deliberately damages the pitch

7. In which one of the following situations is the striker out Stumped?
- a) The striker edges a fair delivery onto his pads and the ball passes through to the wicket-keeper, who is entirely behind the stumps, hits him on the ankle and rebounds onto the stumps, removing the bails, with the striker out of his ground.
 - b) The striker misses a fair delivery and the wicket-keeper takes the ball in front of the stumps and breaks the wicket fairly, removing the bails, with the striker out his ground and not attempting a run.
 - c) The striker misses a fair delivery, which directly hits the wicket-keeper's helmet and rebounds directly onto the stumps, removing the bails, with the striker out of his ground.
8. Which of the following dismissals cannot occur off a Wide?
- a) Run out
 - b) Stumped
 - c) Obstructing the field
 - d) Handled the ball
9. A batsman is dismissed Obstructing the field in such a way that the obstruction did not prevent a catch being taken. At the instant of the obstruction, the batsmen had completed two runs and had crossed on a third run. How many runs are scored?
10. A batsman with a runner is on strike. The ball is a No ball. The striker moves out of his ground to play at the ball, but he misses it. He tries to get back into his ground, but is not able to do so before the wicket-keeper puts the wicket down. The runner is within his ground at square leg. There is an appeal. What is your decision and why? If he is out, state the method of dismissal.

Merchandise Winner



ADF Tour of England by Cricket ADF 6-29 July 2016 – Craig Lees

2016 afforded me the opportunity to represent the Australian Defence Force on a Tour of England, from 6-29 July 2016. The tour comprised both men's and women's teams to play various formats against military and civilian sides from the UK Armed Forces.

The teams were chosen from all three services, based on performances from past national carnivals. Fellow NSWCUA member Jim Harrod and I were selected to umpire on this tour. To be chosen to umpire out of 20 umpires on the Defence Umpire Panel was an amazing honour for Jim and myself.

The tour started with a camp at Holsworthy Barracks in Sydney for two days prior to departing for England. During the camp we used this opportunity to go to all net sessions at the indoor facility at Blacktown International Sports Park, as this was the only opportunity we had to stand prior to the games in the UK.



On the night of 7 July we had a farewell function at the Sydney University club rooms. Among the guests were former Australian players Matthew Nicholson and Michelle Goszko. It was great to hear from both of these players about their experiences in the game.

We departed for England on 9 July and arrived 22 hours later. This was an amazing feeling as we were dressed in our team blazers. We had all markings of a professional Australian Touring squad. On arrival in England, and while waiting for our accommodation at Wellington Barracks in the middle of London, we had the opportunity to watch the changing of guard ceremony at Buckingham Palace which was just across the road from where we staying.



Even though this was an ADF Cricket Tour we had military appointments to undertake. The first one of these was to visit a War Memorial where we paid our respects to veterans who had fallen, we did this by conducting a service. This was a great honour to do, not only as ADF members, but as a cricket touring party as well.

My first umpiring appointment for the tour was on 11 July at Hursley CC at Aldershot, about 90 minutes out of London. The British umpires that we were to stand with during the tour were from various Defence Umpire Panels throughout the UK.

So this left one day for Jim and I to get some net time in England prior to our matches. This was organised at the MCC Cricket Academy at Lord's as the outdoor nets were being prepared for the First Test between England and Pakistan, so we weren't able to use the outdoor facilities. This was a very formal affair even in the indoor nets as players had to wear their whites to train and because we as umpires don't have whites we were unable to stand in the net session, so we used the opportunity to study playing conditions and go for a tour of Lord's. As they were preparing for a Test match we were unable to take the full tour, but managed to get some good photos anyway. We also ran into former NSW Blues, now England Coach, Trevor Bayliss, who was at the ground and we missed Alistair Cook by about 5 minutes.

The way the tour program was structured the men would play one day and the women would play the following day. My first game was at Hursley CC at Aldershot. I met my colleague, Ian Hopkins, at the ground. This match was played against a UKCAF U23 Development Squad playing Cricket ADF Men's side. I soon realised that English pitches are a bit different to Australian pitches, with the pitch being green, low and slow with rain forecast for the day.

The Aldershot Air show was on during the game, and fortunately at the end I was umpiring so I could see all planes taking off.....not that I was looking.

Cricket ADF won the toss and decided to field. The one thing I was expecting was for the Dukes ball to move around early, but this was not the case, which was strange for a green top pitch. The game had many rain delays during the first session, however the English lads managed to be bowled out for 168 in 40.1 overs. In reply the ADF were 0/13 of 4 overs when the rain came and unfortunately play was abandoned at 5.30pm.



My second game was a little further out from London at the home of the RAF, a ground called Vine Lane, with the ground set in the middle of a village. We left our accommodation at Wellington early only to run late for the game as the drivers got lost. All games started at 11am due to it not getting dark in the UK until about 9.30pm.

If you have ever been to UK and driven in their traffic, it's about ten times worse than traffic in Sydney. Hence the reason we got lost and had to delay the game by 30 minutes. I was seething, as I like to get to the game at least 60 minutes prior to the toss. My partner for this game was Richard Chamberlin. Richard was a member of the Defence Development Umpire Panel. It's interesting watching the English umpires prepare, they give you a pop quiz on the playing conditions, and when going through discussion around teamwork and signals they

don't generally like to confirm balls remaining in the over after a wide or a no-ball, but if you request it from them at the pre-match brief they will confirm and work with you. It was interesting seeing the different versions of counters used by the English umpires, some used sheep counters while others used coins or rocks. Most umpires came to the game dressed in coat and tie. I was learning lots and new experiences about umpiring in UK.

Cricket ADF won the toss and decided to bat on another low slow typical English deck. Cricket ADF scored 6 for 232 off their allotted 50 overs. Runs were shared across the board with most batsmen getting starts. Cricket ADF then reduced the RAF to be all out for 214 off 45.1 overs.

Once the game was completed we moved to our accommodation at HMS Temeraire which is the Home of the Royal Navy in the UK, we would stay here for the next 11 games. My next game was the very next day on 14 July at the Royal Navy Ground at Portsmouth, only a walk across the road. On this particular day both men and women were playing in different locations. In this game I stood with umpire Steve Dodds. Steve was also an accredited scorer. All umpires in England belong to Association of Cricket Officials (ACO).

Cricket ADF 5/290 defeated the Royal Navy 193, with Matthew Sheehan taking 3/12 of 6.3 overs.

My next appointment wasn't until 18 July, so as a contingent we took some time to see the sights of England taking a trip to Brighton Beach, a very popular tourist destination. This was a great way to wind down after a few long days in the middle. During our stay at Portsmouth we also went on a tour of Stonehenge in Bath, a great place to see.

My next game was perhaps my toughest game on the tour. Tough because of closeness of the result, the game was won in the final over. This game was played back at the Hursley CC in Aldershot. The game was against the British Army who were considered the best out of the three services, almost all of British Army Team made up the UK Combined Services side. This game had all the makings of a first grade game in Sydney.

Some very talented players were on show, some of whom played the occasional game for County second division sides. It was a game the ADF side wanted to win, mainly due to the fact that half of the ADF side was made up of Army. My colleague for this game Chris Nicolson, from the UK Defence Development Umpire Panel. The toss was won again by Cricket ADF and they decided to bat on a track that had some pace and lots of turn for spinners and were soon in trouble at 6/92 of 26 overs. With some late order hitting Cricket ADF were bowled out for 182 of 47.3 overs.

The English lads came out and batted and were soon in the same trouble being 6/99 off 28.1 overs with some middle order and late order hitting the English lads required 17 runs with 2 overs to go. My British colleague had the 49th over, of which the first two balls went over the fence for six.

At the start of the last over they required 4 to win. It was a tense last over with the British Army winning by one wicket with one ball remaining. A great contest and a pleasure to be involved in this match.

My next appointments were not against Military sides but against a Hampshire Academy side at the Warnford Cricket Ground.

We then moved on to the Teddington CC at Bushy Park on 22 July. The ground was located about two hours from Portsmouth, heading back towards London arriving at the ground I was met by my colleague Matt Johnson. When we walked out to have a look at the pitch there was 15-20 deer on the ground, yes deer!!!! I took some photos to go with this article, they were not on the square itself, but on the ground, so the ground staff quickly hunted them off.



The game was against a Cricket Conference invitation Team. I learnt a lot from umpiring with Matt. He is involved in umpire education for his county association and gave me some very precise and valuable feedback.

After the game we headed back to Portsmouth before our last four games of the tour, two games for the men, and two games for the women.

It was time to do another one of our military duties at Portsmouth, we were fortunate to have the honour to go aboard the HMS Victory. The ship is one of the oldest war ships in the Royal Navy, best known as the Flagship for Lord Nelson in the Battle of Trafalgar in 1805.



The ship is a tourist attraction in Portsmouth. We were invited on board into the Captain's Dining Room for a Cocktail Party and also given a tour of the ship. This was organised by Commodore Michael Beardall, Chairman of UKCAF cricket. This wasn't the last special tour that he organised for us. This was a fantastic experience to get a tour on board the ship, as the areas we went to are usually reserved for VIPs.

On the 23 July we played two T20 games in Hambelton, a real piece of cricketing history as this was where the very first game of cricket was played in England in the 1750's. It is also famous for the Bat and Ball Hotel where we had dinner after the game and learned the history of this famous ground.

This was only occasion I got to stand with good mate and fellow NSWCUA member Jim Harrod. We stood in one T20 match for the ADF girls and a 40 over match played by the men in the afternoon.

It was a pleasure to stand with Jim on such a piece of cricket history. The ground is used on a regular basis by Brigands Cricket Club who the games were played against.

There was one game scheduled against a Nepal National XI for the men's ADF team, but this game was cancelled due to Nepal team being assigned another fixture by the ICC.

It was then time for us to head back to London to Wellington Barracks for the final two games of the tour.

The ADF Women's final match was played at Burton Court Chelsea against a UKCAF women's side. The game was umpired by Jim Harrod and his partner was Ron Holyer from the UK. The day started with the teams conducting a tour of the Chelsea Veteran's Hospital. This is a hospital for retired veterans who have been in war, it was a great few hours to meet and greet these retired war veterans.

The game started at 11am with Cricket ADF women scoring 163 from their 40 overs. The English women played well, but fell short being bowled out for 134 of 34.1 overs. A great win by the girls.



As this was my rest I spent the day watching the game and supporting Jim.

I umpired the final match of the tour, between Cricket ADF and Combined Services UK. The MCC at Lord's were heavily involved in the planning of this match with all protocols followed including coat and tie to be worn to the game. My colleague for this game was Andy Rutter and the game was played on the Lord's Nursery Ground, an experience I will treasure.

The game started with the national anthems of the two countries.

Cricket ADF won the toss and batted scoring 332. The UK side was then bowled out for 147, an emphatic win for the Australians.

Umpiring at Lord's was a career highlight. The after match function was held in the Lord's Long Room, presentations and speeches were made and the Official Defence Ashes were presented to the Australian Men's team, a great couple of hours in the Long Room.



It was a fantastic tour and an amazing opportunity. It was a wonderful learning experience for me as an umpire to gain experience umpiring in pressure situations in a different country, umpiring with the Dukes Ball, and standing with umpires from another country. I will never forget it.

I got to stand with some high quality umpires who umpire up to 60-70 games a season. These experiences helped improve me as an umpire.



I would like to thank my CO Group Captain, Andrew Roberts, for giving me time to go on the tour. I would like to acknowledge and thank LTCOL James Brownlie for the opportunity to umpire in Defence Cricket, my colleague and mentor Jim Harrod for the advice and the good times had on tour when we were not umpiring, and lastly to NSWCUA for allowing me to share my experiences from the ADF Tour of England. Hope you enjoyed the read.

Distraction control - Simon Taufel

Introduction

Once you have clearly identified your goals and objectives, put a plan in place to get you there, the main danger is getting distracted. The one mental skill that distinguishes top performers who remain at the top of their sport would be their ability to adapt and refocus in the face of distractions. If you want to umpire consistently near your best, you must develop the critical skill of distraction control through regular practice.

What distractions can affect performance?

Distractions for cricket umpires can come from a variety of sources. Things like the expectations of others, past experiences with teams or players, your own expectations or anxiety, family members, relationships, colleagues, media, administrators, financial concerns, fatigue, illness, changes to preparation routines and more importantly, your own thinking before, during and after the game.

The important message here is that YOU decide whether you let these things distract, upset you, lower your self-confidence, put you in a negative frame of mind, take you out of your best focus, or interfere with your concentration. You can choose to be distracted or not to be distracted, dwell on it or let it go. This is one of the most vital components to mental toughness that all cricket umpires need to understand and master in order to be successful and have a long representative career.

We have all worked hard and umpired many games to build skills and benefit from experience and the teachings of others. Distractions don't cause us to lose those skills, what happens is you lose focus which means you lose the ability to execute those skills properly.

Parts of your umpiring may not go as smoothly as you wish on a certain day and yes, it is disappointing and frustrating – that is a normal emotional response – but you don't have to put yourself down, give up or question your own abilities. You can simply remind yourself (having developed good mental tools) to focus in a way that will allow you to umpire your best given the situation.

How to not let distractions affect you and your game

You can always find a way around, over or through most obstacles and distractions by committing yourself to remaining positive – turning negatives into positives, by drawing out lessons and regaining your focus on what's important as quickly as possible. Stop here! This all sounds great but how can I do this? How can I practice this type of mental skill? The truth is, it is hard and as a result not many people master the skill – as a result we have a select number of champions in sport, only a select number of 1st class umpires and even fewer Test cricket umpires.

One of the main elements that separates umpires is the ability to focus at the right time by not getting distracted – distracted on the field in making a decision or distracted from your goals and training (stepping stones). It is hard for me to tell you how to make better LBW decisions as it is a judgement call on the day – sure there are factors to consider that lead to increased accuracy and consistency, but the best way I can help you improve your decisions is to give you the mental strength to avoid your focus being distracted at critical times.

Here are some tips to help you stay on track and maintain your focus, or regain your focus on what's important....

1. **Commit yourself to remaining positive**
2. **Focus on doing what will help you stay positive and in control of your thoughts.** A strong positive focus protects from distractions.
3. **Get yourself into a positive frame of mind before a game.** Recall your previous good performances, good decisions, and positive comments you have received and the fact that the selectors believe you are good enough to be umpiring this game.
4. **Look for advantages in every situation** – learn something from every experience. This will make you a better umpire if you take something out of the experience – it will make you stronger and confident.
5. **Be rational and practical about the distraction** – you can choose not to be emotional about it and get caught up in it – you can let these thoughts go.
6. **Expect distractions and negative thoughts** – that is a natural occurrence. Prepare yourself to face potential distractions like crowd noise, getting a decision wrong, an upset player, etc by not reacting to them and letting them bounce off you. You can deal with these issues later when your focus can be relaxed.
7. **Know that you can enjoy the game and perform well regardless of the circumstances.** Sometimes we have to consciously remind ourselves to enjoy the game and have a laugh in the face of anxiety and worry.
8. **Turn bad moods into good moods.** Make a real effort to be positive and happy. Remind yourself repeatedly that you have the ability to control and change your perspective.
9. **Do what you can do and learn from it** – then move on and focus on the things within your control. No point focussing on what other people think.
10. After a good day or not so good day, **be proud of your efforts and what you have done well.** Draw out the positive lessons and then start the new day fresh – no baggage, no distractions!

Conclusion

Focussing through distractions is probably the most important skill of all for consistently performing at your potential. It is easier said than done, but like most good skills, it requires dedication and practice and you will master it. If something is important enough to do, then it is worth giving it your full attention and focus – not to be distracted from it – it's your choice.

Laws of Cricket Questionnaire – Answers

1. Bowled.
2. Allow the batsmen to complete the first run, and then call and signal 'Dead ball'.
3. As the ball is delivered and as it passes the striker's wicket respectively.
4. 1
5. C
6. E
7. A
8. D
9. 2
10. He is not out. The injured striker is now protected from what would have been a stumping if it was not a No ball.



10 THINGS THAT REQUIRE ZERO TALENT

1. Being on time.
2. Work ethic.
3. Effort.
4. Body language.
5. Energy.
6. Attitude.
7. Passion.
8. Being coachable.
9. Doing extra.
10. Being prepared.

Beastwear Partnership

This season has seen NSWCUSA undertake a sponsorship agreement with custom made sportswear company Beastwear.

Beastwear approached the Association looking to improve its exposure to the sporting demographic and the Association was happy to become associated with the brand.



Beastwear supplied \$15,000 worth of sponsorship by way of field shirts to the Association. The Association ordered 600 shirts to allow all umpires in NSW Premier Cricket, Sydney Shires cricket, NSW Premier Women's cricket and Country Cricket NSW representative programs to have access to two shirts each.

Members officiating in these competitions were charged \$10 per shirt.



60 SECONDS WITH NIC BILLS



David Rodgie



**Bruce Baxter and
Graham Moon**



Sue Woodhouse

60 Seconds with David Rodgie

| | |
|---|--|
| Name: | David John Rodgie |
| Background | Former grade cricketer and rugby player |
| Day job | Retired PE Teacher |
| Officiating debut and the first time you fired someone | Rd 1, 2016-17 Probably took till Rd 3 but I still think it was out! |
| Career Highlights | Standing with Goodge in PGs SU v Bankstown |
| Best cricketer you have officiated | Devlin Malone |
| Funniest thing to happen whilst on a sporting field | Facing a barrage of bouncers and harassment from Lennie Pascoe. Played ball off hip for 4 at Bankstown Oval and Lennie erupted. Charged down wicket at me, so I stood firm. Missed me by cms and he then headed off towards SL umpire. Missed him by cms before walking (mid-over) to boundary fence behind Square Leg looking for the groundsman screaming "If you ever prepare a wicket this f'ing flat again I am going to kill you!!!!!" |
| Any superstitions | No superstitions but do not put me near the edge of a tall building |
| Who is your favourite official to have or still is officiating in a sport (can be any sport) Why | Peter Marshall. How good would it be being a Match Referee at cricket in summer and rugby in winter. All the big matches without the pressure of being in the middle! |
| Any special talents | Can't sing, can't dance so need to be good at sport |
| Best piece of advice | Enjoy what you do, otherwise give it away |
| What got you into umpiring | Saturday is sport day. Too old to play |
| Three people you would love to have dinner with | Michael Cheika, Jennifer Hawkins & Nelson Mandela |

60 Seconds with Bruce Baxter

| | |
|---|---|
| Full Name: | Bruce Baxter |
| Background | Played cricket until 2008 then started umpiring – a late starter to this area of the game!!! |
| Day job | Retired-ex schoolie |
| Officiating Debut and the first time you fired someone | 2008 would have been local comp and first firing would not have been LBW -players say I am tough on those [and will not change] |
| Career (to date) officiating highlight(s) | Country Championships Northern Pool at Ballina. |
| Best cricketer you have officiated | Tough one- being an ex- wicketkeeper I look for skills in that area and Tom Groth stands out. I have only seen Mark Littlewood the once and his all-round skills were impressive. |
| Strangest (funniest) thing to happen whilst on a cricket field | Having plovers nest on the outfield of McKittrick Oval and proceed with the game fielders being constantly harassed by the protective parents. |
| Who is your favourite official to have or still is officiating in a sport (can be any sport) Why | Could be one of many, but Kim Norris is always a hoot to umpire with as he brings an acute sense of humour to the game both on and off the field |
| Any superstitions | None |
| Any special talents | None that I have found yet though I wish I had a good singing voice |
| Best piece of advice | Keep physically and mentally active |
| What got you into umpiring | After playing for 44 years umpiring was the next step to keep an active interest in the game. |
| Three people you would love to have dinner with | Emmylou Harris, President Obama, The Pope. |

60 Seconds with Sue Woodhouse

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|---|---|
| Full Name: | Suzanne Woodhouse |
| Background | I scored for North Sydney second grade before I was offered to score First Grade for Blacktown in 2007/2008 season. |
| Day Job | Retired. I do volunteer work for the Leukemia Foundation as a driver. |
| Scoring debut and the first time you scored someone famous | I scored my first WNCL 19 th October 2012, NSW v ACT. Second X1 game at Glenn McGrath with Steve Smith, David Warner and Moises Henriques I thought I was scoring an Australia match. |
| Career (to date) officiating highlight(s) | I have scored WNCL Matches, two grand final WNCL games, Second X1, Futures League, City V Country Men and Women, WBBL and GGX1. |
| Best cricketer you have scored | I was fortunate to score Daniel Hughes 300 not out at Coffs Harbour last year in a Futures League match against Tasmania. It was great to watch a talented batter and score that amount of runs, I had writer's cramp at the end of the game. |
| Strangest (funniest) thing to happen whilst in the scorer's box | To watch the players and umpires walk quickly from the field when a brown snake was on the field at Joe McAleer Oval. |
| Who is your favourite official to have or still is officiating in a sport (can be any sport) Why | I did not have any favourite official as such, all people that officiate in any sport need to be acknowledged in what they do. They all work hard in their selected sports. |
| Any superstitions | No |
| Any special talents | Nothing to rave about. |
| Best piece of advice | If you want to succeed in anything in life, work hard to achieve it and the rewards will come. |
| What got you into scoring | Like most people my son played in U/10's in our local Association. I was ask to score the game. |
| Three people you would love to have dinner with | Peter Cosgrove (GG), Ben Robert-Smith (VC) and Adam Gilchrist. |

NEW MEMBERS

| Name | Suburb | Name | Suburb |
|---------------------------|--------------------|-------------------------------|------------------|
| Adrian Lulka | Pennant Hills | Liam Warren | Leeton |
| Ajith Jayasinghe | Wattle Grove | Luke Stoodley | Kotara |
| Alan Rands | Red Head | Madan Alagaraja | Wentworthville |
| Aldo Cantori | West Pennant Hills | Mageshkumar Sivanagiri | Toongabbie |
| Andrew Ackerman | Centennial Park | Mark Bowen | Broadmeadow |
| Bharat Basappa | Epping | Mark Cotter | Greystanes |
| Brendon Hollis | Koorinal | Mark Heaney | Roseville |
| Charlie Carter | Dundas | Martin Burgman | Mayfield |
| Christian Apay | Kyeemagh | Matthew Boorer | Stanhope Gardens |
| Danny Bowden | Jindera | Matthew Chirgwin | Yetholme |
| David Rees | Mosman | Matthew McGettigan | Bradbury |
| David Rodgie | Wollstonecraft | Michael dillon | Seven Hills |
| Geoff Hazell | Harrington | Michael Transom | Wodonga |
| Geoffrey Meulman | Woollahra | Mike Wheeler | Meadowbank |
| Grant Galbraith | Tuncurry | Mohammad Ahasan | Minto |
| Greg Carmock | East Killara | Mohit Joon | Blacktown |
| Ian Thomson | Sydney | Nathan Stoodley | Kotara |
| Isaac Alexander | Hornsby | Neerav Sharma | Homebush |
| Jamie Murtha | Petersham | Paul Robertson | New Lambton |
| Jason Thompson | Grafton | Peter Bridle | Albury |
| Jason Thorpe | Glenmore Park | Prathamesh Phadnis | Granville |
| Jeremy Jastrzab | Kingsford | Robert Hanich | Cherrybrook |
| Jeremy Stevenson | Woodbine | Ryan Stoodley | Kotara |
| Jim Harrod | Elizabeth Bay | Saurabh Manwani | Meadowbank |
| John McMullen | Aberdare | Scott Reid | Cherrybrook |
| Julie Sullivan | Pelaw Main | Shalil Sant | Epping |
| Julius Schilpzand | Tuncurry | Sivaram Duraisamy | Holsworthy |
| Kalpitthakar Kumar | Wentworthville | Stephen Maxwell | Alfords Point |
| Keith Davies | Valentine | Stephen Peacock | Bathurst |
| Keith Elloy | Balmain | Stephen Sharah | Cremorne |
| Kevin Browning | Kearns | Steve O'Shaughnessy | Concord |
| Kosta Kaptsis | Cardiff | Thomas Gehrig | Rutherford |
| Kushal Panse | Newtown | Tim McMahon | Harwood |
| Lachlan Reid | Narromine | Tim Overland | Castle Hill |
| Leigh Wiggins | Narrabeen | Vasanth Ramadurai | Sydney |
| Liam Warren | Leeton | | |