

## **REFEREES ACADEMY 2006**

### **REGIONAL WORKSHOPS**

RECRUITMENT OVER ✓  
LAUNCH ACHIEVED ✓  
GOT THE T-SHIRT ✓  
✓ NOW DOWN TO WORK.....

#### FIRST CONTACT

**ALL REFEREES ATTEND THEIR REGIONAL WORKSHOPS AS ALLOCATED AT LAUNCH**

15<sup>TH</sup> JUNE Casement Park

22<sup>ND</sup> JUNE Finn Valley Ballybofey

On the night there will be five people there and the referees will rotate between the service providers when directed by the Regional Development Manager (approximately every 15 minutes with each service provider)

I am suggesting to the Service Providers that this time around they deal with the referees in pairs as there will be common issues. This will allow 6 referees to be processed within 60 minutes and a 20 minutes wrap up with the referees mentor.

#### **DES JENNINGS – SPORTS PSYCHOLOGY**

Team Work  
Mental Skills  
Communication

#### **SHARON MADIGAN – NUTRITION**

Food Diaries  
Hydration Strategies  
Energy output

#### **DECLAN GAMBLE (PAURIC BUGGY)– HEART RATE & EVENTUALLY GPS**

Interpretation of feedback on heart rate graphs  
Interpretation of fitness testing results  
Link with Paul Murphy so that he can be specific on programme prescription

#### **PAUL MURPHY – FITNESS ADVICE**

Sample programmes for flexibility / speed and agility / Speed endurance / Weights (for this time of the season)  
Take into account the individual commitments to games  
Map a programme for eight weeks to the next workshop at the end of August

#### **REFEREE MENTOR – PROBLEMS ON THE PITCH**

To co-ordinate A DISCUSSION at the end on issues that they are facing when refereeing AND with the SERVICE PROVIDERS

***CAN WE ASK THE REFEREES COMMITTEE TO COME UP WITH TWO MENTORS ONE FOR THE EAST AND ONE FOR THE WEST PLEASE.....***

### **REGIONAL DEVELOPMENT OFFICER WHO WILL CO-ORDINATE THE VENUE AND MANAGE THE EVENT**

PAUL CALLAGHAN – WEST (Finn Valley)  
To book the venue (DONE FOR JUNE)  
To introduce the panel

To set up the room and co-ordinate the circulation of the referees from table to table every 15 minutes

T0 pull all together at the end and with the referee mentor deal with some issues that are emerging in relation to the process, the systems or the content of what is being delivered.

UNA MCKAY – EAST (Casement)

To book the venue

To introduce the panel

To set up the room and co-ordinate the circulation of the referees from table to table every 15 minutes

T0 pull all together at the end and with the referee mentor deal with some issues that are emerging in relation to the process, the systems or the content of what is being delivered

### **REFEREES CO-ORDINATORS IN COUNTIES**

Gerry McClory is to speak to the referee's co-coordinators in the counties about getting two games videotaped for each referee on the programme. The purpose is to keep it referee specific and to tape the referee and the ball within the one shot to look at referees position and decision making. These tapes should be sent directly to Eugene Young at Ulster Council when completed for processing. Video feedback with the referees mentors will be provided at the August workshops – but the onus is on the referee to get video to us for analysis.

The programme is now up and running.

### **TO DO:**

1. Referees are currently completing a FOOD DIAIRY TO be returned to Sharon Madigan
2. Referees are wearing the Heart Rate Belt to be returned to Pauric Buggy
3. NOTE Referee who can fit a GPS Tracking of them during the match should contact Pauric – there is only one unit but if available we will get out and try to do one GPS Tracking for each person during the summer ( IF WE CAN GET THE TIME).

The success of this program is being guided **by the application of the referee and out ability to deliver the service.**

I hope we will all strive to make a success of the programme and to learn from the process between now and September.

*Eugene*

Dr Eugene Young

Director of Coaching and Games Development