



In-Season Training

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It's March, and that means that the preseason is official over. For some of you it's been over for a while and you're into the meat of the season. This means that the hard training to get into shape is behind you, but now what? Officials are athletes and that means thinking and acting like one. The season is a marathon, not a sprint. Add each of the following three activities to your schedule, and you're sure to finish the season strong.

1. Recovery Workouts

Fast, high-level games are tough, interval workouts that test your mind, muscles, and heart rate. During weeks that you don't have a full game schedule, add in some recovery workouts to maintain your high level of fitness while also giving your body a break. Recovery workouts are made up of activities that do not build lactic acid, but work your heart and muscles – think biking, swimming and yoga. Maybe bike to work. A great resource for yoga is www.yogatoday.com. They post a free class every week.

2. Body Work

Every year we get older, and the players stay the same age. Obviously they have youth on their side. We need to arm ourselves with some pampering-like massages, chiropractic work, or physical therapy. Don't wait until you're injured to utilize these effective treatments. Spending a game fee or two on these options is worth it. Insurance may cover these. All the more reason to find a place that is close to home or work to treat your body to some TLC.

3. Rest

When the body is trying to repair the damage that comes from daily workouts, nothing is a substitute for rest. Go into Arbiter and block at least one day per week to physically rest. Days off are important to the body, mind soul, and the laundry! Don't forget that your family and friends are supporting you so you can take your games. Take one or two days a week to be home with them and keep your life and your sanity in order.

Let's cross the finish line together!



Mentor and be Mentored

If your officials organization does not have a mentoring program, it's time to start one. The mentoring program is for everyone in the group, and with the exception of new officials (1-3 seasons), veteran officials should be simultaneously mentoring while still being mentored by more experienced officials. Mentor programs help not only improve individual officials, but help create a culture of professional development with people who set their egos aside to hear and provide feedback in a manner which stimulates positive growth. It's up to the mentor and the mentee to make the relationship work. Once you get assigned try to do the following things:

1. Set specific goals for the season. Write them down. Walk them out.
2. Communicate at least weekly via phone or e-mail. Be sure to discuss game progress. Be specific.
3. Work games together. Assigners are crucial to mentoring programs because they can facilitate these pairings.
4. Watch each other – in person or on tape – and discuss what you saw.