



CDSRA Newsletter

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If you have any events, stories, or other information that you would like to have published in the CDSRA Newsletter, please email any of the members of the executive for inclusion.

INTEGRATED REFEREE TRAINING next course Aug 13, 2011

The next CDSRA Integrated Referee Training course will be held on August 13, 2011 at the Broadview field (2131 Brownsea Drive NW) at 9:00am. National Instructors Richard Sansregret, Layne Greenway and Garth Elgie will teach the course. The content for this course will be focused on:

- **Law 11 (Offside)** and the mechanics of calling it properly from the perspective of both referee and assistant referee.
- **Handball.** What to look for? When to call it correctly? When is it trifling?
- **Preparation** for the upcoming provincial competitions.
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All referees in attendance should bring their full referee kit; including flags, whistles, watches, cards, shorts, socks, shirts, and shoes. Some class elements will be taught outside with other elements taught inside. Food and beverages will be available.

MANAGING YOUR CAREER - Upgrading

Over the years, one thing that the CDSRA has taken considerable pride in helping referees grow to their fullest potential. As a referee it is your individual responsibility to make sure that you are managing and monitoring your career development. The CDSRA has many resources that you can use in your development as a referee such as books, IRT courses, online resources, videos, video cameras, and most importantly, networking. All of these resources are available to all members to help develop your skills and career.

If you are interested in upgrading, as a referee you must be familiar with the process for upgrading. In order to upgrade from a District (III) to a Regional (II) referee, you must attend the two day upgrade course that is usually held the spring. You must pass a written exam with a grade of at least 80%. You must also participate in and successfully complete a Cooper's fitness test.

When upgrading from a regional (II) to a provincial referee (I) you must apply to the Referee Development Committee. They can then nominate you for promotion based on a number of different factors.

1. You will be expected to complete a Coopers Fitness Test.
2. You will be expected to pass a written exam.
3. All candidates must be nominated by the RDC.
4. Your nomination from the RDC will need to be passed by ASA and then approved by CSA.
5. Once approved, you will be then invited to attend the Provincial Upgrade course.

MANAGING YOUR CAREER – Assessments

As part of the upgrade process, you should be actively seeking out assessors to come and assess you on games that challenge your abilities. The Referee Development Committee of the ASA always allocates additional resources and funds for assessments needed for upgrade candidates, however, it is still your responsibility to invite an assessor to come to your game to ensure that you are being seen by the right people. Keep in mind that not all assessors are created equally. Be sure that your assessor has the required rating to help advance your career. If you don't know whom all of the assessors in the city are that are qualified to assess your games, you can contact Leo Donlevy at leo.donlevy@haskayne.ucalgary.ca. Leo is the Assessment Chair on the RDC for Southern Alberta. Leo can provide you with a list of names of assessors who are qualified to assess the games that you are refereeing.

MANAGING YOUR CAREER – Mentoring

In the past year CUSA and CMSA have established mentoring programs to help developing referees get some feedback from some more experienced officials. Mentoring involves matching developing referees with a more experienced referee. If you don't desire a formal assessment, you can ask either of these leagues to assign a mentor to one of your games. A mentor will provide you with feedback and some suggestions for growth as a referee. It is a much more informal process than an assessment but still has much value as you are developing as a referee.

MANAGING YOUR CAREER – Your Local Rating

On a semi-annual basis the members of the Referee Affairs Committee (RAC) of the Calgary Soccer Federation (CSF) meet to discuss the ratings of all referees in the system. Each time this group meets a decision will be made on your rating based on feedback from teams, feedback from teams, mentors, and other comments received by the RAC. Your rating is used to determine what level of games you can be assigned to in the CSF.

After these meetings your rating will go up, go down, or stay the same. If you have any further questions about this process or the ratings system in the CSF feel free to contact your referee representatives on the RAC: Drew Fischer drew.fischer@shaw.ca or Mike Pleiter pleiter@telus.net.

MANAGING YOUR CAREER – Summary

On the Alberta Soccer website there is a link to a pdf file with information about upgrading. I will include a link to that page here

<http://www.albertasoccer.com/index.php?src=gendocs&ref=AssessmentInformation&category=RefPolicies>

The following is a link to the Alberta Soccer site with the fitness test standards. Ignore the different standards based on age. Regardless of age, you are still expected to meet the highest level of fitness possible.

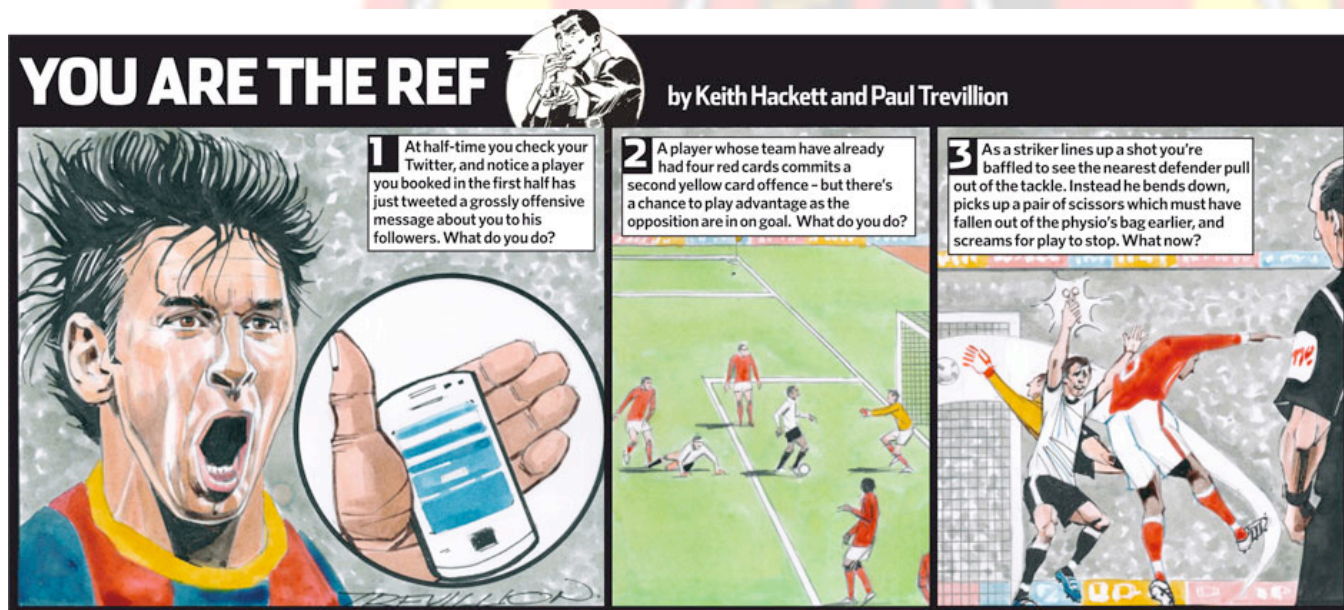
<http://www.albertasoccer.com/index.php?submenu=RefPolicies&src=gendocs&ref=Fitness%20Test%20Standards&category=RefPolicies>

'You Are the Ref'

Each Friday in *The Guardian* Newspaper in London, there is a running comic strip entitled '*You Are the Ref*'. The scenarios are presented on Friday and the following Monday, Keith Hackett (referee) provides his interpretation of the laws, and how they apply to each of the situations presented. Here is the latest. Test your skills and knowledge.

Look for Keith's responses at the following website. Good luck!

<http://www.guardian.co.uk/football/series/you-are-the-ref>



Interview with Drew Fischer –

Our own Sunny Marshall recently conducted an interview with Drew Fischer asking him about his experiences as a referee in the MLS and in various other competitions that he has been appointed to as a National Referee. Sunny's questions and Drew's answers are below. Enjoy.

What was your most memorable experience from the games that you have worked on this year?

I have had a bunch of great experiences this year, but getting to referee Juventus vs. Sporting CP

(Portugal) is one I will remember for a long time. It was my first middle between International clubs, and I enjoyed it immensely.

Walk us through your game day preparation? What do you do for yourself and with your crew to get ready for a game?

Typically we all arrive in the city the evening before the game. It depends a little bit on the crew, but often we will meet for breakfast in the morning and plan the remainder of the day. Depending on where we are (and how many times we have been there), we may use the rest of the morning and early afternoon to check out the city or do some shopping. Typically we'll get lunch together at about 2:00 or so. This can be the first chance to talk a little about the game. This isn't pre-game instructions, it's more about the teams themselves – how they have been playing, their tactical approach, players to be aware of, etc. Then most guys use the time between lunch and departure for the game to have a quick nap and recharge.

We arrive at the stadium about 2 hours before kickoff, and from there it isn't a lot different from what you do for preparation at the field in Calgary – just a little more drawn out. We do a field inspection, check the team rosters and uniforms, go out for a thorough warm-up and give pre-game instructions to the crew.

Which key skills make a good performance?

I think that every referee has different skills that they bring to the table that improve their performance, but there are certainly some common ones among good referees. I think that confidence is huge – whether you are going out in front of 22,000 fans, or just the 22 players on the field, they need to believe you when you make a decision. For that to happen, YOU need to believe you as well. If you are uncertain, the players will know it right away and it can be tough to recover. At the higher levels especially, I think it is really important that you are able to handle adversity. Within the game, there are going to be decisions you get wrong. What's really important is that you don't let one mistake turn into 2 or 3 mistakes. At the top levels, the games are heavily scrutinized on film, and it is really important that you don't let the inevitable criticisms get to you. Learn from them, certainly, but don't let them eat you up.

We talk a lot about man-management, and there's no question that is our best tool as referees. If you aren't able to relate to different people in different situations, it is going to be very hard to be a successful referee. Lots of people can call fouls – it's what you are able to do outside of just blowing the whistle to manage the other 22 personalities on the field that will make or break you.

Finally, there's fitness. Every year referee's are required to do the fitness test, and there's a reason for that. The players get faster and more technical, and the fouls get less and less obvious as you advance through the ranks. Being in the best possible position gives you the best chance of making the right call. If you aren't fit enough, that will be VERY difficult to do, particularly if you are doing a game in 40 degree heat.

What is your weekly training regimen to stay in top shape, and what types of fitness standards are required of referees in the MLS?

MLS requires that officials pass the FIFA fitness test twice per year. The test is a series of 40m sprints, followed by a series of high-intensity intervals. For the intervals, you run 150m in 30s, then you walk 50m in 35s (ARs get 40s). You are required to complete 24 intervals (12 laps of the track) to pass. More than this though, the MLS monitors the fitness performance of the referees throughout the year. We are given Polar heart rate monitors to wear during training and games, and the data is uploaded to the Fitness Instructor regularly. He reviews our HR data to make sure that we are progressing well and to help us get the most out of our workouts.

To assist in this process, the Instructor also provides us with workout regimens to help us maintain optimal fitness. Typically, depending on match schedules, we train about 5 days a week, plus a matchday. The workouts are a variety of aerobic endurance, intervals, sprint endurance and active

recovery, plus general strength training.

What stadium do you like to work in the best, and why?

Every stadium is different and there is a big range in terms of facilities, atmosphere, etc. For me, the environment in Portland is second to none. Their supporters group is amazing. As soon as the doors open, there are more than 3000 of them packed into the end of the stadium singing, chanting and waving banners – before warm up! And they don't stop until well after the final whistle. That passion and energy is infectious and it's awesome to be a part of.

Of all the games you have done, which match was your most difficult?

I'm not sure how to answer that. Every game is difficult in its own way. Certainly, having 20,000+ fans in the stadium adds a layer of pressure, and doing games where there is very little English spoken on the field can make things more challenging. But having said all that, some of the toughest games I have ever done were in AMSL. I remember games from the mid 2000's between Callies and Scottish where every tackle was hard and the players were willing to kill each other for 90 minutes to get the win. Some of those games were amazingly tough.

Finally with the way things are going with your career in the National Program, do you see yourself becoming a FIFA Referee anytime soon?

I think it's fair to say that a FIFA badge is the goal of every referee on the National List. But there are so many variables that go into being selected for the International List that it's impossible to predict what will happen. Lots of those variables are out of your control (retirement of existing FIFA referees for instance), so all you can do is work on the things you can control: work hard during training, perform during games, and represent yourself and the program well off the field.

