

5 Officially Fit Fitness Training Secrets to Officiating Success

“How to Get Your Assignors Attention”



Officially Fit LLC

**The Sports Officials Guide and Source of Information to be Better Educated on
Fitness Training for a Healthier Lifestyle and Career**

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Introduction

Have you ever wondered what major Sports Officiating Assignors look for in a new official? Obviously they want to see if you have good judgment, know the rules, and can manage a game, but they also want to see your Court or Field Presence. Today's sports officials are criticized and critiqued more than ever before. With the technology available now, fans at home are able to make as good or better of a call on a bang bang or game deciding play than the officials at the game. And when the call made is in question, the first remark out of the commentator's mouth has to do with the officials positioning and look on that particular play.

So, what does this have to do with assignors? This means that before an assignor begins to evaluate the official's performance and ability to call a game, they want to see if the official's appearance is up to par and whether they have the mobility to keep up with the young quick athletes of today's game. Don't get passed by on the next big game or conference assignment. Take these tips and work them into your routine to become a better official and impress that assignor or evaluator at your next camp or clinic.

Below are 5 Officiating Success Secrets that will give you some insight to what an assignor is looking for before the first pitch or blow of the whistle.



1. Look the Part

Unfortunately, perception is reality among coaches and assignors. This doesn't mean you have to look like a Greek God in your uniform all tapered up so its glove tight. But, if you look like an athlete or resemble a former athlete, rather than a Couch Quarterback, you may at least have the benefit of the doubt. The assignor or coach is likely to give you more respect, if your image portrays one that played the game or sport, before you take a step on the field or court to call the game.

Everyone has seen the official that is out of shape and lagging behind the speedy guard in the fast break. Because they are behind the offensive and defensive matchup trying to make a call, they can make the situation worse by blowing the whistle. Getting a call correct is just a small part of officiating. Whether the official made the correct call or not in the example, the fans and coaches see the official blowing the whistle from behind the play.

The first questionable or marginal call an official makes can have a large impact on their credibility the rest of the game or contest. When the official gets to the best position possible to make a call, they are less likely to hear the negative comments. It's impossible to keep up with today's athletes on every out of the ordinary play that happens. When the time comes when a big call has to be made and your conditioning level has prepared you to be there and see the play come at you rather than away from you, it will be that much easier.

A sports official should do 2-3 days a week of 20-25 minutes per day in conditioning to better prepare themselves for their season. There are many different types of conditioning programs and its best to do so some research before you make a choice. Officially Fit recommends doing High Intensity Interval Training (HIIT), whether its athletic movements or running, swimming, or biking.



HIIT is a cardiovascular workout, using short bursts of intensity with a recovery period before repeating the short burst of intensity again. With a 2:1 ration of rest to high intensity exercise, this routine is short 20-25 minutes maximum, an effective fat burning routine, and efficient for anyone that does not have a lot of time to commit to workout out. For more information on High Intensity Interval Training, visit www.officiallyfit.net.

Make the adjustments in your lifestyle. Work on your conditioning level and be better prepared so when the time comes to turn on the jets, you are ready and able.

2. Posture = Confidence

On the court or field is no different than in our everyday lives, when it comes to confidence. A sports official must exude confidence with every call they make, yet not come off as arrogant. Before a call is made or whistle blown, the coach, fans, and supervisors are judging that official

The way a sports official holds their body, makes mechanics, and runs up and down the court or field are opportunities to show confidence without saying a word. This is the field or court presence mentioned earlier. Many problems can be avoided just by doing the little things strong and athletically.

The confident and athletic look all starts from an official's posture. A sports official that slouches when making a call or walks into position with their head down shows a lot of things. None of which makes a positive impression on assignors and coaches. With strong posture comes a perception of self-confidence.



Posture can easily be corrected. By starting a strength training and conditioning program, you will be headed in the right direction. Most of a person's posture starts with their core strength. If their core, shoulders, and upper back are strong, the body will hold itself in an erect confident position. Implementing a simple full body strength training routine 3 days a week for 25-30 minutes a day will make large improvements in the way an official portrays confidence during the contest.

3. Move with a Purpose

Officiating with an athletic presence is very important. If a sports official has knowledge of the game, has played the game, and has an athletic build and physical ability to go along with it, they will be a much more attractive candidate for an assignor. After an assignor initially looks at the official's appearance in their uniform, they observe how they take the field or court and move from position to position.

A sports official with an athletic background, whether or not they played the sport, will present a set of skills that non-athletes don't have. Agility, Coordination, and Balance are just a few characteristics of an athletically fit sports official. Some may think these were lost when they decided to don the stripes, but every sports official has the opportunity to obtain and maintain these abilities.

These characteristics of a sports official can be more important than getting the call correct. Any referee or umpire can guess on a call, but they won't be assuming if they are prepared with the ability to be in the proper position.

Assignors and coaches love to see a sports official hustle to a position to get the best possible look on a play. But there is hustling for the purpose of looking like you are working hard and then there is hustling with a purpose. The difference in the two is very blatant when pointed out. A sports official can stand out from a crowd when they hustle effectively and athletically.

With the right kind of conditioning and strength training routine, a sports official can drastically improve their ability to move athletically and with a purpose. Sports officials should never forget their athletic background. Continuing to train physically like an athlete, older athlete but athlete none the less, will make a difference in a sports officials court or field presence and ability to move with a purpose



4. Focus

The body language of a sports official says a lot about their focus on the game. The umpire or referee could be paying attention and zoned in, but if their body language says otherwise they can come off as lazy or bored. This is one of the little things that assignors and coaches pick up on very quickly.

Some sports officials argue that they aren't focused because of a bad quality game or lack of intensity of the players. As officials we cannot make excuses and don't have the luxury to turn it on or off. It's easy to get sucked into a poor quality game, but there are physical habits that can be used to stay focused, trick the mind be attentive

Many sports officiating assignors and evaluators hammer home the concept of self-talk. Self-talk is a method that can be used to increase court or field awareness, self-critique, and remain on top of mounting situations or personalities. This same concept can be used with your body. Everyone is guilty of losing focus when they are not entertained or interested. An individual needs to self-talk through the tough times, avoid slouching, standing at ease, and fidgeting with their hands or equipment. Instead, remind yourself to pull your shoulders back, keep your head up, and extend your mechanics so they are strong and crisp each time. Making these simple tweaks to the body can go a long way in remaining focused throughout the game.

Focus can easily be gained and lost through actions during a game, as well as before. It is important that a sports official stays active, not just at game time, but also has a fitness routine that is performed regularly. Coupled with a fitness routine are two other valuable concepts, nutrition and sleep. Diet always seems to have a negative connotation with Sports Officials, so we are going to call it a "Food Eating Plan". There is truth to the old saying that you are what you eat. Eating correctly can give you the adequate energy to maintain the focus you need through the entire contest. Topping off your fitness and "Food Eating Plan," with 6-8 quality hours of sleep, will help to keep the body focused and demand the same of your mind. These comments may seem like common sense, but many individuals are still failing in this respect.



5. Plan of Action

Without a plan of action for your Fitness and Nutrition program, you will be spinning your wheels. Millions of people spend thousands of dollars a year on useless cardio equipment, faulty supplements, and senseless gimmicks. It is important to do your research before making a decision on the most appropriate routine for you.

A quality fitness program should include a healthy balance of strength training and cardiovascular/aerobic conditioning. The program should consist of 3-5 days of 30-45 minutes total depending on the goals set. Sports officials should desire to be able to look and perform like an athlete while running the game as a referee or umpire. The average sports official officiates in their spare time away from their career and families, so the amount of time able to commit to a fitness routine is minimal. Take some time and start your plan of action. First put together a list of 3 Short Term Fitness Goals (30 days - 6 months) and 3 Long Term Fitness Goals (6 months - 1 year). Then identify your strengths and weaknesses and how you want to attack each one to become a better sports official. Finally, do the research, consult a physician, and get to work building the body of your dreams.

Officially Fit has put together a website built specifically for sports officials. It is a place to go for advice, see tips and suggestions, and educate you on new exercises, workouts, and nutrition programs. We put together a Fitness and Nutrition Training Platform, Officially Fit Team, that can help any sports official no matter their experience, knowledge, or level become the best official they desire to be. Take some time, visit www.officiallyfit.net, and check out the Officially Fit Team.

