

# Ulster GAA Referees Academy



## Criteria

- Each County will have the opportunity to nominate two Referees \*
- Candidates can be no older than 32 years old.
- Candidates must be refereeing senior club games in their County (Football or Hurling)
- Candidates must have scored highly in a rules test in their County. (Referees committee to determine score)
- Candidates must pass a rules test and fitness assessment prior to entry to the Academy.
- Candidates must be committed to attend all Workshops which will be held quarterly.
- Candidates should commit to assist at or contribute to refereeing seminars / Workshops upon completion of the Academy.

## Notes

- *County Secretaries and County Referees coordinators will receive and overview of what the Academy entails and the type of candidate being sought.*
- *Both County Secretaries and County Referee Coordinators must sign off on a candidate before a nomination goes forward.*
- *A maximum of 12 Candidates will be selected for the Academy \**
- *The best Candidates will be selected regardless of County or the Code they are officiating.*

## Content

Workshops / Seminars will be held quarterly and will include;

- Goal setting. Long, medium and short term goals.
- Ongoing Fitness Assessments & Developing Fitness
- Work rate and positioning, GPS & Heart Rate analysis.
- Controlling players and man management
- Working as a team (Referees, linesmen, umpires and 4<sup>th</sup> official)\*
- Nutrition and Hydration
- Basic Psychology ( preparing for a game & controlling the controllable)
- Role plays ( put referees in certain scenarios and ask for feedback)
- Core stability / Injury Prevention

- Q&A session with top profile referee (Possibly Barry Cassidy, who came through the Academy)
- Video Analysis collective session

#### Notes

*\*Provide candidates the opportunity to shadow a Referee during a National League or Championship game*

- *Possibility of establishing a “buddy” system, where candidates are matched with an experienced / retired Referee in their County.*
- *Opportunity in year 2 for candidates to identify and work on their own individual needs.*
- *Guard against Referee burnout. Some Referees may be officiating in up to 5 games a week.*

## Timescale

- Academy to run from October 2012 – October 2014
- Workshops to be held on a quarterly basis
- Counties to have proposed possible candidates by 05/10/2012
- Fitness Assessment and Rules test to take place on or before 20/10/2012
- Information day and goal setting workshop will take place in November 2012.

## Opportunities

- In year one, candidates names will be put forward to officiate at Academy Squad (formerly known as Development Squad) blitzes, CAU (Higher Education) blitzes, School Blitzes and any other blitzes coordinated by Ulster GAA.
- Academy Referees contact details to be passed on to the Games Development Managers in the respective counties.
- In year 2 and depending on progress, Academy Referees’ details will be forwarded to Higher Education and Ulster Colleges Committees.

#### Notes

- *The Referees Academy is not a fast track to Provincial or National Panels.*