

The February meeting was hyped up with plenty of advertisement with the special guest speaker, Premier League Referee, Kevin Friend.

Chairman, Barry Rowson opened the evening welcoming Kevin and all members and guests of the society before the mic was handed over to Bob, who again had difficulty with holding it to his mouth! In the secretary's report it was mentioned that we still need more attendees at Stockport Sports Village from 8pm every Monday, don't forget it is free!



A slight change to the order of proceedings with Paul Philbin congratulating both Les Lever and Norton Gamble on 35 years of service to refereeing, a massive achievement for both of them.

Eddie Evans, PGMOL match observer was also in attendance to this meeting and announced that in November 2015 Manchester Referees Association disbanded and it was decided that the remaining money would be split over a number of societies across the area. Many thanks to Manchester RA for this substantial amount of money. It will be used for the development of our referees.

Tonight was also a key reminder that we are supporting Duncan McCombe and the Royal Manchester Children's Hospital and supporting one of his friends who is unable to do any physical exercise and raising money for this charity. Referees we asked to donate £2 for #TheForbiddenMile and run a mile during a game over the weekend. On the night alone we managed to raise over £100. Thank you to all who donated. You can continue to donate by texting **Fobi88 £2 to 70070**.



The usual business was then completed before Kevin Friend took to the stage, with Micheal Johnson doing the Don Clark Memorial Quiz (and not making any mistakes) and Tom Kidd announced 'I've got a problem'.... clearly this was for the problem spot (could have reworded that one Kidda!) The problem was that he had a game and the assistant didn't want picking up at the allocated time by Tom. The advice that was given was that he needs to say 'you can make your own way there and arrive at the time stated but cannot claim' or 'you could report him to the league and the referee secretary.'



We have also widened our social media platform... we are now on Snapchat just search for 'StockportRefs' send pictures and they will go on

Twitter and Facebook!



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KEVIN FRIEND – PREMIER LEAGUE REFEREE

What do you want to achieve?



I was a massive opening statement from the Premier League referee which got all the members hooked straight away... there are no second chances so take the first one as soon as you can and don't regret it. Another statement that was key was if you get a shot at victory, make sure you take it and don't hold back and think about it. The only thing that can change things is you and don't make any excuse. That was the key message for the whole evening, asking the members and guests, what is it you want to achieve.

The first question that was asked was *What are Internal Motivators?* Something that comes from inside you to make you continue and want to achieve more. Some of them included:

- Dedication
- Will power
- Strength
- Focus
- Drive
- Determination
- Motivation
- Self belief
- Vision



Out of these, we look at a few in more detail on how to make sure you achieve what you want to and become even better but before you use any of these, you need to make sure you want to improve from your last performance and not just sit back and think you are happy with what you have done. You always want to develop.

What is THE GRIND? Something for everyone to think about when training or on the field refereeing. When you start finding it hard in the last stages of the session, push through the pain and get through the session. Especially in training, if you do it you will be more successful and feel it is worth it when it comes to the games with extra time. He said think about this when you are setting the alarm for an early morning gym session and you don't want to or in the closing stages of working out at the gym and finding it difficult, think about it. In the long run it will be worth it.



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Looking at the first internal motivator you need to be **dedicated** to refereeing and anything you do. Ask for advice on how you could improve yourself for the next game and the following week, even if it is something small. It will be worth it. Also make sure you are open to constructive criticism.

You also need to be **prepared** both physically and mentally before you arrive at the ground, wanting to referee and knowing what you need to do. To do this you could look at the league tables, and look at if you have refereed the teams before. Make sure you have packed your kit and you have got everything with you and prepared in all eventualities. Some of the questions you have to ask yourself.

- Do you need to pick up your assistants? If so have you arranged times and when are you going to ring them? Best option is Wednesday evening at the latest.
- Do you know where you are going? Have you got the postcode and map and contacts details for a person at the club just in case of traffic?
- What time do you want to arrive at the ground? Is there enough time before kick off and have you make sure you have left enough time for traffic?

Before the game you need to think about your food and when you are going to eat. You don't need to change your routine before a game, you need to make sure you have enough and eat what ever you are used to, just think about the portion size.

With refereeing you need self belief and have confidence with strong body language to sell decisions and so you look professional. Throughout the game it was recommend you visualise good performances you have had in the past, look at it and remember what you felt like. This could be penalties you have given, advantages or goals. It will help you want to achieve more. You do not need to think of negatives or negative experiences, this will not help you progress is something else Kevin Friend said throughout the evening.



It is understandable referees want to know about the positions of the merit table but it is important you only control the controlables. You cannot change where other referees are in the merit table, you just need to try and improve your game and believe you can get to the next level by improving on each game. Remember to think back to the small victories you have and they can be a 'pick me up' when things are not going to plan.

In the career as a referee you will make mistakes. It's fine and understandable. You firstly need to recognise you have made the mistake, admit you have made it and learn from it, ask for advice or realise how you can improve for next time. But the main one it to then forget about it. Keeping it on your mind will not help you get better.

To be a high performance referee you need key attributes in your game.

- Commit to refereeing and want to do it weekly



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Stockport Referees' Society February 2016 Meeting



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- Commit to development within refereeing and listen to advice and attend training sessions
- Have a positive attitude overall. Be positive about the games, and other referees.
- Have strong fitness levels to make sure you can get through 90 minutes and possibly more.
- To remain calm in difficult situations.
- Have a bounce-back-ability to make sure you can come back from games that didn't really go to plan in a game.
- Be confident in you decisions with strong signals.
- Make sure your appearance is smart from when you arrive to when you leave and throughout the game.

Remember to improve your game and continue to move forward **do you want to challenge yourself? Are you ready to push through and make things harder for yourself? Believe in yourself and remember the GRIND!**

It was a fantastic evening with Kevin Friend and a vote of thanks was given by Trevor Massey.

On closing remember training at Stockport Sports Village and the next meeting with Ray Olivier from the PGMOL on the 10th March!



Report by Micheal Johnson



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