

## OFFICIALS FOR SEASON

**2002-03**

**President :** Kevin Thompson

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**Vice President :** David Fuller

(Tel. 01924 501245).

**Secretary :** John Byrne, 6, Keats Drive,  
HECKMONDWIKE WF16 0PF

(Tel. 01924 407432).

**Treasurer :** Peter Hodgson, 14, Hollin Hall  
Lane, MIRFIELD, WF14 8EU.

(Tel. 01924 493196)

**Auditor :** Roger Blythe.

**Executive Council :** Roger Blythe, Alan  
Helliwell and Martin Atkinson.

Delegates to :

**W.R.R.A. :** Alan Helliwell and Graham  
Commons.

**H.W.D.F.A. ;** Alan Helliwell.

**Spenn Valley League :** Stephen Land and  
John Speight.

**H.W.G.S.A.F.L. :** Darren Hawkins and  
John Swinden.

### RA PRIZE DRAW .

The RA held its usual prize draw again this year and our members sold £212 worth of tickets. Unfortunately we did not manage a prize this year but my thanks to all who made the effort to sell tickets and help the Association's funds by £106. The first prize of a Peugeot 206 was won by Mr. J. Atkins, of Canterbury.

### Match Date.

The Annual Charity Match for the **Heavy Woollen Memorial Cup** will be between **Lower Hopton** (Wheatley Cup Winners) and **Nostell Miners Welfare** (Winners of Wakefield Saturday Cup) and it will take place at **Ossett Albion's** ground on Wednesday, 7th August 2002. Kick-off 7.30.p.m.

## SUBSCRIPTIONS FOR

**SEASON 2002-03**

Have you paid

your Subscriptions for season 2002-03 ? If not, they are now overdue. The costs are the same as last year and are listed below.

Referees Association	£7.00
Insurance	£2.50
West Riding R.A.	£1.00
Heavy Woollen R.A.	£6.50
<b>TOTAL</b>	<b>£17.00</b>

If you are not refereeing and wish to become an Associate Member these fees are reduced to £13.50.

If you are over 60 years old, you do not have to pay the West Riding R.A. fee of £1.00.

Please send your cheque payable to H.W.R.A. to Peter Hodgson, 14, Hollin Hall Lane, MIRFIELD, WF14 8EU or pay at the next meeting in August.

### YORKSHIRE CUP

As I write this the Yorkshire Cup Tournament has just been completed in the most atrocious weather imaginable. Torrential rain on the first two days made all pitches unplayable on the third day and the competition was reduced to penalty shoot-outs on the astro-turf on Fri day.

Saturday's Finals day started in glorious sunshine but as the last set of matches was just commencing rain again made all pitches unplayable and although one of the last finals was completed, three others had to be abandoned and one game between local sides Liversedge and Gomersal Boys was played on Sunday morning.

It was disappointing that only three of our members took part especially as about seven had offered their services and then did not appear on the day.



## World Cup 2002.

Perhaps the most refreshing, even surprising, element of the World Cup was the behaviour of the fans. All of them. The young people of the host nations, Korea and Japan, the effervescent youngsters, boys and girls, from Brazil, and even (would we ever have dreamed of saying it?) those who travelled from Britain to support the teams from Ireland and England.

Respect and politeness are increasingly rare qualities. Yet it was apparent that in Korea and Japan, both are deeply ingrained in the national cultures. Perhaps it was this refreshing attitude to life among the host nations that somehow rubbed off on the visitors.

Korea were presented with the Most Entertaining Team Award and Oliver Kahn, Germany's captain gained the Adidas Golden Ball Award - he was the first goalkeeper to win it.

On the disciplinary front, the 132 games saw 278 yellow cards being shown along with 17 reds. Turkey were the worst offenders with 19 cautions and 2 sendings-off, followed by Germany who had 18 yellows and 1 red. England had only 6 cautions and no red cards.



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## FAM OA Conference.

FAMOA held a conference at Huddersfield on 16th June when I believe all referees, instructors and assessors in the area were invited. It was rather surprising that only Kevin, myself and Darren attended along with about 65 others out of a possible total of a couple of thousand.

The day started with coffee and biscuits and then a welcome from Vernon Crew. This was followed by an introductory talk from the F.A.'s Head of Refereeing, John Baker, who said that FAMOA would have 27,800 members and they would be issued with a membership card in August. Members would be able to apply for a tunic badge after refereeing 10 games. A magazine would be published every year and newsletters more frequently. Members would have a record of Achievement and an incentive scheme would give them credits after officiating in a certain number of matches which could be used to obtain supplies from the R.A.

Ray Payne was next and he gave a very interesting talk on fitness. He covered all aspects of fitness training including warm-ups before a game and the diet one should have before matches. He also offered a booklet on fitness training called "A Guide to Fitness for referees" and a video is also available for a cost of £10 or it can be borrowed from The County Training Officer.

Ian Blanchard then gave a lecture illustrated with video clips on Positioning and Movement and this was followed by a rather nice buffet lunch.

After lunch Jim Hill gave a talk on teamwork and this was followed by the Keynote address by Janie Frampton who has been refereeing for 14 years and she gave the female view of refereeing. She informed us that of the 480 female referees only 17 were on the supply leagues and higher. However she started refereeing at the age of 30 after a playing career and she has progressed to a FIFA assistant and has officiated at games on several occasions on the continent of Europe. She is a friend of Wendy Thoms and was one of the officials in the first all-woman team of officials.

Questions were asked about the roles of FAMOA and the RA and it was pointed out that the RA still gave members Personal Insurance, Local Society training, Local Society Social Functions, regular monthly meetings to discuss problems and Representation re Discipline and assaults whereas FAMOA concentrates on Training, Promotion and Fitness.

## Meetings Season 2002-03

All meetings will start at 7.30 p.m. and will be held at HECKMONDWIKE SPORTS CLUB, Cemetery Road, Heckmondwike on the following dates which are all Mondays.

19th August

30th September Speaker to be arranged.

28th October

25th November Speaker to be arranged.

16th December Quiz and Supper.

27th January Linesmanship : Martin and Paul.

24th February

31st March A.G.M.

28th April

At each meeting time will be set aside for members to bring forward any problems they may have met and also one aspect of the laws will be discussed.

A DATE FOR YOUR DIARY.

The Annual Presentation Dinner Dance will be held on February 8th 2003. As usual it will be at Blenheim House, Batley with a 7.30 p.m. start.

## Around the Local Leagues.

### Spenn Valley League.

The League will operate with two divisions again for the coming season. New clubs are Liquid, Dewsbury Westside, Poacher and Youth 2000. Lowside and Barclays have moved to other leagues. Referees are urgently needed and if you are interested in officiating in the League contact Mavis Ward on Telephone 01274 873987.

### Heavy Woollen Gate S.A.F.L.

The Sunday League will have five divisions this season with new teams from Independiente, Park Hotel, White Bear, Malt Shovel and Tree F.C. . Darren Hawkins is the new Referees' Appointment Secretary and he will be pleased to hear from you if you want to referee on Sundays. His telephone is 01924 274628.

## Fitness and Diet. Are you up to it?

Do you realise that a referee at the highest level will cover approximately 6 - 8 miles during 90 minutes ? and maybe 1000 to 2000 yards of that will be at about three-quarters speed or faster. The remainder of the total distance will be covered at less than three-quarters speed and some of it will be walking or jogging. The referee will have to twist and turn when moving - change direction frequently - stop and start equally frequently.

Training routines should become part of the ambitious referee's life and routine checks on fitness are necessary in order for the whole business to become purposeful. Training should be high quality work for short periods rather than long periods of monotonous half-pace work.

There is no such thing as a closed season as far as training is concerned and those people who believe that golf, cricket or bowls are useful activities for maintaining fitness for refereeing are deluding themselves.

## Diet.

Good nutrition has to be constant: attention has to be paid to good eating habits on 365 days a year, not just on match days. Remember you must refuel, so don't neglect meals; make sure you fit your eating in around your training. Don't miss breakfast and if you train in the evening, eat something around 4 p.m. and have your evening meal after training.

Increase your bread consumption (preferably wholemeal) and eat thicker slices rather than thin to cut down your butter intake. Try to reduce the overall amount of fat in your diet and cut down on all non-visible fats such as milk, eggs, sausages, pies, burgers, etc. Reduce your consumption of fried foods - try grilling instead.

On match days eat a high carbonate breakfast eg. Water, cereals, 2 thick slices of toast, a banana and fruit juice. Have a mid-morning drink and biscuit, and a last meal about 3 hours before kick-off eg. Jacket potato, pizza, rice or toast. Spread jam or honey thinly on the toast and have a large drink of water or fruit juice. Drink plenty to avoid dehydration and take a last drink about 30 minutes before the game. Avoid drinking tea, coffee or alcohol for 3 hours before a game and don't take sugary drinks like orange squash or cola for an hour before.

Start refuelling as soon as possible after the game when the muscles capacity to refuel is at its greatest.

## Restructure of the RA

The team has completed its first task of forming a plan of action to restructure the RA following consultants' recommendations.

The object is to produce a streamlined organisation that will serve the members with no increase in total operational costs.

Proposed rule changes will be prepared for Conference 2003 and the existing Council and Divisional structure would remain in place until Conference 2004. Three new National RAs would be created - England, Wales and Northern Ireland. They would be independent and have responsibility for all domestic matters including the strengthening of relationships with their respective Football Associations.

The English RA would have a board of management of nine people and the first elections would take place in Autumn 2003.

Elections would be on a national basis and board members would serve a maximum of three 3-year terms. They would retire in rotation so as to preserve a balance between continuity and freshness.

When the divisional structure is disbanded, County RAs will assume greater importance. They will become the essential link between the grass-roots members and the ERA management. CRAs will be offered help to assimilate their new functions so as to operate consistently and effectively.

The team is now working on a range of other relevant proposals such as the nature of the Annual Conference which its notes is attended by a small minority of the membership