



Knowing and owning your own worth as a referee

Ever do a match and you think of it all night? It beats you up? You are prepared, in shape, wearing a nice uniform, you're a nice guy....yet you get beat up. You get into a match and one coach unleashes a torrent of "your terrible, never hiring you again etc" How does this occur?

Remember, most coaches don't care if they hurt your feelings...they want to win. They want every TD, escape, reversal and they always want stalling called on the other kid usually not theirs. They are tied into the match emotionally, you are not. Right there is a HUGE difference.

If you are working with another referee or referees who are weaker, the tidal wave they encounter might get you a bit wet as well.

What can you do to minimize the beating you might take? How do you get through that?

Easy....know and own your own worth.

Do an assessment of your skills. Where are you weak? Where are you strong?

Where you are weak, fix it! How do you know you are weak? Watch the match that you got beat up in....was the coach correct? Where you out of position? Was it not 45 degrees? Own and fix that stuff. Watch your own video with someone who knows more than you! If you simply have someone agree with you, you are endorsing your own bs and it is valueless. Get someone who will kick your butt.

Where you are strong, don't get lazy. Always be in the right position. Yes you might know what a TD is and can handle the best flurries but don't ever think you have seen it all...you haven't.

Listen to the coaches, they are telling you something, is it right or wrong? Don't automatically tune them out....there is probably a speck of truth there somewhere...how big of a speck, well you need to figure that out.

Once you honestly are ready to fix things and start to know your worth, here are some key things to know.

1. Don't take things personal
2. Do you know and understand that you OWN the rule book? Wear your armor
3. Don't ever be intimidated.
4. Do you look the part? Do you want you to referee your kid in the state championship?
5. Make sure teams/coaches understand what you want.
6. Use your common sense, easier said than done.
7. Reek of confidence without being cocky

8. Kill negative thoughts.
9. Hear the corner but don't listen. There is a difference
10. Be courageous to make the call that you KNOW is the right call.
11. Be consistent. Every match.

If you know you can do better, do better. If you don't care...leave the sport.

We really get paid very little for our efforts, it's never fun to get beat up but protect yourself emotionally as much as possible.

Making a mistake is human, beating ourselves up for it is a negative. Own it....move on.

When all is said and done and you have truly done an honest assessment of your skill set and worth, make the changes, work on the changes and move on.

Remember when you were a kid and someone said you were a poopyhead? Well....just because they said it, did it actually make you a poopyhead? No. Understand that and let it go.