# ACT Rugby Referees Association

# November 2023 NEWSLETTER

Welcome to the ACTRRA Newsletter for November 2023.

**Save the date:** Will Boyle run 6 February 2024, 18:00 Lake Burley Griffen

## What's happening in your Association?

- Training: This is going into a Christmas break although we recommend you continue with your own training regime in the off season. Watch this space for news about when formal training sessions will recommence.
- Preliminary results from the ACTRRA Recruitment and Retention Plan conducted by Interact Collaborations is being discussed. The final report will be placed on the ACTRRA website for member information and comment.
- Congratulations to your new Executive for 2023-2024 Season
  - President — Nicholas Stoker
  - Vice President — Nathan Mass
  - Secretary — Ivan Gavazov
  - Assistant Secretary — Damian McGrath
  - Treasurer — Peter Langford
  - Welfare Officer (ex officio) — Christopher Cousin

- Patron for 2024 season — Brendan McCormick

## Profile Nathan Mass

Nathan played rugby for Moruya and Batemans Bay School in the junior competition and had international experience playing for Loughrea, Ireland in the senior grades. His decision to become a referee in 2011 was influenced by two factors; his boys started playing for the Broulee Dolphins Rugby Club and he wanted to support them and secondly to help facilitate the development of rugby in the junior ranks. Nathan finds pleasure in the knowledge that he continually tries to encourage those involved in the game to make it a safe and enjoyable for players and spectators alike. Currently Nathan is a member of the Senior A panel and officiated at this year's John I Dent 2nd grade grand final.

In addition to his role as a referee Nathan was a member of the ACTRRA Executive as Assistant Secretary. During his time in that role he was instrumental in the design and issue of the past two referee strips, been the go to person for issues involving Rugby Explorer, facilitating discussions to improve the functioning of the Association, providing a willing ear to those who wanted an honest response as a referee coach and problem solver, all those jobs that needed doing and finally provide an authoritative voice to assist developing referees at all levels.

Nathan is not the only referee in the Mass family. Currently his two sons are also qualified referees and regularly help out provided it does not conflict with their playing duties with the Owls. His two daughters, while not yet rugby referees, play rugby and netball. Both girls currently umpire netball in their local and state competitions. So, you can see he is also actively recruiting rugby referees. In the future we may see the Mass family providing all the match officials necessary for a grand final – Referee centre, AR1, AR2, AR3 and AR4.

When asked what advice he would give to an aspiring referee, he said:

1. accept and acknowledge the passion in our game,
2. accept and seek out constructive criticism from those you look up to and,
3. know your law.

In closing Nathan said the game of rugby is made up of many people with different ideas and opinions about what refereeing is about, however, our role is to give back to the game, not be there for personal accolades (although they are nice) have fun and be ready for your next appointment.

(Left to right: Brendan McCormick (our Patron) Nathan Mass (recipient of the Peter Lawler Trophy for Referee of the Year as voted on by the club coaches), Mitchell Egan, Nicholas Stoker at the ACTRU Community Awards night)

## Reasons to train in the off season.

As we all know, the off-season is a time for rest and relaxation. But if You're a competitive athlete, it's also an opportunity to get stronger, faster, and better than ever before. Here are five reasons why training during this period can help you be the best player on the field come game day:

**You Won't Lose Your Edge**

There are several reasons why it's important to train in the off-season. The first is that you won't lose your edge. You might be thinking, "I don't want to lose my edge." But the truth is, you will if you stop playing and practicing regularly. Your skills will get rusty and start to feel foreign on the field. For example, you've been working on a particular move for weeks and then decided not to practice for a few months before coming back into season with no time for practice—you're going to struggle with this move because it's something new again instead of second nature like all of your other skills were.

One reason why some people don't train during their off-season is because they think they'll get too bulky or put on too much muscle mass which would make them slower on the field— training shouldn't do this unless done improperly (in which case your exercise coach can support you in how not to gain weight when strength training). Another reason might be because they feel like they need a break from their sport after playing so intensely throughout the year; however, most professional players actually take two months off after every season so that their bodies can recover fully before starting up again at full force!

**Get a Head Start Over Your Competition**

One of the most important things to consider when planning your off- season training is that you will be ahead of your competition by the time next season rolls around. Research has shown that an athlete who trains in their off-season will perform better than one who does not. In fact, many athletes have been able to gain an advantage over their competitors by getting a head start on their preparation for the following season. This means that if you are looking to improve your game this coming year, it would be wise for you to invest some time into working with a coach or trainer so they can help guide your training regimen throughout this period as well as provide motivation and encouragement along the way towards achieving success both on and off field!

**Use the Time to Learn New Skills**

Off-season training is a great time to try out new skills and equipment. If you've been playing the same game for years, it can be hard to get excited about learning something new—but now is the perfect time. It's easy to feel stagnant when you're stuck in a rut, so taking some time off from your usual routine will give your mind some space to explore new options. You might discover that there are other games available at the local recreation centre that you'd like even more than volleyball—and if not, maybe playing more volleyball will help you get better at those other games!

**Avoid Burnout**

Avoiding burnout is important for long-term performance. If you're not careful, you'll find yourself in a slump that can hurt your game. Signs of burnout include:

- Lack of focus and concentration on the practice field
- Not taking care of your body by eating healthy, sleeping enough and getting enough water (or other fluids) throughout the day
- Dropping out of team activities because you don't want to get injured or hurt others.
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**Off-Season Training is the Key to Winning on Game Day**

The off-season is the time to focus on developing a better body and mind. You should be incorporating some type of exercise into your daily routine in order to stay healthy and fit for the season ahead. You'll feel better about yourself and will have more energy when you're not getting winded just walking up a flight of stairs.

The benefits of training during the off-season are numerous: strength gains, increased speed, improved flexibility and agility, reduced risk for injury, burnout prevention—the list goes on! If you are looking to improve at any sport from baseball or football to basketball or soccer, then training in the off-season is key! Training in this period will help build strength which leads us into our next point...

## Kit

If you are a Level 1 referee or above and have not yet received your kit, please contact Ivan Gavazov (actrra.asstsec@gmail.com) to arrange collection. The NAIDOC jersey may be worn as our alternate strip for the duration of our current uniform.

## Recruitment


During the coming weeks or months someone will talk to you about becoming a referee direct them to the website (ACTRRA.org.au) and / or have them email the secretary (ACTRRA.secretary@gmail.com) so that we can contact them and link them to the appropriate person/s, training links or just to chat about the process and expectations.

## From the Chairman Coaching and Grading

- Work ons for the off season enjoy the break and get ready for pre-season trials early in 2024.
- Final Grading panels for 2023 are available, go to the following link: ACTRRA.org.au
- One of the proposed law amendments for the 2024 season around the tackle. Click on the attached link to the Irish Rugby Football Union explanation around the change to start you thinking about how it will be interpreted.
  https://rise.articulate.com/share/qwn1rdsfqxTIm2oB0Wo1rEo4x2hXN1Ol#/

## Quiz: To be continued in 2024

## Caption competition

Best caption was awarded to Richard Forshaw