



ACT Rugby Referees Association

September 2023 NEWSLETTER

Welcome to the ACTRRA Newsletter for September 2023.

- Congratulations to everyone involved in the Finals over the past few weekends. A huge effort by all involved.

Save the date: Annual General Meeting 14 November 2023 at Brumbies HQ at 7:30PM

What's happening in your Association?

PRESENTATION DAY: THIS SUNDAY 10th September @ The RUC in Turner

Come along join us for a meal, catch up with friends and enjoy the fun. Barefoot bowls @ 11am, lunch and presentations start at approximately 12 noon.

- Training: Continues at the Brumbies HQ each Tuesday & Thursday evening until the end of September. However, watch this space as there is a possibility that training will continue throughout the off season.

Why continue to train in the off season?

As we all know, the off-season is a time for rest and relaxation. Steve Koh conducts the training. He is a referee and ESSA accredited physiologist and ACTRRA strength and conditioning coach. I have been designing evidence based periodised conditioning training at the Brumbies HQ for the past two years. The training involves beginning at a lower intensity then building up the intensity and volume for your body to become fitter progressively.

Here are some reasons why training during this period can help you be at your best come game day:

- You won't lose your edge
- Strength gains
- Improved speed
- Improved flexibility
- Reduced risk of injury
- Avoid burnout.

If you're looking to improve your game in the off-season. Start by setting some goals for yourself and making sure that they align with your overarching long-term goals.

<https://www.teamspeedco.com/blog/10182/Why-Training-in-the-Off-Season-Will-Improve-YourGame#:~:text=The%20benefits%20of%20training%20during,prevention%E2%80%94the%20list%20goes%20on!>

Carnivals

- Canberra Owls Sevens Carnival 17th September 2023
- U/18 Academy games 19 September 2023
- ACT Schools First XV versus Tongan Schools First XV 20 September 2023 at Marist College 12:30pm
- Australian U/18 Australia v New Zealand u/18 27 September 2023 Viking Park ACT
- U16s and U19s 30th September 7th, 8th, 14th, 15th, 21st October 2023
- Australian U/18 Australia v New Zealand 2 October 2023 Viking Park ACT
- Australian Rugby Shield 27 September- 2 October 2023 Ballymore QLD
- Capital 7's 28 October 2023

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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.

Profile: Sarah Duncan nee Corrigan

The executive is pleased to announce that the Women's Tens trophy to be named The Sarah Corrigan Trophy in recognition of her achievements as both a former member of ACTRRA and an international referee.

Sarah began her association with rugby union while attending Daramalan College playing rugby 7's and her father, Michael (dec'd) a former ACTRRA referee coach suggested that she might like to try refereeing. Her first game as a referee was the Under 11s in 1998. When asked; "What did you enjoy most about refereeing?" Sarah replied "I liked being close to the action, being part of the game and I did not enjoy being hit and being a referee meant I could avoid this." Initially she did not set or even think about where refereeing could take her. It was not until one of the coaches approached her in 2004 and asked; "We would like to develop a referee from the Association to act as a match official - referee at the World Cup, would you be interested?" Wow! You think I could achieve that pinnacle of success? Yes! I grabbed the opportunity and worked with a range of people to develop the necessary skills.

"What was the main difference between refereeing at the international level and community rugby in the ACT competition?" At the international level it is more of a spectacle, theatre, and the pressure is more intense. You are micromanaged continually being assessed, coached, and challenged to improve. In community rugby you are challenged and coached but it is far more collegial, team focused.

"How has the game changed since you were refereeing?" Everything – no girls rugby back then, the skill levels of the players has improved across the board, no longer gender focused, more inclusive with increased opportunities.

Sarah's refereeing achievements are as follows;

- Received the B.A.R. Trophy by the ACT Rugby Referee's Association to the most improved senior referee in 2002
- Became the first woman to officiate an ACT Premier Rugby First Grade match.
- Appointed to the 2006 Women's Rugby World Cup third/fourth playoff between Canada and France, held on 17 September at Commonwealth Stadium in Edmonton.
- On 21 October 2007 she was awarded the 2007 IRB's Women's Personality of the Year at Pavillon d'Armenonville in Paris's Allée de Longchamp for being the first female to referee at a male IRB tournament, when she took charge of the 2007 Under 19 Rugby World Championship match between Zimbabwe and Canada on 4 April at Queen's University of Belfast.
- Refereed the 2010 Women's Rugby World Cup final between England and New Zealand, held at Twickenham Stoop on 5 September.

In closing, I asked "What processes did you employ to develop your refereeing as you progressed to the international arena?" Sarah replied "I was not as focused as I should have been but that soon changed. It was hard training on my own, I had to do my own thing. I would get hold of videos of my games and take them to top coaches like Mick Keogh and Brendan McCormick. I'd watch as much as I could, but the hardest thing was to suck up the feedback.

From the Chairman Coaching and Grading

- A vote of thanks to all members of the Coaching and Grading Committee members for their efforts and support throughout the season.
- 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

Quiz: To be continued in 2024

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Grand final images competition

The best caption for one of these images from the 2023 finals series overall wins a \$100 voucher from the RUC as decided by a panel of judges.

To enter indicate which image (A, B, C, D, E, F, G) you are providing the caption for. Please note: only **one** entry per ACTRRA member. Email your entry to ACTRRA.treasurer@gmail.com by 25 September 2023.

A



B



C



D



E



F



G



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