



BETTER ATHLETES
BETTER PEOPLE

Officials: Maintaining a Level Head Before Competition

As officials, your job is to enforce the rules of competition. In order to do so effectively, it's helpful to maintain a level head. The goal is to avoid getting overly excited about anything – either positive or negative.

Your emotions can have a tremendous impact on your effectiveness as an official, and your enjoyment of the time you spend doing it!

Before the competition begins, it is important to clear your head. Recognize that the events of the day impact your emotions and could put you at a disadvantage going into the contest if you don't put them behind you.

One tool PCA recommends using is a transition routine. Pick an activity or two to do before every game that will get you focused on the competition ahead and signal to yourself that you're now switching into "officialing mode." Think about your goals for the game (which could be areas to improve from your last game, such as communication with the bench, fellow officials or the table), and think about making this your best game ever. What will it take?

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