



Post Play Express

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CREW OF OFFICIALS AT THE 2015 CIS WOMEN'S CHAMPIONSHIP



Front : Brent Stocker (NS), Justin Walsh (ON), Anna Maria Del Col (ON), Marla Van Gelder (AB), Stacy Hawash (MB)
Back : Daniel Patterson (NB), Chris Brischuk (SK), Trevor Barss (BC), Nicholas Borich (ON), Maripier Malo (QC), Jeff Bussineau (ON), Jean-Philippe Herbert (QC)

NOVA SCOTIA PIONEER RETIRES

Submitted by Reg Caulfield, Supervisor of Nova Scotia

Far too often, we miss the opportunity to honor one of our own during their last days on the court. On November 14, 2015, NSBO had the great pleasure of organizing a celebration in honor of Wendell Skeir during his final AUS game at Saint Mary's University. He was recognized for his many years of contribution to basketball and presented the Frank Baldwin Award.

Wendell started his involvement in officiating over 40 years ago under the mentorship of Bobby Douglas (a former Wink Willox recipient) who provided him with a pair of black and white converse sneakers and a grey colored golf shirt. The rest is history.

Wendell was a trailblazer as a black referee in the early seventies. He was one of the first black officials to work basketball games within black communities and served as a positive role model. He played a major role in organizing one of the most prestigious black basketball tournaments in Canada. This tournament is held in Halifax every year, during the month of May, with players participating from all over North America.

He has distinguished himself by officiating at three national tournaments, working AUS and ACAA play-offs, numerous championship games, selected several times as the partner of the year by his peers. In 2001, the Canadian Association of Basketball Officials presented Wendell with the Wink Willox Award for his outstanding contribution to the game of basketball.

Sadly, Wendell was faced with the battle of his life when he was diagnosed with cancer a couple of years ago. It was a triumph for Wendell when he was declared cancer free and returned to officiate in what would be his last year in basketball at the university level. Wendell's goal was to leave basketball on his terms and on a positive note. As officials, we can all appreciate how difficult it must have been for Wendell to make that decision.

College Commissioner, Roger Caulfield, stated that Wendell was a true professional and was often assigned the most competitive games in the conference. He was well respected by coaches, players and fellow officials. His retirement from basketball will certainly leave a void. Wendell will be assuming a new role as mentor for our young panel officials and an observer at AUS games.

We will all face this crossroad and, although it will be difficult, having someone recognize our contribution and sacrifices made along the way will help ease the transition. For many of us, officiating becomes such a huge part of our lives, almost as important as family. In fact, in many cases, our fellow officials become life-long friends. It is important that CABO and our provincial associations acknowledge and celebrate officials' retirement.

Please join me in thanking Mr. Wendell Skeir for being an integral part of our fraternity and leaving an indelible mark on a game we all love.



Left to right: Roger Caulfield, CABO Vice-president and Interpreter of NovaScotia, Reg Caulfield, Supervisor of Nova Scotia, Wendell Skier, Manny States.

OFFICIATING IN THE SOCIAL MEDIA WORLD

Submitted by Martha Bradbury, Interpreter of Manitoba

Like it or not, social media is a reality in everything we do in today's society. When it comes to officiating, social media can be good or it can be bad. It is our job as officials to make sure it's good and is used in a responsible manner.

We have all been told, since we started officiating, that so much of how we appear on the court is how we choose to present ourselves. That comes in many ways: the uniform and how it looks, signals, physical fitness, rules knowledge and overall professionalism in the way we deal with coaches, players, spectators and partner(s). In short, control what we can control. This concept has never been more important than it is today with the rampant use of social media in everything we do.

With the advent of social media, it is a safe bet that every person in the gym has some type of smart phone or tablet. This means that every move every official makes can be recorded and shared in a matter of seconds. Have you stopped to notice how many parents are recording every second of every game? Don't be fooled into thinking that they're only recording their son or daughter. The officials will be on every frame of video recorded. Consider what you want people to know and think about you and always strive to carry yourself that way in every gym, whether you're on the floor officiating, or sitting in the stands observing.

By now, I am sure everyone has seen the unfortunate video of a Washington State official taking a phone call during live play. If you haven't, take a few minutes to take a look - <https://www.youtube.com/watch?v=l8VsPuO20NM>. This is a prime example of not presenting yourself in a professional manner. This video has gone viral and has had hundreds of thousands of views. This official may have spent many years as a respected official and, in a matter of seconds, he has tarnished his reputation and put officiating in a bad light for all officials. Everything we do on the court reflects not only ourselves, but our fellow officials.

This brings to light another issue that affects all officials, impartiality. Like it or not, when you are an official, you are always an official. That means, for levels of basketball you officiate, you must appear and remain impartial. As an example, I am a Canada West official. My daughter played basketball for one of the Canada West schools. While I clearly couldn't officiate games at her school, I realized the importance of impartiality for the other schools at which I did officiate. Therefore, I made the decision to never wear any support gear from my daughter's school. That way, I would never give other people the opportunity to see me as biased. As well, it meant I was never in a position to allow someone to take a photograph and post it on social media that put me in a bad light. Let's consider the case of a replacement NFL official and the way he managed his personal social media. While he was an active member of the NFL Officiating department, he posted pictures of himself on his personal Facebook page wearing support gear for one of the NFL teams. Again, if you haven't seen the article, take a look at how it was presented on a national news website - <http://www.digitaltrends.com/social-media/nfl-yanks-replacement-referee-over-facebook-photo/>. This is certainly not something I would consider responsible use of social media. He did this to himself. Once something is on social media, it's out there forever, you can't take it back. You should not only consider what kind of light you are portraying yourself in, but also your fellow officials. If you are frustrated with your partner(s) after a game and vent on social media, remember, it's not just you or your friends seeing that post. Make sure that everything you post that references officiating is done so in a positive manner. Officiating is already a difficult and often thankless hobby. We don't want to make it more difficult for ourselves and our peers by venting on social media.

Even if you are not personally on any social media site, it is important to be careful in what manner you share details about games to your friends. If you vent to a friend about a particular team or partner and the message is negative, they may share on their social networking sites and tag you. I don't expect this would be a malicious attempt to slander you, but more they inadvertently share something you didn't intend to be shared. Once it's out there, it's out there forever.

There are positive ways in which social media can help the officiating vocation. We are always discussing official recruitment. Social media is a great way to promote officiating and encourage others to join. As well, social media can be used to shed some positive light to the public on officiating. We have all experienced some of the negative

feelings from teams and spectators around officiating. Social media is a simple, inexpensive way to showcase officiating in a positive way.

Here is some food for thought on social media in society today. Canadians watch more YouTube than anyone in the world. 17.6 million Canadians visit YouTube every month. Of Canadians on the internet, 83.1% have access to Facebook. Currently, 13.7% of Canadians use Twitter each month, outpacing usage in the US. What that means for officials is that what happens on the court no longer stays on the court. Everything that you do as an official has the potential to be shared on social media and to be seen by a large majority of Canadians, and the world, in a very short amount of time. And, consider if any of these videos or photos on social media get picked up by an international news corporation similar to CNN, like the unfortunate official in Washington State mentioned above. It happens! Don't let yourself be surprised by your actions when you see them on video or in a photo. Always remain professional. Officiate every game as if it is internationally televised. Don't do anything on or off the court that you don't want shared among millions.

Some general guidelines to follow in using social media responsibly:

- DON'T post anything on social media you don't want "out there" forever;
- DON'T post on social media unless you want it to be seen by anyone and everyone;
- DON'T criticize your fellow officials on social media;
- DON'T criticize teams on social media;
- DON'T criticize players on social media;
- DON'T criticize coaches on social media;
- DO share your positive officiating experiences on social media;
- DO promote officiating on social media (we always need new officials).
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Let's be that group where we use social media as a positive. If we carry ourselves professionally at all times, we can all benefit from the positives that social media brings. Consider that the next time you hit "post" on your social media site of choice!

THE ROLE OF SELF-TALK IN LEARNING AND PERFORMANCE

Submitted by Bill Redden, Member GVBOA

Self-talk is the act of talking to oneself aloud or silently. The two types of self-talk considered herein are instructional self-talk and motivational self-talk. The instructional type occurs when performers use self-chosen word(s)/phrases to cue themselves about a particular aspect of a task immediately before the task begins. Motivational self-talk is designed to help control a person's readiness to perform from an emotional/mental perspective.

Examples of the use of instructional self-talk for officials are:

- Just prior to entering the center circle for the jump ball toss, the administering official could use the word “high” to help insure proper ball height for the toss.
- When the trail official transitions to lead official on the fast break, the lead official might well use the phrase “turn” or “long strides” when a new team possession has been established to allow the new lead official to get a good start in their run to the other end of the floor.
- As a jump shot is taken from area 4, the lead official's self-talk could be “two feet down”. This self-talk refers to the lead keeping their eyes trained on the shooting situation (with the defender included) until the shooter has two feet on the floor.
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In all of the above cases, instructional self-talk has the potential to activate the proper response. The official merely follows the self instruction.

Instructional self-talk is not only helpful for novice officials learning the skills of officiating, but can be of value for more experienced officials who must change their procedures to perform newly devised mechanics (movements and signals) recommended by sports governing bodies. It can be very difficult to eradicate established movement habits and self-talk can help in this regard. In addition, every official, regardless of experience, may have skill, ability or weaknesses that need to be overcome or improved upon within their “game”. Self-talk can assist this remedial process. It may also allow officials to correct errors in off-court practice sessions that might have occurred in a recent game.

Motivational self-talk has the potential to provide the optimal emotional and mental level for best performance based on the task at hand. An official may experience different feelings in a game from a mental and emotional perspective. There are occasions when a heightened level of involvement may be desired. For example, in a game where the pace is fast and/or aggressive it may be appropriate to use self-talk such as: “MOVE FASTER!” ; “RUN!”, “PRESS IS ON – get position! GO BACK.” “FREEZE » as a free official after all Foul Calls”. Similarly, in a game where the score is lopsided in favor of one team or the pace is very slow moving, it may be necessary for the official to “psych themselves up” and use self-talk terms such as “FOCUS!”, “WORK”, “HELP THE GAME”, “DO THE JOB!” to get themselves “into” the game mentally and physically.

Game situations involving players/coaches management may involve confrontation or explanation of game situations where officials must temper their level of arousal. Self-talk in these situations could be one of: “STAY COOL”; “SLOW DOWN”; “COUNT ...1.....2.....3...breathe! Now deal with the matter”.

It is recommended that officials practice and use the same self-talk consistently. Regardless of the purpose of self-talk, whether it be to prompt or remediate, the following strategies are recommended:

1. Identify specific self-talk needs;
2. Develop self-talk words/phrases based upon needs;
3. Find what self-talk words or phrases work best to improve learning and performance - this is accomplished through experimentation and evaluation.