

Ladies Gaelic Football Association Grab Your Whistle Academy

NEW

Don't miss this unique opportunity to develop your refereeing skills and umpire training.

Sessions to be provided provincially.

Places are limited

Open to males and females aged 18-35 years



Click here to Apply

WHAT IT IS?

The LGFA Grab Your Whistle Referee Academy has been devised to develop aspiring referees aged 18-35 years within Ladies Gaelic Football and will be delivered over 18 months by experts in the field.

WHAT WILL I LEARN?

- Technical, Physical, Mental and Tactical Development
- Leadership skills
- Knowledge of the rules
- Goal setting and Self-Reflection
- Managing Conflict
- Team Building

Also assigned a mentor throughout and provided with performance analysis.

WHEN AND WHERE?

- First session in Croke Park followed by Provincial based training and practical experience over 18 months

PROGRESSION

- Successful applicants will be eligible to apply for entry to Provincial Referee panels for future progression
- Also will receive national umpire and linesperson qualifications

HOW TO APPLY

Applications available at www.ladiesgaelic.ie

CONTACT:

developmentssupport@lgfa.ie



**SPÓRT ÉIREANN
SPORT IRELAND**

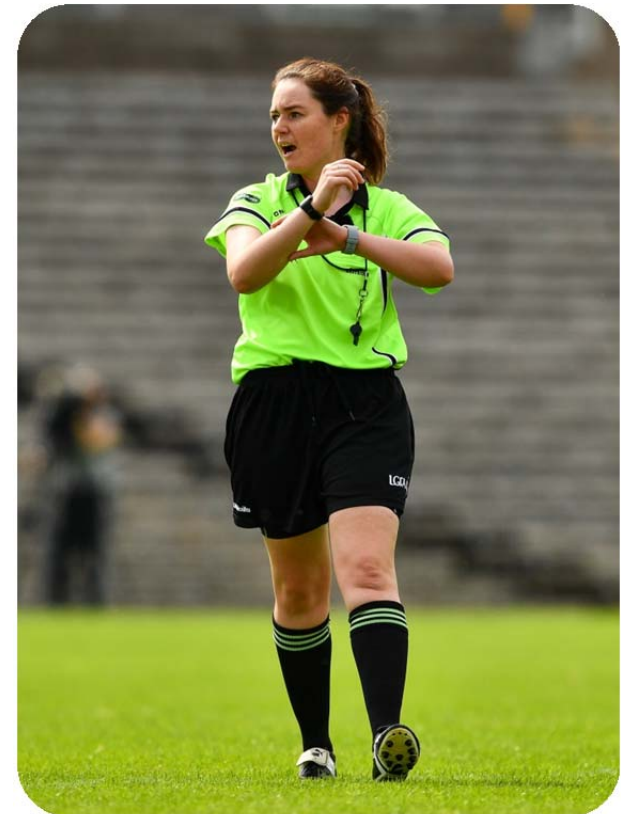
ABOUT THIS PROGRAMME

The LGFA Grab Your Whistle Referee Academy has been devised to develop aspiring referees aged 18 – 35 years within Ladies Gaelic Football and this will be delivered over 18 months by experts in the field.

This is a new initiative welcoming referees from all counties to take part with each county allocated positions for **two referees**, at least one of which should be a female.

The course consists of 6 contact days, first day and final day in Croke Park, with remaining dates taking place in each province from 2019 to 2020 which will focus on Technical, Physical, Mental and Tactical development whilst also providing practical referee experience on top of ongoing support and advice. Participants will also have to attend assigned games and events as part of compulsory practical experience.

Participants cannot be on a Provincial or National Referee Panel but must be currently refereeing in their county. Candidates apply directly through the link provided and we will then get sign off on your application from your county board. All candidates must be committed to attend all workshops as attendance is compulsory throughout.



PROGRAMME BENEFITS

- Engage with like-minded officials in Ladies Gaelic Football
- Insight and understanding of your own officiating style
- Enhanced communication skills as an official
- Techniques to motivate and inspire you and your team of officials
- Receive personalised performance analysis
- Training and advice from experienced trainers and officials
- Free access to winter training hubs
- Practical opportunities at local, provincial and national level
- Feedback and support from assigned mentor
- Confidence in your own abilities through practical learning and application



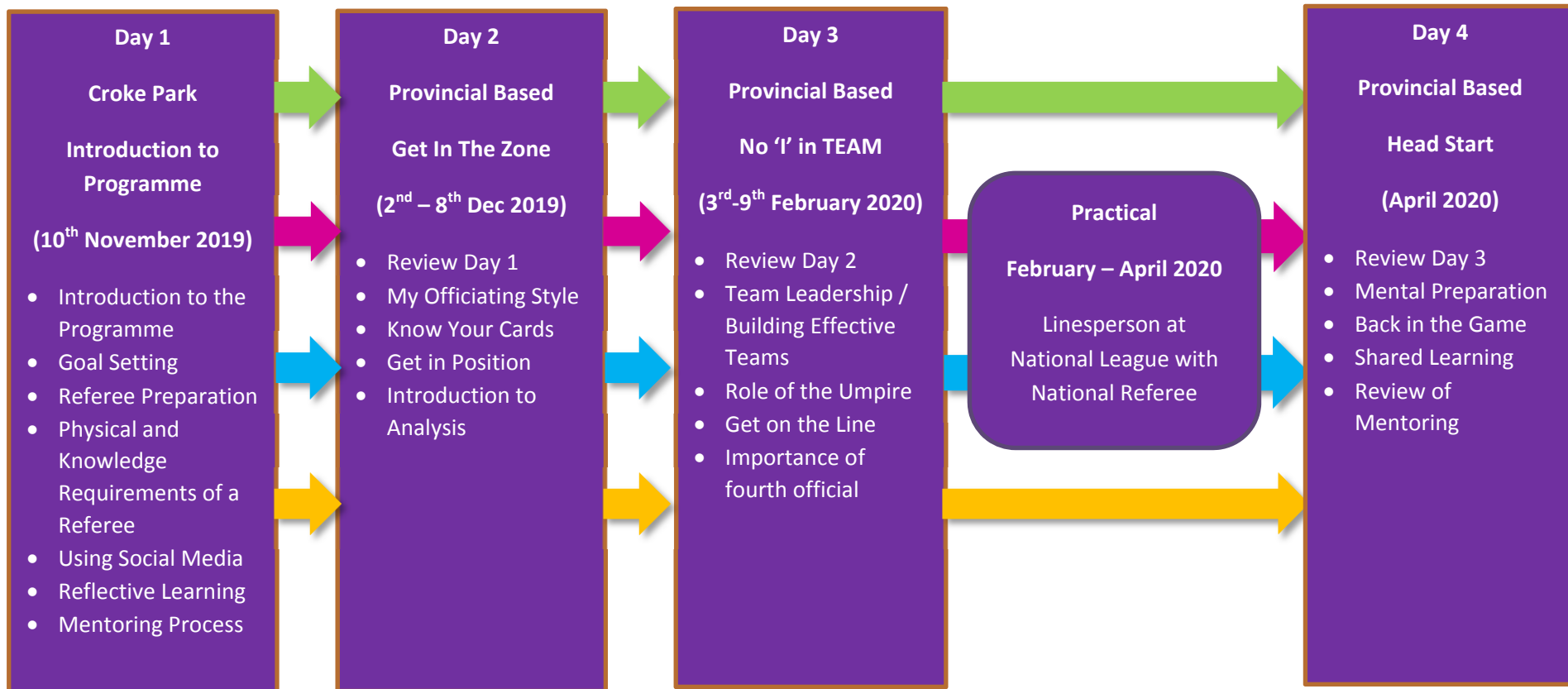
AIMS AND OBJECTIVES

By the end of this programme, Participants will:

- Be engaged on the National Referee Pathway
- Display a willingness to act as a role model for future aspiring officials
- Have a full knowledge of the rules of the sport
- Be actively involved in practical referee experiences
- Set clear goals for themselves - long, medium and short term goals
- Be involved in ongoing fitness assessments & athletic development
- Understand importance of work rate and positioning, GPS & videoing
- Have the ability to deal with conflict
- Know how to work as a team and have the skillset to act in any of the officials roles (Referees, linesperson, umpires and 4th official)
- Gain an insight into Nutrition and hydration
- Display basic psychology skills (preparing for a game & controlling the controllable)
- Represent their club and county as an LGFA official

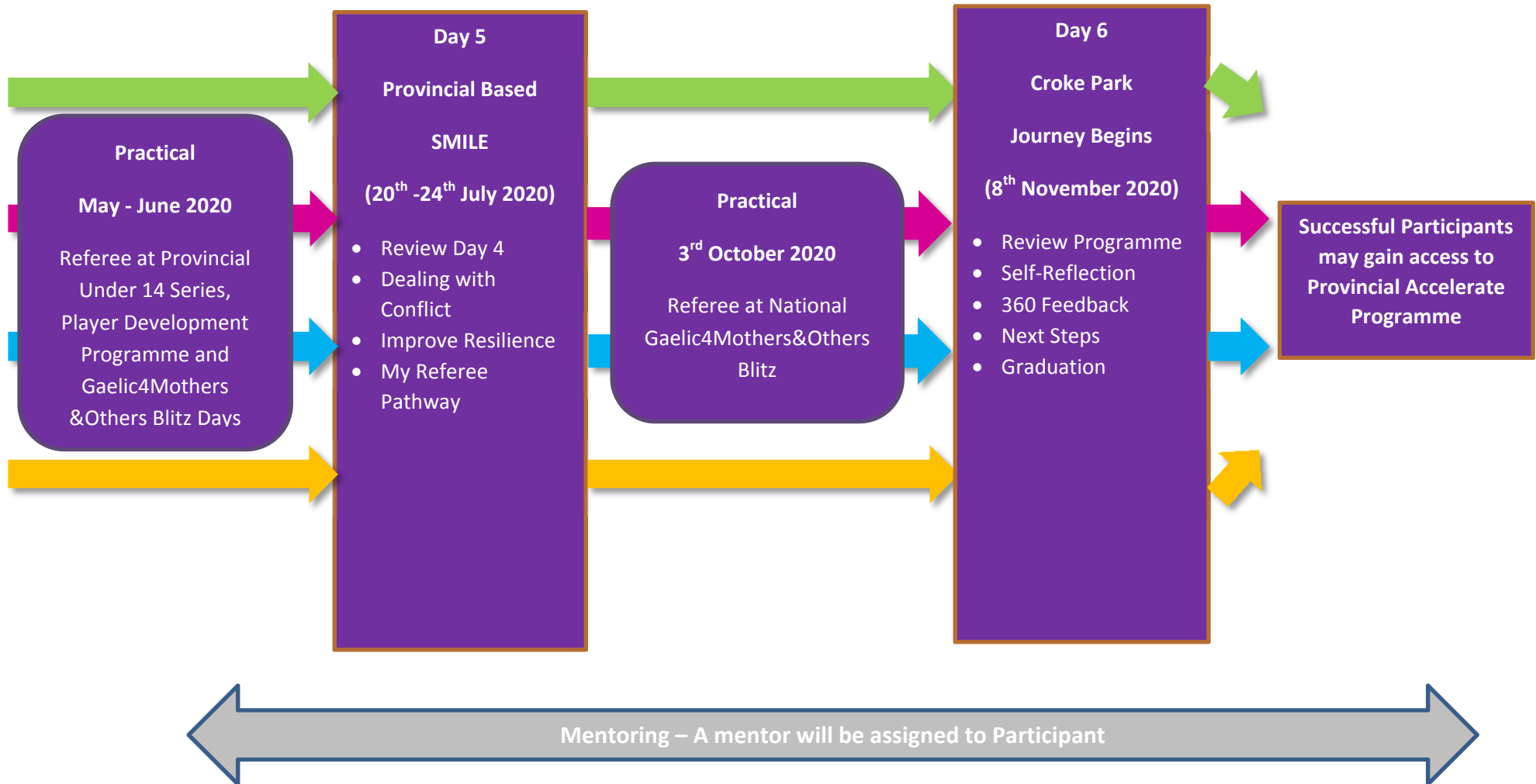
PROGRAMME STRUCTURE

Participants must be available for all dates of modules and will have mentor assigned for their journey whilst also receiving performance analysis.



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PROGRAMME STRUCTURE (CONTINUED)

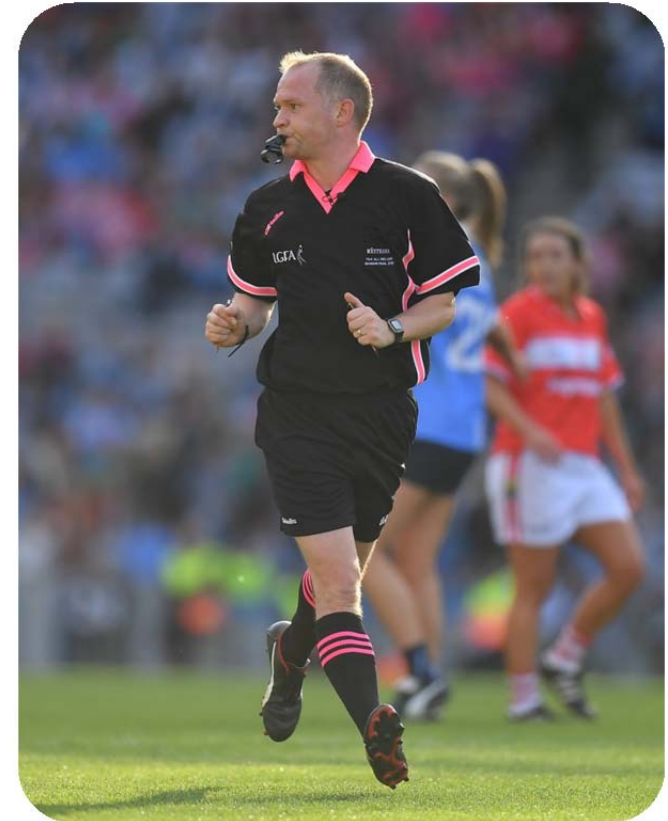


WINTER TRAINING HUBS

As part of the LGFA Grab Your Whistle Academy participants will have access to the provincial referee winter training hubs to help referees develop their fitness levels and education over the winter months and get ready for the season ahead. These hubs are delivered by experts in the fitness field and tailored specifically to referees.

Aims

- Training Hubs for referees over the winter in each province, Ulster, Munster, Leinster and Connacht
- Four set locations, once a month October to January
- Allow referees the opportunity to train together and share knowledge and ideas
- To provide Referee with additional support and workshops
- To provide referee with a 12-week training programme to work off over the winter months



Outline of Training plan

Session 1 – Outdoor pitch session (October)

Warm-up GAA 15, followed by a group session with the aim of covering specific referee fitness and speed endurance over 45, 20 and 10 meters.

Session 2 – Indoor session (November)

Warm-up GAA 15, followed by a group session with the aim of covering specific referee fitness and speed endurance over 45, 20 and 10 metres.

Session 3 – Indoor session (December)

Warm-up, followed by a group session with the aim of covering specific strength and conditioning exercise to help training, physical fitness and preparation of the referee. Body weight exercise, flexibility, recover and injury preparation and provide support advice and tips on nutrition and fuelling the body

Session 4 – Indoor session (January)

Warm-up GAA 15, followed by a group session with the aim of covering specific referee fitness and speed endurance over 45, 20 and 10 meters.

Schedule of Winter Training Hubs

Below are the confirmed dates for winter hubs and all referees are encouraged to attend:

Province	Session 1	Session 2	Session 3	Session 4
Connacht	Wednesday 16 th October 7-8.30pm	Wednesday 6 th November 7-8.30pm	Wednesday 4 th December 7-8.30pm	Wednesday 8 th January 7-8.30pm
Leinster	Tuesday 15 th October 7-8.30pm	Tuesday 5 th November 7-8.30pm	Tuesday 3 rd December 7-8.30pm	Tuesday 7 th January 7-8.30pm
Munster	Thursday 17 th November 7-8.30pm	Thursday 7 th November 7-8.30pm	Thursday 5 th December 7-8.30pm	Thursday 9 th January 7-8.30pm
Ulster	Tuesday 15 th November 7-8.30pm	Tuesday 5 th November 7-8.30pm	Tuesday 3 rd December 7-8.30pm	Tuesday 7 th January 7-8.30pm

APPLY NOW

[CLICK HERE TO DOWNLOAD
APPLICATION FORM](#)

Step 1

- Complete the application form online by Monday 21st October.

Step 2

- Applications will be reviewed and applicants will be shortlisted

Step 3

- Shortlisted applicants will complete short interview with member(s) of LGFA either in person or by phone

Step 4

- Successful applicants will be notified by Friday 25th October

Step 5

- Applicants will confirm place