

Ladies Gaelic Football Association

Grab Your Whistle Academy

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 18-45 years

Closing date, 1st March 2024



[Click here to Apply](#)

WHAT IT IS?

The LGFA Grab Your Whistle Referee Academy has been devised to develop aspiring referees aged 18-45 years within Ladies Gaelic Football and will be delivered over 6 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 Dublin followed by online modules and practical experience over 6 months

HOW TO APPLY

Applications available at www.ladiesgaelic.ie

CONTACT:

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ABOUT THIS PROGRAMME

The LGFA Grab Your Whistle Referee Academy has been devised to develop aspiring referees aged 18 – 45 years within Ladies Gaelic Football and this will be delivered in 2024.

This is an initiative welcoming referees from all counties to take part, male and female but encouraging at least one female from each county.

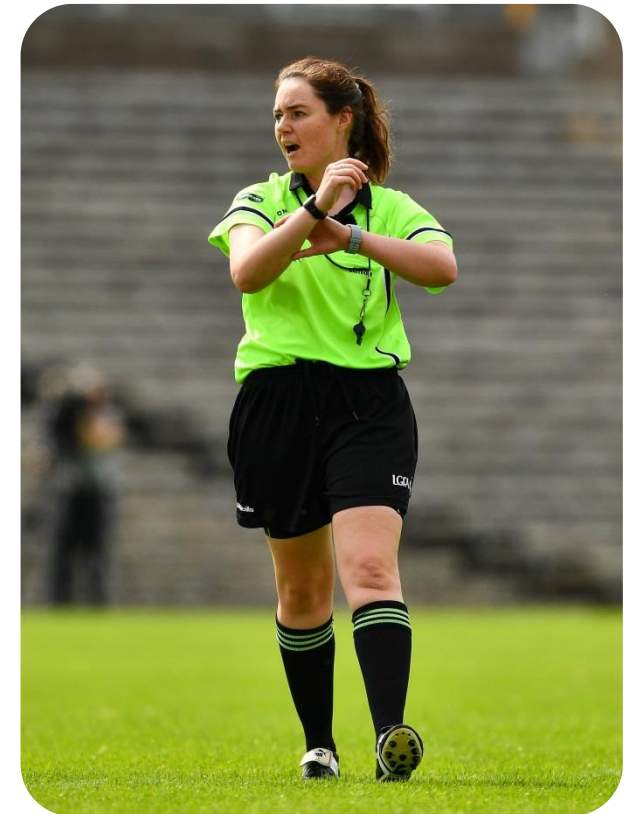
The course consists of 5 contact days, first day and final day will take place in a Dublin venue, with the remaining dates taking place online. There will be a focus on Technical, Physical, Mental and Tactical development whilst also providing practical referee experience on top of ongoing support and advice. Participants will have to attend assigned games and events as part of compulsory practical experience.

We will also run an online mini-series covering three topics with interaction with experienced referees.

Participants cannot be on a Provincial or National Referee Panel but must be currently refereeing in their county.

Participants must have a minimum of 1 years' experience.

Candidates can 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 attending all workshops as attendance is compulsory throughout to graduate.



PROGRAMME BENEFITS

- Engage with like-minded officials in Ladies Gaelic Football
- Enhanced communication skills as an official
- Techniques to motivate and inspire you and your team of officials
- Training and advice from experienced trainers and officials
- 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

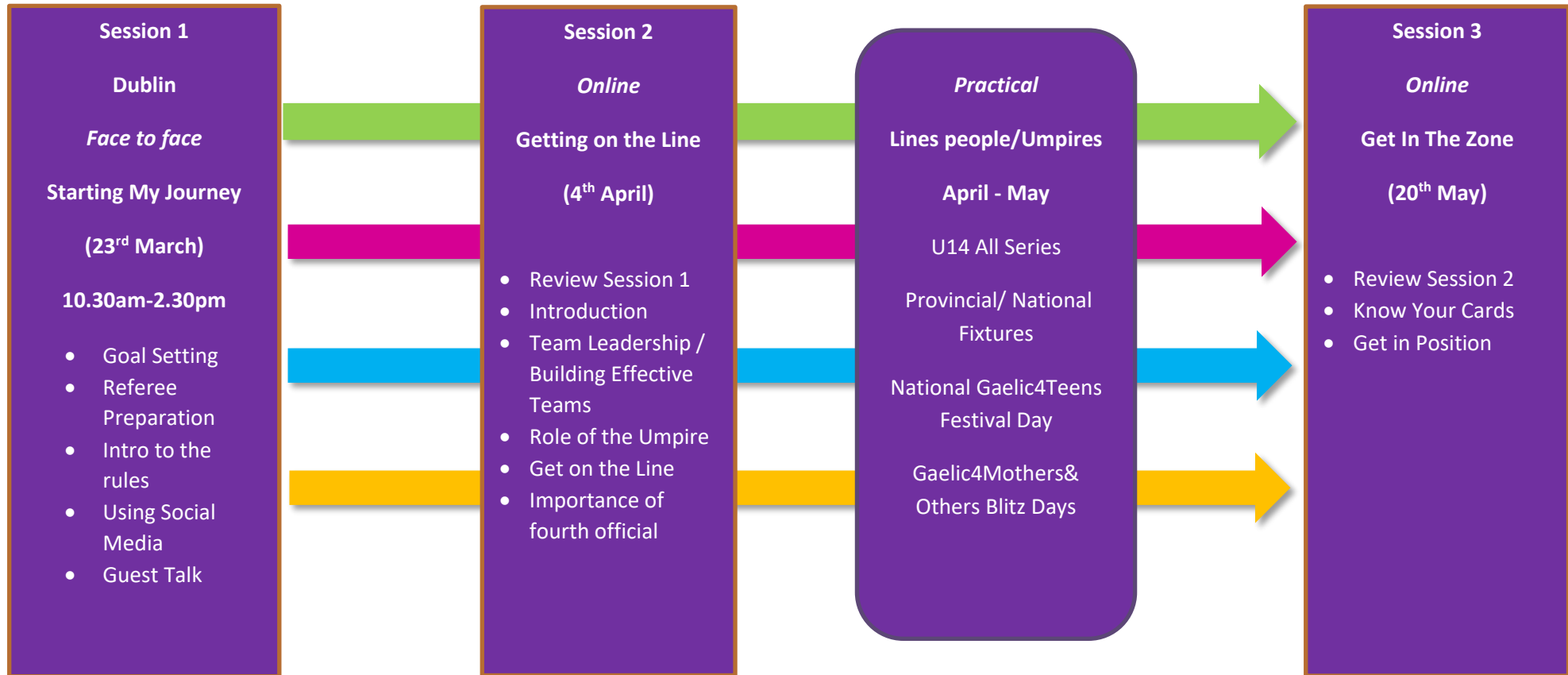
By the end of this programme, Participants will:

- Be engaged on the 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
- Have the ability to deal with conflict
- Know how to work as a team and have the skillset to act in any of the match official roles (Referee, linesperson, umpire and 4th official)
- Display basic psychology skills (preparing for a game & controlling the controllable)
- Represent their club and county as an LGFA official



PROGRAMME STRUCTURE

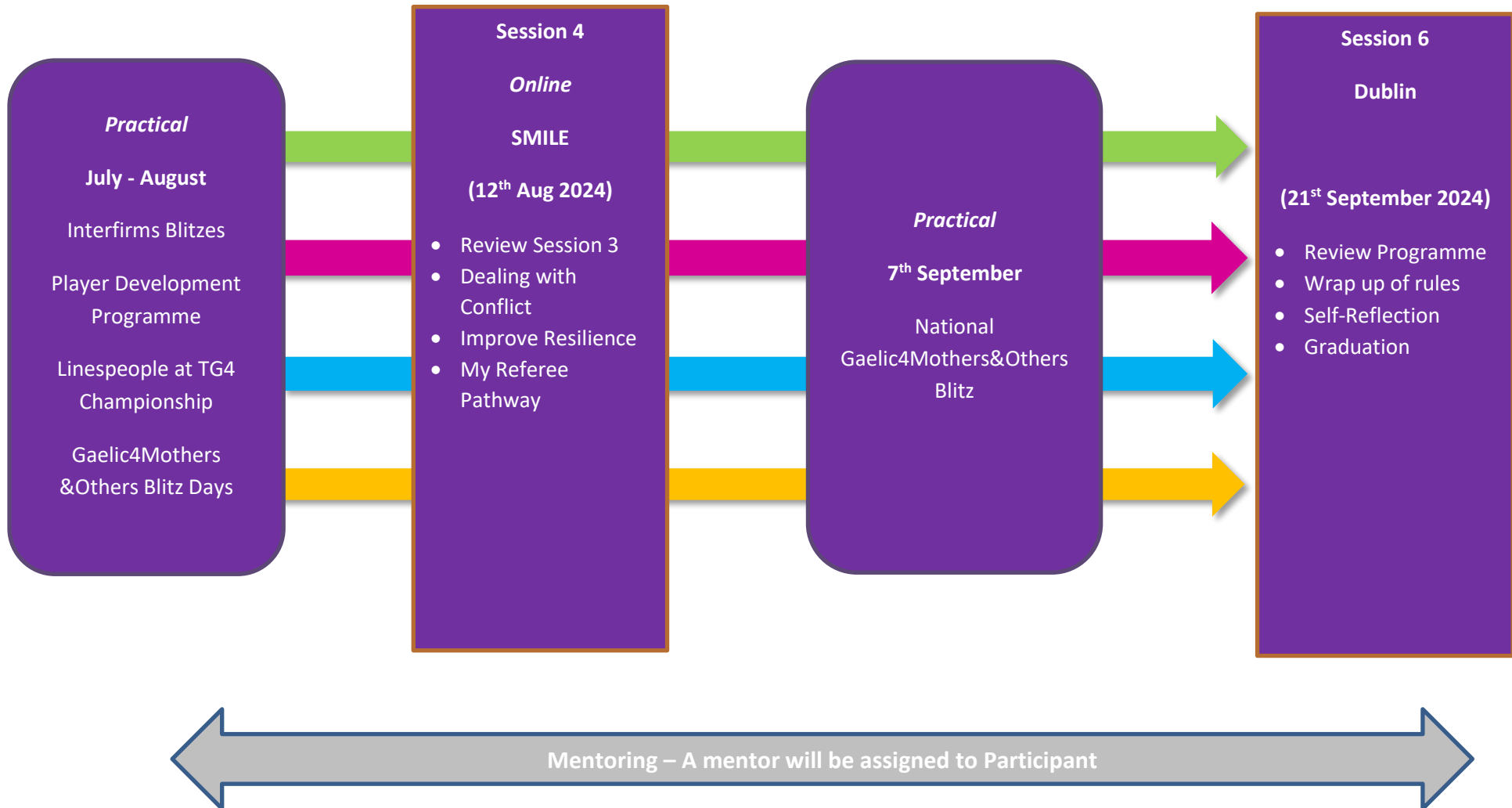
Participants must be available for all dates of modules and will have mentor assigned for their journey.



← Mentoring – A mentor will be assigned to Participant →

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PROGRAMME STRUCTURE (CONTINUED)



REFEREE MINI-SERIES WEBINARS

This will be three online talks with experienced referees covering the following:

- Referee pathway, balancing playing and being a referee, and your fitness regime
- Communication with Side-lines/coaches and players
- Referee game management, particularly when your own your own. Tips on how to tick, keep the score, time management and rules to watch out for

Session 1

Referee pathway,
balancing playing and
being a referee, and your
fitness regime

16th April
30-45 mins via Zoom

Session 2

Communication with
side-lines/ coaches and
players

11th June
30-45 mins via Zoom

Session 3

Referee game
management, particularly
when your on your own

11th July
30-45 mins via Zoom