

Hi All

After advice from the AFL and ongoing discussions with the WRFL CEO Matthew Duck, it was decided to suspend all official training and coaching sessions for the WRFL umpires until further notice, this is effective from Monday 16th March. The Emmanuel and MacKillop Academy Information sessions will run tomorrow with Emmanuel commencing at 2.45pm and MacKillop at 4pm for Emmanuel and MacKillop students **ONLY**, under current school guidelines.

Please read the general guidelines under **WRFL COVID-19 update – 5.15pm: 13/3/20**, on the WRFL News page.

Please note the following information around practice matches, the season, coaching and training.

Practice Matches:

Practice matches will continue over the next two weeks leading into the start of the 2020 season. In that, if you are **NOT AVAILABLE** to umpire on:

-Thursday evening (5pm) onwards 19th/26th March

-Friday evening (5pm) onwards 20th/27th March

-Saturday 21st/28th March

-Sunday 22nd/29th March

You **MUST** go into Schedula and make yourself **UNAVAILABLE** on those dates.

If you are concerned around your own health and wellbeing, please make yourself unavailable.

If you are already appointed and now wish to NOT be appointed, or you are or become unwell before your game, please contact your coach.

If you are appointed to a practice match, in addition to the WRFL memo below, you are **NOT** permitted to:

-Make physical contact eg: shake hands with any player, official or spectator.

-Enter teams change rooms, the club team manager will provide you with the ball/team sheet etc

-Share water bottles or whistles

-Toss coins – use your whistle behind your back to select ends to kick

Season:

The WRFL season is scheduled to commence on Saturday 4th April.

Coaching:

Your coach will provide coaching materials over the next few weeks. This may take a week to arrange, so please make sure you check your emails on a regular basis as this will be a primary source of contact with you during this time. Goal umpires will receive your training program from Graeme, however if you wish to include extra fitness, please follow the suggested training program below.

Training:

From a fitness aspect we suggest the following over the next two weeks:

WEEK ONE

Monday 16th March or Tuesday 17th March

General warm up

1 min on, 1 min rest/either walk or jog, 2 min on, 2 min rest/either walk or jog, then repeat for, 3 min on, 3 min rest, 4min on, 4 min rest, 3 min on, 3 min rest, 2 min on, 2 min rest, 1 min on. The on stage is at 70%

Rest for 5 mins then complete 5 x 50m at 70%

Stretches

Wednesday 18th March or Thursday 19th March

General warm up

5 x 25 m, 5 x 50m, 5 x 75m

Field umpires – 5min of ball up and backing out

Boundary umpires – 5min of throws and backing out

Then repeat running and ball ups/throws

Stretches

Weekend if not doing practice matches:

Field and boundary 5-8km run

WEEK TWO

Monday 23rd March or Tuesday 24th March

General warm up

1 min on, 1 min rest/either walk or jog, 2 min on, 1 min rest/either walk or jog, then repeat for, 3 min on, 1 min rest, 4min on, 1 min rest, 3 min on, 1 min rest, 2 min on, 1 min rest, 1 min on. The on stage is at 70% NOTE: Same as week one but only 1 min rest between ALL runs

Rest for 5 mins then complete 5 x 50m at 70%

Stretches

Wednesday 25th March or Thursday 26th March

General warm up

5 x 25 m, 5 x 50m, 5 x 75m

Field umpires – 5min of ball up and backing out

Boundary umpires – 5min of throws and backing out

Then repeat running and ball ups/throws

Stretches

Weekend if not doing practice matches:

Field 5-8km run

Boundary 8-10km run

We are on an unknown journey, so we all need to be supportive of each other and be flexible to future changes, which are inevitable. We are all in it together!

Any questions, concerns etc related to the current COVID-19 pandemic effecting the WRFL umpires, please direct them through me either by text, mobile or email

Mark Westgarth - mobile: 0448-050-433 email: mwestgarth@mackillop.vic.edu.au

Take care, look after yourself and hopefully see you on the track soon.

Mark Westgarth

Director of Umpiring

WRFL