

Hi All

I think everything that needs to be said has been said. So, let's look at some positives😊

I would like the WRFL umpires to send your pics and videos on how you are staying involved, training or enjoying life during the extended 2020 pre-season, which promotes umpiring and footy in the WRFL. 'Why West Is Best' and two of our colleagues are featured.



Please send your pics and videos to Kristen at the WRFL at [K.Alebakis@wrfl.asn.au](mailto:K.Alebakis@wrfl.asn.au) . They will be posted on the WRFL Facebook page and if you get behind this push I might even take-up a Facebook page myself!!!! There is a challenge, given this is not me! but in these times we all need to be prepared to do something different to support each other, so you need to post!

It was great to see a few umpires having a run at my local ground at Wyndhamvale. (Hi Cammy and Scotty). I really encourage you to find a friend, hopefully umpiring friend, to train with. It gives you the push to train and the push to improve your fitness. Please try and stick to the program I have set until Easter. If you have a different program, that is fine, as long as we are all staying active!!!!

I know those who are still employed, or students, have lots of support around your personal wellbeing but for those umpires who are now not employed and/or removed from the norm of the WRFL umpires social network, have a think about these options:

-Anxiety is good! It will get you into action, don't be worried about asking questions, phone a friend, and if you are not sure who to turn to, you can always ring or text me and I will get back to you. Whilst I am not an expert, I can always point you in the right direction, NEVER don't ask!!!!

-Be active, it doesn't matter what your circumstance is you can always go for a walk, jog, ride or try yoga, even in your own back yard. Just DO, don't think or worry, DO. You will feel so much better.

-Try something different, whether it be learning about something totally different, you try something that you have not thought off before!!!! Such as gardening, cooking, painting or can we travel at the speed of light??? Try this link, it is amazing!!!! [https://www.youtube.com/watch?v=RSeomJx\\_f5E](https://www.youtube.com/watch?v=RSeomJx_f5E) Just Google, you will be amazed in the world we live even though it is not so amazing at this time! Think about your focus, POSTIVE never <sup>negative!</sup>

I have posed a challenge this week which comes off the back of my last week's task that you have a look at the 2019 Laws of Australian Football.

"The field umpire calls for a ball up in front of goal, all umpires are in their required position when, a ruckman punches the ball on the full and it just touches the goal post on the behind post side of the goal post, so the opposite side to the goal umpire". What happens next??

I will provide the answer next week, so try and write down what you think happens, because it depends on a number of scenarios, so can you think of all of these scenarios, because it is important depending on your role on the day!!!!!!!!!!!!!!!!!!!!!!

Basic umpiring skills for field, boundary and goal are now on the WRFL umpire's website. If you click on this link <http://www.wrfl.com.au/umpires/umpiring-in-the-wrfl/news-information/> then scroll down to Training Tools, the relevant skill document can be found under this heading. It is a great resource for first year umpires but great revision for all umpires. Next week's challenge question will come from these skill documents.

Remember:

You can't change the past, but you can influence the future!!!

Think how that relates to season 2020!!!

See you on the track, sooooooon

Mark