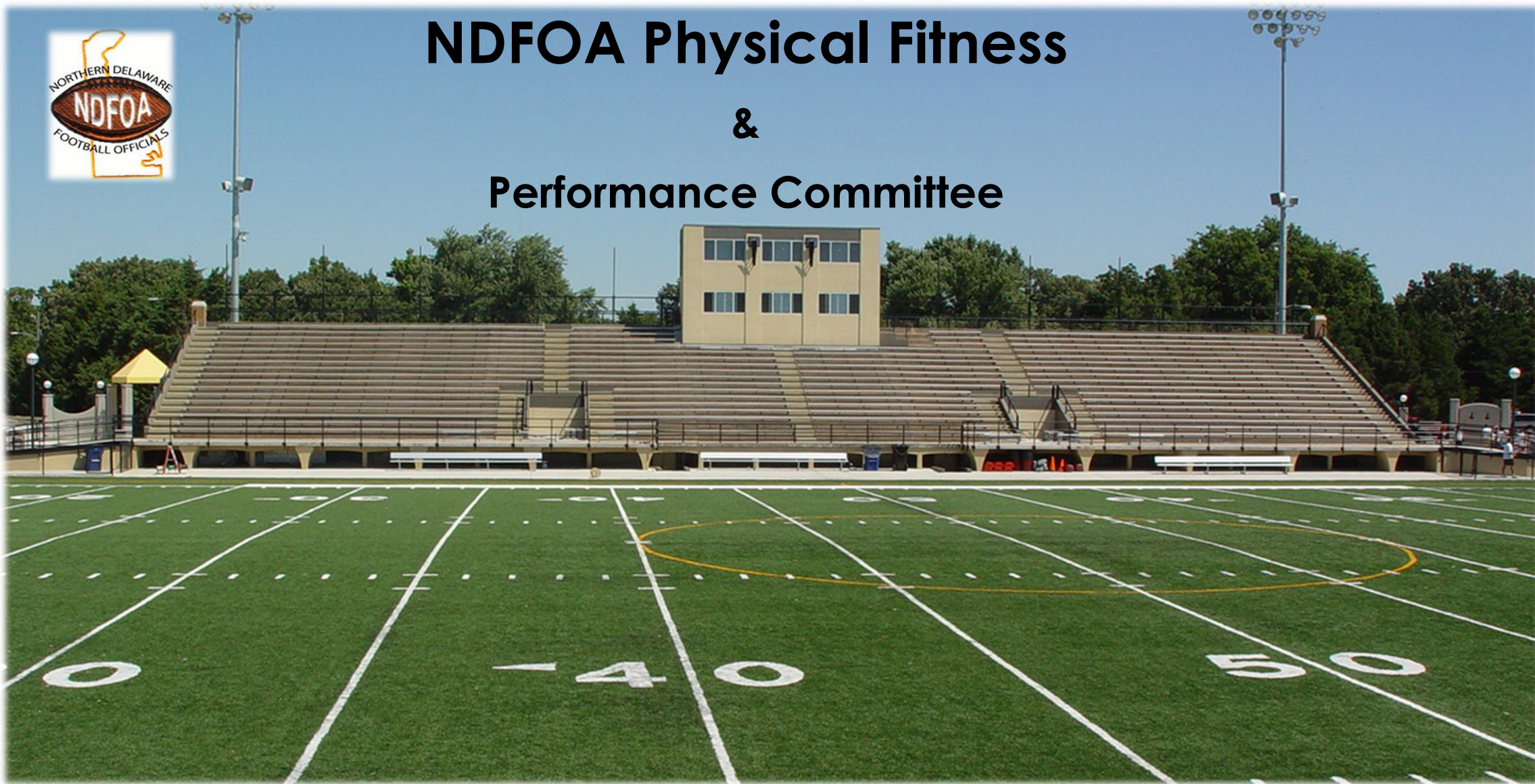




# NDFOA Physical Fitness

&

# Performance Committee



The **Mission** of the NDFOA Physical Fitness & Brand Performance Committee is to educate, advise, and encourage NDFOA Officials to gain and maintain performance benefits through physical activity.

### **Our Objective**

To support the NDFOA's physical fitness performance by implementing a annual training program for all appropriate demographics within the organization regardless of experience level or age.

### **Our Strategy**

The committee will research and review various methods to help promote a standard of physical fitness to enhance and grow the NDFOA brand.



# Committee Members

**Glenn Crowther**– Board Liaison

**Andrew Holtz** - Chair

**Marc Beauparlant** – Member

**Ronald Minakowski** – Member

## **Advisory/Facilitators:**

Bobby Baker/Dan O'Connor - Technology

## **We NEED:**

***Members, program leaders, facilitators.***



# **Committee Duties**

- ❑ Create and maintain the components of a training program**
  - ❑ Meet periodically to discuss committee business**
- ❑ Research and Review information relevant to overall brand performance**
  - ❑ Attend and Facilitate group sessions**
- ❑ Present information to the general membership and E Board**
  - ❑ Support with Training & Development of Officials**

# Current State of Sports Officiating In America

- The ***National decline*** in Sports Officials - as much as 15% or more in some states

## The Impact

- Cancellation of games
- Rescheduling of games
- Dropping of certain sports
- Working shorthanded or with inexperienced officials
  - Increased risk of being overworked or injured
  - Poor product on the field



<https://www.athleticbusiness.com/recreation/infographic-the-nationwide-decline-in-sports-officials.html>

# How Did We Get Here?

- Officials retire and younger ones are not replacing them – *avg in KS is 60 years of age*
- Lack of perceived advancement opportunities – *Career progression*
- Lack of Support for Officials – *Training & Development*

## ***Negative or hostile Environment***

Verbal and physical abuse from spectators, players and participants

- High level of scrutiny; eyes are everywhere with advanced technology
- Perceived outcomes and expectations not being met
- Increased pressure – travel leagues, year-round training, large investments
- Lack of training and low performance standards



## ***Where do we go from here?***

# 2022 Committee Recommendations.....

- ✓ **General Membership Presentation**– 15 to 20 min general membership presentation on the importance of physical fitness standards and related strategies. TBD
- ✓ **6 week incentive program**– A 6-week incentive program encouraging members to move at their own pace on their own time. Officials will be placed in regional crews and complete by monitoring their physical activity.
- ✓ **Weekly Content Presentation** – weekly video via email to the general membership on various topics related to physical fitness and human performance. i.e., *warm up, nutrition, injury prevention, weekly preparation, recovery, fitness training, etc*

**The basics of  
how your body  
moves.....**



# Recommendations...continued

## Off Season Group Work – Prep for the regular season.

- ✓ **Voluntary** Conditioning Sessions – June 13<sup>th</sup>, June 27<sup>th</sup>, July 11<sup>th</sup> and July 25<sup>th</sup>
- ✓ Mon: 6:30pm-7:45pm (check weekly with your team for updates)
- ✓ Self paced walking and field conditioning workouts are structured to accommodate all fitness levels.
- ✓ Tie movement mechanics into football officiating mechanics and discuss plays.
- ✓ **35 % participation goal for 2022. 1 week commitment per member.**

## Additional Considerations

- ✓ Creation of an incentive program.
- ✓ Gym memberships promotion or use of facility.
- ✓ Create training video content.
- ✓ Suggestions from membership

### FIELD LOCATIONS

June 13<sup>th</sup> – Glasgow Park  
June 27<sup>th</sup> – Dickinson HS  
July 11<sup>th</sup> – Concord HS  
July 15<sup>th</sup> – Glasgow Park

\*Fields w/track and field access



# NDFOA Fitness Committee, Moving forward.....

- ✓ Prepare for the 2022 Season
- ✓ Build comradery via regional groups of NDFOA officials, family & friends
- ✓ Improve baseline fitness levels of NDFOA Officials
- ✓ Discuss on field mechanics and movement
- ✓ Positively promote the NDFOA Brand





# ***“Proper Preparation Prevents Poor Performance”***

**-Charlie Batch**

<https://www.athleticbusiness.com/recreation/infographic-the-nationwide-decline-in-sports-officials.html>

<https://youtu.be/L3Qg4-1mXwE>

<https://hutchpost.com/posts/640be006-d32c-49a0-b5d8-6f1566adba36>

<https://thethirdteam.co.uk/5-top-challenges-for-referees/>

[https://apple.news/AWM20JCWUQmaQHMQv2VrI\\_A](https://apple.news/AWM20JCWUQmaQHMQv2VrI_A)