

Oregon School Activities Association

Softball SRI Bulletin / January 12, 2014

2014 SRI Pre-Season Bulletin #1

The weekly bulletins will be available for viewing on the Central Hub and will highlight rules, mechanics, and various articles.

Fitness and Appearance: Let's not procrastinate until just before the season begins to get into "game shape." Pulled hamstrings, injured quadriceps, sore Achilles tendons and sore back muscles to name a few are the result of poor game shape. The body adapts and makes the physiological adjustments to perform more efficiently. Improved energy levels, lean body, athletic look, removing unhealthy stress permits performing activities longer. ***Getting into shape and staying in shape will enable you to be a better official on and off the field.***

- **Cardiovascular:** Have a regular routine that involves strengthening the heart and lungs (walking, jogging and swimming.)
- **Strength Training:** Will build muscle tone and definition (sit-ups, push-ups), balance taking stress off of joints and reducing fat. Muscle tone also helps in fitness and confidence. You could be the best official on the field, but we are judged by how we look in uniform. ***Perception is reality.***
- **Flexibility training:** Is one of the most neglected aspects of officiating. Muscles need to be stretched in order to improve flexibility and prevent injuries. ***There is a correlation between stretching and fewer injuries.***

Equipment Check: Pre-season preparation includes your uniform and equipment. Do not compromise your professionalism. Take the time to check your uniform and equipment. Game control starts with your appearance and professionalism. ***We never get a second chance to make a good first impression.***

Learn the Rule and Mechanics: You need to learn the rules, not just read the rules. Knowing the rules instills confidence. Know the mechanics (*there is no excuse for being out of position*), being in the right position is important and knowing why is just as important. ***If you are in the right position to make the call, your judgment is less likely to be questioned.***

A great season is soon upon us. Let me know if there is anything I can do to help you or your association.

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