



UPCOMING EVENTS

Happy New Year

Happy New Year to all our members and friends, we trust that you all had an enjoyable break.

2019 already shows great promise for an amazing winter football season ahead.

Behind the scenes, the NNSW Football Referees Department have been working hard to continue to improve the resources available to the referees in our region. The announcements highlighted below are fantastic news for referees on the NNSW Premier Competitions and the Interdistrict Zone League Competitions.

During the back end of last year, we conducted a number of social events including our annual presentation night, our social match, and participation in the NewCanWarra Cup. We thank those members who joined in and helped out on the occasion.

In 2018, we were also pleased to sponsor the NNSW Football Junior and Youth Referee presentation night. Our Association will continue to sponsor the

awards to encourage our youth referees to develop and hopefully progress into Senior level football.

It is still a few months until competitions begin, but there will be plenty of trial matches coming up. If you are interested, you should fill in availability forms provided and inform Brad/Jake.

It is also worth noting that training will start up next week; time to start shedding that extra holiday weight you may have put on!

Look forward to seeing you all back on the park soon

CB

January 2019

14th – First training session of the year; Hunter Sports Centre

February 2019

3rd – Annual Seminar @ Club Macquarie. Register [here](#)

11th – Junior and Youth Referee Coaching Night @ LMRFF

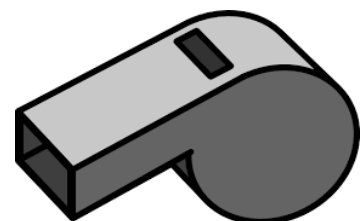
18th – Assessors Meeting @ LMRFF

22nd – Preseason Challenge Match for Youth Referees @ LMRFF

23rd – Level 3 Assessor Course @ LMRFF

25th – Junior and Youth Referee Coaching Night @ LMRFF

27th – First Year Referee and Parent Information Night @ LMRFF



Social Committee Activities

Secretary XI vs Treasurer XI aka Copa Del Presidente

The Association held its annual social match in November 2018. Find the official (and totally biased) match report [here!](#)

NewCanWarra Cup

A number of our members made the trip to Illawarra to play in a round robin competition against referees from Canberra and Illawarra in October 2018. The games were played in good spirit (i.e. we got flogged, but had fun regardless). We will be looking to organise again in 2019, with the match likely to be held in Newcastle.

Stay tuned on our Facebook page for upcoming events!

NNSW SLFR are on Facebook AND Instagram. Give us a like or send us some snaps of you out on the park!



60 seconds with... Murray Ross

What got you into refereeing?:

I was always running around the backyard with a whistle when I was younger and there came a point a few years ago where I wasn't enjoying playing anymore but still wanted to be involved in football, that's when Refereeing stepped in.

Do you have a pre-game ritual?:

I always have Scrambled Eggs, Bacon and Toast for Match day Brekkie.

Where do you keep your red and yellow cards?

Yellow card is my left shorts pocket and Red card is the back pocket.

Who is your refereeing hero?

Pierluigi Collina, the eyes told the whole story!

Who is the Association's best looking referee and why is it Stu "Handsome" Hansen?

It's that darn smile that makes him a hit with the ladies.

Who are your favourite AR's to work with?

Daniel "Scully" York and Stu "Handsome" Hansen.



Murray was referee in the 2018 NPL U20s Grand Final, and has been officiating on the Foxtel National Youth League over the summer.

Announcements:

Training Venue for 2019

It is with great excitement that the NNSW Football Referees Department announced that the referees on Premier and Zone League Competitions will be training at the **Hunter Region Sports Centre, Glendale**. This first class facility is currently utilised by match officials on the FFA national competitions. The training dates and conditions of the use are:

- Monday and Wednesday nights 6.00pm to 7.30pm
- Starting on Monday 14 January 2019
- Ending on Wednesday 13 September 2019
- Use of the far field area, which is fully marked as a field of play
- Use of the centre field area (inside the athletics track)
- Use of the athletics track lanes 1-3, when required, with the use of audio
- Use of the meeting room for coaching and video purposes
- Use of the change rooms and amenities



Referee Coaches

The following appointments have been made for the 2019 Season:

Referees Head Coach -	Rodney Allen
Referees Assistant Coach -	Jordan Langholz
NEW FM Northern League One Referees Coach -	Bob Kofler
Advanced Youth Referees Coach -	Cameron Burns
Junior and Youth Referees Coach -	Jake Southward
Zone League Referees Coach -	Brett Griffiths
Referee Fitness Training Co-Ordinator -	Ryan Gallagher
NNSW Youth Referee Academy Coach -	Brad Carlin
NNSW Youth Referee Talent Pool Coach -	Ryan Gallagher

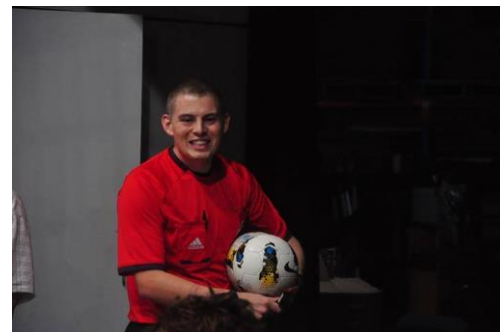
Registrations now open

Registrations for match officials who wish to officiate with Northern NSW Football Referees in 2019 are now open. To complete your registration:

Create a Football Account - <https://account.footballnetwork.com.au/register>

Register with Northern NSW Football Referees - <https://registration.playfootball.com.au/>

If you have any issues with registration, please contact Jake Southward at Northern NSW Football.



FIFA 11+

We aren't referring to the classic video game!

When you train, it is important that you train right and prepare your body for the session ahead to reduce the chance of injury.

Since 2006, FIFA have created and researched an injury prevention program known as the FIFA 11+ which has been proven to reduce lower limb injury rates, including serious injuries such as anterior cruciate ligament ruptures, by up to 50%

Unlike previous popular warm-up routines, the FIFA 11+ focuses on improving muscle control and correct movement techniques rather than stretching.

The programme has three parts:

Running exercises at a slow speed combined with active stretching and controlled partner contacts;

Exercises focusing on core and leg strength, balance and plyometrics/agility

Running exercises at moderate/high speed combined with planting/cutting movements.

The key elements of effective injury prevention programmes for football players are core strength, euromuscular control and balance, eccentric training of the hamstrings, plyometric and agility.

The 11+ warm up programme will form the basis for warm ups during training in 2019. If you would like to check out the programme and various exercises, the manual is available for download [here](#).

1 RUNNING STRAIGHT AHEAD



NNSW SLFR Association Membership

Our Association sees its role now as assisting NNSWF in monitoring the welfare of referees, advocating on behalf of members on issues affecting referees and refereeing, and providing social events for Members. Maintaining a collective voice for referees (through membership of the Association) has proven to be important.

Membership entitles you to:

- Voting rights within the Association
- Member representation with Northern NSW Football, and advocacy on issues affecting referees within Northern NSW NPL, WPL, Northern League 1, Zone League Competitions and SAP
- Eligibility to stand for Committee positions as per the Association's Constitution
- Access to welfare assistance provided by the Association
- Participation in all social events held by the Association
- Access to our newsletter - *The "R" Factor*

Membership fees for 2019 are \$20 for ordinary members, and \$5 for junior members (under 18).

Invoices will be sent to existing members in February.

If you are not currently a member and want to sign up, or have any other questions, please contact the Secretary Cameron Burns via email: secretary@northernnswstateleaguerefs.com.au

