



HC
 HOCKEY CALGARY
Community Officials'
Newsletter
February 2009



To Our Valued Officials,

,I would like to express my thanks and appreciation for your commitment and dedication to making Hockey in Calgary an enjoyable experience for everyone! As an integral part of the game experience, I rely on each of you to represent Hockey Calgary's core values. Fair, consistent and knowledgeable calling of the rules is what defines a positive outcome which in turn generates accountability, partnerships and respect.

My focus this season is to place our core value of respect at the top of my priority list. I commit to you that I will do my best to ensure that each and everyone is treated with dignity, integrity and respect. In order to make this happen I must have your support by providing the basic fundamentals which you have professionally demonstrated in seasons past by our veterans and in future seasons to come by our new officials; 1) be firm but fair in your calls, 2) be open minded when it comes to communications with the players and coaches, 3) be steadfast in your resolve to call each and every game by the rules, 4) never place yourself in an unsafe situation on or off the ice, 5) when reporting to the President, provide detail of fact with specifics, 6) when things get tough out there...remember its just a game.

In conclusion, your job is recognized as the toughest in the sporting world. The fact that you wear the uniform is a testament to your character and most importantly, your leadership abilities. You are given the task of representing Hockey Calgary, Hockey Alberta and Hockey Canada every time you set foot on the ice! Sounds daunting but at the end of the day, "its just a game played for fun in the greatest hockey nation in the world"! Do your best! Mistakes will happen but learn from them and continue to develop your technical and game management skills. As a united team, together we will achieve our goal of shared respect!

Be safe...call me anytime! (403-604-5852) I would love to hear from you on how we can best achieve our shared goal!

Sincerely,

Perry M. Cavanagh

President

Hockey Calgary



Here are some tips from
Trevor Morgan of Hockey Calgary

Flexibility Training

Flexibility training is a crucial aspect in any officials development process. Flexibility training increases skate stride, strength and decreases the chance of injury. Before you do any off ice and or on ice conditioning make sure you warm up for 5 minutes. Once you have completed a warm up make sure your take time to do some dynamic stretching. Some examples of dynamic stretching are high knee stepping, karaoke and side shuffles.

This component of fitness is best done via proper stretching techniques. It is very crucial that you properly stretch out before and after every workout. Along with reducing muscle soreness, proper stretching will increase your flexibility, balance, posture, and overall performance by increasing your range of motion and increase your resistance to injury. It also reduces muscle tension and stress. Remember never stretch a cold muscle. The primary focus of a “warm up run” is to increase blood flow and warm muscle sites.

After each workout ensure that you do some stabilization stretching. Never over stretch a muscle and hold each set for 15-20 seconds. Stabilization stretching is where you hold the muscle and do not perform it in a rocking- moving motion.

Improving Your Balance

Balance is something that officials should work on improving on the ice as well as on the ice. Here are some exercises that can be done off-ice to improve an officials’s balance on the ice.

Place a cylinder underneath the middle point of a board (this will resemble a teeter-totter). Then stand on the board and balance yourself. Once you have the hang of that, add some variations to make it harder. Close your eyes and try to maintain your balance on the board. Have a partner throw a ball to you and catch it while balancing on the board.. Try bouncing a ball while maintaining your balance.

The big exercise balls are another tool that can help a player work on their balance. Kneel on the exercise ball. Don’t sit back so you are sitting on the ball. Have your body standing straight from your knees up. The straighter you stand the harder you have to work to keep your balance. Then regardless of which way you shoot, using an imaginary left-handed hockey stick take some shots. After a bit switch to using an imaginary right-handed hockey stick and take some shots. Remember not to sit back on your heels while doing this. Then to make things more difficult get your hockey stick and a ball and practice stick handling while kneeling on the ball.

Skating

The most important part of any game is skating. To be a good skater there are a few things an official must remember. The most important aspect in regards to skating is balance and posture. When practicing stride technique it is a good idea to have the official hold the position for 2-3 seconds in between strides. When skating the official should be fully extending their arms in front of their body. Lots of younger officials move their arms side to side. When pushing off for a stride the opposite arm should be extending in front of the body (left foot-right arm). Watch a sprinter, they never swing their arms side to side, everything is front to back. If you follow these pointers your skating and balance skills should be strong. To get an idea of what the pointers above should look like watch Matt Lombardi from the Calgary Flames, he’s one the most sound skaters in the NHL.

If you have any comments, questions or concerns, please contact Trevor at the Hockey Calgary office at 403-245-5773 or by email at trevor@hockeycalgary.com



The following has been submitted by
Jaye Platnich out of Westwood
who was chosen for the 2007-2008
Community Official of the Year



My name is Jaye Platnich and I have been a hockey referee in Calgary for going on five years now. I started out as a community official for the Westwood Referees Committee and am now, as of two years or so ago, officiating for the Central Zone Referees Committee. I now am qualified to referee Bantam 1 and below as well as to work as a linesman at Midget 1 and below. I have applied to the Zone Camp this year so as to further develop my skills. Off the ice, I am a student at the U of C in the Department of Biological Sciences.

I wanted to be a referee since I was about seven years old. Oddly enough, I never started refereeing until I was fourteen, a year older than many starting community officials. I very much enjoyed working with the Novice kids and I had a reputation of picking up more games than most any other official working for Murray Briceland, the Westwood Referee-In-Chief. I enjoy refereeing most any level of hockey, from Novice 6 to Midget 1, for markedly different reasons perhaps. The young hockey players of tomorrow (particularly those in the lower divisions of Novice) are fun to work with because of the enthusiasm they demonstrate during every game, from rushing to the net to waving to their parents in the stands. The older kids are enjoyable to officiate as they challenge me to enhance my abilities. As the years passed, I had many excellent supervisors who allowed me to further hone my skills and I started officiating higher levels of hockey. Higher levels add a further dimension in that they introduce increasing degrees of complexity and skill to the game, pushing me to new heights. Finally, in Grade Eleven, I started to work for CZRC on a somewhat regular basis. I started off refereeing low level Pee Wee and linesing low level Bantam. After much hard work and practice, I began to climb the ranks and now, here I am refereeing the highest levels that I have ever done.

I consider myself a very conscientious referee. If I feel that I have made a weak or poor call, I will think about it for days after the fact, thinking on ways to improve and how I could have made a better call. From my experience as a referee, I must say that I believe work ethic and effort to be the most important and profitable qualities that an aspiring referee can possess. They impress supervisors, generate respect from players, coaches and spectators, and they will generally lead to the right calls being made.

I still work for my community assignor, even though I am working upwards of thirty (sometimes forty) games a month for CZRC. I believe that it is important for me to continue to work with the younger players as I find it helps me to keep perspective. I also believe that it is the duty of the older officials to support and develop the younger officials in our communities, as older officials have supported and developed me over the years. The instruction/advice they can provide is the key to the improvement of these officials. As of this year, I have begun to supervise officials at lower levels of hockey in order to give back to my community for the support that I have received. In future years, I hope to become more active in the workings of CZRC as well as in my community. I also aspire to continue to improve as an official such that I can continue to officiate higher levels of hockey.

Last year, I received the Community Official of the Year award from Hockey Calgary. All I wish to say with regard to that is that any referee can merit such an award so long as they demonstrate enthusiasm, commitment and professionalism as an official. My advice to aspiring referees out there in the communities: be professional, commit yourselves to doing a good job, respect and listen to the advice of your supervisors, and demonstrate enthusiasm both on and off the ice.

HOCKEY CALGARY
 COMMUNITY REFEREE CO-ORDINATORS
 2008 - 2009



Leanne McDonald



Jan Dickey



Patti Drake



Gregg Baragar



Brenda Lee



Bill Langer



Arlene Verres



Neale Bragg



Brent Wilson



Helen and James Mills



Wayne Field



Murray Briceland



Cindy Stephan



Laurie Rutherford



John Corbet



Michelle Luctkar



Rudi Phillion



Darrell Martindale

Below is from fellow official Tyler Adair

When Darrell Martindale contacted me a few weeks ago I was astonished to learn that Hockey Calgary was interested in doing an article on me as the 'Featured Official'. After all, there are a lot of great and deserving candidates in Calgary and I personally feel as though I am but a pea in the pot compared to many of my fellow officials. Regardless I am honored to have been chosen and it would be my pleasure to share a brief history of my officiating career thus far...

I began officiating at the tender age of 12 years old. No, not because I had nothing better to do and not (at first) because I had a passion to better understand the game of hockey, but simply because I wanted a job to help me earn money for a new bicycle. I have three younger brothers who, along with myself, all played hockey, so needless to say I pretty much spent the majority of my youth living in hockey rinks. The way I looked at it I might as well of been getting paid to be there and officiating was the way to accomplish this.

So away I went off to 'referee school' or that dreaded first clinic. I can remember it like yesterday I was so nervous because I knew there was a test at the end, I had never even seen a rule book before let alone read one, and I even questioned if I had what it took to become an official! I can remember walking into the classroom filled with a stew of all kinds of people both young and old. And who was I greeted by? None other then the legendary Rob Archambault himself; a 12 year veteran of the WHL at the time and an extremely intimidating fellow. Those next two days were interesting to say the least but Rob did a great job showing me and the class the ropes and both the serious and fun side of the officiating world.

Since then I've never looked back. I went on to spend the following 2 and ½ years working community level hockey, most of which was officiating my brothers teams. And let me just say that this usually made for some interesting conversations at the dinner tables! Regardless it was during this stage that I can honestly say I learned the most. I became comfortable putting on my equipment and going out onto the ice. And I also had the privilege of working with some experienced officials who taught me a lot! I tried to always ask questions and pick up a new tip from every senior official I worked with.

After this 2nd year of officiating community level hockey I began asking around about what I had to do to work better hockey, and essentially how I could improve my game further and even how I could potentially get to the NHL? To which everyone had answered "you've got to talk to the Central Zone Referee's Committee(CZRC)". So that's just what I did, I looked up the Central Zone on the internet and found their website, www.czrc.ab.ca. I started firing off emails to the director of development and rankings and I told him of all my aspirations. This person (Craig Wigelsworth at the time) was great at their job because before long I was working CZRC hockey and even getting supervised all the time. I was learning the officiating game in a hurry! I kept writing email after email to the senior officials and executive members trying to get them to come watch my games. I would even forward on my schedule to several of these individuals. To put it simply you know that old saying 'the squeaky wheel gets the grease' well it's true in officiating too! I had to put my time in with the CZRC and work my way through the system. However after 3 short years I was finally given an opportunity to crack that 'A' squad and began working Bantam AAA. And it was at this stage that the CZRC executives finally told me that I didn't need to send 5 million emails anymore cause the 'A' program is all assigned supervisors and they know who I am.

So just like that my career had officially started. As I advanced through the system my passion grew and with experience so too did my skill level. It was not easy though it took a lot of hard work and dedication to move up each level and I always did and still always do to this day strive to be the best I can be both in and out of every single game I work.

I've been lucky because this hard work has paid off. I've been fortunate enough to be selected to attend some prestigious camps and tournaments such as: Development Camp, Bantam AAA Westerns, Alberta Cup, The Mac's Midget Tournament, and even the Canada Winter Games in Whitehorse, Yukon. What I'm trying to share here is that you need to be that squeaky wheel, show your passion, work hard, be dedicated and you too can one day have the privilege to work some great hockey as I have been fortunate enough to discover!

And just like that I became hooked for life. Here I am 12 years older at the age of 24, I've seen all the hockey the province has to offer and am now a CZRC director who's about to teach my very first clinic next weekend. I can't help but laugh because I'm probably going to be that intimidating WHL veteran at the front of the class about to show a new breed of officials the ropes and teach them the passion it takes to succeed in the officiating game.

On that note please allow me a couple of quick seconds to spread some advice to those youngsters who are just starting out and are questioning what it takes to succeed. My message to you is: go out and watch games; go down to the rooms after and talk to the fellow officials and senior official who just finished working a game; ask questions; don't be shy, nearly everyone I know who officiates would be happy to help out a youngster or anyone with questions for that matter; work hard while you're off the ice and even harder when you're on it; don't take any shifts off, you wouldn't as a player so don't do it as an official either; and lastly keep both your mind and body in top shape, this is a competitive world and there's always someone else out there who wants it just as bad or more than you! Remember to do all the things you can control so that no supervisor can ever hold you back for something you could have/should have done better on your own.

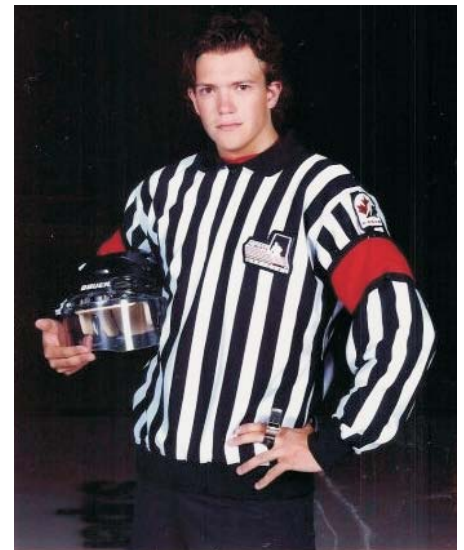
Once again I'd just like to say thanks to Hockey Calgary for providing me with this opportunity to share my officiating experience. It has truly been my pleasure and honor to do so. If I could touch but one younger official and help motivate them to find that same passion I know I have then this article will have been a success and I will have achieved my goal.

In closing I wish everyone the best of luck throughout this season and we'll see you in the rink!

PS- If you do happen to see me out and about, don't be shy, come over and introduce yourself, say hello, tell me who you are and what your goals in officiating are. I can promise you that I won't bite and that I'll do all that I can to help you achieve those goals.

Thanks for listening,

Tyler Adair



Let's see how well you know the rule book. Answer true or false beside each question !



- 1- There is no penalty assessed to any player who delays the game to adjust her equipment....T.....F
- 2-A player who has broken his stick is allowed to receive a new one if his buddy throws him one from the bench..... T.....F
- 3-Any player or Team Official is allowed to dispute the referees calls as long as it's done quietly.....T.....F
- 4-Icing the puck is completed the instant the puck crosses the goal line.....T.....F
- 5-Pushing or sliding the puck after the whistle could be dealt with by a warning.....T.....F
- 6- There are only seven classes of penalties " **MINOR - MAJOR - MISCONDUCT- MATCH-GAME MISCONDUCT -GROSS MISCONDUCT - PENALTY SHOT**.....T.....F
- 7- All face offs in the neutral zone shall be conducted at the designated face off spots as dictated by reason for the stoppage of play.....T.....F
- 8- If a player legally carries or passes the puck from the neutral zone back into his own defending zone while a player of the other team is in such defending zone, ignore the offside and let the play continueT.....F
- 9- A players stick must be wound in either black or white tape, otherwise it is a minor penalty.....T.....F
- 10- While a penalty shot is being taken, players of both sides shall withdraw to the sides of the rink and beyond the centre red line.....T.....F
- 11- No penalty is assessed to a player if he trips an opponent by accident and not intentional.....T.....F
- 12- If a player arrives to the game late and his name is on the score sheet before the game starts, he cannot play because he was late.....T.....F
- 13-Players do not have to wear a mouth guard if they don't want to.....T.....F
- 14- It is a Minor Penalty if a player other than the goaltender deliberate falls on or gathers the puck into his body by any means, while standing or lying on the ice.....T.....F
- 15- If the referee loses sight of the puck, play shall continue until the referee can see it again.....T.....F
- 16- If the Community's time permit for a game is one hour, the periods would be 12-15-15 stop time.....T.....F



Referee Appreciation Night February 10, 2009

This years Referee Appreciation night was pretty remarkable as far as the people who put it all together and made the evening a memorable one. Trevor Morgan of Hockey Calgary's Development Program had initiated everything and got things going with Candice Goudie of the Hitmen taking over from there. Not only did Candice arrange getting us two hundred free tickets for the officials and a guest, she was also responsible in getting signed memorabilia to Trevor that could be given out as prizes to the officials. We had signed t-shirts hats and pennants from Mike Cammalari and Matthew Lombardi which was a great surprise for the lucky winners. Mike Moore of the Hitmen also went above and beyond and arranged for us to not only have the four officials who were calling the game that night, but we were fortunate to have from the NHL Officials Mr. Dave Baker and also NHL Referee Kyle Rehamn who gave us an insight on what it's like officiating in the NHL. Mr. Moore set up a question and answer session through the WHL's Director of Officiating Mr. Kevin Muench who in turn had the officials -Graham Skilliter, Trevor Hanson, Sean Donnelly and Bobby Bedingfield. answer our questions and then we were able to see the four of them ply their trade in an 8-1 victory for the Hitmen over Kamloops. Hopefully this evening may have given some of you a quick insight on the possibilities you have in officiating and remember what most of the officials said, at your age you have a leg up on them since they started so late, and the possibilities are endless. A big thank you to everyone who put this all together and hopefully make it even better next year!



Mike Moore
Calgary Hitmen



Dave Baker
NHL



Kyle Rehamn
NHL

Skating Camp for Hockey Calgary Officials !



**Hockey Calgary will be holding a Skating Camp for Officials on July 7th, 2009.
Please register early since the camp will be capped at the first forty officials to register.
Contact Trevor at 403-245-5773 or by email at trevor@hockeycalgary.com
The cost is thirty dollars and it will be a full day.**

If you have any comments, questions or concerns about this newsletter please let me know
Darrell Martindale
officiating@hockeycalgary.com