



Dear GFUL Member,

I trust you have had an enjoyable off season and are eager to know when official GFUL preparations for another season of Community football will commence.

Below is an outline of the coaching structure for 2016 and information on the plans for Pre-season training.

### **Coaching Structure 2016**

We have been busily preparing the foundations for season 2016.

Some changes have taken place to the coaching group who have been appointed for season 2016, with Darren Baensch taking on Head Field Umpire Coach roles and Darren Santospirito looking after the Development Field Group. Howard Philpot and Allan Grant will continue on as the head coaches of the Boundary and goal umpires respectively.

Please also welcome aboard Rohan Trotter to the Boundary Umpire and Jason Formosa Filed Development Coaching teams.

Coaches for each discipline in 2016 include:

	<b><u>Field</u></b>	<b><u>Boundary</u></b>	<b><u>Goal</u></b>
<b>Head Discipline Coach:</b>	Darren Baensch	Howard Philpott	Allan Grant
<b>Assistant Coach:</b>	TBC	Rohan Trotter	Colin Hood Ray Menzies
<b>Match Day Observers:</b>	Jack Ververs Plus 4 TBC	TBC x2	

### **Head Field Development**

**Coach:** Darren Santospirito

**Assistant Coach:** Jason Formosa

### **Appointments**

**Coordinator:** TBC

**Fitness Advisor:** Mandi Cole

The specific roles of each coach will be outlined to all members in initial meetings conducted during season 2016.

## **Pre-season Program**

In preparation for 2016 we hope you all have maintained the momentum of 2015 and have been readying yourselves for 2016 through various forms of fitness groups and run opportunities. Every season highlights to coaches those individuals who have prepared better than others during the off season and ultimately it is those umpires who reap the rewards come the end of the season.

Below are the significant dates that all members should place into their calendars and work towards:

	<b><u>Event</u></b>	<b><u>Time</u></b>	<b><u>Venue</u></b>	<b><u>Information</u></b>
<b><u>November</u></b>				<b>Use own or training program guide</b>
<b>Wed 25<sup>th</sup> of</b>	<b>All Umpires</b>	<b>5.30pm</b>	<b>GFUL Rooms</b>	<b>Social Run</b>
<b><u>December</u></b>				
<b>Wed Dec 2</b>	<b>All Umpires</b>	<b>5.30pm</b>	<b>GFUL Rooms</b>	<b>Social Run</b>
<b>Wed Dec 9</b>	<b>All Umpires</b>	<b>5.30pm</b>	<b>GFUL Rooms</b>	<b>Social Run</b>
<b>Wed Dec 16</b>	<b>All Umpires &amp; Families</b>	<b>5.30pm</b>	<b>GFUL Rooms</b>	<b>Social Run and Christmas gathering Santa (bag of lollies for kids), BBQ</b>
<b>2016</b>				
<b><u>JANUARY</u></b>				<b>Use own or training program guide</b>
<b>Wed Jan 13</b>	<b>All Umpires</b>	<b>5.30pm</b>	<b>GFUL Rooms</b>	<b>Social Run</b>
<b>Wed Jan 20</b>	<b>All Umpires</b>	<b>5.30pm</b>	<b>GFUL Rooms</b>	<b>Social Run</b>
<b>Wed Jan 27</b>	<b>All Umpires</b>	<b>5.30pm</b>	<b>GFUL Rooms</b>	<b>Social Run</b>

**FEBURARY**

(NOTE- Senior Umpires: Monday's at GFUL rooms, Wednesday's at Eastern Beach all throughout Feb)

<b>Mon Feb 1</b>	<b>Pre-Season Training Commences</b>	<b>5.30pm</b>	<b>GFUL Rooms</b>	<b>Regular Pre-Season training session for All Umpires</b>
<b>Wed Feb 3</b>	<b>Pre-Season Training Development Umpires</b>	<b>4.30pm</b>	<b>GFUL Rooms</b>	<b>1<sup>st</sup> Training/Coaching session Development Group</b>
	<b>Senior Umpires</b>	<b>5.30pm</b>	<b>Eastern Beach</b>	<b>Meet at bottom of Eastern beach stairs Regular Pre-Season training session for Senior Umpires</b>
<b>Mon Feb 8</b>	<b>Pre-Season Training Development Umpires</b>	<b>4.30pm</b>	<b>GFUL Rooms</b>	
	<b>Senior Umpires</b>	<b>5.30pm</b>	<b>GFUL Rooms</b>	<b>Regular Pre-Season training/Coaching session for Senior Umpires</b>
<b>Wed Feb 10</b>	<b>Pre-Season Training Development Umpires</b>	<b>4.30pm</b>	<b>GFUL Rooms</b>	<b>2nd Training/Coaching session Development Group</b>
	<b>Senior Umpires</b>	<b>5.30pm</b>	<b>Eastern Beach</b>	<b>Meet at bottom of Eastern beach stairs Regular Pre-Season training session for Senior Umpires</b>
<b>Mon Feb 15</b>	<b>Pre-Season Training Development Umpires</b>	<b>4.30pm</b>	<b>GFUL Rooms</b>	<b>Regular Pre-Season training/Coaching session for Senior Umpires</b>
	<b>Senior Umpires</b>	<b>5.30pm</b>	<b>GFUL Rooms</b>	
<b>Wed Feb 17</b>	<b>Pre-Season Training Development Umpires</b>	<b>4.30pm</b>	<b>GFUL Rooms</b>	<b>3rd Training session/coaching Development Group</b>
	<b>Senior Umpires</b>	<b>5.30pm</b>	<b>Eastern Beach</b>	<b>Meet at bottom of Eastern beach stairs Regular Pre-Season training session for Senior Umpires</b>

<b>Mon Feb 22</b>	Pre-Season Training	4.30pm	GFUL Rooms	Pre-Season training session
	Development Umpires	5.30pm	GFUL Rooms	
	Senior Umpires			
<b>Wed Feb 24</b>	Pre-Season Training			4th Training session/coaching Development Group
	Development Umpires	4.30pm	GFUL Rooms	
	Senior Umpires	5.30pm	Eastern Beach	Meet at bottom of Eastern beach stairs Regular Pre-Season training session for Senior Umpires
<b>Sun Feb 28</b>	Pre-Season Camp	8.30am-	TBA	<ul style="list-style-type: none"> <li>• RDOU/Discipline Coach Session-Expectations</li> <li>• Teamwork activity Sessions</li> <li>• Training Session</li> <li>• Social &amp; Teamwork challenges</li> </ul>
	*Compulsory Attendance for all GFUL Senior & Development members	3.30pm		
<b>Mon Feb 29</b>	Pre-Season Training			Regular Pre-Season training session for Senior Umpires
	Development Umpires	4.30pm	GFUL Rooms	
	Senior Umpires	5.30pm	GFUL Rooms	

- **Senior-** All Umpires who intend to umpire Senior & Reserve grade matches at any level.
- **Development-** All Umpires who are more likely to be appointed to Colts, U16, U14 and U12 matches.

It is important that all GFUL members recognise and acknowledge their GFUL Training Guideline attendance requirements at sessions outlined and make suitable arrangements to be at each session. As always should you be unavailable for any session, make your senior coach aware or contact David Harris.

It is important that all members lead by example and make themselves available Pre-Season training beginning Feb 1 and Pre-Season camp on Feb 28. Attendance at these events is expected by all members, as per the GFUL Training Guidelines and coaches will be taking records of attendance from the 1<sup>st</sup> of Feb. 2016. You are entitled to hold your fellow umpires accountable to attend GFUL expected sessions, and to display the level of professionalism that the GFUL and its members now not only model, but expect of each other. A great way of getting off to a good start to the year in the eyes of the coaching Panel.

In 2016 we are again staging a Pre-Season camp (at TBA). This day will enable the RDOU, Admin and Coaches to outline the season and engage you in many interactive sessions that will enable GFUL members to be informed and start the season off on the right foot from round 1. The day will also comprise of training sessions and we will also provide members with lunch. It is expected that all GFUL members will attend this session as vital information will be covered.

Mandi Cole (GFUL Strength and Conditioning Coach) has outlined a Foundation Program Guide (as used previously) to get you ready for preseason training, the 3 week cycle will allow you to return with an appropriate fitness and stamina to hit the ground ready on Monday Feb 1 2016.

# Geelong Umpires Foundation Program Guide 2016

Here is a sample program that is on a 3 week progressive rotation

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
<b>Week 1</b>	Rest	5x1km 2mins between	Run 3-7kms	Rest or alternate activity	10x500m 1min between	Rest or alternate activity	<b>Long slow run 8- 12kms</b>
<b>Week 2</b>	Rest	5x(5x200) .30secs between	Run 3-7kms	Rest or alternate activity	5x1kms 2mins between	rest or alternate activity	<b>Long slow run 8- 12kms</b>
<b>Week 3</b>	Rest	10x500m 1min between	Run 3-7kms	Rest or alternate activity	5x(5x20) .30secs between	Rest or alternate activity	<b>Long slow run 8- 12kms</b>

## Summary of the sessions are:-

- A long slow run 8-12kms
- A run 3-7kms
- 5x1kms 2 mins between
- 10x500m 1 min between
- 5x(5x200) .30 secs between

## Some important considerations/ suggestions:-

1. REST- Always rest after the long slow run, the alternate activities could include, weights, walking, cycling, swimming, fitness classes, other sports ect but rest if you need to.
2. MIX IT UP- Runs could be on hills or done as a fartlek (slow/ fast interplay), an easy run or a solid run depending on how the body feels.
3. BE WARY OF SURFCES- Change the surfaces you use and try to stay off the roads as much as possible.
4. RECOVER WELL- Recovery is important so, regular massage, hot cold therapy, passive stretching all very important.
5. TEST YOURSELF/ BE SOCIAL- There is a lot of opportunities to test your running progress over the summer. There are many fun runs on offer, the park run at Balyang on a Saturday at 8am, the twilight trot at eastern park on a Monday at 6.15pm and competition at Landy Field Wednesdays at 6pm either on the track or along the river.
6. PERSONALISE PROGRAMS- This program is a guild line only, pick and choose what you do, if anything, or do your own thing.
7. **BUT at minimum you should be doing at least 2 sessions a week over the summer so you will be able to cope with the training that will start on Feb 1.**

An exciting year awaits, but it all starts now – are you ready?

On behalf of the GFUL, your coaches and myself we look forward to seeing you all at the sessions listed above and all coaches are excited to be working with you to ensure you can achieve your goals in 2016.

***These sessions will also be an ideal way to introduce any potential new members to our umpiring group, so please encourage and invite anyone you know who might be interested in becoming an umpire.***

If you have any questions regarding your umpiring, don't hesitate to make contact with GFUL admin, your coaches or myself.

Regards,



Jock Hillgrove  
AFL Barwon Regional Director of Umpiring



**GET IN THE GAME.**  
BECOME AN UMPIRE.

