

Official as a Performer.

As being an effective official is more than understanding the mechanical aspects of and dressing a certain way – one way to look at officiating is through the performance lens. Just like any performer – an athlete, a musician, a dancer, a surgeon, a firefighter or a soldier – sport officials are expected to perform their duties consistently to a high standard.

Effective officials are not born with pre-requisite skills – and much like other performers will need to practice their craft. Research with sport officials have found that ability to focus, concentrate, relax under pressure, and relate to others get better with systematic practice.

To put it simply, any performance outcome is affected by a bidirectional interaction between thoughts, emotions, behaviors and physiological factors. This cognitive-affective-behavioral cycle is also influenced by various personal and external/situational factors.

FOOD FOR THOUGHT:

“I can only control my performance. If I do my best, then I can feel good at the end of the day”
(Michael Phelps)

Critical Questions:

With a goal to create an environment that fosters positive, safe, and healthy environment for peak performance, as an official, reflect on the following:

1. Are there any specific thoughts, emotions, behaviors, or physiological factors that have a negative effect on my performance as an official?
2. Are there any specific thoughts, emotions, behaviors, or physiological factors that have a positive effect on my performance as an official?
3. Are there any specific situational/external factors that influence the ways in which I think, feel, and behave at a meet?
4. Are there any specific personal factors that influence the ways in which I think, feel, and behave?

