

THE WARBLER

Monthly Magazine of the Woking Referees' Society

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Season 2019/2020 May Edition

WOKING REFEREES' SOCIETY

Founded 1927

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The next meeting of the Woking Referees' Society on Monday 4th May 2020

We are planning to hold the meeting via Webinar.

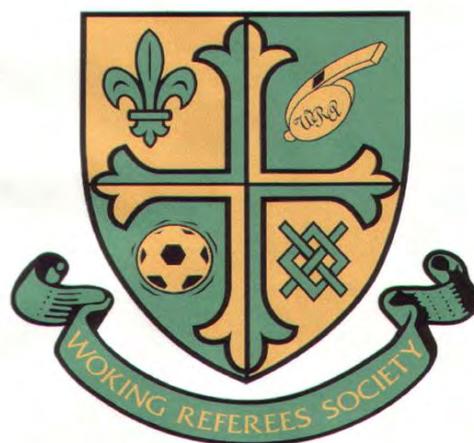
Details of how to join will be published next week.

Please keep a look out in your e-mail inbox.

**Have you renewed your membership of Woking
Referees' Society yet??**

**There is an application form on page 7 or use the
following link to print a copy from our website**

http://www.wokingreferees.co.uk/index_files/Membershipform201011webonly.htm



**The August meeting will be on
Monday 10th August 2020 (Virus permitting)
The deadline for the August Warbler is
Friday 31st July 2020**

*The views expressed in this magazine are not necessarily those of the
Society or its' Committee*

Chairman's Chatter

Hi Everyone

Hope you're all keeping safe and well – welcome to May's edition of the Warbler. Firstly, I hope you all got time to read the message I sent out a week or so ago? I wanted to do this a) to keep you up-to-speed on events surrounding football, be it locally or nationally (along with possible scenarios for what will happen to football after lockdown etc.) and b) to let you all know that I hadn't forgotten you all despite not being able to host our April meeting!! Anyway, I hope it was informative and helped pass just a few minutes of the increasing frustration I think we're all feeling?

So, having spent a few hours writing my previous note and then realising I had to write some more for Mac to fill his column inches (that'll teach me to be proactive!!) I'm spending this Sunday afternoon putting this together with fresh info and bringing you up-to-date on a few other things.

This Lockdown has seen us change massively, culturally and this is only going to continue. One of these cultural changes is how we are keeping in touch with our work colleagues, family, friends, loved ones. I'm sure most of you now will all be familiar with various apps and links to social connection sites such as Microsoft Teams, Zoom, House Party, WhatsApp Video Calls etc. Well, let me tell you how your very own Committee entered the 21st Century last week with our very own Virtual Committee Meeting!!

Some of you know we hold these at regular intervals throughout the year, usually at Hoebridge Golf Club and it usually takes around two hours to get through most of the agenda. Last week, I carried a few of the Committee (kicking and screaming!!) into the world of Zoom and I must say overall that it went very well. Basically, Zoom is a website you can log-on to and you can all see each other on screen so it's the next best thing to actually being in the same room together. Additional benefits for me include not having to drive to Hoebridge Golf Club, pay Hoebridge Golf Club prices for drinks, avoiding Hoebridge Golf Club food despite knowing what you're going to get from the bar service at 7.30pm at night – you get the picture, I'm a grumpy old man!!

We had a very productive meeting, even managing to get Vice Chairman Colin to admit to liking the method of meeting and to hear him say "let's do more of this please Andy" was very fulfilling – cheers Colin!! Other highlights included being able to see Tony Loveridge, hear Tony Loveridge and watch Tony Loveridge get more and more disheartened as "technical difficulties" saw him make an early exit from the meeting, President Penfold join the meeting and then for us to wrap it up immediately due to him joining late (sorry Vince, it WAS funny!!) and also just being nosey and being able to see into everyone's house to decide who's I'd like to break into after lockdown and steal their valuables – I'm coming for that painting in your dining room Chris B!!

You may have seen in my last message to you all that we're looking to hold a Virtual Society Meeting on the date of our May meeting. This is 99.9% going

ahead (we're testing some systems this week to ensure it all works smoothly) so if you could email me back to let me know if you'd like to attend, just so I've got a rough idea of numbers that would be very helpful – thank you to all those who have already responded too, I'm really looking forward to it and hope we can make it work for us all. Ahead of the meeting, I'll probably be sending out some info so again keep your eyes peeled.

If any of you have any ideas of how YOU would like YOUR society to continue to do stuff interactively during this ongoing period of general weirdness, PLEASE do get in touch as we are flexible and have the ability to put programmes and discussion groups together. Whilst I appreciate there are more important things than football right now, it really DOES help all of us to switch off and try and do something we all enjoy, even if it's for one hour. I'm looking forward to hearing back from you as to your ideas and suggestions.

Our guest speaker slots are now all filled for the remainder of the year which is great – we've also got plans for some further quality into 2021 as well. With this in mind, our Society isn't just for referees. If you know anyone in your friendship groups who are players, coaches, managers, just football lovers in general, please feel free to invite them down. The more we can do to break down these barriers that seem to exist between the majority of football and referees', the better it will become – no more “them and us” and actually, I rather think we're a pretty decent bunch of people to hang around with....?!!

I did see on Facebook last week on the Combined Counties page that Martin Etheridge (Referee Secretary) has indicated that the FA have communicated that the Level 4 to Level 3 promotions & reclassifications will be announced (quote) “early to mid-May” with Level 5 to Level 4 promotions being announced (quote) “around the same time”. I know we have a few members who this will affect so I'm hoping to get some good news from those concerned in just a few weeks' time. Fingers-crossed for you all.

We also have a few members who are working amazingly hard as key workers, on the frontline for us all right now. Whether this be in paid or voluntary roles, you guys are AMAZING and I wish you and your families the very best of health – THANK YOU from us all.

That's it from me for this month's Chatter – stay in touch with each other, be kind, be thoughtful, stay safe and looking forward to seeing you all at May's Virtual Meeting.

Cheers

Andy



Membership and Accounts

2020/21 Memberships renewed	2020 Current Status	
25 Full Members	General	£2,203.11
6 Friends	Supplies	£198.14
1 Affiliate Member	Belgium	£0.00
76 Referees trained in 2019/2020	Training Fund	-£174.03
	Centenary Fund (formerly Youth Fund)	£213.50
	Total	£2,440.7

Just a Sec!

- ◆ Your Committee met very successfully on 23rd April via Zoom. Minutes will be circulated in due course.
- ◆ The DBS checks (was CBC) will be a mandatory requirement for ALL referees by 2021, and not just those who officiate youth football. Due to the Corona virus situation those officials who were due to attend a Safeguarding workshop to comply for the forthcoming season i.e. .20/21 will now have until October 2021 to complete the course and gain the DBS certification. See page 11 for further details.
- ◆ We've welcomed Will Siegmund to our Committee in the new role of Social Media Officer. Will has already made a flying start by refreshing and updating our Instagram page (Woking Referees Society) so if you don't already, please go onto it, follow it and tell other referees that you meet (from two metres distance of course!!) all about it and to follow us as well. Will is going to be building this page over the coming weeks with regular posts and it will also be linked to our Facebook page as well. There will also be a re-activation of a new Twitter account as well so look out for more info from Will very soon.
- ◆ We now have an exciting range of speakers lined up for you next season, providing of course that we are allowed to meet up. In August as well as Pat explaining the new law amendments for the coming season, we have the pleasure of welcoming our new Surrey FA Referee Development Officer Brent Pettit. It will be very interesting to discover the plans he has for our future development in Surrey, so make doubly sure that you have the 10th August, first meeting of the season, in your diary. And fingers crossed we will be able to meet by then.

Mac



WOKING SOCIETY - THE REFEREES ASSOCIATION
 Affiliated to the Referees Association & Surrey County Referees Association
 President: Vince Penfold

APPLICATION FOR MEMBERSHIP SEASON 2020 - 21

I HEREBY WISH TO BECOME A MEMBER OF WOKING REFEREES' SOCIETY, AND ENCLOSE MY SUBSCRIPTION / WILL SEND MY SUBSCRIPTION VIA INTERNET BANKING AS FOLLOWS:-

	COST	AMOUNT
FULL MEMBER - OVER 18 - Printed Warbler (INCLUDES Paper copy of Society Magazine, RA & COUNTY RA SUBSCRIPTION + PA INSURANCE) Expires 31/3/2021 - National RA membership until 30/9/2021	£36.00	
FULL MEMBER - OVER 18 - Electronic Warbler (INCLUDES pdf copy of Society Magazine sent by email, RA & COUNTY RA SUBSCRIPTION + PA INSURANCE) Expires 31/3/2021 - National RA membership until 30/9/2021	£25.00	
FULL MEMBER - UNDER 18 - Printed Warbler (INCLUDES Paper copy of Society Magazine, RA & COUNTY RA SUBSCRIPTION + PA INSURANCE) Expires 31/3/2021 - National RA membership until 30/9/2021	£25.00	
FULL MEMBER - UNDER 18 - Electronic Warbler (INCLUDES pdf copy of Society Magazine sent by email, RA & COUNTY RA SUBSCRIPTION + PA INSURANCE) Expires 31/3/2021 - National RA membership until 30/9/2021	£14.00	
AFFILIATE MEMBER (i.e. Full Member of another Referees Society) Expires 31/3/2021	£20.00	
FRIEND OF WOKING SOCIETY Expires 31/3/2021	£20.00	
OPTIONAL RA PHYSIOTHERAPY INSURANCE If required please contact Bryan Jackson		
DONATION £1,£2,£3,£4,£5,£10 or Whatever		
	TOTAL	

NAME.....

ADDRESS.....

.....POSTCODE.....

TELEPHONES (H)..... (M).....

E-MAIL ADDRESS.....

COUNTY FA REGISTERED WITH..... FA NUMBER (FAN).....

REFEREE LEVEL..... DATE OF BIRTH.....

BY PAYING MY SUBSCRIPTION I AGREE TO ABIDE BY THE RULES OF THE SOCIETY AND THE REFEREES ASSOCIATION. I ACKNOWLEDGE THAT WOKING REFEREES SOCIETY WILL ONLY CONTACT ME BY EMAIL, MAIL OR TELEPHONE WITH REQUESTS AND INFORMATION RELATING TO SOCIETY BUSINESS, REFEREEING OR OTHER RELEVANT FOOTBALL INFORMATION.

I ALSO AGREE FOR MY DETAILS TO BE SHARED WITH THE REFEREES ASSOCIATION FOR THE PURPOSES OF BEING A MEMBER OF THE REFEREES ASSOCIATION

SIGNATURE.....DATE.....

RETURN TO :-BRYAN JACKSON,
 1 WOODSTOCK GROVE,GODALMING,SURREY,GU7 2AX.
 Tel: 01483 423808
 Email: membership@wokingreferees.co.uk

CHEQUES PAYABLE TO:- WOKING RA or Send funds direct to 30 94 77, a/c no 02710897

www.wokingreferees.co.uk

Mac's Musings

Well, the 2019/20 season certainly finished on a whimper rather than a bang and will no doubt be remembered for all the wrong reasons. As I write this it would appear to be still uncertain whether the Premier and English Football Leagues will be completed. I can't see it myself somehow. Meanwhile us grass roots refs have all had to put away our boots and whistles for the year. I'm sure also those who had been awarded cup finals this year will be doubly disappointed.

Paul Saunders has sent me a couple of pieces for the Warbler which you'll find in this issue. The first on page 16 is a training/fitness session used when he played for Sutton United (who knew??) and the second on pages 26 and 27 is an eating plan that a lot of pro teams used to use before sports scientists got involved. It has its origins in the USA Memorial Hospital. I'm not sure when it was written but its interesting that the main protein suggested is beef, whereas these days its always white meat or fish. That's Yanks for you. On my visits to the States they always seem to coat and fry their chicken a la KFC style anyway.

On the subject of diets I've been employing the 5 : 2 diet the last couple of years although I do have to admit I now occasionally slip into the 6;1 version. I managed to lose a 21 Lbs relatively quickly. I really have Tom Jackson to thank (blame?) for persuading me to go on a diet. He took a photo of me a couple of seasons ago when I was running a line on a warm September afternoon at Westfield. It was so warm that the ref decided to have a drinks break half way through each half. As I was not on bench side and hadn't thought to bring a drink out with me I was standing on my own and decided to wipe away the sweat on my brow with my shirt, revealing my not so elegant lower torso. At this point Tom had un known to me, taken a photo. When he showed it me, I was shocked ! I looked like I was about to give birth to twins. Hence the incentive to go on a diet.

As this is the last Warbler of the season I would like to thank those kind enough to send me contributions each month. Without their generous time and effort your favourite monthly read would be a much poorer and thinner publication.

So big thanks to Keith (Red Card Willie) Hiller, Adie Freeman, Tony Murphy, Brian Richards and Mike Coventry of the Chiltern Referee, Mike Coen and Touchlines, Dick Sawden Smith, Mal Davies and his weekly V & A., Jim De Rennes, and anyone else I may have forgotten.

I would also like to thank the members who generously advertise in the magazine namely Colin Barnet Taxis and Farnham Vets, Hamish Brown, Bruce McLaren and Kingsize Menswear. And a special mention to Red Eye Print who often manage to print the hard copies within 24 hours or even less.

Who knows when life will return to normal. Not any time soon I reckon. So until then stay safe, look after yourselves, your loved ones and neighbours and lets hope the boffins find an vaccine soon.

Mac

Academy News

Another month without football and inactivity, but hopefully the world will start moving again soon and so it's time to start training for the new season

Using the hour a day set aside to go outside, why not use this time to get ready. Plan your daily sessions to get back into a fitter body and mind-set. Look online and there a loads of sites to help with this. A few of the popular sites are

Sportssessionplanner.com

Gdfra.org.au

Scienceforsport.com

These are useful sites and can help give with ideas on how to optimise your training sessions. If you need more help then contact me and I can give you more ideas patric.bakhuizen@gmail.com

Stay Safe and look after yourselves and I look forward to seeing you all soon.

Pat



Pee on the electric fence they said...
It will be fun they said...



Adie's Birds are on Song

These are very much unprecedented times. Few, if any of us have ever experienced this sort of situation but it is with us so we have to make the best of it. We are all desperately missing loved ones and, although we do have Skype and Face-time, it is not the same. I have been in contact with various League Officers both past and present and I can assure you that everything is OK with all of them (including Cyril West).

I have been fortunate (or unfortunate) whichever way you see it, to be declared a 'key worker' so I am still at the factory 4 days a week. My team and I (all 3 of us) are in a satellite unit on the other side of the car park so we are able to distance ourselves from each other whilst still producing the components. My only concern was that while using the company car for travel to and from work my car sits on the driveway. I heard of reports that the battery can go down as they take a certain amount for the alarms etc. I took my car to work today so I had a much more comfortable trip, leather seats and much better vision!

Diane is on a rota for the school but gave us all a scare as she phoned me at work and thought she had the viral symptoms. I came tearing home, checked her temp – 35.5, (always thought she was a cold blooded reptile) and we phoned the GP. Result, labyrinthitis. I had to go and get some prescription pills and although she is a lot better she has a tendency to have dizzy spells so the GP prescribed some more pills and it is just a question of time.

Of course this has given me the opportunity to spend more time in the 'man-cave'. Just finished another box and Diane now has some ideas of her own for me to manufacture so I've plenty to keep me going. Also I am spending more time in the garden. It could be a good year for the plums and damsons plus I have a lot of apple blossom so fingers crossed for those. We had a wonderful display of tulips this spring and the Camelia was an absolute picture. The residue from the dead flowers is an almost daily job to sweep up. With so little traffic about the birdsong has been superb and we have taken great delight in watching the blue tits zooming in and out of the nesting boxes I made. The Goldfinches and Robin have been adding to the melodious blackbirds – very pleasant on these sunny evenings.

I shall soon be sending out the applications for the 2020/21 season. There is now easy way around this, I have absolutely no idea when we will commence but please complete the form even if you cannot give me dates so that I can get you in the handbook and on the database.

Look after yourselves, your family and loved ones and please stay safe so we can catch up when the season starts.

Kind wishes

Adie



DBS Update

The FA is implementing temporary changes to DBS checks in football for the period that football is suspended due to coronavirus, up to and including the start of the 2020-2021 season. These changes are outlined below and will apply to all roles in football.

This decision has been made in light of the current cessation of football activity, difficulties regarding online ID verification for the purposes of renewing a DBS check and demand on the DBS service due to the current health crisis.

1. All new referees, referee coaches, observers and mentors registering to officiate within youth football who will be carrying out regulated activity with U18s (in accordance with DBS guidance) require an Enhanced DBS with a check of the Children's Barring List before they commence their role within football. This is current practice and will remain in place. However, we ask that new DBS checks are not submitted (from today onwards) whilst football activity remains suspended. For the avoidance of doubt, volunteers will not be permitted to carry out regulated activity with U18s until they have obtained a DBS check. The FA will provide a further update on processing new DBS checks in due course when there is further clarity on football activity will resume.

2. All individuals whose DBS checks are due to expire between 1 March 2020 and 1 October 2020 will not be required to renew their DBS checks until 1 year after the scheduled date of expiry. The FA currently requires DBS checks to be renewed every 3 years in accordance with industry standards and best practice. However, we have made an informed decision to extend that to 4 years, in these limited circumstances, on the basis of the current health crisis and associated difficulties in DBS check renewal and the fact that these individuals already hold a DBS check which has been accepted by The FA.

The FA is currently proposing an end date of 1 October 2020, based on the fact that this season's grassroots footballing activity has ended and the assumption that pre-season will commence with the start of the youth season starting September 2020. However, as circumstances develop, this date is potentially subject to change.

The FA's Whole Game System will be updated to reflect these changes. Please note that the changes outlined above are temporary, and The FA reserves the right to review and amend the position, including to reflect changes in legislation and/or statutory guidance with respect to the 2020 coronavirus pandemic and further clarity on when football activity will resume. The above changes are made to support the footballing family in the immediate term and to support a return to football activity in the longer term whilst ensuring The FA's commitment to safeguarding remains in place.

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Self Analysis

I should like to try and throw a little light on self analysis, in the forlorn hope that it may assist just one or two readers to improve in style and confidence.

How many times a week do we look at ourselves in the mirror? 20? 30? 40? Perhaps more?

Whenever we visit the bathroom, combing our hair (or polishing our head), men shaving and women putting on make-up. But how many times do we regard our appearance in a full-length mirror.

Once a day? Once a week? Only when buying new clothes?

Do referees on local parks ever study their image in a full-length mirror before leaving the dressing room? Most seemed pleased to get a dressing room.

But more to the point, do we ever practise our signals, both as referee and linesman, in front of a full length mirror? Very, very seldom, if ever, is the probable answer.

Do we take the opportunity of studying our game, appearance, our signals and actions on video or even 8mm movie film?

Top flight officials are able to observe themselves in action on film via TV, with the added benefit of watching in slow motion replays and from two or three different angles.

Camcorders can be seen regularly in use at local park games, at all levels, every weekend. In fact, camcorders are now as commonplace at these matches as dumped supermarket trolleys are in suburban ponds and alleyways. Why not ask a friend to take some footage of you in action?

Do we practise signals with or without the benefit of a mirror or video recording? Remember that practice makes perfect helps you to avoid hand and arm signals which look as though you are holding an imaginary trainer's bucket of water at arm's length. Don't let the linesman's flag appear to be made of solid steel and every arm movement laboured.

When watching yourself on video, many little things will be noticeable to you such as your paunch, shortage of breath, reddening of face, quiet voice and/or whistle, the tired old unfashionable kit, missing the linesman (intentionally or unintentionally) and the inability to keep up with play after the first ten minutes. Also good and bad positioning, sloppy hand and arm signals - and probably lots more.

Sloppy signals can easily be improved with practice and improvisation. When no full length mirror is available, why not slip into a track suit, grab a flag and nip down to the High Street and practise a few actions in front of a shop window. Please don't bother to let me know how you got on, by the way.

Finally, on appearance, last week I was asked if I was superstitious because I haven't had my hair cut all season. I quickly explained that's not superstition, but economy!

Dave Brown

Courtesy of The Second Referees' Digest 1994 (and Benchmark)

A SCOTTISH FOOTBALL QUIZ BBC Sport Website (spotted by Brian Reader)

Queen of the South goalkeeper suffered an unusual injury off the pitch. What was it?

- A. He tried to use a power drill to deal with a swollen toe.
- B. A poached egg exploded in his face.
- C. He was attacked by a runaway cow.

Why did Spartans FC have to call a temporary halt to their match with Gretna?

- A. One of the ball boys ran away with the ball.
- B. The referee asked for someone to remove faeces from the pitch.
- C. A herd of deer entered the pitch.

How many days did Fort William go without a league win until this winter?

- A. 482.
- B. 882.
- C. 1282.

Which Portuguese proverb baffled journalists when used by then Rangers manager Pedro Caixinha in a news conference?

- A. When elephants fight, it's the grass that gets hurt.
- B. A good ploughman can plough, even with a goose.
- C. The dogs bark, and the caravan keeps going.

For what did St Mirren Women's captain Jane O'Toole attract attention recently?

- A. Flooring her manager when trying to stop the ball from going out for a throw-in.
- B. Bashing her dislocated kneecap back into place on the pitch herself.
- C. Scoring from a throw-in.

Why did Craig Thomson show his assistant referee Andrew McWilliam a red card during Kilmarnock's game with Dundee?

- A. For kicking a player, Jordan Jones.
- B. For being unable to continue when one of his contact lenses fell out.
- C. For being physically sick next to the corner flag.

Berwick Rangers were unable to provide updates for fans on social media for their game against Cowdenbeath in 2017. Why?

- A. The media team were ejected from the stadium when stewards thought they had tried to gain entry for free.
- B. The media team went to the wrong ground by mistake.
- C. The media team were at Creamfields dance music festival.

Why did a goal-kick by Alloa goalkeeper Neil Parry against Peterhead attract headlines?

- A. He scored a goal with the goal-kick.
- B. He scored an own goal with the goal-kick.
- C. He hit a seagull with the goal-kick.

Answers on the next page

Lost in Translation



Ad hoc: Liven up your pudding with some German wine

Apres ski: I've finished the yoghurt

Belle epoque: A cheap cut of pig meat

Bona fide: Good dog

C'est la guerre: Nautical outfits

Corps anglais: French blokes lusting after English women

Donna e mobile: Portable kebab stand

Donner und blitzen: After effects of a kebab

Fin de siecle: Bicycle lover

Hors d'oeuvre: Ladies who hang round diesel pumps

Moi aussi: I'm an Australian

Pince nez: Not wearing underwear

Sub judice: Israeli underground system

Vin ordinaire: Ford Transit

My mate told me he had taught his dog Morse code.

He said to his dog "Rover, send Morse".

The dog extended his front leg and with a claw he tapped out on the lino "dit dah dah dah dah dah dah dah dah dit dit dah dit"

"What did that say" I asked.

My mate said "WOOF"



Are you dropping a little hint there may be something wrong with my eyesight ?

The Sprint Sessions

When I was playing football back in the late seventies the training was very basic, there was no input by Sports Sciences. Majority of the coaches/ trainers were Sargent Major types, loud voices and very little fun. In fact, coaching sessions consisted of lap after lap of the Gander Green pitch followed by 15 minutes of star jumps, 15 minutes of press ups. 15 minutes of doggies and piggy- back races, I was always paired up with a fat bloke. The sessions were not very enjoyable.

Then we had a change of manager, in came Keith Blunt, he had fresh ideas. His sessions were planned around football and specific plans for different players. This was the day football training changed for me, I looked forward to training.

Keith introduced bleep tests once a month to monitor general fitness and this became very competitive.

Below is one of Keith's gem sprint sessions which we could all use to keep fit in these strange times.

This simple session is easy to set up and follow, make sure you time some of the sprints in no.6 to ensure you are pushing yourself.

1. Set up nine cones at 11m. intervals. (if you do not have cones you can use tennis balls or sticks of wood)
2. Start with a 15minute warm up, lots of stretching and soft jogs, drink 500ml of water during the warm -up.
3. Start running the full length of the cones at 50% pace. walk back to the start. Try and keep a steady pace for 15minutes
4. Now up the pace to 75%, full length of the cones, walk back. 15 minutes total
5. Now up the pace to 100% (full sprint pace), walk back 15 minutes total.
6. Now 15minute cool down and stretching, drink another 500ml of water.

Paul Saunders

I've calculated in my not very mathematical brain that you need 99 metres to be able to perform these exercises, which unless you have a long garden might , given the current restrictions , fall foul of the Corona virus Stasi . Mac

Answers: C, B, B, C, B, C, C, C.



Hardcore football fans

The most passionate hardcore football fans are at a risk of experiencing dangerous levels of stress whilst watching their team play, a study has shown.

Researchers at Oxford University verified a scientific link between fans' intense group bonding with their team and levels of the "fight or flight" hormone cortisol while they watch a game. The study was conducted with Brazilian supporters during the 2014 World Cup in Brazil'

The fans' saliva was collected before, during and after matches including the 7-1 loss to the eventual champions, Germany. Cortisol levels "rocketed" for the most die-hard fans watching live games, said Dr Martha Newson from Oxford University's Centre for the Study of Social Cohesion. "It was particularly high during games, where their team lost". Interestingly, there were no differences in cortisol concentration between men and women. Despite preconceptions men tend to be more bonded to their football teams, women were, in general, found to be slightly more bonded to their national team than the men.

Dr Newson said, "Clubs may be able to offer heart screenings to fans who are at the greatest risk."

Bayern farce

Bayern Munich's 6-0 demolition of Hoffenheim ended in bizarre scenes when both sets of players passed the ball to each other following a protest by the way fans. The game was marred in the second half when Bayern fans unfurled banners against Delmar Hopp, Hoffenheim's chief financial benefactor and majority shareholder. who is seen as a divisive figure in Germany. It led to Bayern players and manager Hann Flick to run over to their fans and demand they take it down for fear of the game being abandoned. after returning to the field of play, another banner was displayed with a similar message. Both sets of players returned to the FOP but refused to play. They decided just to play between themselves.

Premier Ref Returns

Former Premier League referee Bobby Madley is to return to refereeing in England. The official has. accepted an opportunity to be a National List Referee again.

Back in August 2018 the PGMOL confirmed he had quit the top flight citing "a change in his "personal circumstances". Madley did move to Norway to but only after he was sacked for sending a video to someone he apparently "trusted" in which he apparently mocked a disabled person. But in a long interview, he said, "I have been given the opportunity to return to referee in the professional game in England".

The above courtesy of The Chiltern Referee

MURPHY'S MEANDERINGS

Back in the eighties, when I was refereeing senior football regularly, I found problems in applying the advantage clause when it came to officiating at junior level. In particular there were two instances when I came unstuck. Firstly, the left winger was clean through with only the goalkeeper to beat. Both players were outside the penalty area and, to the wingers right, in the centre, was the centre forward. As the winger tried to beat the goalkeeper he was pulled down. Both players fell to the ground and the ball ran towards the centre forward who only had to kick it into an empty net. I shouted "play on" loudly and gave the appropriate signal but the centre forward, instead of kicking the ball into the net, turned and appealed for the free kick. He then realised I was playing advantage and turned to go after the ball. However, the delay had allowed a defender to clear it and the centre forward then started moaning at me saying that I should have given the free kick.

The second instance was when following a long clearance by his defence a forward found himself yards offside. The club linesman flagged, but seeing the forward was running back to his own half and the ball was carrying through to the goalkeeper, I shouted "play on". However, the goalkeeper, seeing his linesman flagging let the ball go as he thought it would be a free kick. Realising what was happening and the ball was heading towards the goal I virtually screamed to the goalkeeper what I was doing. He reacted quickly and managed to dive on the ball in the six-yard box. As he passed me he said, "Still, you couldn't give a goal 'cos the linesman was flagging".

Very early in my career, when I was still wet behind the ears, I remember encountering a similar problem. A goalkeeper had drop kicked the ball upfield. His defence had immediately moved upfield to the half way line leaving the opposing centre forward twenty yards offside. The ball was immediately played back but the centre forward, realising he was offside, ignored it. As the ball was going to the goalkeeper I shouted to him to "play on". However, instead of picking the ball up he kicked it back to where the centre forward was standing and where he thought the kick would be taken. The centre forward on hearing me shout play on immediately controlled the ball, ran it past the goalkeeper and into the empty goal.

On another occasion, following a corner, a defender handled the ball on the goal line. It dropped a foot away from the line in front of an attacker. I shouted "play on" thinking the attacker would immediately kick the ball into the goal but instead he turned and appealed for a penalty and the goal chance was lost. In those days the advantage clause was difficult to play at the best of times but it was even worse in junior football.

Tony Murphy

Dates for your Diary 2019/20

4th May	Society Meeting - Watch this Space !!!
22nd May	Eve of Final Rally - AF Bentley Priory Museum, Mansion House Drive, Stanmore, HA7 3HT.
4th / 5th July	Development Weekend - De Vere Staverton
20/21	
10th August	Society Meeting - Brent Pettit + Pat Bakhuizen Law amendments
7th September	Society Meeting - David Phillips
5th October	Society Meeting - Tony Dean
2nd November	Society Meeting - Charlotte Crook
14th December	Society Christmas Dinner
4th January	Society Meeting
1st February	Society Meeting
1st March	Society meeting

Bags for Life?



Anyone need any carrier bags?? Only used once; one careful owner.!

Since we've started using online super market deliveries my wife and I have been amazed by the number of carrier bags they use.

Often there is only a couple of items in each bag. This week we had 19 bags. And these are what they call "bags for life " which usually cost the princely sum of 10p

I reckon we have enough to us 10 life times and we've not finished yet. As an over 70 (just, I might add) I'm considered vulnerable so reluctant to visit the shops in person.

Mac

Willy the 'Red Card' Referee

If I ruled the world

Let's be honest with all the law changes the last few seasons it's all gone crazy!
And as for VAR.....no comment!

What we see each week on 'Match of the Day' or any live televised match is a completely different world to what happens to you and me on a Saturday afternoon at the local park.

So if I could make some law changes this is what they would be -

To make offside easy this is the perfect solution.....we do away with this law completely. This would eradicate all the arguments and no offside by an arm pit or a big toe!

No more throw ins. This is a game called football. The key word here is 'foot' so why restart by using our hands? Maybe this will prevent defenders kicking the ball as hard as they can out of touch just to waste time. They would be indirect free kicks but it would be far more exciting.

Free kicks - All referees can use the spray. Makes the refs life much easier.

Ban white socks on top of the long sock. I know this is the current law but referees do not implement this law. It looks ridiculous so let's not see any short socks next season.

Any dissent and ten minutes in the 'sin bin'. Most referees are too nice to the players so let's all stop dissentnow! It's a law so use it!

Penalties - Let's stop any 'stuttering' in the run up for the penalty taker. No movement from the goal kicker until the ball has been kicked. Retake if the goal keeper has moved and has saved.

No substitutions in the last ten minutes. All too often changes are made in the last few minutes usually by the winning team. This is just a tactic to waste time.

Let's have different laws for the professional game and the grassroots matches. Swearing at the top level is allowed but at the local park it's a red card.

Ban tops with black on the back. If both teams are wearing say blue socks and shorts and the only difference is the front of the shirt it makes things difficult for the match officials to distinguish who is who.

For all cup matches we take the penalties before the match. This means all cup matches are ninety minutes with no extra time. This will save time and the team that lost the shoot-out will make more effort to win the match if the score is say 2-2 with ten minutes left.

I would also like to take this opportunity to make changes to the League Cup. I would include all the Scottish clubs as well. It would be great to watch Celtic and Rangers competing against the top premier clubs.

I would have a Premier and Championship division then a Division One North and South. No more Non League league as this would be replaced by a Non League North and a Non League South. This would save the clubs with travelling expenses and hopefully more local derbies.

The new laws for next season have been published.
Seems all of my suggestions above have been ignored
.....but maybe next time!



Willy the 'Red Card' Ref



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GROUP DISSENT

At their annual meeting in February, the International Football Association promised to look at measures, within the Laws of the Game, to prevent the mob confrontation of match officials. It may be remembered that the Premier League announced that they were going to get tough against this quite recently. As far as we could see during the season, nothing happened and players carried on their mob dissent unabated.

The first thing perhaps to mention is that football is not alone in this respect. There is a video doing the rounds that shows that many other sports suffer from this undisciplined type of behaviour. Although made in the USA it includes football as it is of course a major sport now in North America and not let's forget that many of their stars are imports from around the world. But more typical American sports such as American football, ice hockey and basketball also suffer from mass protests from players. From this it would seem that the world has got more aggressive and the IFAB have been set an unenviable and difficult task.

To those who referee in the lower echelons of the game the problem is that the players follow how they see their peers behave. How many referees have quit the game because they can no longer put up with this group behaviour is not known but it could be substantial. In the past, our basic referee training courses consisted of many who had given up playing but wanted to stay in the game. Today these are very few and far between, is it because they have seen what they would have to put up with and so want no part of it?

How will the IFAB stop or at least reduce the number of these occasions. Perhaps the immediate thought would be of higher fines for clubs but presumably with the strength of football clubs finances after the restrictions of the virus is lifted, larger fines will be out of the question for some time. Of course the behaviour of players often depends on the conduct of the manager. I often think that where you see a manager constantly hurling his displeasure of the referees decisions from the touchline, you will find the worst behaved players. But of course, according to Frank Lampard, now manager of Chelsea, managers should be given 'a bit of slack' in their approach to referees. In other words free to insult match officials if things don't go their way.

As I say I think the IFAB are going to have a difficult task in building into the Laws of the Game, some action that will bring its demise. Whatever it is, I hope that those referees at the top of the game put it into operation. Last season sanctions were introduced to stop managers parading outside their technical area often finger pointing accusingly at the referee or making their feelings known to the fourth official without even a warning given as is now allowed in the Laws. Very little seemed to have changed. It's no good making Laws that won't or can't be enforced.



Dick Sawdon Smith

Legendary referee Pierluigi Collina explains what top officials do better than others

The former Serie A official was one of the most highly respected referees in football and he believes courage is the most important attribute for a ref to make it to the highest echelons of the game.

Legendary Pierluigi Collina has revealed that he believes having the courage to make difficult, important decisions is the most important attribute of a referee who wants to make it to the pinnacle of football.



Widely considered to be the greatest football referee of all time, Collina was named FIFA's Best Referee of the Year six consecutive times over the course of his outstanding career.

In June 2002, Collina reached the peak of his refereeing achievements when he was chosen for the World Cup final between Brazil and Germany.

The ref, writing in the introduction of his book *The Rules of the Game* back in 2003 after taking charge of the 2-0 Brazil win a year earlier, explained what makes the best officials.

He said: "Let's talk about courage, about the courage to decide, to take difficult, important decision, so important that they put the referee in a situation where he does not get noticed, where he becomes a leading character, but not the leading character in a match.

"The best referee is the referee who has this conviction, the one who makes the decisions even when it would be easier not to, putting the problem off until later, until the end of the match.

"This is the most important quality a referee can have, and my advice to anyone just starting out is to learn from the very beginning to have that courage."

Prior to the game, Germany's Oliver Kahn told the *Irish Times*: "Collina is a world-class referee, there's no doubt about that, but he doesn't bring luck, does he?"

Kahn was referring to two previous high-profile matches that Collina had refereed which involved Kahn.

They were the 1999 UEFA Champions League Final, a 2–1 defeat for Bayern against Manchester United; and Germany's 5–1 defeat against England in September 2001.

Collina's final competitive game was a Champions League qualifier between Everton and Villarreal on 24 August 2005.

The Italian controversially disallowed a late Duncan Ferguson goal which would have seen David Moyes' side progress.

He announced his retirement soon after the game.

Courtesy of the Daily Star and Mal Davies V&A

The Different Uniforms of Callum Peter, Level 4 Referee, Woking Society Committee Member and NHS ICU Respiratory Physio . Thank You Callum and all our members who are Key Workers



Caution with Care

Like players, referees have good, average and off-days but one thing is almost certain, we always do our best. It is true to say that, generally we are the only neutral attending the match, especially on the local parks.

Our particular job is not affected by the result, only by the standard of play, because we are there principally to see that justice is fairly administered, in a strict unbiased manner.

Under such circumstances it is obvious, with virtually every decision the referee makes, someone is displeased.

In this present day and age, no-one likes being told that they are doing wrong, and people show even greater resentment if they are actually caught at it. Imagine the thoughts of a player when he is penalised and spoken to about his play. A player's sporting instinct determines the amount of resentment he is able to stifle, without showing it by word or action.

It is therefore essential that a referee administers justice in a quiet, cool, calm and collected way, and not by screaming at players or by "finger-wagging". This type of behaviour only fans the flames of resentment and may be the last straw on the camel's back, which leads to the name going into the notebook.

Finger-wagging can be seen by all the other players and spectators. What does the action remind you of; perhaps the naughty boy at school? In the majority of games players are not schoolboys, but grown men and must be treated as such. Immaterial as to how certain players behave, it is vital the referee does not become excited and allow his personal feelings to show.

By remaining placid the referee will find it much easier to quietly approach the player, and gives himself time to choose the correct words, according to the severity of the offence, to admonish the offender. It is entirely on the referee's interpretation of the incident he has seen, whether to issue a verbal warning, an official caution or send off.

Top referees spend many years perfecting their interpretation of the Laws of the Game, and studying the psychology of players, knowing that any player will always resent being made to look small, but will accept being spoken to if this is done correctly, without too much showmanship.

The crowd may love this music hall type of behaviour but the players do not, and it is certainly not in the best interests of the game.

Alan Robinson

Courtesy of The Referees' Digest 1994

Training during Lockdown

Like most, I imagine, I was surprised at the speed in which non-league football suddenly ground to a halt last month. I was in the midst of planning travel with assistants for a match at Barking when the games got called off.

With the season suspended, then cancelled, and finally voided, with little indication of when some sort of normality can resume, it's been a tumultuous six weeks. Everyone has adapted to the new reality in their own way – some may have started a new hobby, for instance. I'd like to put myself in that category – I've even started painting!

However, I've also been trying to look at the enforced break through a different perspective. I've been trying to see the prolonged break as an 'opportunity' and to try to keep developing (as much as one can without any games) over the next couple of months. One of the ways in which I've been trying to do this is by training hard, so our esteemed Chairman, Andy, asked me to put a few words together to explain what I've been getting up to in this respect and how the training has been going.

When the lockdown first happened, I took a week or two off. I've done nearly 50 games this season (all roles) so has been a fairly busy one and it was nice to have a bit of downtime whilst I relaxed and focused on other things. I soon got bored, however, and put together a training plan for myself for the next couple of months, trying to incorporate as much varied training techniques as possible – the sudden amount of free time available has meant that I've been able to do a lot more reading online about the subject, too.

In a typical week, I will try and train every day. Tuesday, Thursdays, and Saturdays are reserved for pitch sessions – these are usually a combination of high-intensity work (Tues), sprints (Thurs), and then a session to replicate the work you would do during a match (Saturday, to keep things as realistic as possible). In between this, I'll do some HIIT sessions (kindly provided by my PT buddy – think squats, burpees, press-ups, that kind of thing) which are all great because it is the sort of thing that I can do at home, either before work in the morning or on my lunch break. Coupled with this, I've thrown in a few weights' sessions throughout the week and also some stretching sessions. When the weather has been nice, I've also managed to get on the bike for a bit of a cycle – the great benefit that this has is that you're still working but without the impact going through your shins and knees that running induces.

Sunday is a special day. My dad is a keen runner and is looking to start taking part in ultra-marathon races. Due to other commitments pre-lockdown, I've never really a) thought about it, and b) ever had the time to really tag along on one of his training runs. With the new free-time, I've started going along on a Sunday morning on a few of the runs. These are all trail runs, so you're running down country paths and up and down hills, so much different from road running.

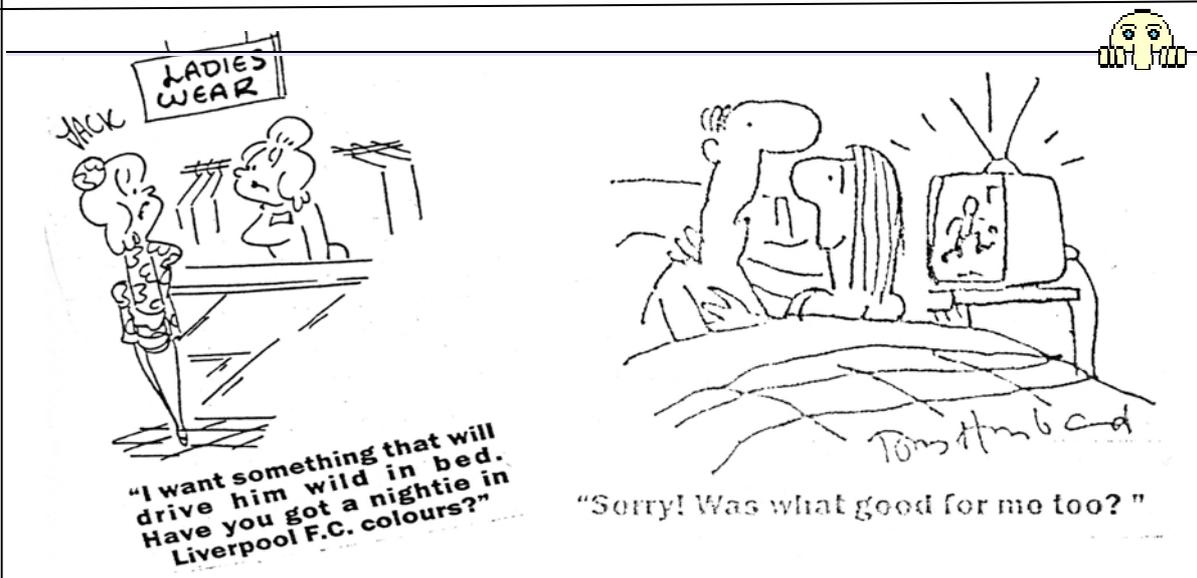
It's quite fun to get an Ordnance Survey map out and try to plan a route – it all adds to the fun. I learnt pretty quickly to read contour lines on the map, it's not so fun trying to traverse up a super steep hill whilst cows watch you. Most importantly, because you're out in the wild and off the beaten track, you can go for ages without ever coming across anyone else, so is a great way of staying fit and staying safe at the same time. Sunday is definitely my favourite day of the week now – if this sounds interesting to you, I'd encourage you to give it a go! It doesn't have to be a super long distance and is a nice way of seeing your local area from a different perspective. You never know, you may just find you have a new hobby, like I have.

All in all, it's quite a nice plan for the week. It's nice and varied which has a couple of benefits – I'm never overloading one part of the body (e.g. not running everyday) to make sure that I don't over train and cause injury. Furthermore, its varied nature means motivation levels stay high. I'm not doing the same thing every day which means that I don't get bored, there's always something different to look forward. I'm also lucky enough to have a few mates who are as into it as much as I am (Andy!), so we have all been pushing each other and posting videos etc of our training, which helps a lot.

We've been doing a lot of non-physical work, too, to try and stay in the refereeing mindset, such as watching clips and self-reflection on our season. I think I've taken up a lot of your time already, though, so perhaps if you are interested, that can be something for the next issue.

The main takeaway, though, is to try and stay active whether that's a walk around the block each day or if it's a long trail run on a Sunday. It's difficult at the present time with lockdown forcing us to think creatively about how we train. However, a session here and there will do wonders, not only for your physical health, but also mental health as well – something that is all too easy forgotten about! This is increasingly more important as we are all isolated and stuck indoors for the foreseeable future!

Jonty



Gareth's Big Black Bag



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Referee cards- 50p each

Pump- £3.50

Pressure gage- £3.50

Pump needle- £1.50

Lanyards - £3

Flags- £4.50

Woking RA Polo Shirt - £12

Woking RA Hoodie - £18

Surrey FA badge- £4

Referee socks- £2.50

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The seven-day eating plan can be used, as you like. If correctly followed it will clean your system of impurities and give a feeling of well being.

This plan originated in the United States at Scared Heart Memorial Hospital, They used this for people who were about to have heart surgery and were felt to be over weight. This enabled rapid weight loss without undue strain on the body.

This plan is also used by a lot of professional football clubs when their players return for pre-season training having had a break and put on weight. This extra weight hinders their participation in all of the training.

The plan is a fast fat burning plan. The secret is, as with most eating plans/ diets, you burn more calories that you take in.

If you combine the eating program with some exercise you will achieve more rapid results.

THIS PLAN DOES NOT LEND ITSELF TO DRINKING ALCOHOL AT ANY TIME, BECAUSE OF THE REMOVAL OF FAT BUILT UP IN YOUR BODY. YOU NORMALLY USE THIS TO COMBAT THE EFFECTS OF THE ALCOHOL.

YOU SHOULD STOP THE PLAN AT LEAST 24 HOURS BEFORE ANY INTAKE OF ALCOHOL.

DEFINATE NOT AT ALLS.

No bread
No alcohol
No Carbonated drinks

Stick to water, unsweetened tea, black coffee, unsweetened fruit juices and skimmed milk.

Any prescribed medicines will not hurt you on this diet. Continue the plan as long as you wish.

BASIC FAT BURNING SOUP RECIPT

3 large onions	2 tins of chopped tomatoes
1 large green pepper	3 vegetable stock cubes
1 bunch of celery	half a head of cabbage.

Cut up all the vegetables into small pieces, put into a large pan, add all the other ingredients. Cover with water, season to taste and simmer until vegetables are soft. You can liquidise the entire soup if you wish.

You can eat as much of this soup as you want, whenever you want. This soup will not add calories, the more you eat, the more weight you will lose.

Do not only eat the soup as this will lead to malnutrition.

DAY ONE.

The first day consists of all the fresh fruit and soup you can eat. For drinks have unsweetened tea, black coffee, cranberry juice and water.

Day TWO.

Eat all the fresh, raw and cooked vegetables you want. Stay away from peas, dry beans and sweetcorn. Eat all the soup you want but no fruit. For drinks have unsweetened tea, black coffee, cranberry juice and water.

At dinner reward yourself with a large baked jacket potato and butter.

DAY THREE

Mix days one and two, eat as much fruit and vegetables and soup as you want. No baked potato. For drinks have unsweetened tea, black coffee, cranberry juice and water.

DAY FOUR

Bananas and skimmed milk. Eat as many as 8 Bananas and at least a pint of skimmed milk. As much soup as you want. For drinks have unsweetened tea, black coffee, cranberry juice and water.

DAY FIVE

Beef and Tomato. You may eat 10-20 ounces of beef and a large can of tomatoes or six fresh tomatoes. Drink at least 8 glasses of water to wash out the uric acid from your body. Be sure to eat the soup at least once today. You may also have unsweetened tea, black coffee, cranberry juice and water.

DAY SIX.

Eat as much beef and fresh vegetables as you want. You can have 2-3 steaks with salad or fresh vegetables. Make sure you eat the soup at least once. For drinks have unsweetened tea, black coffee, cranberry juice and water.

DAY SEVEN

Brown rice, fresh vegetables and unsweetened fruit juice. Eat as much as you like. Be sure to eat the soup at least once. For drinks have unsweetened tea, black coffee, cranberry juice and water.

You may eat grilled chicken (with no skin) instead of beef, if you prefer. You can also eat grilled fish instead of beef for one of the days.

At the end of the seventh day if you have not cheated you should have lost between 10-17lbs. However if you have lost more than 17lbs stay off the eating plan for two days and then start again.

Paraprosdokians



Paraprosdokians are figures of speech in which the latter part of a sentence or phrase is surprising or unexpected and is frequently humorous.
(Winston Churchill loved them.)

1. Where there's a will, I want to be in it.
2. The last thing I want to do is hurt you.... but it's still on my list.
3. Since light travels faster than sound, some people appear bright until you hear them speak.
4. If I agreed with you, we'd both be wrong.
5. We never really grow up.... we only learn how to act in public.
6. War does not determine who is right, only who is left.
7. Knowledge is knowing a tomato is a fruit. Wisdom is not putting it in a fruit salad.
8. To steal ideas from one person is plagiarism. To steal from many is research.
9. I didn't say it was your fault, I said I was blaming you.
10. In filling out an application, where it says, "In case of emergency, notify...." I answered, "a doctor."
11. Women will never be equal to men until they can walk down the street with a bald head and a beer gut, and still think they are sexy.
12. You do not need a parachute to skydive. You only need a parachute to skydive twice.
13. I used to be indecisive, but now I'm not so sure.
14. To be sure of hitting the target, shoot first and call whatever you hit the target.
15. Going to church doesn't make you a Christian, any more than standing in a garage makes you a car.
16. You're never too old to learn something stupid.
17. I'm supposed to respect my elders, but it's getting harder and harder to find one now.

Plum Tree

Promotions

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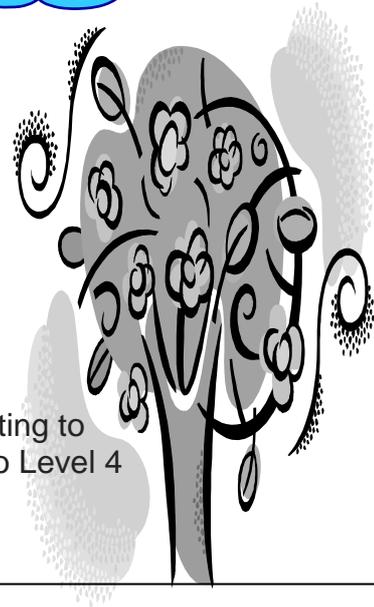
Level 7 to 6

Max Van Den Berg

Level 6 to 5

Erno Vajda

There are also a number of our members who are waiting to hear whether they have been successfully promoted to Level 4
Fingers crossed guys!



You Must Be Joking



My wife just stopped and said, "You weren't even listening, were you?"

**I thought to myself...
"That's a pretty strange way to start off a conversation."**





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The Referees' Association www.the-ra.org contact@the-ra.org Tel 024 7642 0360	1c Bagshaw Close Ryton on Dunsmore Warwickshire CV8 3EX
Surrey County Referees Association Honorary Secretary	Brian Reader 01483 480651 ramblingref@gmail.com
Guildford & Woking Alliance League Referees' Secretary	Adrian Freeman 01483 894351 / 07814 516911 A.freeman@homecall.co.uk
Surrey County Intermediate League (Western) Referees' Secretary	Adrian Freeman 01483 894351 / 07814 516911 A.freeman@homecall.co.uk
Suburban League Assistant Referees' Secretary	Dave Goater dave.gosubrefs@outlook.com
Combined Counties League Assistant Referees' Secretary	Philip Nash 07951 415046 assistantreferees@combinrdcountiesleague.co.uk
Southern Youth League Assistant Referees' Secretary	Nick Clark
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