

# NSWSLFR Training Updates

Dear Officials,

A core group of active members have been preparing for the upcoming fitness tests by attending formal training sessions since early November. Whilst this is encouraging the numbers could always do with some boosting. What are you doing to prepare for the fitness tests?

The training program will move to the Barden Ridge Athletic Track on Wednesday, 20/12/17 & 10/1/18 to allow officials the opportunity to run a trial test to gauge their level of fitness. Time will be the normal 7.00pm start.

## Training Records.

If you are unable to attend the formal Wednesday training session, then you are still encouraged to train remotely, utilising the published training program as a guide.

You will receive a credit for these sessions by providing evidence indicating the intensity and length of the session. Training credits are important and are utilised by the TSC come the finals series selection time. There are various ways to provide the TSC Training Coordinator with your training data:

### 1. Jotform

There is a specific jotform that allows officials to record and submit their training data. <https://form.jotform.co/73120693835862>

### 2. Heart Rate monitor

If you have a device, such as Polar, Apple watch, Fitbit or similar HR recording method, then take a screenshot and send it to [training@nswfootballreferees.com.au](mailto:training@nswfootballreferees.com.au) Please make sure we are able to identify who the data belongs to.

### 3. Garmin Connect

If you have a Garmin device then you can upload your data direct to the NSWSLFR Training Group on Gamin Connect. Open Gamin Connect in your browser, locate the group and request membership. If you don't have a Garmin Connect account, then it is easy to create one by following the link below. Once you have joined the group you will be able to upload your data following each training session or game.

<https://connect.garmin.com/en-US/signin>

Quite a few officials have already taken the opportunity to send their training data, which is a great start, but there is always room for more.

To receive a training credit, you only need to upload or notify us of at least one of your session/s, and only once per week, as this will make the management of your data more realistic and not so time consuming.

Garmin Connect doesn't require any extra management, so you are welcome to upload whenever you use the device. If you are considering purchasing a HRM device and or want to leave Santa a note, then there are some good deals on 'Garmin Forerunners' at Rebel Sports at the moment.

**Wednesday 20/12/17 will be the last training session for 2017 and training will resume on Wednesday 10/01/18.**

A reminder that the fitness tests dates are Wednesday 24/01/18 at Barden Ridge, Sunday 28/01/18 at Blacktown Athletic Track, Wednesday 7/02/18 at Barden Ridge and Sunday 11/02/18 at Blacktown.

Please do your very best to prepare adequately for your selected test and bear in mind that there are only limited spaces for each test, so don't leave it until the last test!

In the meantime, and on behalf of the TSC, Chris and I, have a safe and happy Christmas and New Year.

John Parker

NSWSLFR Physical Training Coordinator