

President's Message

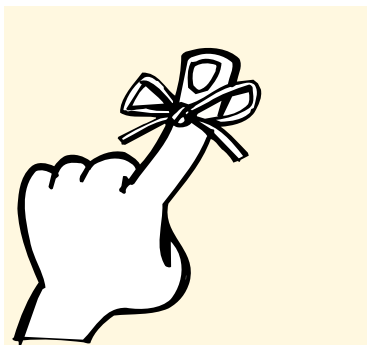
There's no question January and February form the heart of our basketball season. At every level the intensity and pressure increases, not only the importance of the games, but also in the time sacrifice asked of all officials. At this point in the season there really are no excuses for sub-par performances. Our focus should be at its peak, and the more knowledgeable and prepared you are, the better outcomes you'll create. When the workload gets tough, some people turn up their sleeves, some turn up their noses, and some don't turn up at all... which one are you? Keeping your arbirer as current as possible goes a long way to helping Gil and Tom address all the necessary demands for officials. If you find on short notice you may have some time that was previously

blocked, I'm sure our assignors would take a phone call letting them know. Provincial and National assignments are on the front burner now and it is imperative that you are at your best at each and every opportunity. Evaluations are a good opportunity to expand your perspective, step out of your comfort zone, and experience some dynamic growth. With a large proportion of provincial tournaments being held within, or relatively close, to our board there will be many assignments given to EBOA officials. Grant MacEwan College is also hosting the College Women's Nationals the same weekend. Needless to say, Edmonton will be the basketball social centre the third weekend in March, and I know we'll be up to playing host to officials from all

across Alberta and Canada! More info will be forthcoming related to that weekend's social calendar. I always look forward to this time of the year, and I hope everyone will dedicate themselves to being the best possible representatives of the EBOA.

Perry Stothart

Dates to Remember



Febuary	20	Molson Night 104 Avenue and 121 Street 7:00 - 10:00 pm
March	15 - 17	ASAA Provincials Women's College National Basketball Championship
	31	Regual Season Pay Cutoff

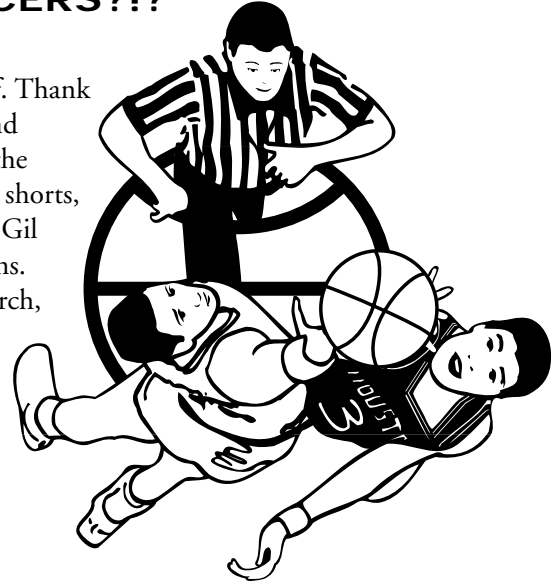


WHO SAID OFFICIALS ARE BAD DANCERS?!?

This year's EBOA Christmas party was fantastic if I do say so myself. Thank you to everyone who came and enjoyed some great food, dancing and company and to my helpers Kathy Ross and Karen Lasuik. During the course of the evening we sold raffle tickets for EBOA Spring League shorts, golf clubs and a landscaping gift certificate. A very special thanks to Gil Desmarais and Classic Landscapes (Perry Stothart) for their donations. The EBOA made a \$175 donation to The Mustard Seed Street Church, which provides meals for the homeless.

Raffle Prize Winners

Tony Reis – golf club made & donated by Gil Desmarais
 Franco Panizzon - golf club made & donated by Gil Desmarais
 Paul Gaudet – EBOA Spring League shorts
 Ray Freedman - EBOA Spring League shorts
 Neil Pollard - \$50 Classic Landscapes Gift Certificate



Member at Large

In past years, the EBOA has sent members on exchanges to different parts of Alberta - mostly to Southern Alberta. This year, the Executive sent two officials Robin Joy and Kent Heine to the lower mainland in B.C. to officiate at a provincial evaluation tournament. Over the course of three days, they will have the opportunity to be evaluated by Bill Denney, Al Haynes and Jerry Mulliss. For those of you that have attended camps in western Canada over the last few years will recognize these evaluators. Upon their return, we will ask both Robin and Kent to provide an update on their experiences at our next General Meeting. This is a great opportunity for EBOA and its members that we hope to continue in the future.

On a different note, to-date the EBOA Executive has received ten complaints from our clients. Though many of the complaints come from EBA, I have received one complaint from a Jr. Boys coach.

It is worth noting, that even though young people are coaching at the Jr. Boys/Girls level, it is important to pay them the same respect we would pay to a coach that is more senior. We often say that we treat coaches with respect. We respond to questions not to statements. We SHOULD try to warn a coach before we issue a technical foul to them or their bench. All of these statements should be considered when dealing with coaches both young and experienced.

Please remember, when representing EBOA at basketball gyms either as an official, or as a fan,
 BE Committed,
 BE Respectful, and
 BE a great partner.

Stephane Labonne

Community Corner

We are coming to our busiest time of the year as EBOA officials. If you can do some extra games at the community level please call me 988-4851 or email me eharasem@hotmail.com. Feb 3 and 10 are extremely busy.

Ed Harasem

Spring League

If you still want to become a basketball official, it is not too late. EBOA will be holding a spring league refereeing clinic at the beginning of April. Dates and times to follow.

Email Ed Harasem at eharasem@hotmail.com or call 988-4851 and leave your name, phone number and email address if you are interested.



A friendly reminder from your secretary

Members:

I am keeping meeting attendance for each general meeting and you need to sign in to be counted. If you are going to be absent, please be sure to write either Perry (perry@classiclandscapes.com) or myself (richk-wok68@hotmail.com) with the reason for the absence.

Members must attend at least three general meetings throughout the season. If a member fails to attend three meetings, each meeting they miss will result in a \$35 fine.

The meetings we count for attendance purposes are:

September	October
November	January
February	April

If you have any questions, please feel free to email me.

Richard Kwok

From the Assignor

Same message as always -

PLEASE KEEP YOUR AVAILABILITY UPDATED!

There was only one week of basketball in January so you can imagine the number of games that have been jammed into February. This is crunch time for high school teams. As season end comes near, all games take on an added importance. Players play harder, coaches get more up-tight as playoffs loom. We are going to need 'all hands on deck' to cover all the games we have. In addition to high school, we still have our recreational leagues and now junior high comes on board, too.

Please make yourself available as much as possible. February is only four short weeks, but they will be action-packed!

Gil Desmarais

MARK ON YOUR CALENDAR

Molson's Night has been booked for Tuesday, February 20, 2007. This is a great opportunity to congratulate the officials selected to go to provincials and nationals. There will be lots of food and beverages. Don't forget to bring money to tip the Molson House host, Michelle.

Details:

Molson Brewery
104 Avenue and 121 Street
7:00 – 10:00 PM



Junior Development

Hope you all had a great festive season, now back to the real world of basketball. Everyone had a good rest so we are ready to go at it again.

For the newer officials, I cannot over emphasize how important it is to keep looking over the handouts you got at the clinic because they tell you what to do when the whistle blows for fouls and violations. There were a lot of coaches that attended the community league clinics, so they know the rules also. Some of them attended the same clinic as you did. Prepare for your officiating assignments like you would an exam at school.

For the more experienced officials take the time when working with the younger officials to give them some tips and encourage them. We are getting paid some pretty good dollars, in cash, for what we do. Some of you should put some more effort into it and do your part to make this game as great as it is.

Do not be afraid to blow the whistle. I have had a report back that an official blew the whistle 3 - yes 3 times in a half. Folks, there is a lot more than that to call out there. Blow the whistle, if you are working with an more experienced official he or she will back you up, Do not let the

games get out of hand, or the outcome of a game be caused by officials not calling the obvious fouls and violations.

A number of you have progressed or are progressing very well. Keep up the good work. We have seen nearly every one of the community league and novice officials once. A number of the novices will be seen again.

See you on the court somewhere.

Fred Goldring



IN THE KNOW

The season is now at the point where teams are jostling for play-off positions, emotions are high, and as officials, we have to be bringing our "A" game to the floor every night. If we've taken care of the points of emphasis as expected in the first half of the season, we can only hope that players have adjusted. What do you do when things feel like they're just rolling along, but suddenly something happens. Such as a call that seemed great when you made it, doesn't look nearly so good after you replayed it in your mind two dozen times. The emotional highs brought on by the adrenaline rush from making your great call quickly fade when it seems every other individual at the game saw something completely different than you did. That's when your brain kicks in and the "sinking" feeling starts. What can you do to bounce back from it?

Snap back in a short time. Learn to turn your brain off occasionally, and let it go. It takes no small amount of mental toughness to shrug off that sinking feeling. Try to incorporate sports psychologist, Dr. Brad Beckwith's philosophy of ESPN.

- E** - Evaluate the situation - How much time is left? Where do I need to be?
- S** - Scan - evaluate the situation - Do I need to take a breath?
- P** - Plan - what plan have I put in place for E and S above?
- N** - Neutral - plan is in place, hit the enter key and let all the physical, emotional, and mental skills and abilities take over. Don't think; just respond to the task at hand.

Live it before it happens. Mental practice and planning long before the game even starts is the key to success. Long in advance of a game, officials should anticipate any possible area of conflict, including self-doubt after making a tough call. The key to remember is that you still have a job to do after you "kick a call". There is always another play coming up and it needs your complete attention. Otherwise, your self-doubt could easily lead to a play that you clearly miss because your mind was elsewhere.

Memory tricks. Officials have a strong desire to get every call right - not just most of them, but all of them. The external stimulus of a crowd in an uproar may make you question whether you were wrong on the call. Use that crowd noise to your advantage - use it to get pumped up! If you want to shut them up, that's easy. Blow your whistle and move on to the next play.

Throw a lifeline. It's usually pretty clear when a partner's mental wheels are spinning. A simple look on their face will tell you they're still thinking about the last play they blew. Be a good partner and help snap that official out of it and help them get focused and ready for the next play. Get their attention, flash them a smile, a wink, a thumbs up. It's just a little thing, but it shows you support them and you're confident in their abilities.

Karen Lasuik
EDO