

COMPLETED - OCTOBER 05

NAME ALAN TERRY

SECTION ONE - INTRODUCTION

The purpose of this folder is to provide you with the opportunity to produce your own refereeing development plan.

This should not be seen as something just for this course, but to be a 'live' document with which you can develop your plans as a referee, monitor your progress and review your plans accordingly.

You will be able to use this as a basis for discussion with your coach, tutor or mentor, you can keep your assessor/coach reports and fitness results/plans in this file. It is yours to keep and use as you require.

The PRDP works on the principle of identifying:-

Where are you?

Where do you want to be?

How you will get there?

*don't really know
until first assessment!*

SECTION TWO - SWOT ANALYSIS

A SWOT – Strengths, Weaknesses, Opportunities and Threats – analysis is a good way of answering the **Where are you?** question.

Spend some time and fill in the sections below. You may have to refer to any Assessor/coach reports you have. It can be worth sharing the points you make with your coach/mentor, a refereeing colleague or someone you trust outside of rugby.

Remember that these may change through time and they will need review and amending

STRENGTHS

Record your refereeing strengths

- Knowledge of Laws
- Fair & consistent
- Playing advantage
- Fitness
- Fast learner
- Good rapport with U19s
- Take a lot of derby games

WEAKNESSES

Record the areas of your refereeing requiring further development

- Probably missing stuff I should penalise
- Everything is new (no rugby background)
- Positioning
- Lineouts - backs offside
- Don't know my base line

OPPORTUNITIES

What opportunities are there for you to build on your strengths and develop the areas requiring attention?

- Get more matches under belt
- Get more variety of matches
- Society meetings
- Alan Chapman
- Internet resources / forums

THREATS

What are the threats to you achieving your goals i.e. 'what is hindering your progress?'

- Don't want to do regular Saturdays
- Ability to do occasional midweek games - may stop soon

SWOT REVIEW

What does the SWOT Analysis tell you about Where you are now?

What impression would outsiders have of the person who has written the SWOT?

Make notes below and discuss with your coach/mentor or someone you trust.

Where am I now?

I think I've made a good start (except matches).

I don't know I've made a good start.

I have had nice comments from coaches, but I won't believe it until first assessment.

For the stops of match I have been doing (mostly U15 + U18 Tens + U14 Seniors) I hope I have performed at an acceptable level. I think I do some things naturally well (eg advantage, tiddly). Other things seem typical of a new ref (possibly a managing outsider).

I am aware the games I have done do not have full-on scrums or lineouts or messy tackle areas, so feel very much untasted in these areas.

SECTION THREE - PERSONAL REFEREEING GOALS

Based on your work on the SWOT Analysis outline your realistic refereeing goals/ambitions including target dates. This will help you identify **Where do you want to be?**

State your goals/ambitions using the SMART process – Specific, Measurable, Achievable, Relevant and Time related.

Again, you will find that you will need to amend these through time.

	GOALS/AMBITIONS	TARGET DATES
SHORT TERM	① Get assessed for Foundation level	ASAP
	② Use feedback from assessment	within 1 week (plan) following 3 matches (+ beyond)
	③ Maintain fitness & look after hamstring	end Nov 05
	④ Do greater variety of matches on Sundays	end Dec 05
	⑤ Pass this course!	05
MEDIUM TERM	⑥ Do some men's matches on Saturday	5/16/17 06
	⑦ Get SE 1/2 of Cup (U15/U16 or Schools)	Mar 06
	⑧ TJ as proper team of 3	05/06 season
LONGER TERM	⑨ Get to Alan Chapman's level!	
	⑩ Get a county final on merit.	

SECTION FOUR - ACTION PLANNING

Your Action Plan will help identify **How will you get there?** and who can help you get there.

YOU

What actions can you take to build upon the opportunities and to minimise the threats?

- ① Act Merry to fix.
- ④ ⑤ ⑦ ⑧ Dame Mac
↳ Improve & get known
- ② React to assessment.
- ③ Keep teaching momentum going - start core strength
- ⑥ ! - esp coaching aspects which are v. new.

OTHERS

What practical actions can others take to help you to achieve your goals? - who and what?

- Merry / PHCB to fix assessment
- Dame Mac to allowte different matches
-
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Now transfer your Aims and Ambitions along with the Target Dates into the table below and then describe the Actions and progress you have made against them. You must be very honest with yourself here. Share what you have written. Again, this will part of an ongoing review.

	AIMS/AMBITIONS	TARGET DATE	ACTIONS AND PROGRESS
SHORT TERM ①	Get Assessed for Foundation level	ASAP	Manage / M16 to fit <input checked="" type="checkbox"/> 30/10/05 by Phil Hally
②	Use feedback from assessor	Plan - within 1 week Implement - next 3 matches	
③	Maintain fitness & look after hamstring	- ongoing (review monthly) - end Nov	October <input checked="" type="checkbox"/> 9 training / 15 matches November <input checked="" type="checkbox"/> 12 " December <input type="checkbox"/>
④	Greater variety of matches on Sundays	End Dec	Request to David Mac <input checked="" type="checkbox"/> for Nov Do the matches and self-assess <input type="checkbox"/> Same for Dec
⑤	Pass this course!	'05	Especially read up on coaching section <input type="checkbox"/>
MEDIUM TERM ⑥	Do some mini matches on Saturdays	J/F/M 2006	Arrange with David Mac <input type="checkbox"/>
⑦	Get a cup SF (11/4/16)	Mar, 2006 Apr	
⑧	TJ as proper team A 3	05/06 season	<input checked="" type="checkbox"/> with DASH & Phil at EG on 30 Oct <input type="checkbox"/> another
LONGER TERM ⑨	Get to Alan Chapman's level		
⑩	Get a county final		

SECTION FIVE – EVIDENCE OF PROGRESS

1. MENTOR/ COACH/ TUTOR

Who are you going to discuss the personal refereeing plan with?

What qualifies them for the role of mentor: - “elder statesman”? another referee? club coach? a work colleague? A good listener?

If your Society does not have a mentor/ coach or tutor system ask your training officer to suggest one for you.

2. CLUBS

Clubs train and/or play at the same mental or physical pace at least three times a week. What clubs will you visit to ensure that you are operating at the same pace?

None.

CLUB VISITED	DATES	WHAT I LEARNED

3. FITNESS PLANS

AREAS OF FITNESS	PRESENT	TARGET	ACTION PLAN
ENDURANCE VO2 MAX 4 x 1 mile	7-7:15	6:45 - 7:00 by Feb 05 6:30 - 6:45 by April 01	More hills More speedwork / power runs
SPRINT SPEED 15M SPRINT SPEED 30M Speed & Acceleration			Sort out hamstring Sprint drills
BODY FAT weight	12-st	11.5st by Feb 01	
FLEXIBILITY Core Strength Upper Calf Lower Calf Hamstrings Hip Flexors	Weak	less weak!	Swiss Ball exercises

+ recovery runs on day after matches

