



# Post Play Express

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JOY AND PEACE FOR THE HOLIDAY SEASON  
AND  
ALL THE BEST FOR 2017

## **PIERRE MARION APPOINTED VICE-PRESIDENT OF CABO**



At last September's AGM in Halifax, Roger Caulfield, who had been elected vice-president for a 2-year term in 2015, decided to step down, leaving the position vacant. It then was up to the Executive to find someone to complete Roger's term. The Executive recently confirmed Pierre Marion from Quebec.

At age 61, Pierre brings a long experience to the table. He was an active official for 41 years, from 1973 to 2014, 38 of which at the university level. During those years, he had the opportunity to referee nationally at all levels. He was assigned to the U SPORTS Men's championship 15 times and refereed the final 3 times. He was president of the Quebec officials association for 10 years and as such, a member of the National Council of CABO for the same period. He has acted as a clinician and supervisor for more than 35 years. He is currently the Head of the Committee of provincial supervisors at the CCAA and university levels in Quebec.

**WELCOME ABOARD PIERRE!**

### **HOW IS YOUR CONCENTRATION?**

By Paul Deshaies, Editor of Post Play Express

*(Note: The following is an abridged version of an article I wrote many years ago which I thought would be of interest to the Post Play Express readership.)*

You call a foul. You move toward the scorer who is indicating to you that a time out has been requested. After reporting the foul, you grant the time out. At the end of the time out, it is discovered that the team foul limit has been reached in the period. Who's the shooter ??... And all you can draw from your partner when you ask him/her is a blank face. Sounds familiar? How about this one? You are standing with your partner during a time-out waiting for play to resume. Your mind wanders. You might be thinking of that party last Saturday, or of that great looking

spectator in the second row behind the home team's bench, or of that quart of milk your spouse has asked you to buy on your way home from the game. Then the buzzer brings you back to reality and you're caught wondering: «What's happening now ? Whose ball ? Do we have free throws?» And you hope to God that your partner remembers... My tuque goes off to anyone who can honestly say that this has never occurred to him/her. And I think I don't risk catching a cold !

Bob Weinberg and Peggy Richardson, both sport officials, also happen to be sport psychologists. In their book «Psychology of officiating», published in 1990 by Human Kinetics, they define concentration as « *the ability to focus on relevant cues in the environment and to maintain that focus over the course of the contest.*» Concentration is a skill and an ongoing process. In the game of basketball, cues are numerous and ever changing. The action determines what is relevant and what is not. When play is in progress, each official has primary responsibility for specific areas on the floor and for the players in those areas. They should pay attention to what players are doing and try to anticipate future actions. Irrelevant cues compete for that attention. They may include noise from an unfriendly crowd, a complaining athlete, thoughts about the outcome of the game, a previously missed call, or that infamous quart of milk. It is important to keep one's mind free of irrelevant thoughts.

Concentration is related to motivation. Boredom is a powerful enemy of concentration. It's hard to focus on something you really don't care about, such as the first quarter of a bantam exhibition game where the score is already 18-2. Whenever the contest itself is not very motivating, challenge yourself to increase your interest. Since you are there, try and make it as much fun as possible. Work extra hard to see everything and not to miss a single call. Try for a perfect game. It may not matter for the outcome of the game, but make it important to you personally.

At the other end of the spectrum in terms of the interest generated by the game itself, there is the championship game. That big game you've been hoping for. It's easy to get up for that one. No need to look for extra motivation here. However, your concentration may face another powerful foe in that situation: anxiety stemming from the fear of making mistakes, of ruining the game, and of looking bad. When officiating, you need an external mode of attention. When you are too anxious, you are primarily paying attention to yourself and to your fears or worries. No one is immune to some degree of anxiety in important situations. In fact, a certain level of stress is healthy because it keeps you activated. The main thing is to recognize when anxiety is reaching an undesired level and when your concentration is affected. Be aware of your thoughts. If they are not focused on the action around you, you need to make corrections.

There are on-site steps you can take to enhance your concentration. Start with a good pre-game conference with your partner(s). While you may not discuss anything that you don't already know, the pre-game is a great occasion to get your mind on the task at hand. During the game, use cue words such as «Move», «Relax», «Spot the defense», «Spaces». When a foul is called, find the shooter even though you know that there won't be free throws. Repeat his/her number five times in your head. You won't be taken by surprise when the time comes. At the beginning of a time out, rehearse in your head what's coming next : «Red ball», or «12 white, 2 throws». Use the time out to take a couple of deep breaths and to relax and check your focus. Deal with the present. If you make an incorrect call, accept it and go on. Don't worry about what may happen, be ready to handle everything calmly.

Control your emotions. Recognize that a coach, player or even a spectator is making you angry, and calm down. Don't let your emotions bias your judgement.

To be successful, an official must control everything that can be controlled, especially him/herself. Perfect knowledge of the rules and proper mechanics, especially in covering the floor and being in a position where all the action can be seen, should become so ingrained that they should only require minimal voluntary or conscious attention. They ought to be automatic and no longer require concentration. When perfectly learned, they become a source of self-confidence. Then the official can focus on evaluating the players' actions and decide to call or to let go. Concentration is a great asset. It is not an innate skill. It requires work.

As an indicator of your ability to concentrate when officiating, here is a self-diagnosis questionnaire. Answer it honestly. You are the only person who will know the results. So if you lie, you are lying to yourself. The way to score the questionnaire and interpret the results is at the end of the bulletin. Enjoy.

*The following questions refer to your ability to concentrate while officiating. There are no right or wrong answers. Just write the number that best describes you for each statement.*

**1 = Almost never    2 = Rarely    3 = Sometimes    4 = Frequently    5 = Almost always**

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- \_\_\_\_\_ 1. *If I blow a call, I have difficulty putting it out of my mind.*
- \_\_\_\_\_ 2. *When I officiate, I am good at quickly analyzing what's happening in the game.*
- \_\_\_\_\_ 3. *It is easy for me to keep irrelevant thoughts from entering my mind when I am officiating.*
- \_\_\_\_\_ 4. *I am good at blocking out the noise of spectators and focusing on the action.*
- \_\_\_\_\_ 5. *While officiating, I get confused when many things happen quickly.*
- \_\_\_\_\_ 6. *When I officiate, I find myself distracted by my own thoughts.*
- \_\_\_\_\_ 7. *I am good at analyzing what I need to focus on during an event.*
- \_\_\_\_\_ 8. *When officiating, I focus on the moment and don't think about what has happened or might happen.*
- \_\_\_\_\_ 9. *I can maintain my concentration, even during hassles with coaches and players.*
- \_\_\_\_\_ 10. *I am good at analyzing what I need to do before starting an officiating assignment.*
- \_\_\_\_\_ 11. *When officiating, I can focus on my assignment and forget all my other problems.*
- \_\_\_\_\_ 12. *When officiating, I can keep my concentration, even when I get anxious.*
- \_\_\_\_\_ 13. *When officiating, I can keep my concentration even my fellow official is doing a poor job.*
- \_\_\_\_\_ 14. *When officiating, I have no trouble staying focused on the action during the entire event.*
- \_\_\_\_\_ 15. *After a break in the action, I have trouble regaining my concentration.*

# HONORING A MEMBER OF NSBO

By Reg Caulfield

NSBO honored Peter Phipps by presenting him the Frank Baldwin Award. This award is only given when NSBO has a deserving candidate.

This award was named after Frank Baldwin who demonstrated an extraordinary commitment to basketball. He was known throughout Nova Scotia as the GRANDFATHER OF BASKETBALL. Frank served as Executive Director of Basketball Nova Scotia for many years. He knew all the players, coaches and officials across the province. He would often say, after a heated contest, “it was a referee’s holiday”. He often greeted officials after the game to share positive insight of their performance followed by a little something to eat at the local café. He was loved and respected by all.

The award was presented to senior official, Peter Phipps, in Cape Breton as this was one of Frank’s favorite places to visit.

The selection of a deserving candidate is based on the following criteria:

- Demonstrated a commitment to the development of basketball officials;
- Demonstrated a commitment to basketball (i.e. coach, player, etc.);
- Served in an executive or administrative capacity and must have supported the initiatives and objectives of NSBO in such a way as to make the contributions worthy of special recognition;
- Considered to be a good floor official by local standards;
- Performed a significant length of service;
- Involved in grass root programming



*Frank Baldwin Award being presented to Peter Phipps by Reginald Caulfield, Provincial Supervisor, NSBO*

Some of Peter's outstanding contributions to basketball are:

- Successful playing career as Point Guard at Acadia University
- Started officiating at AUS level in 1975
- A member of NSBO for over 40 years and served in executive positions
- Certified Level 5 in the National Official Certification Program
- First Commissioner of Women's University Panel in Nova Scotia
- One of first evaluators to use on site filming for evaluation purposes
- Trained and mentored many current high school and university officials
- Received FIBA license in 1983
- Worked at every major men's and women's competition in Canada
- Chosen as a FIBA designated official to 1994 Men's World Championship in Toronto
- Selected to work Gold Medal game at Men's World University competition in 1999 in Majorca, Spain
- Continues to be involved in officiating at the university and professional level

This award speaks volumes of Peter's level of performance and dedication to working with young people. Congratulations to Peter Phipps for a well-deserved Frank Baldwin Award.

## HOW TO SCORE THE CONCENTRATION QUESTIONNAIRE

First, for items 1, 5, 6, and 15, reverse the score you wrote :

1 = 5          2 = 4          3 = 3          4 = 2          5 = 1

Then add all the scores.

The highest possible score is 75 and the lowest 15.

Here is a loose interpretation of the scores:

75 - 70	Zeroed in
69 - 60	Need some target practice
59 - 50	Must find the target
49 - 40	In the twilight zone
40 - below	Hello !!!

Examine the items with low scores (1 or 2). They will give you indications of the areas where you need to improve.

(Source of the questionnaire: Weinberg, R.S., & Richardson, P.A. (1990). *Psychology of Officiating*. Champaign, IL: Leisure Press, p. 118)