

SELF ASSESSMENT FORM EXPLANATION SHEET

Suggestions on how to complete your form and the Information required

Date: The date of the matches this form relates to.	Venue: The Club at which you are refereeing.															
MATCHES REFEREED																
Teams and Age and Division																
Referee	Assistant Referee															
<p style="color: red;">The name and age and division of both teams and how they played.</p> <p style="color: red;">Gives you are record of your matches and the standard of the matches.</p> <p style="color: red;">Can be used as an indicator of how teams and players and coaches behave when playing at home or away and against each other.</p>	<p style="color: red;">The name and age and division of both teams.</p> <p style="color: red;">Because A/Rs are a very important part of the team and have direct control over some sections of the match it is most important that A/R skills are developed and improved.</p>															
<p>What did I do well:</p> <p style="color: red;">This is the good part of your assessment. It is the information in this section that keeps you coming back to referee.</p> <p style="color: red;">Keep the information honest and accurate.</p> <p style="color: red;">Give yourself praise where deserved.</p> <p style="color: red;">Don't over emphasise to the point where your report gives you a false sense of ability.</p> <p style="color: red;">Jot down some notes at the venue and complete this section when you have time to do so without distractions.</p>																
<p>What could I have done better:</p> <p style="color: red;">This is the tough section.</p> <p style="color: red;">This section indicates potential problem areas that require your active participation to help remedy.</p> <p style="color: red;">The information in this section must be brutally honest and descriptive.</p> <p style="color: red;">Jot down some notes at the venue and complete this section when you have time to do so without distractions.</p>																
<p>In what areas do I feel I required more knowledge or experience:</p> <p style="color: red;">Identify items from above that you have decided to work on.</p> <p style="color: red;">Now that you have identified problems – detail how you plan to improve these items for your next match.</p> <p style="color: red;">Seek help and advice from coaches, mentors, colleagues, literature.</p> <p style="color: red;">Do not be afraid to ask for assistance, it is not a sign of weakness or incompetance.</p> <p style="color: red;">Apply your plans and review their success or otherwise on your next self assessment.</p> <p style="color: red;">Don't just ignore the problem and hope that it will go away or remedy itself – more often than not it will only get worse and embarrass you when you least expect it or need it.</p> <p style="color: red;">Jot down some notes at the venue and complete this section when you have time to do so without distractions.</p>																
<p>Match debrief assessment:</p> <p style="color: red;">As part of a team whether as a centre referee or an A/R ask your team mates for their views of your performance.</p> <p style="color: red;">See if your team mates views of your performance are similar to your own thoughts about your performance.</p> <p style="color: red;">If asked for your opinion – be honest and constructive – do not be destructively critical as we all need the feed back from and the support of our fellow referees.</p> <p style="color: red;">Jot down some notes at the venue and complete this section when you have time do so without distractions.</p>																
Did I enjoy my refereeing today. Of course you did. Why else would you keep refereeing.	<table style="width: 100%; border: none;"> <tr> <td style="width: 60%;"></td> <td style="text-align: center; width: 20%;">Yes</td> <td style="text-align: center; width: 20%;">No</td> </tr> <tr> <td></td> <td style="text-align: center;"><input type="checkbox"/></td> <td style="text-align: center;"><input type="checkbox"/></td> </tr> </table>		Yes	No		<input type="checkbox"/>	<input type="checkbox"/>									
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Did I arrive at the match:																
<ul style="list-style-type: none"> • In the right frame of mind. This can make the difference between a good performance and a bad performance. • On time. A courtesy to your team of referees and the players. Has a major impact on your frame of mind for the match. • Correctly dressed. Displays Authority and Confidence and Commands Respect. • With all equipment and dress. Because you are a professional - Be prepared as one Displays Authority – Commands Respect. 	<table style="width: 100%; border: none;"> <tr> <td style="width: 60%;"></td> <td style="text-align: center; width: 20%;">Yes</td> <td style="text-align: center; width: 20%;">No</td> </tr> <tr> <td></td> <td style="text-align: center;"><input type="checkbox"/></td> <td style="text-align: center;"><input type="checkbox"/></td> </tr> <tr> <td></td> <td style="text-align: center;"><input type="checkbox"/></td> <td style="text-align: center;"><input type="checkbox"/></td> </tr> <tr> <td></td> <td style="text-align: center;"><input type="checkbox"/></td> <td style="text-align: center;"><input type="checkbox"/></td> </tr> <tr> <td></td> <td style="text-align: center;"><input type="checkbox"/></td> <td style="text-align: center;"><input type="checkbox"/></td> </tr> </table>		Yes	No		<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>
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