

## Press Release: The only one of its Kind—A Book about How to Referee Hockey

Thirty-three percent of new hockey officials quit each season with this number being consistent across jurisdictions. Officials start as young as 12 years-old and pass an annual exam after taking a certification course run by dedicated and experienced Hockey Manitoba officials. Mark Alward, a level 5 official, Hockey Manitoba instructor, and Hockey Winnipeg's Vice President of Officials says, "the annual courses are good foundational training, but there is a lack of functional resources available across the province after that course is over."

Part of the solution is the brand-new titled book *How to Referee Hockey: it is not just about the Rule Book*. Author, Mitchell Jeffrey, says "casual conversations about officiating focus on penalties. However, hockey officials need to learn a wide variety of skills to prevent and respond to things that happen on the ice. It cannot just be about penalties or our young officials are left short-handed...pun fully intended."

Those skills, which can be described as positioning, procedures, and game management, go deeper than just penalties. Positioning focuses on what referees, linespeople, and officials do during the play; how they move, see, and stay out of the way. Procedures are about stopping play, working together to separate players, then starting play again. Game management requires all of that and is augmented by stress management, verbal and non-verbal communication, a bunch of professional skills and, yes finally, impact penalties.

Brenden Burnell, a level 5 official and member-at-large of the Hockey Manitoba Officials' Develop Committee comments that the book "*is going to help a lot of people. For those officials who want to help themselves, it will do just that. For those who want to help others, it will do even more! Even with a background in education, I have always found it difficult to know what to say while supervising or mentoring officials. After reading the Ref Book, I am confident that I could have a positive conversation, with officials at any level, about what they are doing on the ice. The Ref Book doesn't only teach you where to be and what to do but includes the rationale and detail necessary to understand why. With this book, these skills become automatic; it will create much more prepared, flexible officials for the next generation of hockey.*"

*How to Referee Hockey: it is not just about the Rule Book* (272 pages) is available as Kindle e-book, Smashwords, Kobo, paperback, and hard cover. You can find excerpts and purchase a copy on [www.thehockeyrefbook.com](http://www.thehockeyrefbook.com).

About the Author: Mitchell Jeffrey lives in Winnipeg, Manitoba. He earned a Bachelor's Degree with Honours in Psychology from the University of Winnipeg in 2008 and a Master's Degree in Occupational Therapy from the University of Manitoba in 2013. Mitchell has officiated hockey since 1999 at the minor, AAA, high school, junior and senior levels.

Mitchell has served in various roles since 2013, including Vice President of Officials for Assiniboine Park Hockey Association, St. James-Assiniboia Minor Hockey Association, and the Manitoba Women's Junior Hockey League, as well as the Principal of Hockey Winnipeg Referee Development. During this time he has contributed to the development of more than 500 officials.