** PITTSBURGH ELITE OFFICIATING CAMPS - OFFICIAL NHL CORRESPONDENCE** 

**TRUSTING YOUR INSTINCTS**

The ability to maintain focus and react instinctively in a pressure filled environment is a skill that only elite level professionals possess. The skill and focus needed to do this night in and night out is what truly makes this team so unique and this profession a continual challenge. It is important that we do not take our skills for granted. As such the reminder to stay focused and sharp should not be taken lightly as it is the key to calling what you see. Whether you are reacting to an infraction or an off-side being focused and present enables you to react instinctively and correctly.

As the play-off fight is on players will try especially hard to gain a competitive advantage by going down on light bumps, embellishing, crashing the net, etc. Here is where we have and must continue to get great sight lines in order to call what you see, not what you think you see. Calling the act, not the result, requires internal fortitude. Making the correct call despite the score, or time in the game requires courage. Call on yourself and use that inner strength and courage to bring your best performance to the ice each night.

Here is a simple guideline to run through in your mind on game day:

1) Come to the rink ready and accept the challenge of the night's game
2) See the penalty if and when it occurs
3) Use good judgment to recognize what is a penalty
4) Ensure your frame of mind is present so you are able to process everything you are seeing
5) Apply yourself - be confident, sell the call, communicate, keep it fair & safe.

When you see the criteria for a penalty, react. When that available penalty is not called we then have to manage that aspect of the game the rest of the way which leads to inconsistent rule application. Seeing and reacting is the foundation to how we officiate. The best way to achieve this is to be prepared, focused and present. Bring it every night and continue to enjoy the challenge.

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2015 PEOC PROSPECT DEVELOPMENT CAMP – PRESENETED BY PAHL

  