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

**KEY ELEMENTS OF OFFICIATING**

**MENTAL ELEMENTS**

* ***Commitment*** - Commitment to maintaining the “standard” and being committed to the team.
* ***Communication*** - With coaches, players & teammates, both verbal and nonverbal. Keep emotions in check and control the conversations.
* ***Integrity*** - Being honest to yourself, your peers and the game.
* ***Preparedness*** - Proper rest, conditioning, and rule knowledge. Do what you need to do to be prepared.

**PHYSICAL ELEMENTS**

* ***Stretching & Warm-up*** - This takes little time but is vital. Be ready to go when you hit the ice.
* ***Hustle*** -   Working hard every shift, the full 60 minutes.
* ***Signals*** - Crisp signals express confidence.
* ***Stamina*** - Being physically durable for on ice. Being able to handle demanding travel schedules and still maintain the level of performance expected on the ice.

The ability to manage our energy in order to achieve peak performance on a consistent basis is part of being a professional. It takes a conscious effort to do this in all aspects of our daily routine. Great athletes work hard not only in games but in their preparation for those games. A large part of that preparation is the focus on staying energized and ready.

Energy management is an important skill to have and maintain but more importantly it is something that can be learned. While it extends beyond health and fitness those two elements are the corner stone’s to properly managing your energy. When your health and fitness are in check, it allows you to better focus on your performance on the ice and be confident in your ability to perform at a high level.

Push yourself to sustain your energy levels both physically and mentally. Take conscious steps to look after your diet and rest so you are naturally energized.  Work to arrange your travel efficiently so it is out of mind. Create an inventory of things to energize you; music, visualization, internal pep talk, warm-ups, etc.  Note that, proper rest and nutrition need to be paired with mental preparation and practices that make you feel confident. When we work to stay energized on all levels we perform to the best of our abilities. The team as a whole benefits and we succeed collectively.

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2015 PEOC ELITE EXPOSURE CAMP II – PRESENETED BY PIHL

  