

Fellow Board #20 Officials

I hope everyone has had a fantastic summer; we were very lucky with the weather we had.

It's hard to believe that we are just two short months away from our first meeting of the season. With that I wanted to communicate a few things for everyone to consider before the start of the season.

1. **Physical Exam:** Schedule it if you haven't done so already.
2. **Physical Fitness:** For those of you who do not officiate a fall sport, now is a great time to start an exercise program or just start moving the body around. With the number of games each of us have during a season, this is a great way to prevent injury.
3. **Uniforms:** make sure your uniform fits and is not fraying or discolored.
4. **Sneakers:** Take a look at the condition of your sneakers. They may look great, but after a season or two they break down and lose shock absorption, cushioning and stability. This can lead to overuse injuries. I know they are expensive but consider buying new sneakers at least every other year.
5. **Rule Book:** Did you keep your rule book from last year? Make sure you have it. More information to come on this.
6. **Arbiter:** Update any changes you may have on Arbiter.
7. **Returning/Leaving:** Please update Chris Barstow or myself if you are considering returning to officiating or deciding to leave officiating, as soon as possible.
8. **Veteran Classes:** We are planning to have veteran rules clinics again. Emails will be sent out regarding those specifics.

I hope you have a great fall and looking forward to seeing everyone on November 6th.

Dan Nadeau

IAABO Board #20 Interpreter