

★★★★ **RODEO** ★★★★★

Championship



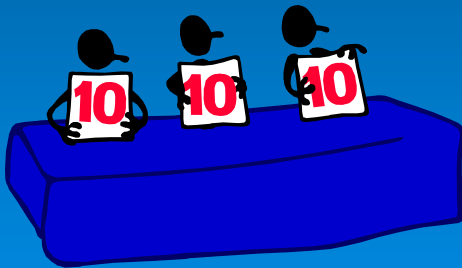
**EVERY
FRIDAY AND SATURDAY**

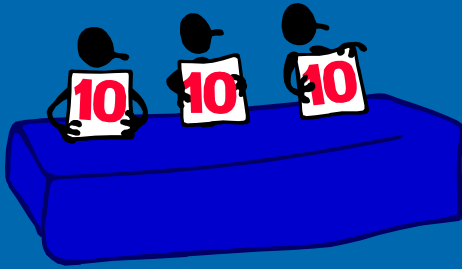
ALL YEAR ROUND AT 7PM

FORTWORTH ★ TEXAS

Judging Round Up

- Whether this is your First RODEO or you are a seasoned Wrangler, there are ways to make every experience positive, professional and confident.





Judging Smart Professional Using Common Sense

Linda Thorberg
RTCC Region 4



Three Parts

- Principles of Peak Performance
- Professionalism
- Can you “See the forest (gymnast) through the trees?”



How Do You Handle *STRESS*?

Let's get a GRIP on
it!

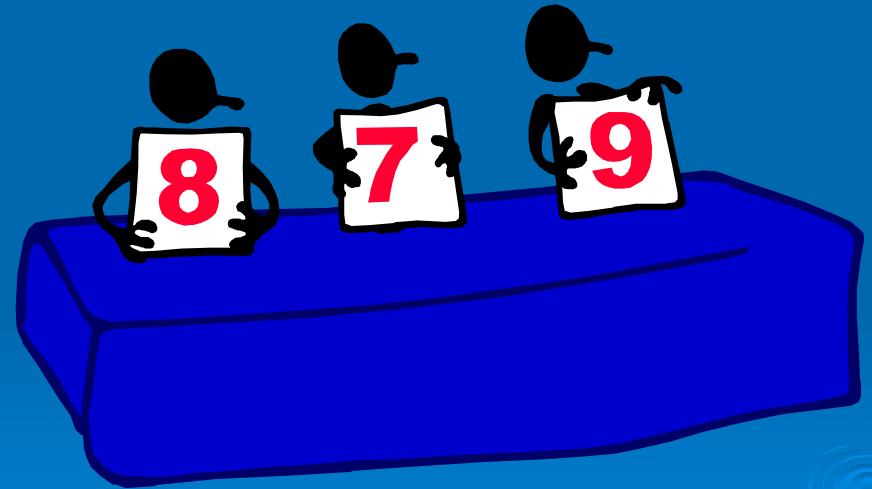


IN ORDER TO IMPROVE YOUR OWN
PERFORMANCE UNDER STRESS, YOU
MUST BE ABLE TO “CONTINUALLY GET
*COMFORTABLE WITH FEELING
UNCOMFORTABLE.*”



Uncontrollables

- Do not let the U.C.'s (Uncontrollables) dictate your performance. Recognize it when you are worrying about things out of your control.
- You cannot control other people, only yourself.



Principles of Peak Performance for Judges

Dr. Alan Goldberg has *6 Principles of Peak Performance for Athletes*. I have interpreted them for the Judging Community.



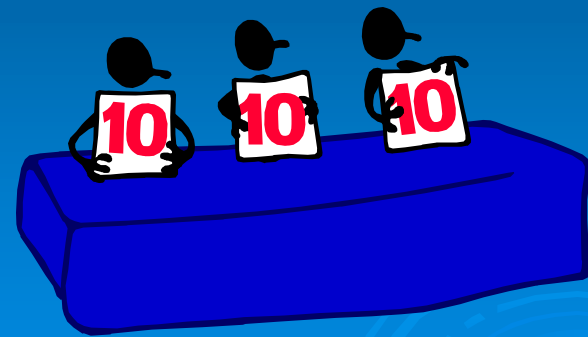
In order to perform well during your event, all 6 must be present. If one is missing, you must determine which one and reevaluate your situation.

Six Performance Principles

- FUN – You must like what you are doing.
- BE FREE TO FAIL
- BE CHALLENGED
- HIGH SELF-ESTEEM
- ACTIONS SHOULD BE AUTOMATIC
- FOCUS ON THE PROCESS, NOT THE OUTCOME

Evaluate Yourself!

How can you prepare, self talk, challenge yourself to keep your focus “on” during every meet?

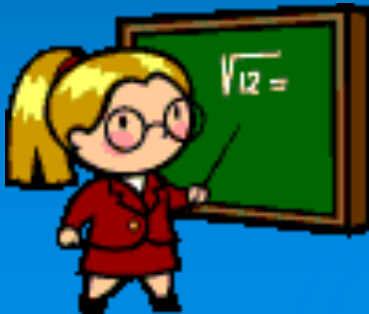


Professionalism:

Characterized by or conforming to the **technical** and **ethical** standards of a profession. (Webster's)

➤ Technical

- Education, knowledge
- Organization Skills
- Experience
- Practical Application



➤ Ethical

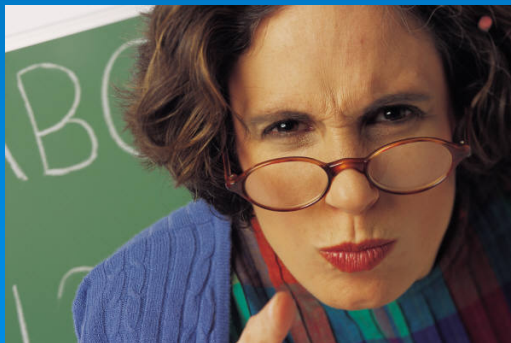
- Morals
- Values/Principles of conduct of an organization
- Honesty
- Fairness
- Supportive

First Impressions

- People will first judge you on how you project yourself, in your look, attire, mannerisms, and confidence. After this first impression you will be evaluated on your technical skills.
 - Who will be evaluating the judges professionalism??
 - Coaches
 - Athletes
 - Meet Directors
 - Parents
 - Other Judges
 - Media
-
- LET' S REMEMBER WHO IS PICKING THE JUDGES

Things that bother coaches, meet directors & audience about judges' professionalism (or lack thereof)

- Technical –
- “Don’t know the rules.”
- “Very slow”
- “Judgmental body language while judging or during conferences”



- Ethical –
- “Defensive when questioned”
- “Whining about meals, per diem, mileage etc.”
- “Too much personal communication with SOME coaches”
- “Derogatory comments about athletes, coaches, or clubs where some can hear.”
- “Look like you are enjoying it, not bored or falling asleep.”

**When it comes right down to it,
they want us to be seen and not
heard....**

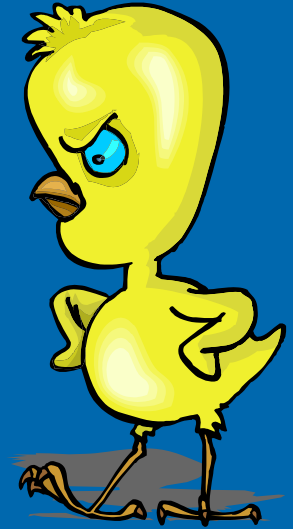


What should we do to have positive experiences at meets with all involved?

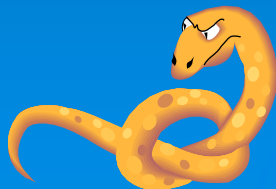
- Send in your contract asap
- Arrange your carpools in a timely manner
- Be on time
- Check with the SJD about meals, or concerns you may have ahead of time
- Prepare for your event
- Remember which “hat” you are wearing today
- If you have a concern, go to the source, SJD, MD, MR. Don’t carry on to everyone else. (Don’t make a mountain out of a molehill).
- Keep pertinent phone numbers with you
- Remember-Forewarned is forearmed
- Keep comments said in confidence



Confrontations



- Everyone has confrontations with coaches, other judges, parents from time to time.
- Meet Referee's roll is all about "people skills"
- Support fellow judges, follow rules, admit a mistake, use common sense



Diffuse

- Calm demeanor
- Listen
- Stand
- Use written back up
- Care
- Have back up if you need it – SJD, MD, SC, etc.
- Don't hold a grudge



Cowboy Quotes to Judge by

- If you haven't fallen off a horse...then you haven't been ridin long enough.
- If you climb in the saddle, be ready for the ride.
- “Cowgirl Up” means to rise to the occasion, not to give up, and to do it all without whining or complaining.

Words to Live (Judge) By

- If you're riding a high horse there's no way to get down gracefully.
- Don't squat with your spurs on.
- Before you start a conflict, make sure you know at which side your gun is.



Conclusion



- Judge Smarter, not harder
- Check your peak performance principles
- Be professional at your job, the coaches will notice and respect it
- Don't lose sight of the purpose – Fair for one, fair for all.
- IT'S ALL ABOUT THE KIDS! (not us)

**"IT'S WHAT YOU LEARN AFTER YOU
KNOW IT ALL THAT REALLY COUNTS."**

- TOM DORRANCE

