

**South Australian Motor Racing Officials Assoc.
Marshals Mumblings**

May 2011



**MARSHALS MUMBLINGS
May 2011**

**Official Newsletter of the
South Australian Motor Racing Officials Association Inc.**

PRINT POST APPROVED - PP532699 / 00006

Office Bearers

Patron	Vern Schuppan AM	
President	Andrew Robinson	0404 323 294
Vice President	<i>Position vacant</i>	
Secretary	Paul Bonnett	0409 092 535
Assistant Secretary	Darren Mattiske	0412 823 171
Treasurer	Peter Tann	0417 867 403
General Committee	Tony Aloï	0417 358 305
	Peter Cirillo	0411 136 165
	David Mori	0409 202 414
	Rob Thiry	0408 194 490

Mobile/Work Home Ph

Training & Competition Committee

Chief Flag Mobile	0448 633382
Chairperson/Secretary	<i>Positions vacant</i>
OH & S Rep & New Members	Steve Clift 0412 199 266
	newmembers@samroa.org.au

T&CC Members	Leigh Marchesi	0418 813 603
	Matthew Johnson	
	Paul Bonnett	0409 092 535
	Tony Aloï	0417 358 305

CAMS Chaplain	David Vaughan	
CAMS Delegate	Peter Tann	0417 867 403
Newsletter Editor	Fran Tann	editor@samroa.org.au

The Editor welcomes contributions from any person interested in motor sport. Therefore, views expressed in this Newsletter are not necessarily those of the South Australian Motor Racing Officials Association or any of its members.

SAMROA WEB SITE www.samroa.org.au

Postal Address: PO Box 1312 ADELAIDE, SA, 5001.

The South Australian Motor Racing Officials Association (SAMROA) Inc. is a volunteer organisation affiliated with the Confederation of Australian Motor Sport (CAMS) Ltd.



Club Sponsors:



Modbury

President's Report

By the time you read this, the Shannons Nationals will be done and dusted. Great to see over 30 people on the list for this important event. Also, fantastic to see some new people.

Steve Clift has taken on the role of new members officer and has already done lots to help our new people. One program that he is putting together is a mentoring program, where new members are referred to an established member who will help them get settled and feeling welcome. It can be quite daunting turning up to your first race meeting without knowing anybody. If you would like to participate, please let Steve know.

Also, a special thanks to Steve Santinon for his donation of shelving for the shed and some marketing materials, and to Peter Cirillo for taking the shelves out to Mallala and assembling it all. This will be a big help in keeping the shed organised.

The annual dinner is taking shape, with Troy Harrison (the one man band) making a return visit. Troy provided the entertainment a few years ago and is a regular on the pub circuit. This will be a good night. Stay tuned for ticket details....

Think that's about it from me for this month..a reminder that meetings are now held on EVEN months – so no meeting this month.

Hope to see you at the track,

Andrew

ED SAYS...

Remember this is your newsletter. Your experiences, your jokes (keep them clean), your questions, your photos, your ideas – this is what we want to share with other members. I am happy to rewrite, edit, polish your efforts – spelling, formatting, English – I'll fix it. Photos are always welcome. Lets share what a great job we all do!

Please send everything to the Editor,

Fran at editor@samroa.org.au

Minutes of the General Meeting

Announcements / Reminders:

- Due a break-in at the Veneto Club, we had to find a new venue rather quickly – thank you for the RSL to make a room available for us at short notice. Also, apologies to those who turned up at the Veneto Club and found no-one in attendance, although Emails were sent out, it is sometimes hard to predict who exactly is attending the meeting and inform everyone accordingly.

Reports from Other Committees:

OHS&W

- Nothing new to present – Andrew Robinson presented a reminder on “Living with Diabetes”

T&CC (Provided by Paul Bonnett)

- Good to see some new officials coming out to see what we do – If you're out at Mallala and you see a new face, introduce yourself and give them some assistance – it's the little things that make the difference between attending once and coming out again.
- Talking about giving assistance to the new members – at our last T&CC / Committee meeting, discussions led to the creation of a “Membership Officer” who could handle the introductions of our new members when attending their first race meetings. Steve Clift is happy to take up the position – basically it now means that only ONE person will look after the whole process. (Email address newmembers@samroa.org.au will now go straight to Steve and he will also load Potential Members onto the Database) There are still a few details to formalise but notification will be in next Newsletter and on the Web Site.
- Training Day – Due to the recent motor racing events, there has been no chance to organise anything, however it is still on track for 09 July. (Peter Tann confirmed that we can use undercover area at his work if we need to)
- Parking at Mallala – For the “larger” race meetings (where merchandise trucks / food vendors / car clubs etc. are using the grassed areas) we need to enforce that SAMROA Officials use our allocated parking area. It was discussed that the Superkart / Regularity meetings were not a real problem but the consensus was that we should do it for all meetings so we can be seen to be doing the “right thing” by Clem and the promoters.
- Easter Historic – Chief Flags will be the two Paul's (Hart & Bonnett) Briefings will be around 8.00 am each morning with break being supplied by the SCCSA Sunday morning – always a good meeting
- Regularity 6Hr Relay Meeting – Chief Flag for this one will be Leigh Marches. More details will be sent out in due course.

Minutes of the General Meeting (cont.)

CAMS REPORT (Provided by Peter Tann)

- Emma Flanagan has left the SA CAMS office – sad to see her go, she will be missed. Until they find a replacement, there may be changes to the office opening times.
- Launch of the new on-line training module: This is more interactive and will hopefully lead to more consistent training of Officials. Details are available on the CAMS website (www.cams.com.au) and also YouTube has some video (links from the Web Site)
- Few changes at Tailem Bend Motorsport Park. What little amenities were out at Tailem Bend have now been removed (Toilet blocks / Grandstands) If you need to organise an event, you need to be mindful of arranging temporary toilets etc. Not sure what will happen in the future in relation to building new ablution / shower accommodation.

STATE OFFICIATING PANEL (SOP) REPORT

- Peter Cirillo was not at the General Meeting so nothing to report.

MOTOR RACING PANEL (MRP) REPORT (Provided by Darren Matiske)

- Superkarts – Superkart Working Group is now disbanded. A new Superkart Committee has been formed by the QLD, NSW, Vic and SA Club Presidents to tap into the AMRC. There is quite a difference on how each state run race meeting.
- 250 Superkarts – The reason we are seeing less 250cc Superkarts is that they use the old two stroke GP bike motors. As the GP bikes have been four stroke for some time the supply of 250cc motors and parts are drying up. SA would like to trial the 4 stroke GP motor.
- Formula Ford, some time ago replaced the old Kent (Escort) motor with the more modern Curated (Festival) motor. Ford are no longer building the Curated engine. Most likely follow Formula Ford UK with the replacement of the Duratec engine. (could possibly be a turbo charged diesel motor (variation of the current Duratorq))
- Historic Formula Ford – Need to run the old tyre – none available in Australia – Ongoing issue to find a new tyre

Junior Development Program (JDP) Update

Minutes of the General Meeting (cont.)

WEBSITE

- Website is our “first impression” from potential new members and it's beginning to look a bit dull and boring – do we need to revamp / update it with new photographs etc? Any ideas – let us know!

SOCIAL COMMITTEE (Provided by Andrew Robinson)

- Venues for Annual Dinner – Cafe Fellini (North Adelaide) has been booked and deposit paid. We are now looking for a MC / DJ – Troy Harrison has been approached and is keen to do it again. (Troy performed at an earlier dinner and was well regarded)
- Stocks at the Mallala shed – It's been noticed that stocks of drinks / BBQ gear etc. are getting low. If any member notices that something needs replacing then can you please bring it to the attention of any Committee member so it may be replenished. Also, if you see what you think is a good deal in drinks etc. and you've got some spare cash, buy them and the club will always reimburse the money. It's sometimes difficult for the Social Club to keep on top of restocking the shed and any assistance we can give them will ensure that there is always a cold drink in the fridge at the end of day.

PROMOTIONS (Provided by Darren Matiske)

- As a committee we are continually looking for new ideas for how we promote OUR club. (And ultimately recruit new officials) Tried and tested methods such as dropping flyers at motor accessory shops / motor museums etc. work but we need to formulate a theme and update our display photos – once again, if anyone has any suggestions then please bring it to our attention.
- Gawler Show: This year, the show will be held Sat 27/Sun 28 August and the club is once again considering a display (may be in conjunction with Mallala again but we'll need to confirm that) Some members say that it is waste of time and effort but it serves the purpose of promoting the club especially as Mallala is close to Gawler. More information will be promulgated as we get closer to the dates and if you can spare a few hours to man the display then please let Darren or any of the Committee know.

SPORTING CAR CLUB of SA (Provided by Bronwen Williamson)

- Round 3 of the State Championships (August 20 – 21) will see the 50th Anniversary of racing at Mallala. Not sure of what celebrations are planned but it's something to put down on the calendar.
- Bronwen had Nothing from the SCC-SA that affects us.

Minutes of the General Meeting (cont)

General Business

- For those who know him, Keith Jones passed away recently – his funeral will be at Tony Monte , 01 Webb Street Port Adelaide Friday 29/4/10 @ 1:30 – Card being handed around and will be sent out next week.
- Bob S. asked for clarification on the decision for us to go to Bi-Monthly General Meetings. All in line with the Constitution and Bob had no problems with the decision once it was explained. We just have to ensure that we work harder on keeping the communication lines open to the members – Newsletter will continue to be MONTHLY.
- Darren asked about Camping arrangements at Mallala for the Shannons Nationals – It is not yet known but Bronwen will ask question next week.
- Service Badges – Peter Tann asked if anyone had ideas on where to source – Bronwen suggested to go back through the accounts as we brought some 5-6 yrs ago.
- Darren (on behalf of all that attended) would like to thank Cathy Croci for organising the “get-together” event for the officials who went over for the Korean GP. Someone to write up an article for the Newsletter.

With no further General Business, the meeting was closed at 21:00 (9:00 pm)

Next Meeting: 20:00 (8:00 pm) on Wednesday 15 June 2011.
Veneto Club, 06 Toogood Ave, Beverley, SA.
(Any change of venue will be notified)

Cover photo: One of the spectacular vehicles on display at the SCC Easter
Historics meeting at Mallala. Courtesy Peter Tann

OH & S Report from Steve Clift

Officials need to make time to be at their best

CAMS Officials are like drivers in that they have to perform at their best in every motorsport event. Staying focused, making correct decisions, managing equipment and personnel, are essential roles. To perform these tasks consistently and reliably officials must be fresh and well organised. This is especially so for officials who have demanding physical roles such as *long days in the heat, cold or rain*, and for officials who need to make precise decisions over one to four days at events such as Bathurst, Clipsal and the Australian Formula 1 Grand Prix.

Monitoring fatigue and stress levels and learning how to minimise their effects is something that both athletes and officials have in common. Doing this will help officials to be reliable and consistent in their performances and hopefully lead to more enjoyment of their officiating roles? Here are some simple suggestions to achieve this:

Daily: Listen to your body to find out how tired or stressed you are. Keep a simple checklist or diary to register your responses for:

- Quality of sleep—a good sleep is invaluable.
- Energy levels—start the day with plenty of energy.
- Personal stress, for example, lifestyle issues. Plan how to manage these.
- Enjoyment for your officiating role—enjoyment and satisfaction are important monitors of your stress levels.
- Any illness or injury concerns—manage these and note any patterns. Eat a balanced diet and plan appropriate meals and post event snacks. Stay hydrated and make sure that you have fluid and fuel for the whole day. Shower before bed and stretch after the shower—start to relax physically. Practise a relaxation technique before bed, for example, visualise a happy place, listen to relaxing music, or do some light reading. Switch off from the day's events

Weekly: Spend 5-10 minutes planning ahead for the week. Use a weekly planning template or electronic diary to identify and prioritise any weekly commitments for work, study, and officiating. Make sure you include family time and relaxation time for yourself. Try to maintain a balanced life.

Annually: review, revisit and re-focus. Review your last year's performances and adaptation to stress. Identify any changes and how and when to make these. Have an annual medical check-up that includes vision testing and muscular-skeletal screening—prevention is better than cure. Reset your goals for the year.

Provided by:- CAMS Australian Officials' Commission (AOC) and Australian Sector Marshal's Group (ASMG) *Information to promote the Health and Fitness of CAMS Volunteer Officials*



09 May 2011 - UPDATE

1. 75 Books in total
2. 34 Books are still out with members to sell
3. 16 Books still to be issued out
4. 25 Books have been sold so far.

Tickets need to be sold and returned to Secretary by **mid June** and up until now I have only received 25 books back. If you have sold your tickets or you would like some extra books to sell then please let me know and we'll make arrangements. I always bring the tickets with me to the Committee and General meetings plus it's not often that I miss a race meeting so the tickets will be there also.

With the three day Shannons Nationals fast approaching and three other events at Mallala before the end of June, there is still ample opportunity to sell some more books; now is not the time to get worried but I don't wish to be chasing tickets in the last couple of weeks either. I would also like to remind you all that it is part of the Terms and Conditions (yep the small print) that we have to account for every ticket (All 75 BOOKS) so if you find you have lost any, then please inform me so I can take note of the numbers.

There will be a further reminder in the June Newsletter and don't forget, if you have any problems – CONTACT ME. (My details are at the front of this Newsletter)

Cheers

Paul Bonnett

Secretary.

T&CC Report

Hi folks, before I get to the contents of this report, I would just like to express my sincere thanks for the opportunity to be the Assistant Chief Flag at the National Easter Historical meeting held 23/24 April. Whilst I did an assistant's job back in 2009, this one was slightly different as I had a greater input to the pre-event planning and also the Sunday Morning briefing – I can tell you it's a bit daunting, standing out there in front of all that experience and hoping that what you are saying actually makes some sense. My advice to you all is that if you are ever asked to perform these tasks then don't hesitate, sure you may mess it up the first time but that's part of learning and ultimately, it will make you a better official. I just hope that all who attended over the weekend enjoyed themselves as much as I did.

Upcoming Events

DATE	EVENT	CHIEF FLAG	BRIEFING TIME
13 – 15 May	Shannons Nationals	Barry Hughes	TBC but expect it to be 07:45 – 08:00 for Sat / Sun
22 May	Superkart/Modern Regularity	Andrew Robinson	08:15
04 / 05 June	State Championships Round 2	Loui Mori Alex Varcoe	TBC but expect it to be 07:45 – 08:00 for Sat / Sun
26 June	Superkart/Modern Regularity	Karen Magnusson	08:15

T&CC Report (cont.)

By the time you read this article, the Shannons Nationals will have passed so as you can see; our next couple of meetings are two Superkart meetings and Round 2 of the State Championships. I really don't like sounding like a broken record but as I check the database, the numbers are slowly increasing for these events but it's always nice to have more so we can maybe consider placing officials into new roles. The Red book is always at meetings and if you wish to get your name down and you don't have access then give a friendly Committee member a call – we'll put your name in for you. And before we leave the Upcoming Events and move onto other things, here is something for us all to contemplate:

“You are an Official at Flag Point 8, the grid is full and the starter is ready to let the cars go. As the cars leave the grid, one stalls and is hit by the car behind – you now have half the grid swerving to avoid each other, two damaged cars and a fireball to contend with! – WHAT WOULD YOU DO?” After the last round of the V8's in WA, I can imagine that sequence of events will be used at training venues for some time – yes it does highlight the dangers that we can all potentially face but it should also make you start thinking of how you could handle a similar situation if you faced it.

As you may well know, CAMS have been looking at streamlining the Event Assessment process and there is now an official Request form available from the CAMS Website (That's fine for all those with access to a computer but for those who don't have access, we'll print some off and keep them in the shed) Please remember that although CAMS is now running the assessment process, any SAMROA member who wishes to undertake an EA should first contact a T&CC member and keep them informed of your progress – ultimately, it is the T&CC who does the placements and we need to be kept up-to-date with Official's experiences and levels. (As a footnote to this, if you feel you have the knowledge and experience to become an Event Assessor, CAMS is holding an EA Course on the 17 July. If you wish any further details contact Laurene at the SA CAMS Office, phn no: 1300 883959. Remember, Commencing Apr 27th 2011 the CAMS SA/NT Office hours will be 9.00am to 5.00pm Monday to Thursday. The office will be closed on Fridays until a replacement for Emma is found)

T&CC Report (cont.)

I mentioned Knowledge and experience earlier on – if you feel you would like to give back some of that to the Club, how would you feel about becoming a Mentor to our up-and-coming new members? During our last T&CC meeting (05May) Steve Clift came up with the idea of starting up a mentoring program to help our newer members, the Committees think this has merit and although there needs to be a bit of organising we thought we might ask the question: Is anyone out there interested in becoming a mentor? Think about it and if the answer is “maybe” or “yes” then please let us know.

OK, Two more things before I sign off for this month, It has been mentioned before that the Committees are busy organising an informal “training” day to allow the members to get up and close to some race cars to acquaint themselves with safety equipment like the driver's HANS Device. Isolation switches, on-board fire suppression “bombs” etc. etc. We are hoping to get a good mixture of classes, both open and Tin-Top and it should be a great opportunity to see these cars and talk to the drivers. The date for this will be Jul 09 and the venue now will be at Peter Tann's work (Gerard Corporation, Port Wakefield Road at Cavan – Peter is working on a map for attendees) There is a page in the Red Book for this and all interested members are requested to get their names down ASAP. There will be a BBQ on the day so we need to know numbers 1 week prior.

This month being May, we are fast approaching the time of the year when we (hopefully) start thinking of membership renewals, annual dinner and AGM. I would also like to ask you to start thinking of the T&CC and if you would like to join us on the Committee. It would be good to see this year that we could get enough volunteers to enable the Committee to consist of a Chairman, Vice Chairman, Secretary, OH&S Officer and 3 members (2 of which come from the General Committee anyway) Do the Maths, I do the Secretary work, we already have the OH&S and 2 members from the Committee, so we just need a minimum of THREE volunteers – Who's up for the job?

So that's the report for May, Leigh will hopefully be back next month (if his computer is working by then) so Stay Safe, Enjoy yourselves and we'll see you trackside at one of our up-coming meetings.

Paul B. and the T & CC.

Annual Training Day – Saturday 9 July from 9:30 am

Location:

Gerard Corporation warehouse (so we can stay dry), 101 Port Wakefield Road, Cavan (access only for northbound traffic).

Directions:-

- Proceed north from Gepps Cross on Port Wakefield Road
- After approx 1km, pass Stratco on your left
- Proceed past Cavan Road intersection from left (traffic lights)
- Approx 100 mtrs, pass Cavan Hotel & Steak Van on your left
- Approx 200 mtrs, Bus Stop 29, then 20 mtrs turn left through Gate 2
- 50 mtrs turn left, (warehouse entry straight ahead) then 20 mtrs turn right and park

Following on from the very successful Fire training and 1st Aid training of the past two years, your T&CC Committee is pulling out all the stops this year.

We are organising a variety of race vehicles so that we can all get up close and personal to find out first hand the nuances of how we can assist drivers, emergency and recovery personnel, including in car fire suppression systems, different types of harnesses, electrical “kill switches”, HANS devices and much more.

We are working towards having the following race vehicles available:- 2 superkarts; V8 supercar; rally car; sports sedan; improved production; HQ; West; Formula V;

Numbers are strictly limited, so get your name in the Red Book or on the data base by 2nd July.

There will be a free BBQ lunch for the first 20 members to register.

Don't miss out – get in early!

June Newsletter:

May issue will be printed on Thursday June 9 for post on the Friday.

Final deadline for material is **9:00AM Tuesday 07/09. Earlier is better.**

Alternate Uniform

For those who are interested, the pants are available from Totally WorkWear, Unit 2A, 340-356 South Road Richmond Ph 08 8443 3868

Style :K13800 Workcool Pant – features 10 pockets

Colour: Orange

Price: \$50

Ed Says

As everyone in the motor racing world would know, Jason Richards, V8 Supercar driver, was diagnosed last year with a rare and expensive to treat cancer. Motor racing has rallied around one of its own and set up www.bid4jase.com with various items for online auction and the opportunity to simply donate. Take a look.

Congratulations to members celebrating birthdays this month:

May

David Micallef	19th
Paul Karamanov	25 th
Michael Fitzell	28th

June

Sarah Kenyon	7 th
David Marshall	9 th



SAMROA Merchandise



SAMROA Sew On
Badge - \$6



SAMROA Sticker - \$3
(10cm across)



SAMROA Logo Pin
(Metal) - \$3



SAMROA Polo - \$40



SAMROA Cross Flags
(Metal) - \$3



SAMROA 30th year
badges...\$10 each

M P D

"SERVICE OTHERS ONLY TALK
ABOUT"

Trade Discount at Ray's Outdoors:

SAMROA is now a trade customer at Ray's outdoors, simply quote the Business name (South Australian Motor Racing Officials Association) or number D73564 at the register to get a significant discount.

28 stores nationwide, SA Stores at:

61-69 West terrace ADELAIDE

1 Phillip Highway ELIZABETH/

Harbour Town ADELAIDE AIRPORT



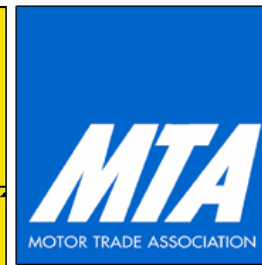
Automotive Repairers and Refinishers

367 Grange Road, Findon

Ph: 8356 4404

Mobile Lui: 0408208755

Mobile David: 0409202414



RAA Approved MTA Member



Information to promote the Health and Fitness of CAMS Volunteer Officials

DISCLAIMER:

The AOC and ASMG provides this information as a guide to assisting CAMS volunteer Officials develop their fitness, health and well-being, so as to enjoy as fully as possible, their experiences as motorsport officials.

As with any exercise program, Officials are advised that this information is general in nature and advisory. Officials, particularly if they have pre-existing medical or exercise conditions, should seek the advice and guidance of their medical practitioner before embarking on an exercise program.

Planning and preparation for the new motorsport season

'Officials are responsible for their own actions' — you've probably heard this many times. It means being responsible for more than the decisions we make and the way we conduct ourselves during a race meeting: more than just the procedures and protocols we use. Being responsible for your own actions is also about the responsibility to be prepared for the motorsport season. How you:

- manage your time
- set goals
- mentally and physically prepare
- make sure you stay up-to-date on the current management and rules of your game.

To manage all of this well you should put in place a professional and personal development plan. There are a number of 'elements of development' which should give you an idea of the responsibilities that officials should be thinking about.

Elements of development

- technical
- skills
- mental
- physical
- performance, with specific focus in each of these elements on:
 - concentration
 - preparation
 - fitness
 - training
 - vision and timing
 - positioning

All these elements are about 'consistency' and they are all as important in pre-season as during the games!

Time management and organisation

Good life balance factors in work, family time, study, personal time, training and game time. Stress and poor training and performance are usually good indicators that things are not in balance.

Develop a timetable that integrates your training and match time with your normal day and other activities.

Nutrition and hydration: eat well and follow a recognised plan for the amount of training you do. Know when and what to eat to ensure good results.

Be planned and organised but always be prepared for when things don't go according to plan.

Equipment: make sure any equipment you need for officiating is clean, working and in good order.

Travel: know what is best for your own body when you travel. Some basic things to consider are: stretching sufficiently after officiating, staying hydrated and eating well, and wearing compression clothing when travelling to aid recovery.

Mental and physical

The type of sport you are officiating will dictate when you start your training and what type of training you do. In sports that require officials to have a high fitness level, you don't really stop training, but lessen the load at the end of the season and build back into more specific training as the season comes closer.

All-year-round general fitness training will lead into more strength and sprint training, approximately ten weeks out from competition. It is essential that training is always specific to what you do in competition.

That is really important!

Mental toughness and how you cope and focus starts well before the season begins. Physical and mental training go together pre-season, particularly when doing practice matches. It is important that the way you officiate in practice matches is no different to the way you would perform in a competition or big game — this will build your confidence. Procedures and protocols should come naturally during games, which allows you more time to work on other skills and techniques which affect your decision-making.

Currency and rules

Attend any courses and rule discussions to update your knowledge prior to and during the motorsport season. Even if you have completed the same course the year before, it is always good to refresh your knowledge — quite often you will learn at least one new thing.

Find a mentor who can assist you with your preparation and skill development as a CAMS Accredited official. Use the knowledge of more experienced officials or your mentors: they are a great resource!

Reading the CAMS online Manual and event regulations is the obvious way of staying current but even more important is learning how to apply the rules — having an understanding of their application and their interaction with other rules is essential. . Aim to prepare well in the pre-season, work hard to maintain and improve your performance every time you officiate, and always aim for consistency.

Officials need to make time to be at their best

CAMS Officials are like drivers in that they have to perform at their best in every motorsport event. Staying focused, making correct decisions, managing equipment and personnel, are essential roles. To perform these tasks consistently and reliably officials must be fresh and well organised. This is especially so for officials who have demanding physical roles such as *long days in either the heat, cold or rain*, and for officials who need to make precise decisions over one to four days at events such as Bathurst, Clipsal and the Australian Formula 1 Grand Prix.

Monitoring fatigue and stress levels and learning how to minimise their effects is something that both athletes and officials have in common. Doing this will help officials to be reliable and consistent in their performances and hopefully lead to more enjoyment of their officiating roles. Here are some simple suggestions to achieve this:

Daily: Listen to your body to find out how tired or stressed you are. Keep a simple checklist or diary to register your responses for:

- Quality of sleep—a good sleep is invaluable.
- Energy levels—start the day with plenty of energy.
- Personal stress, for example, lifestyle issues. Plan how to manage these.
- Enjoyment for your officiating role—enjoyment and satisfaction are important monitors of your stress levels.

- Any illness or injury concerns—manage these and note any patterns. Eat a balanced diet and plan appropriate meals and post event snacks. Stay hydrated and make sure that you have fluid and fuel for the whole day. Shower before bed and stretch after the shower—start to relax physically. Practise a relaxation technique before bed, for example, visualise a happy place, listen to relaxing music, or do some light reading. Switch off from the day's events

Weekly: Spend 5-10 minutes planning ahead for the week. Use a weekly planning template or electronic diary to identify and prioritise any weekly commitments for work, study, and officiating. Make sure you include family time, and relaxation time for yourself. Try to maintain a balanced life.

Annually: review, revisit and re-focus. Review your last year's performances and adaptation to stress. Identify any changes and how and when to make these. Have an annual medical check-up that includes vision testing, and muscular-skeletal screening—prevention is better than cure. Reset your goals for the year.

Your Diet and Weight

Australian health authorities recommend 30 minutes of activity on most days (that is, five–six days per week). However, this is the amount required to maintain a healthy weight. To lose weight, it is likely that you will need to be doing more than this. The amount of exercise you need to do depends on many factors, including how much you have to lose, your current regime and your exercise history and, of course, any injuries that need accounting for. Consult a sports dietitian or exercise physiologist to find out what will work for you.

Sleep it off

As crazy as this idea sounds, it is likely that if you sleep more, your weight will come off more easily. Medical researchers have established a clear link between sleep and body weight. How so? Let's take a few steps back and look at what our hormones do:

- Leptin is produced in your fat cells and sends a signal to the brain when you are full.
- Ghrelin is produced in the gastrointestinal tract and stimulates your appetite.

When you do not get enough sleep, leptin levels drop, which means you do not feel as satisfied after you eat. Lack of sleep also causes ghrelin levels to rise, which means your appetite is stimulated, and you want more food. This makes for a dangerous overeating environment.

If you want to shed some kilos, logging a few extra hours of sleep is not a bad idea, particularly if you currently get less than six hours of sleep a night. Most people need seven to nine hours a night. Some more, some less. Give it a try! You may just discover that you are not as hungry, or that you have fewer cravings for sugary, calorie-dense foods.

Ask an expert

Having a meal plan that is designed for your unique needs is invaluable. Have you ever followed a magazine diet but found it hard to stick to for longer than a few weeks? This is common and keeps the dieting industry on its feet. You can beat it by seeking specific advice for you. A sports dietitian can account for your training and officiating and other work and life commitments and tailor a meal plan to your life. This gives you the best chance at success.

Meal times need official management

Travel is often a large part of any CAMS motorsport official's life. This often means eating away from home, eating on the run and sometimes hoping that there will be something 'reasonable' to eat at the motorsport event.

You should always plan to have sufficient additional healthy food and drinks to supplement what may be provided by the promoter.

Eating patterns such as this can translate to unwanted kilos. Officials need quality and consistency in their daily fuel to allow for optimum energy and health. Following are some tips to help you in choosing the most nutritious meals when your officiating takes you 'on the run': In the car or at work: Have long-life snacks stored. These may include:

- quick oat sachets apricots, prunes or other dried fruits mixed nuts and seeds (single serve packets)
- protein bars, healthy muesli bars or corn thins, with flavoured tuna or vegemite, and bottled water.

Fluid and hydration

Sweating rates during long days as a CAMS volunteer official can vary considerably between individuals. Being aware of sweat losses is the first way of determining how much fluid needs to be replaced. One kilogram of weight loss during exercise equates to one litre of fluid loss. Losses also vary depending on the environmental conditions: the hotter the environment, the greater the rate of sweating.

Good hydration is necessary for officials even if the level of activity is low in comparison with for example, a Rugby League referee. Dehydration, the result of poor fluid intake, will affect reaction time and decision-making, crucial skills in being a competent and effective motorsport official.

During motorsport events, officials' opportunities to drink may be limited, so it is important that they begin the day well hydrated, and take every opportunity to drink during breaks. Sports drinks encourage better fluid intake because of their taste, as well as supplying extra fuel during a session, *but it remains hard to beat water as the best consistent fluid to be consuming.*

Nutrition and hydration can be just as important for officials as for the drivers themselves. Aim to stay healthy, well fuelled and well hydrated for best performance.

Warm Up

Why Warm Up?

- To increase heat throughout the body.
- To reduce the risk of straining or tearing muscles and tendons by increasing their flexibility and suppleness.

How to Warm Up

- Your warm up should gradually build up in intensity and should be within your health capability and also be similar to the activities likely to be performed during the day.
- The types of warm up activity should include major muscle groups that will be again replicated activities likely to be performed during the day.
- A brisk walk is an effective way to start warming up, so on your way to your position on the circuit, walk briskly.

Tips for Warming Up

When the temperature is cooler, you should spend a little more time warming up (eg Bathurst). When the temperature is much warmer, less time is generally needed (eg Clipsal).

Try to retain the heat as much as possible generated by the warm up. This can be done by wearing appropriate clothing or making the effort to keep moving when not directly performing an active task. Standing for long periods, can cause muscles to shorten and become tight and this can lead to tiredness and injury risk if suddenly you need to respond to activities on the track or in your area of work.

Warm-up and stretching guidelines for officials

Warm-up routines are widely adopted by players in most individual and team sports. Officials performing physically active duties should also consider the benefits of a well-structured warm-up routine prior to competition and fitness training sessions.

Although there is some debate in scientific and medical circles on whether warmup and stretching routines actually decrease the risk of injury, there are several other benefits of a proper warm-up. These benefits include elevating the metabolic rate, muscle temperature and cardio-respiratory function, the opportunity to gauge court/field surfaces and environmental conditions, and to finalise aspects of mental preparation including focus, attention and concentration. The warm-up also permits practice of *motorsport specific activities eg flag waving, hand signals used during the event etc. An equivalent in Rugby League would be ball passing skills. Use morning sector briefings to practise hand signals in a fun aerobic way each day.*

When training, the basic elements of a warm-up and stretching routine typically include some easy jogging or running, stretching and some sports-specific drills to prepare the body for demands of the game or competition. One approach is to alternate short periods of running with a few stretches with a gradual increase in intensity from easy to firm. The final few running drills should involve some short acceleration from standing and jogging starts to near maximal speed. There is no need to overload the intensity or length of the warm-up and officials should feel warm, with a light sweat, and ready to go. The running drills should also include some acceleration/decelerations, agility work with changes of direction and where appropriate balance and coordination exercises.

Here is a typical 12 minute warm-up:

- easy running (2 mins)
- stretching (2 mins)
- running drills – moderate intensity (2 mins)
- stretching (2 mins)
- running drills – moderate/firm intensity (2 mins)
- individual stretching (2 mins)

The order, number and duration of drills can be modified to suit individual circumstances.

The following list details various stretches that can be used for different areas of the body:

- lower back (standing or seated spinal twists)
- hamstrings (seated or standing)
- quads (standing one leg pull backs)
- glutes (seated one leg pull backs)
- calf (against wall, on step)
- groin (seated or standing)
- trunk twists and rotations
- pecs/triceps (single arm)

Each stretch should be performed three to four times and held for approximately 10 - 20 seconds.

Individuals should be instructed not to force a stretch beyond comfortable limits and to breathe normally. The best approach is to undertake a three-quarter stretch on the first effort and then increase the intensity to a full stretch by the third or fourth repetition.

In relation to the timing of the warm-up it is best to conduct the warm-up a few minutes before the start of the game. This will vary depending on other pre-game activities and responsibilities of officials. It is important not to leave the warm-up too late or officials may feel a little rushed in the important minutes

before the start of the game. It might also be prudent to conduct a short warm-up at the end of the half-time break depending on the time available and the weather conditions.

Cool Down

Why Cool Down?

- To help remove the waste produced by your muscles during the day.
- To assist in reducing muscle tightness and soreness.
- To enable you to continue to participate effectively during all days of the event.

How to Cool Down

Just as a brisk walk to your position in the circuit helps you to warm up, a brisk walk back to the muster area is also an effective warm down.

5-10 minutes of stretching of the major muscle groups used is also important and can assist with flexibility and recover.

Stretching

Why Stretch?

The major purpose of stretching is to increase flexibility and maintain muscle balance on both sides of a joint. Without stretching, muscles lose their flexibility and may fail to respond effectively during sporting activity. Stretching enables both physical and mental preparation for the range of activities that may occur during the course of your race weekend. Stretching can also reduce tension and relax the body, enhance body awareness, promote circulation and assist with co-ordination by allowing free and easy movement.

When to Stretch

Stretching should be performed once the muscles have been warmed, as the stretching of cold muscles is less effective and may lead to injury strains. It is important to stretch after your day's activity as well to assist with recovery and your activities for the next day.

Stretching Tips

- Don't stretch to the point of pain – although some tension should be felt.
- Stretch after warming up and after cooling down.
- Stretch slowly and gently.
- Avoid holding your breath during stretching.
- Try to hold stretches for between 10-20 seconds.
- Entire stretching sessions should last 5-10 minutes.
- Try and stretch each muscle group 2-3 times.
- When stretching – don't bouncy or stretch rapidly.

Keeping your mind on the job

Very few roles are as highly scrutinised as motorsport officiating. CAMS Accredited volunteer officials give their time to officiate at various levels of competition, and as a result open themselves to a degree of scrutiny. This judgment comes from media, friends, family, complete strangers and often most harshly from the other officials themselves and competitors, as they strive for excellence in their performance.

It will come as no surprise then that in the face of this intense analysis, the ability to stay focused on the job at hand plays a major role in determining the quality of an official's performance. Irrespective of whether the event lasts five laps or four days, successful officials must possess skills in two key areas relating to attention: selectivity and mental effort.

The selectivity of attention refers to the ability to exclude irrelevant stimulation while focusing on what is deemed to be important and relevant to the task at hand — that is, focusing on the right things.

Considerable mental effort is required to selectively focus at the appropriate moment or for prolonged periods of time — that is, focusing on the right things at the right time.

Most officials recognise the difficulty of concentrating for the duration of an event — particularly long events such as the Bathurst 1000. These difficulties are usually caused by insufficient mental effort and/or an attention mismatch — that is, rather than focusing on appropriate cues, officials become distracted by thoughts, other events and emotions. These distractions can be both internal and external in nature, and can include:

Internal distracters

- Getting stuck in the past (for example, an earlier decision/call)
- Worrying about the future (for example, how a decision may impact on the outcome)
- Negative self-talk (for example, questioning one's own ability)
- Increased anxiety (for example, general worry about one's performance)
- Fatigue (for example, general depletion of mental and physical energy systems, and associated deficits)

External distracters

- Visual distracters (for example, crowd, media, environment)
- Auditory distracters (for example, crowd noise, PA system, environmental noise)
- Physical interactions/distracters (for example, replacement players, team officials, weather conditions)

Successful officials are more aware of these distracters, and understand that their attention has limitations and requires training and management, similar to their physical and skill-based abilities. There are a number of strategies that officials can employ to improve their focus and concentration. These include:

- simulation training (including imagery)
- being more aware of current attention habits and patterns
- identifying and employing performance cues
- positive/effective self-talk
- performance routines
- staying in the present
- concentration exercises (for example, shifting attention — internal/external, broad/narrow; mindfulness exercises;
- concentration grids; playing video/computer games; etc.).

With the right training and an appreciation of the fact that mental skills (like physical skills) need to be practised, officials can achieve a number of improvements in their ability to manage their attention and performance. These improvements can include:

- being less likely to become distracted by irrelevant factors
- maintaining a more task-oriented attention focus
- developing enhanced focus control and concentration for their performance
- having a greater 'present' focus
- being more mentally relaxed
- analysing the performance situation more efficiently and accurately
- greater decision-making consistency based on the information available.

References and Acknowledgements:

The following sources of information are acknowledged and any existing copyright remains with the original owner/s.

PLEASE NOTE: Some of the text has been modified to provide more of a motorsport perspective to the information.

- Australian Sports Commission
 - Australian Government Department of Health and Ageing
 - Sports Medicine Australia
 - Smartplay
 - Various magazine and health related articles in public circulation
 - ASC: Officials make time to be at their best by Angie Calder, Applied Sports Knowledge
 - ASC: Sports Official: Maintaining a healthy weight
 - ASC: Warm-up and stretching guidelines for officials: David Pyne, Department of Physiology, Australian Institute of Sport
 - ASC: Meal times need official management by Sally Anderson, Sports dietitian, nutritionist and exercise physiologist
 - ASC: Sports Official: Planning and preparation for the season Author: Jacqui Jashari
 - ASC: Sports Official: Keeping your mind on the job Author: Michael Lloyd, Performance Psychologist
-