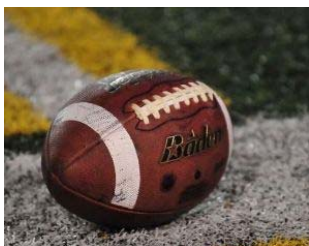


# THE PNFOA FLAG

2009—#1 (April/May)

## *In This Issue:*

- 2009 Board Assignments
- President's Corner
- PNFOA Members Moving Up
- 2008 State Playoff Officials
- USA Football Clinic
- From the Apprentice Chair
- Staying in Shape



## *Inside the FLAG:*

Member's Moving Up	1
2008 State Officials	2
2008 Sportsmanship Award	2
USA Football Clinic	2
From the Apprentice Chair	3
Membership	3
Staying in Officiating Shape	4

## **President's Corner, By Mike Livingston**

Hello All: I hope everyone is enjoying their offseason for far. Spring scrimmages are only 2 months away, training starts in 3 months, and the season starts in 5 months. The first Friday Night of the year is September 4th. It is time to start preparing for the season and that means recruiting, training, and getting into shape. Recruitment, as always, is one of our primary goals. Now is the time to talk with your friends about the fun and excitement of officiating football in the fall. Invite them to one of the spring scrimmages in June. Give them your rule book from last year so they can start reviewing rules. Just like last year, our recruiting efforts will be focused on advertising to local high schools, community colleges, 4-year schools and community centers.

The NFHS 2009 rule changes have been announced and can be found at [http://www.nfhs.org/web/2009/02/horsecollar\\_tackle\\_to\\_be\\_penali.aspx](http://www.nfhs.org/web/2009/02/horsecollar_tackle_to_be_penali.aspx). A couple of the highlights are that the horse-collar tackle has been added to Rule 9-4-3 as an illegal personal contact foul. Also, the maximum of 3 coaches in the 2 yard box now only applies to the dead ball period. Once the ball becomes live, all coaches must be out of the 2 yard box.

Additional training is available through seminars and camps. USA Football will be hosting a football officiating seminar in Bellevue on June 6th. Info about this seminar can be found in this issue. Also check out the annual WOA camp in Ellensburg (pertinent info in 'Big Fella's Corner').

The last piece of the puzzle to start preparing for the 2009 season is getting into shape. Each year we get another year older but the players stay the same age. So, we need to make sure that we stay physically ready to be out on the field. Max Meyers interviewed Craig Wrolstad about offseason conditioning and you can find that article in this issue.

Thanks for all of your efforts in 2008 and may 2009 be even better!

Mike Livingston

P.S. Ethics & Grievance Chairperson Warren Morrison is looking for members to be on an E & G committee, please contact him if interested at [warnpeace51@yahoo.com](mailto:warnpeace51@yahoo.com).

## **The Committee Assignments for the 2009 Board are as follows:**

President: Mike Livingston

Vice-President: Bill Delaney

Secretary: Roger Christlieb

Evaluations: Jason Gardiner

Apprentices: Gavin Anderson

E & G: Warren Morrison

Transfers: Bill Swedberg

Membership: Jason Capps

Constitution: Tim Stern

## **Congratulations to PNFOA Members Moving Up!**

**New VI's:** LaMarcus Ford, Dennis Michalenko, Tom Stice, and Rick Wells.

**New V3's:** Michael Bailey, Kyle Fox, Kyle Gehrke, Matt Grimm, Randall Hauk, David McCann, Robert Miller, Deron Pointer, and Scott Swicord.

Slingwine, Lynn Strub, Brian Sweet, Tony Vander-muss, and Jan Williams.

**New V2's:** Matt Brown, Wallace Chocklon, and Max Meyers.

**New A2's:** Nicholas Baus, Joe Benoit, Joshua Buckner, Terry Granillo, Roderick Lewis, Steven Price, Mark Rechkoff, Jack



## 2008 Sportsmanship Awards, By Jason Capps

On December 11th, 2008 PNFOA members **Tim Stevens, Ron Robillard and Jason Capps** presented a sportsmanship award to Shorewood High School coach Andrew Hershey and player Peter Huynh. The award was presented at Shorewood's winter awards ceremony. Mr. Stevens (who nominated Shorewood)



talked about the Shorewood team and what made them worthy of the award and Mr. Capps



presented Hershey and Huynh with the hardware.

Likewise on January 9th, 2009 PNFOA members **Danny Tal-**

**mage, Mike Livingston and Jason Capps** presented a sportsmanship award to Cleveland High School coach Kelvin Goliday and player Jacob Stanley. The award was presented at a Cleveland assembly. Mr. Talmage (who nominated Cleveland) talked to the crowd about the positive sportsmanship displayed by Cleveland and Mr. Capps presented Goliday and Stanley the hardware. Thanks to all PNFOA members who donated to the award fund in 2008. Capps will be contacting the student-athletes in the fall in order to transfer the \$500 scholarships to the institutions of higher learning they have chosen.



## USA Football Officiating Seminar to Be Held Saturday, June 6th at BCC

Some of you may be aware of a fairly new national organization dedicated to coaches, officials and commissioners of youth and high school football: USA Football ([www.usafootball.com/](http://www.usafootball.com/)). You can become a member of the organization for a small fee. USA Football and the PNFOA will be putting on a one-day seminar on Saturday, June 6, 2009 from 8am-4pm at Bellevue Community College. The cost is \$75 and the cap is 150 participants. The board of directors, at April's meeting, approved having the PNFOA

pay half of the registration fee for those interested in attending this event. The details are still being ironed out, look for an email from Mike Livingston soon.



Here is the blurb on the USA Football Website.

**Join USA Football and PNFOA for a comprehensive one day seminar. Tony Michalek, NFL Umpire and Bill LeMonnier, Big Ten Referee designed these entertaining and educational workshops to help officials improve their**

**skills. Youth, High School and Collegiate officials will learn from clinicians that include NFL and NCAA Division I officials during a full day of comprehensive training. Unique and interesting plays from the 2008 high school and college seasons will be used to discuss mechanics, philosophy and rules applications for all levels of officiating. Lunch and giveaways are included.**

Start Date: Saturday, June 6, 2009—8am

End Date: Saturday, June 6, 2009—4pm

Location: Bellevue Community College—3000 Landerholm Circle SE, Bellevue, WA

## 2008 Washington State Semi-Final & Finals Officials

### Final

- Brad Clark, 1A (Back Judge)
- Phil Christensen, 2A (Linesman)
- Gavin Anderson, 2B (Referee)
- Wane Dallosto, 3A (Line Judge)
- Bill Delaney, 4A (Umpire)



### Semi-Final

- Steve Hauser 1A (U), Matt Dornan 1B (BJ), Nick Martin 2A (U), Matt McDaniel 2A (LJ), Jason Capps 2B (L), Mike Livingston 3A (HL), Rob Spero 3A (LJ), Brooks Schomburg 4A (Referee).

## From the Apprentice Chair, By Gavin Anderson

I'm excited to be back on the board of directors, being given the opportunity by you, the membership, to have a major influence in how the PNFOA grows and improves.

As the director in charge of apprentice training, I want congratulate the nine officials that have completed the apprentice program and are now V-3's. There are also twelve new A-2's that I look forward to working with this season.

The 2009 season apprentice training is going to focus on consistency. My predecessor, Jason



Capps, formulated a survey where he sought feedback from last year's apprentices. I've had the opportunity to analyze the responses received and I'm working on ways to improve the program based on suggestions in the survey.

The great thing about my job is that I don't have to reinvent the wheel with this training program. The PNFOA has a tradition of strong apprentice training. I look forward to continuing that high level of training and tradition. Look for improved field time, use

of technology and increased rules knowledge as cornerstones for 2009.

An exciting opportunity is upon us with USA Football coming to Bellevue in June. I would encourage every official, from A-1 to V-1 to make attendance at the clinic a priority. These clinics being held in the area are rare, so take advantage of it.

Enjoy the rest of the offseason; keep yourself in shape—or work on getting back in shape—and get your nose back into that rulebook.

## Membership, By Jason S. Capps

This is the time of year to begin talking to your friends, family, work colleagues, and others about officiating football. We have a list of potential members that is continually growing and we are going to lobby them aggressively to join our ranks. What has worked for the past several seasons is making personal contacts as the best way to recruit people who are more likely to be members of the PNFOA in good standing.

Further, I'm looking for 3—4 PNFOA members to serve on a membership committee for 2009. Please email me if interested: cappsj@seattleu.edu

Also, it is never too early to be thinking about our 'end of the season' bash so please let me know if you have any ideas on what we could do. The past couple of years bowling at ACME has been a hit!



PNFOA Members Nick Martin and Lonnie Langford at French Field, Kent, WA

## Big Fella's Corner, By John Lindsey

If you wish to attend the WOA Football camp in Ellensburg, WA (June 23-24) please send me an e-mail letting me know by **May 15th**. The cost is \$130 up front (the PNFOA will reimburse 1/2 or \$65 of the registration fee). If you decide to register after May 15th you must go through the WOA office and there may not be spots left—so register early!



Also, many thanks to our observers from 2008 who went out and helped us get better: **Steve Kovac, John Krogman, Wes LeMay, and Craig Wrolstad.**

John Lindsey

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(206) 367-8255

**PACIFIC NORTHWEST FOOTBALL  
OFFICIALS ASSOCIATION**

**PHONE: 1-866-GO-PNFOA  
WEBSITE: WWW.PNFOA.ORG**



**Constitutional Amendment Proposals Due to Tim  
Stern by June 30th, 2009.**

Per the PNFOA Constitution proposals must have no less than 10% of the membership sign the proposal voicing their support. Given our numbers this would mean that in order to submit a proposal members need 12 signatures.

Please direct any questions or comments to Constitution Chair Tim Stern (timstern@gmail.com).

*PNFOA  
PO Box 1011  
Renton, WA 98057-1011*

**Hot Topics: Preseason Workouts – Thoughts from NFL Official Craig Wrolstad, By Max Meyers**

Don't look now but the season starts in 5 months. It's time to get back in the gym. I sat down with PNFOA observer and NFL official Craig Wrolstad and discussed preseason conditioning. Year round workouts are key according to Craig. Regular physical activity helps maintain hard earned stamina and endurance. During the off-season Craig's workouts consist of three days of weight lifting and 3 -4 days of running/biking for aerobic fitness. His aerobic workouts last about 30 minutes, and he varies the pace and length to keep his body challenged. Two months before the season Craig increases the intensity



level of his running workouts. He adds speed work and sport—specific drills. One of Craig's secrets to success is to "Do the same running you do in the football season during your preseason training." For Craig that means working in 20, 50 and 80 yard sprints as well as practicing back pedaling and side to side shuffle. Simulating game situations helps get your legs and feet ready from the first whistle of the season. Craig's favorite speed sprints include: sprint 20 yards walk 30 yards, sprint 50 yards walk 50 yards; sprint 80 yards walk 100 yards. He does multiple sets of these each week during the 6-8 weeks before the season. Lastly, and most im-

portantly don't forget your diet. According to Craig, he always aims to be at his physical peak when the season starts, which means watching his weight and food intake during preseason training. I asked Craig what the official NFL official policy is on preseason conditioning, laughing he responded "Don't get fat!" He was joking, but now is the time to think about dropping those extra pounds put on over the holidays. As for the young guys, Craig recommends doing what you can to keep your speed. Whether it's lifting weights, speed work during your run workouts or keeping your body weight low, once you lose your speed it's very hard to recover. Sage thoughts from our resident NFL Field Judge Craig Wrolstad.