

## **Suggestions for comments to New Officials (Mentees)**

### **Areas of Improvement**

- Work on positioning – needs more mat time to get more comfortable.
- Back up – too close to the wrestling.
- Sell your calls, hold signals high.
- Anticipate where the wrestlers will go next.
- Body language – too tight and tense, relax more.
- Follow the wrestlers back to the center, avoid leading the way. Helps keep match moving, and helps prevent problems from occurring on the edge, behind your back.
- Work on understanding control and when it occurs or is lost.
- Get in proper position to see shoulders and back points.
- Be more assertive in your calls, especially tight calls.
- Show more emotion and sell the close calls.
- Appearance – tuck your shirt in, look professional.
- Too relaxed, gives impression of not hustling or getting into position.
- Avoid giving takedowns too soon, make sure control is there.
- Avoid using hands/fingers under shoulders when looking for falls.
- If you make a “bad” call, admit it, fix it and continue wrestling.
- Near fall counts too fast or too slow.
- Need to work on criteria for stalling.

### **Comments:**

These are the most common evaluations for improving. Focus is on mechanics, getting comfortable on the mat, and understanding control. Most officials will improve over time with experience on the mat, reviewing the Rule Book, and Case Manual.

Encourage rather than discourage, positive feedback is necessary to build confidence.