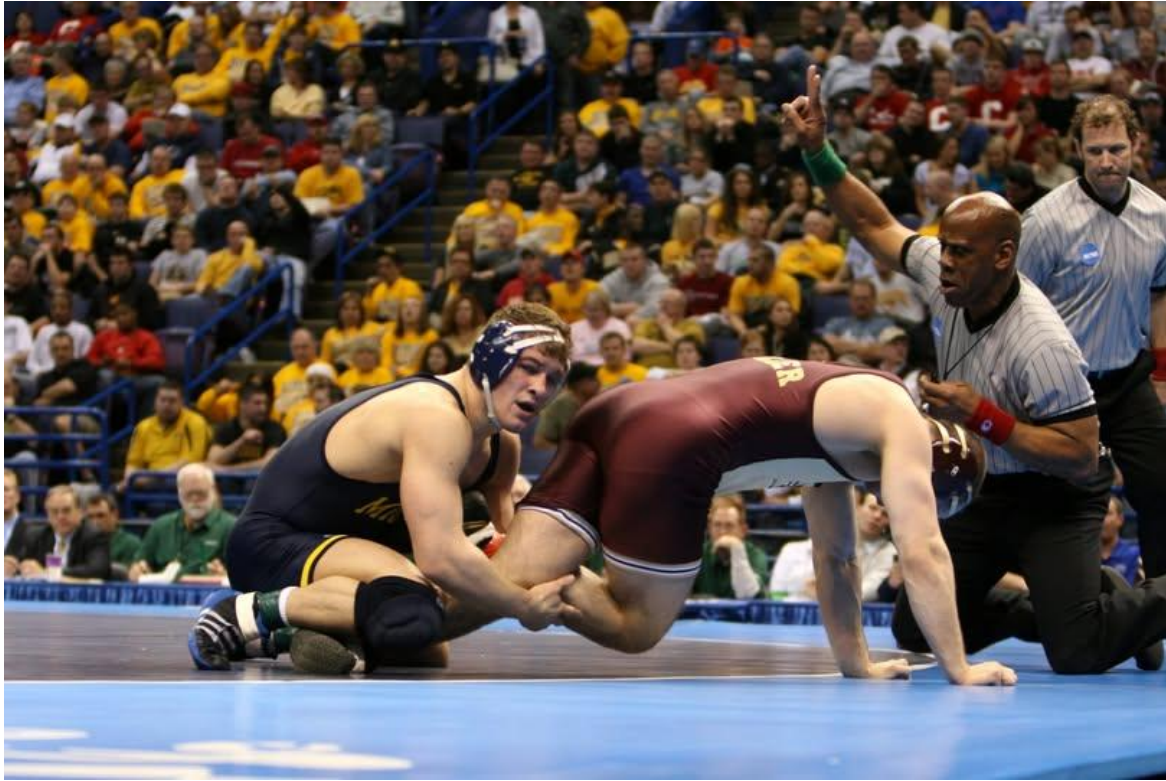


## Season Is Over: Now What? Reflect, Recharge, Improve

Written by Editors at Refs Life find them at [www.refslife.substack.com](http://www.refslife.substack.com)

Edited for wrestling by the editors of Inside the Circle Wrestling



Mike Allen calling the 2009 National Championship match with Mike Chase as the second referee.

Are you reflecting on your season the right way? Ask the right questions to improve.

Ray Kroc — ‘**As long as you're green you're growing**, as soon as you're ripe you start to rot.’

As the season comes to a close, many referees can't help but feel a mix of emotions. There's a sense of relief that the long, grueling schedule is finally over, but also a sense of disappointment or frustration if things didn't go as planned. Perhaps you didn't get the assignments you wanted, or you struggled with certain aspects of your game.

But instead of dwelling on what could've been, it's essential to take a step back and reflect on the season as a whole. Reflection is a powerful tool for personal and professional growth, and it's crucial for referees who want to improve their skills and advance in their careers.

### **The Trap of Comparison**

One of the biggest obstacles to growth and development is comparison. It's easy to get caught up in comparing ourselves to others, wondering why we didn't get the same assignments or opportunities. But this mindset can be toxic, leading to frustration, jealousy, and stagnation.

When we focus on what others have, we take our eyes off our own journey and progress. We forget that everyone's path is unique, and that success is not a zero-sum game. Instead of comparing ourselves to others, we should focus on our own strengths, weaknesses, and goals.

**The truth is, your greatest opponent is not the other referee, but the one staring back at you in the mirror.**

### **Good Takeaways: Celebrating Successes**

So, what did you accomplish this season? Take some time to reflect on your successes, no matter how small they may seem. Did you work a particularly tough match with confidence and poise? Did you receive positive feedback from coaches or wrestlers? Did you improve your fitness level or develop a new skill?

Celebrate these successes, and ask yourself:

- What did I do well in those situations?
- How can I build on those strengths in the future?
- What skills or knowledge did I acquire that will help me in the long run?

By acknowledging and celebrating our successes, we can build confidence and momentum that will carry us into the next season.

### **Areas for Improvement: Identifying Blind Spots**

Of course, no season is perfect, and there are always areas for improvement. Take some time to reflect on your challenges, including both technical and non-technical skills. Did you struggle with game management, rule knowledge, or communication? Were there situations where you felt overwhelmed or uncertain?

Identify these blind spots, and ask yourself:

- What didn't go as planned, and how can I improve in those areas?
- What skills or knowledge do I need to acquire to overcome those challenges?
- What changes can I make to my preparation, training, or mindset to improve my performance?

By acknowledging our weaknesses and areas for improvement, we can create a plan to address them and come back stronger in the next season.

### **Commitment and Accountability**

Ultimately, growth and development require commitment and accountability. It's easy to blame external factors or make excuses, but true progress comes from taking ownership of our own development.

Ask yourself:

- Did I do everything I could to improve my skills and knowledge this season?
- What changes can I make to hold myself more accountable for my own growth?
- What are my goals for the next season, and what steps can I take to achieve them?

**You don't get to choose your assignments, but you do get to choose your attitude.**

By taking ownership of our development, we can create a sense of purpose and direction that will drive us forward.



### **Creating a Growth Plan**

Now that you've reflected on your season and identified areas for improvement, it's time to create a growth plan. This plan should include specific, measurable, and achievable goals for the next season.

- What skills or knowledge do you need to acquire to improve your performance?
- What changes can you make to your preparation, training, or mindset to overcome your challenges?
- What steps can you take to hold yourself accountable for your own growth?

By creating a growth plan, you can take control of your development and create a roadmap for success.

### **Seeking Feedback and Support**

No one grows in isolation. Seeking feedback and support from others is crucial for growth and development. Consider seeking feedback from coaches, players, or other referees who have observed your performance.

- What did they see as your strengths and weaknesses?
- What suggestions do they have for improvement?
- How can you incorporate their feedback into your growth plan?

Additionally, consider seeking support from a mentor or coach who can provide guidance and support throughout the season.

### **Conclusion**

As you reflect on the finished season, remember that growth and development are lifelong processes. Instead of dwelling on what could've been, focus on what you can control – your own skills, knowledge, and mindset.

Take the lessons you've learned, and use them to fuel your growth and development. Celebrate your successes, identify your areas for improvement, and commit to taking ownership of your own development.

Remember, success is not about getting the assignments you want; it's about becoming the best version of yourself. By focusing on your own growth and development, you'll be well on your way to achieving your goals and becoming a top-notch wrestling referee.

So, take a deep breath, reflect on the season, and look forward to the opportunities that lie ahead. You got this!

### Related Reads:

1. **"Mindset: The New Psychology of Success" by Carol S. Dweck:** Discover how a growth mindset can help you overcome obstacles and achieve success in your refereeing career.
2. **"9 Ways to Reach Your Dream Assignment" by referee.com:** Get practical tips and strategies to help you achieve your goals and land your dream refereeing assignment.
3. **"The Growth Mindset" by Harvard Business Review:** Learn how adopting a growth mindset can help you develop resilience, overcome challenges, and reach your full potential as a referee.