

2025 MATCH DAY MENTOR PROGRAM GUIDE

As a mentor, you play a crucial role in guiding and developing junior umpires (aged 12-16) as they take their first steps into officiating Australian rules football. This guide outlines your responsibilities, key mentoring principles, and best practices to support junior umpires effectively.

THE ROLE OF A MENTOR

Your Responsibilities:

- Support and encourage junior umpires on and off the field.
- Provide constructive feedback to help them develop confidence and skills.
- Ensure they understand game rules, positioning, and decision-making.
- Promote respect for players, coaches, and spectators.
- Create a positive and safe learning environment.

Your Impact:

- Help umpires build confidence and resilience.
- Improve the overall standard of umpiring.
- Contribute to the retention of young umpires in the sport.

UNDERSTANDING JUNIOR UMPIRES

Common Challenges They Face:

- Nerves and self-doubt.
- Dealing with criticism from players, coaches, and spectators.
- Managing game pressure and making quick decisions.
- Learning positioning and mechanics.

How to Support Them:

- Encourage open communication—ask how they're feeling.
- Offer reassurance and remind them that mistakes are part of learning.
- Focus on small improvements rather than perfection.
- Advocate for their well-being if they experience undue pressure or abuse.

PRE-GAME PREPARATION

- Arrive early to greet and settle the umpire.
- Discuss game expectations, positioning, and key focus areas.
- Help them warm up physically and mentally.
- Reassure them and remind them to enjoy the experience.

IN-GAME SUPPORT

- Observe their positioning, decision-making, and confidence.
- Provide non-verbal encouragement (e.g., thumbs-up, nods).
- If appropriate, offer brief, positive reinforcement at breaks.

POST-GAME REVIEW

- Start with positives: highlight what went well.
- Offer constructive feedback using the "Praise-Correct-Praise" method.
- Ask them to reflect—what did they learn? What do they want to improve?
- Encourage them to set small, achievable goals for their next game.

HANDLING SPECTATOR AND COACH INTERACTIONS

- If a coach or spectator challenges an umpire, remain calm and supportive.
- If abuse occurs, report it through the correct channels.
- Remind umpires to focus on their role and not engage in disputes.

LONG-TERM DEVELOPMENT AND RETENTION

- Encourage umpires to attend training and seek ongoing education.
- Help build their confidence to take on higher-level games.
- Foster a supportive umpiring community.
- Celebrate milestones and improvements.

KEY CONTACTS AND RESOURCES

For SEQJ + Umpire4Fun competition enquires, resources, and support -

Community Umpire Coordinator (July-Onwards)

- Chloe Webb
- chloe.webb@afl.com.au

For Match Day Mentor payments and uniform support –

Umpire Administration Coordinator

- Maddie Boulton
- maddie.boulton@afl.com.au

For Brisbane North Match Day Mentor Appointments -

SEQJ Umpire Head Coach

- Murray Bird
- mgbirdy63@gmail.com

For Brisbane South Match Day Mentor Appointments -

Brisbane South First Year Coach

- Stephen Bury
- sibury63@gmail.com

For Gold Coast Match Day Mentor Appointments -

Gold Coast Junior Umpire Coach

- Molly Jennings
- molly.jennings17@outlook.com

For Sunshine Coast Match Day Mentor Appointments -

Sunshine Coast Junior Umpire Coach

- Paul Jones
- opaluka@bigpond.com

SEQJ Umpire Training Sessions

- Maroochydore à Wednesdays 6pm-7:30pm @ Maroochydore Sports Complex
- Brendale à Mondays 6pm-7:30pm @ South Pine Sports Complex
- Moorooka à Wednesdays 6pm-7:30pm @ Moorook Roosters AFC
- Labrador à Wednesdays 6pm-7:30pm @ Labrador Tigers AFC

Match Day Mentor Video Resources

- 2025 Match Day Mentor Induction Recording

- [2025 Match Day Mentor Induction-20250413 0412-1](#)
 - Password: Fbgp3njB
- Match Day Mentoring for First Year (Beginner) Umpires
 - https://drive.google.com/file/d/13myyiq4R0X_29BWgroJ7QES-waDwAcZ2/view?usp=sharing