

Weekly Turnaround Guideline

Optimal	Based purely off best <i>physical</i> preparation perspective
Fixed	Based off standard fixed Tues/Thur schedule which may better suit your work/life/umpiring/recovery balance

Thur Game → Fri Game

THUR	FRI	SAT	SUN	MON	TUES	WED	THUR	FRI	SAT	SUN
GAME	Recover	Flush	Off-Legs	Full T1	Rest	Full T2	Pre-Game	GAME	Recover	Flush
GAME	Recover	Off-Legs	Flush	Off-Legs	Fri Game	Off-Legs	Pre-Game	GAME	Recover	Flush

Fri Game → Sat Game

THUR	FRI	SAT	SUN	MON	TUES	WED	THUR	FRI	SAT	SUN
Pre	GAME	Recover	Flush	Off-Legs	Full T1	Off	Full T2	Pre-Game	GAME	Recover
Pre	GAME	Recover	Flush	Off	Full T1	Off	Full T2	Pre-Game	GAME	Recover

Sat Game → Thur Game

THUR	FRI	SAT	SUN	MON	TUES	WED	THUR	FRI	SAT	SUN
Full T2	Pre-Game	GAME	Recover	T1 Combo	Off	Pre-Game	GAME	Recover	Flush	Off-Legs
Full T2	Pre-Game	GAME	Flush	Off	T1 Combo	Pre-Game	GAME	Recover	Flush	Off-Legs

Sat Game → Sat Game

THUR	FRI	SAT	SUN	MON	TUES	WED	THUR	FRI	SAT	SUN
Full T2	Pre-Game	GAME	Recover	Flush or OL	Full T1	Off	Full T2	Pre-Game	GAME	Recover
Full T2	Pre-Game	GAME	Recover	Off-Legs	Full T1	Off	Full T2	Pre-Game	GAME	Recover



Sat Game → Sun Game

THUR	FRI	SAT	SUN	MON	TUES	WED	THUR	FRI	SAT	SUN
Full T2	Pre-Game	GAME	Recover	Flush	Off-Legs	Full T1	Off	Full T2	Pre-Game	GAME
Full T2	Pre-Game	GAME	Recovery	Flush or OL	Full T1	Off	Full T2	Off	Pre-Game	GAME

Sun Game → Sat Game

THUR	FRI	SAT	SUN	MON	TUES	WED	THUR	FRI	SAT	SUN
Off	Full T2	Pre-Game	GAME	Recover	Flush	Off-Legs	Full T2	Pre-Game	GAME	Recover
Full T2	Off	Pre-Game	GAME	Recover	Flush	Off	Full T2	Pre-Game	GAME	Recover

Sun Game → Sun Game

THUR	FRI	SAT	SUN	MON	TUES	WED	THUR	FRI	SAT	SUN
Off	Full T2	Pre-Game	GAME	Recover	Flush	Mod T1	Off	Full T2	Pre-Game	Round 3
Full T2	Off	Pre-Game	GAME	Recover	Flush	Off	T2 Combo	Off	Pre-Game	Round 3

Should you find yourself in a different situation or turnaround due to selection, travel, work, oval access etc. feel free to contact Jacko to discuss a plan

Please remember:

- These are all just 'plans' and as athletes you may need to adjust and modify based off your specific circumstances
- Even the best made plans can fall apart at the last minute due to unforeseen circumstances – if you need help, call me and I can help adjust
- Priority is Game Day execution. If weighing up whether to push an extra run or recovery, ask yourself "How will this impact my upcoming game?"

Reduced Game Time Umpires

- If you only complete 1-2x ¼s in your respective game – you *can* utilise your next Flush to add in the 'Flush Extra' section as outlined online
- I am loathed to make this mandatory as depending on your next game, travel and recovery you may or may not be up for it
- Please see this 'Flush Extra' as a simple choice for those who are looking to get a little extra work in when recovering well or looking to build base

Finally - Take ownership of *your* program. I'm always available for assistance but don't forget to speak to your peers and use all the resources available.



Compressed Season Turnaround Guideline

6day Turnaround

GAME	+1	+2	+3	+4	+5	GAME
	Recovery	Flush Run	Off	T2	Pre-Game	
	Recovery	Off-Legs	T1 Combo	Recovery	Pre-Game	

5day Turnaround

GAME	+1	+2	+3	+4	GAME
	Recovery	Flush Run	Off-Legs	Pre-Game	
	Recovery	Off-Legs	Flush +	Pre-Game	
	Recovery	Off-Legs	Mod T2	Pre-Game	

4day Turnaround – Should this unlikely scenario arise

GAME	+1	+2	+3	GAME
	Recovery	Flush Run	Off-Legs	
	Recovery	Off-Legs	Pre-Game	
	Recovery	Recovery	Pre-Game	

Emergency?

- There are going to be many situations where an umpire is not selected for a game but is the emergency
- In this situation we still need to consider the possibility that you will be required to umpire on very short notice
- I suggest every umpire in this scenario contact Jacko to discuss best plan for the week
 - o Not only to cover the Emg. role but also to make sure your additional 'No Game' conditioning fits within week

