

Umpires Training Course

An opportunity to learn and develop your skills as an umpire or player!

SLF Mesaicos has taken the great initiative to arrange an umpire training course in Stockholm, using funds from Idrottslyftet. The Swedish hockey association will arrange the same course in Gothenburg the day after. The course is for everyone, whether you chose to umpire or just to get a better understanding of the rules as a player or coach. The days are free of charge, travel costs are covered by the participants themselves.

The content of the course is based on an online platform from FH Umpires. To be prepared for the course, the participants are required to go through the basic online course "["Beginners' guide to hockey rules"](#)". It consists of 5 step by step modules with explanations, examples and a small quiz at the end of each module. The course is available on www.fhumpires.com for 4€ (42 SEK), a onetime fee that the participants pay themselves. This course is open to use repeatedly with your profile, whether to refresh your memory, check up on a rule, or learn something new. The content of the umpire training course day will consist of two levels, with level 1 as the primary part of the day, and then the next part, level 2, a little bit more briefly. The rules for hockey5s outdoors will also be talked over.

The umpire trainer **Christian Gibson** started his umpiring career 1995 in Cape Town, South Africa. During his past 20 years in the Nordic countries, umpiring has been a major part of his life. Christian is currently the national umpire of Finland and a former national umpire of Denmark.

Stockholm, 22nd of February

Time: 10.30-15.00 including lunch break

Location: RF-SISU Office

Vretenvägen 4, Solna

Registrate: through [this link](#) 14/2 the latest

Cost: Free. Lunch is included.

Questions: Charlotte Zwart, SLF Mesaicos
072-0165723 zwartcharlotte@gmail.com

Gothenburg, 23rd of February

Time: 9.00-13.00 including fika

Location: SLHF Office

Engelbrektsgatan 26, Gothenburg

Registrate: through [this link](#) 14/2 the latest

Cost: Free. Fika is included.

Questions: Ulrika Billme, SLHF
070-7753895 ulrika.billme@landhockey.se