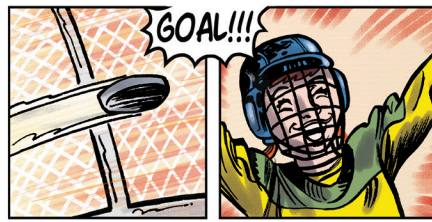




ANTHONY ET GUILLAUME
A JUNIOR WOMEN'S FIELD HOCKEY GAME, IS IN PROGRESS.



GOAL!!!



GOAL REFUSED!!

IT WAS A GOOD ONE. PUT ON YOUR GLASSES! YOU'RE USELESS!



LATER ON...

WAKE UP. DID YOU NOT SEE THE OFFSIDE? GO BACK TO BED.



LATER ON...

OBSTRUCTION! TURN ON YOUR LIGHTS. YOU REALLY SUCK!



AFTER THE GAME.

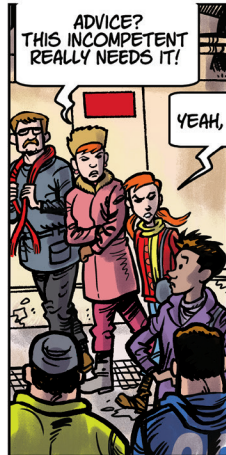
HI GUILLAUME. HOW ARE YOU FEELING?



AFTER THE REFUSED GOAL, I WAS OVERWHELMED



THIS IS MY FRIEND **JUSTIN ST-PIERRE**. HE HAS OFFICIATED OVER 1000 GAMES IN THE NHL. IF YOU WANT SOME ADVICE...



ADVICE? THIS INCOMPETENT REALLY NEEDS IT!



I CAN OFFER YOU SOME ADVICE TOO.

YEAH, RIGHT!

HOW SO?



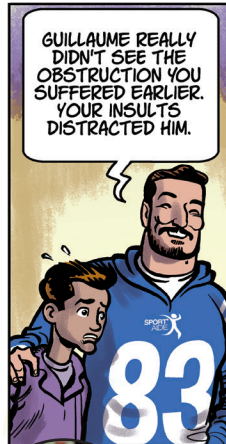
BEING A REFEREE IS VERY DIFFICULT. SOMETIMES, EVEN WITH SLOW MOTION VIDEO REPLAYS, YOU CAN'T SEE WHAT HAPPENED.

MISTAKES ARE PART OF THE SPORT



DIDN'T YOU MISS SOME PASSES TODAY?

IF GUILLAUME REALLY MADE ONE, IS THAT A REASON TO INSULT HIM?



GUILLAUME REALLY DIDN'T SEE THE OBSTRUCTION YOU SUFFERED EARLIER. YOUR INSULTS DISTRACTED HIM.



WITHOUT RESPECT, WE ALL LOSE! WHEN YOU THINK A REFEREE IS WRONG, IT'S FRUSTRATING.

BUT INSTEAD OF INSULTING HIM AND UPSETTING HIM, STAY FOCUSED. YOU'LL MAKE BETTER PASSES.

YEAH! I KNOW WHAT YOU MEAN!



WE MAY HAVE GOTTEN CARRIED AWAY WITH OUR EMOTIONS. WE'RE REALLY SORRY.

WE WILL SET A BETTER EXAMPLE FOR OUR DAUGHTER.



NO MORE NAME-CALLING.

LET'S FOCUS ON THE GAME!



Justin St-Pierre

"I HAVE BEEN REFEREEING IN THE NHL FOR ALMOST 20 YEARS! DESPITE THAT, LIKE EVERYONE ELSE, I SOMETIMES MAKE MISTAKES. IT'S PART OF THE GAME. WHEN IT HAPPENS, I HAVE TO ACCEPT IT AND FOCUS ON THE GAME. THAT'S THE BEST SOLUTION. THAT'S ALSO TRUE WHEN YOU'RE A PLAYER."

IF YOU BELIEVE YOU ARE A VICTIM OF A REFEREEING ERROR, ACCEPT YOUR ANGER OR DISAPPOINTMENT. THESE ARE NORMAL FEELINGS. BUT QUICKLY PREPARE YOURSELF FOR A CONCRETE TASK, SUCH AS A FACE-OFF, A THROW, A RUN, OR A POSITION TO REACH.

THE GOAL IS TO GET YOUR MIND TO THINK OF A POSITIVE GOAL, INSTEAD OF LETTING YOUR NEGATIVE THOUGHTS TAKE OVER. THIS WILL DISTRACT YOU EVEN MORE, AND MAY EVEN CAUSE YOU TO BECOME AGGRESSIVE TOWARDS OTHERS. AND THAT'S REALLY NOT HELPFUL FOR YOUR TEAM!