



IMPROVE YOUR REFEREEING PERFORMANCE FOR ONLY £10 PER MONTH

During the first half of the season, a number of referees have trialled The Teamof3 .com on behalf of the RFU Referee Department. Feedback has been positive and, on that basis, Richard Glynn-Jones, the RFU Community Referee Manager, is able to recommend the Teamof3 as a valuable training aid for match officials.

As of January 1st 2010 full membership of the site and exclusive access to all Conditioning, Mental Athletic Development, Nutritional and Matchday training & development programmes is only £10 per month, payable online. The benefits include;

Self assessed conditioning programmes with varied frequencies

Detailed Exercise Library

Monthly tailored Mental Athletic Development(MAD) programmes to help with many aspects of refereeing, including decision making under pressure

Nutrition plan and recipes to aid training and performance

Matchday planner, self assessor and checklist

Weekly Blog and tips from Wayne Barnes

Referee specific news from the web

Tips; Articles; Forums and features on referee specific topics

"An excellent website delivering conditioning and MAD training substantially more than anything I have yet encountered "

Mark Jackson. Group Referee

Programmes designed and proven to improve your performance

New users, who haven't yet used the site, get a special 2 WEEK FREE TRIAL to use the programmes and get a taster of Theteamof3.com.

The site and training programmes provide online support and assistance for all training levels. In addition the site offers referee specific news and features to provide everything needed on the world of refereeing in one easy click

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TheTeamof3.com can help all officials improve and be in the right place, at the right time to make the right decision. All for less than a cup of coffee a week!!

Make another good decision, [Click Here to join TheTeamof3.com today](#)

Become a full member and start 2010 with your training programmes...

For further queries please contact enquiries@theteamof3.com