

#THANKTHESTRIPES 2025

December 5th to 7th, 2025

Greetings officials,

This year's #thankthestripes theme is fitness. This is an interesting topic both for hockey and life as physical activity is a predictor of better physical, mental, and social health experiences. That is, if you are more physically active, then you are more likely to encounter positive outcomes.

To further expand on this topic, you will find the following items in this package:

- An excerpt about fitness and nutrition from *How to Referee Hockey: It is not just about the Rule Book*,
- A 500-word essay about fitness from Microsoft's Co-Pilot Artificial Intelligence,
- And results from the APSJ #thankthestripes survey about fitness.

Speaking of those survey results, they suggest that both on-ice and off-ice officials break a sweat 5x per week compared to 3x per week for the general population (according to Co-Pilot). So, I want to thank all TKs and on-ice officials for putting in the time to break a sweat.

However, before you look at the content about fitness, check out the “thank yous” on the next page and, if you have the opportunity, take a moment to thank a fellow official for the work they put into their role or our community.

Take care of yourselves and #thankthestripes.

-Mitchell Jeffrey, Vice President of Officials, APHA & SJAMHA.

