



The Flag and Whistle

Newsletter of the Soccer South Bay Referee Association

August 30, 2013

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CONFIRMATIONS GET DONE IT IS TIME FOR MEMBERS AND LEAGUES TO PAY UP TRADEGY ON THE PITCH

After waiting 2 months, due to the July hiatus, for an SSBRA monthly meeting, the Members stormed into the North high school cafeteria on August 27, eager to hear the Golden Words of the Board, or something. **Warren 'Bluto' Howell** started talking, as he often does, and told that meetings would be held in the cafeteria till further notice, due to school construction. He then marveled at the great job the Members did at the South Bay Force tournament (covered 100% by SSBRA referees), and mentioned the other tournaments that gave the Association the chance to show that it is often the SRA of choice. A large part of this success of course is in knowing the rules of the competition, cooperating with the tournament folks, and in general putting our best foot forward. While **Bill 'Granpa' Cook** does everything he can to give the Members challenging games that offer the opportunity to showcase and increase our skills, the main goal for any day of assigned games is to get them all covered well – please continue to do the best you can for every game you do at whatever level, and always assume someone is watching and judging our performance (they always are).

Warren then had the task of informing us about how a player on a Manhattan Beach team, 42 year old **John Zivec**, had a heart attack during a match, and despite the heroic efforts of referee **Chris ‘Not So Large Member’ Nevil** and others present, Mr Zivec passed away 5 days later.

Getting down to routine business, Board appointees Bill Cook was ratified as Assigner for another year, and **Larry ‘Broken Chair’ Stern** was ratified to another year term as Training Director, as required in the bylaws. After mentioning that bylaw changes could be proposed at the next, September, meeting, it was revealed that Cal South would be holding a re-certification written test session at the October SSBRA meeting for returning USSF grade 8 referees, though the procedure for other grades was still somewhat up in the air.

September 1 is the deadline for Members dues – those who have not paid up by then will not be getting any game assignments, and will probably be dropped from the roster. On the other hand, some payments are slow from Manhattan Beach, Lawndale and Spring leagues – **Steve ‘Check in the Mail’ Brandon** is working on this, please be patient.

Warren then informed everyone that Chris was working on getting a survey together with a number of questions relating to various items and potential areas of interest of the Members. In this, way, the Board can better determine what is on the minds of the Members and serve their interests better.

Warren ended his talk by introducing **Manny Fineberg** of www.soccerone.com, mentioning that he is the SSBRA vendor of choice with the best quality items at the lowest prices in town – and he even delivers to the meeting itself. As always, Manny had a large variety of referee gear, and also generously contributed lots of good stuff for our end-of-meeting raffle.

Larry then told us about the upcoming training for unit ‘G’ in the high school soccer group, and other stuff relating to that – contact him for details if you are interested. Chris stressed that Members are encouraged to join in the various referee development programs, and asked that we send him USSF reports for all send-offs and serious injuries within 24 hours of their occurrence. Any tournament-required reports (in addition to the USSF report sent to Chris) may also be photographed on your phone in order to have a record.

Bill then took the floor, and promptly started passing out the latest CSL books, encouraging those present to give copies to those who were not. He then thanked the Members for all their efforts at the various tournaments we have covered so far, and told us the Blues Cup and ACST tournaments were coming up next. Bill told us that the CSL match report procedure is the same as in the past - 3 roster copies and an envelope from the home team, and mail one copy in to the league promptly. He said that, while the SCDSL schedule had not been received, he expected that SSBRA would be getting back the 6 fields lost from last year (editor’s note: these fields were returned, and 3 more new ones were assigned to SSBRA, as was 1 additional CSL field). Bill then stressed that we had to know the rules of the competition we were working – with 9 different leagues and various tournament (all with different ‘flavors’ of rules), this takes a bit of doing, but is an absolute requirement for us. He then started passing out checks, putting a smile on many faces.

Michael ‘Ranker’ Hinz then had his first chance to speak as newly-elected Vice President, and he wasted no time telling us that he was working on organizing a ranking committee to review and update our rankings list. He also said some other stuff, and encouraged us to answer the survey when it came out.

Not to be outdone, our new Secretary **Veto ‘Jersey’ Galati** wanted his chance to say a few words. He told all of us to make sure our contact information was correct, especially our cell phone numbers, so that our game partners could contact and be contacted as needed. He also mentioned that there was an effort going on to add cell phone numbers to the game assignment listing (editor’s note: this was done).

The Board having talked themselves out, the meeting was turned over to training by Cal South’s **Wayne Merrick**, who told us about the new and expanded interpretation of ‘advantage’ as it is applied in a match.

It was time for the raffle, with **Kiku Annon** doing the honors of pulling out winning tickets and giving away stuff. After that, the Members took the opportunity to greet and converse with their fellow referees, with everyone eventually heading home.

BOARD OF DIRECTORS MEETING, July 10, 2013

- Bill Cook and Larry Stern appointed Assigner and Training Director by the Board
- Application for Membership submitted by **Enrique Zelaya** was accepted
- Two Members will be asked to meet with the Board to discuss recent incidents of concern
- Michael will finalize the Guideline update for Board approve
- Michael is also working on proposed amendments to the bylaws
- We will poll the Members to determine the level of interest in futsal
- Beverly Hills has asked Chris for suggestions for rule revisions, he is working with the league on this
- Manhattan Beach has requested help with their rules, Michael will work on this and discuss with the Board what he comes up with.
- Discussion on dues was tabled till the Steve's return from the High Seas
- Ranking committee is starting up, will include Board Members Michael, Chris and Steve, and other non-Board Members still TBD
- Check signing authority needs to be transferred from **Ralph Quiroz** to Michael
- SSBRA will have fields at a number of tournaments this summer it seems
- Larry talked about the training program
- Chris turned over some secretary files to Veto

BOARD OF DIRECTORS MEETING, August 19, 2013

- Three Members will be asked to meet with the Board to discuss incidents of concern
- Manhattan Beach has SSBRA-modified rules in hand, awaiting response
- Ranking committee has added **Jay Foster** and **Mike Van Biezen** from the general membership
- WH working on fixing an incorrect link on the SCSOA web-site
- Awaiting late payments from 3 leagues, all are being addressed
- Contact info requested by Cal South was supplied by WH
- Online registration for USSF re-certification for 2014 working, WH will setup re-certification clinic at October SSBRA monthly meeting
- A Cal South invoice was approved for payment
- Approved \$50 donation in the name of John Zivec to the American Heart Association
- Steve is working on the list of dues payees and non-payees: payment cut-off is September 1
- Steve is working on collection of outstanding league fees. Also expecting large tournament payments soon, and he will look into direct deposit to replace checks to Members
- Chris will setup an internet survey for our Members to get a better idea of what they are interested in doing

NEXT MONTHLY MEETING

THE NEXT MEETING IS ON TUESDAY, SEPTEMBER 24, 2013 AT 7:30 P.M. IN THE CAFETERIA OF NORTH TORRANCE HIGH SCHOOL, 3620 182ND ST. (AT YUKON - SEE SSBRA.ORG FOR DETAILED MAPS). ON THE AGENDA WILL BE PROPOSED BYLAW CHANGES, REVIEW OF THE VARIOUS LEAGUES AND FIELDS SSBRA IS COVERING THIS FALL, A TRAINING SESSION, THE OPPORTUNITY TO COMMENT ON ALL THE LATEST HAPPENINGS AND CHANGES, AND THE CHANCE TO ENJOY THE COMPANY OF YOUR FELLOW MEMBERS.

Quote of the Month (attributed to Kimi Raikkonen)

“Leave me alone, I know what I am doing.”

Concussions Are Not a Simple Fix

By **SUE PASCOE**

How many times have you heard parents, and even coaches, shout “Let them play!” when you whistle a foul?

Don’t listen. Blow your whistle. Err on the side of caution. There is no “advantage” to an injury. No 12-year-old player needs to go to an emergency room because you let play escalate to that point that there are retaliations.

After visiting a concussion specialist, **Dr. Bradley Smith** at Bryn Mawr, with my 19-year-old at the beginning of September, I feel it is even more important that referees make sure games don’t get “chippy.”

My son **Sawyer**, now a sophomore at Eastern University, was always fun to watch on the soccer field. His ball handling skills were excellent, he was equally good with either foot, and his speed made him a formidable opponent, first in AYSO All-stars and then finally as a starter on a premiere CSL team, NVSC.

If Sawyer had hit his growth spurt sooner or his parents had been more savvy, he might have gone to a Division I school, but instead, he found a Division III coach who promised him playing time. Sawyer also found out that by attending Eastern, he could receive a degree in both math and engineering from Eastern and Villanova in a special program.

Last year, Sawyer was a terror on the field until late September, when he went up for a header and cracked heads with another player. My son fell to the ground and took an additional kick to the head. Through live streaming, my husband and I saw him go unconscious, slowly come to, and then eventually be helped off the field.

The diagnosis was a concussion and he was forbidden from doing any physical activity. He was dizzy, had headaches and even after the first few days would find himself in other students rooms unclear how he got there. He eventually had to drop a class because he found himself unable to concentrate.

By spring, he was back in pre-training, during the summer he was running and lifting weights, and this fall he was anxious to go back to college for soccer.

This fall, he went up for a header and ended up back in the trainer's room with headaches and a repeat concussion, which is why he saw a specialist.

Smith, who sees three to four people every day in the fall, stresses repeatedly that this is not something that someone "plays through."

"We can repair an ankle, or a knee, but we can't do anything for a brain," Smith said, noting that there are no subjective tests to see the damage done—no MRI's or Cat Scans or X-rays.

From concussions, students can seem confused, suffer personality changes, have concentration issues, answer questions slowly, have headaches, nausea, double or fuzzy vision and feeling sluggish/foggy or drowsy.

There is a baseline test that can be given to athletes prior to a season, so that if they suffer a blow to the head, the results can be compared to earlier results. But, there is nothing that can be done afterwards.

As Sawyer continues to recover--and may or not play this year--I look at the parents on the sidelines, whose only concern seems to be winning. I want to ask them, "Isn't long-term more important--that your child grows up to be a good person, uninjured?" But then, maybe, it takes a blow to the head to make one realize how much one has and how much there is to lose.

Someone Should Tell Him That The Less Said, The Better (news item)

Speaking at a meeting on the island of Mauritius, FIFA president **Sepp Blatter** – who once suggested that women should wear skimpier uniforms – described **Moya Dodd**, who was up for the first permanent female position on the FIFA executive committee, as "a good candidate and a good-looking candidate." Dodd won the position.



"Put down the books. It's a beautiful day! You boys need to go outside and bank your entire future on a career in a professional sport!!"

That's One Way to Look at It (news item)

A charity match between teams of amputees representing Belgium and the Netherlands devolved into a brawl among spectators and players – some wielding crutches. “Other than the fight, things went well,” said one Belgian player.

Glenn Zardes' Son (center, below) Makes His Dad Proud (submitted by Chris Nevil)

Young LA Galaxy forwards not fazed by the prospect of facing superstar-laden Real Madrid

Galaxy Homegrowns set to tussle with Real Madrid stars

JULY 31, 2013

Adam Serrano



Robert Mora / LA Galaxy

PHOENIX, Ariz.—One storyline may stand out above all the rest ahead of Thursday's Guinness International Championship Cup match between the LA Galaxy and Real Madrid.

With **Landon Donovan** at the MLS All-Star Game and **Robbie Keane** still nursing a left hip flexor injury, the Galaxy will turn to their bevy of young forwards to score goals against Madrid's defensive superstars likes **Iker Casillas**, **Sergio Ramos**, and **Pepe**.

No big deal, right?

To add to the intrigue, it's likely that when the opening whistle sounds at University of Phoenix Stadium, LA head coach **Bruce Arena** will start a pair of Homegrown forwards as **Gyasi Zardes**, **Jose Villarreal**, and **Jack McBean** appear to be on the top of LA's pecking order with Keane unavailable.

Although finding the back of the net against some of the world's best will be a tough task, the Galaxy forwards are eagerly awaiting the opportunity.

"It's going to be great. I'm going to take it like any other game. I know their status, but that don't faze me," said Zardes. "It's just going to be a great chance to have fun and enjoy the sport that I love to play."

"It's a huge opportunity and a great learning experience for all of us against some of the best players in the world," added McBean. "It's going to be crazy, but once the whistle blows it is just another game."

Villarreal and Zardes seem to be the likeliest tandem to start against the Spanish giants as both have started in the two matches that Keane has missed due to injury. During that time the two forwards have enjoyed mixed success as both found the back of the net in LA's 2-1 victory over Vancouver Whitecaps FC on July 20 while both struggled—along with the rest of LA's attack—in their 2-0 defeat to the Colorado Rapids last weekend.

"It'll be great playing with Jose or Jack because all of us grew up through the Academy system and to have an opportunity to play against clubs like this is going to be wonderful," said Zardes.

Real Madrid will pose a new type of challenge for the duo as they look to bag a goal against star-studded *Los Blancos*. When glancing at Real Madrid's roster, it reads like a who's who of international superstars like **Cristiano Ronaldo**, **Kaka**, **Casillas**, and **Ramos**. In a game that promises to be a fast paced affair, Villarreal believes that the most important thing for LA to do is pick up any extra tricks or tips from the Spanish giants.

"It'll be tough, but the most important thing is that we have to learn from them and take in as much as possible," said Villarreal. "As much as we take in from Robbie [Keane], Landon [Donovan], and **David [Beckham]** last year, we need to take in from them and learn from them."

Even though the result takes a back seat in a friendly tournament, the Galaxy's young guns are eager to put on a show for the expected capacity crowd at University of Phoenix Stadium.

"The most important thing is that we have to have fun," said Villarreal. "And like I said be a sponge out there and absorb everything that we can from them."

Adam Serrano is the LA Galaxy Insider. Read his blog at LAGalaxy.com/Insider and contact him at LAGalaxyInsider@gmail.com

Thought of the Month (recent horoscope)

"What seems like it's happening in the spur of the moment might actually be the culmination of hours of preparation. This is even true of small talk."

Open Mouth, Insert Foot..... (news item)

At a press conference following a game against Jordan, Australian national team coach **Holger Osieck** – referring to a female team official – said that "women should shut up in public." He later apologized, saying he meant it as a joke.



Ah C'mon (news item)

Celtic forward (U.K.) **Anthony Stokes** was ejected from a club for allegedly punching an Elvis impersonator.

We Have All Heard This Before (news item)

With a 2-12 record, D.C United's nine points at week's end were an MLS low, and its' goal differential was an atrocious -19. Per Coach **Ben Olsen**, the ref's haven't helped either. "It's a joke," he said of the officiating last Saturday. "We get the same clown show every weekend."

This Can't Be Good.....



Another Thought of the Month (horoscope)

"You can't make better choices if you don't have better awareness. Be extremely observant."

Settlement would end NFL concussion suit

August 29, 2013 | By **Sam Farmer** and **Melissa Healy**

In an unexpected acknowledgment of the medical damage sustained by professional football players, the National Football League on Thursday reached a tentative settlement to provide \$765 million in medical and other benefits to former players suffering from concussion-related brain injuries. The settlement of a lawsuit brought by 4,500

former players allows the league to avoid years of litigation and the potential for billions of dollars in damages. Current players are not covered by the agreement, which awaits approval by a federal judge.

Boys Will Be Boys (news item)

Argentine midfielder **Javier Mascherano** was shown a red card in his team's World Cup qualifier for kicking the driver of the medical cart that was taking him off the field after he sustained a minor injury. After being sent off, Mascherano confronted the referee so vehemently that police in riot gear had to intervene.

Concussions: Even one can change the brain, study finds

By Melissa Healy

Even a single concussion appears to cause changes in the structure of the brain that may make cognitive problems and depression a higher likelihood, a new study has found.

The study, which used magnetic resonance imaging to compare healthy subjects' brains with those of patients a year after a mild traumatic brain injury, indicated that those with such injuries had shrinkage in brain regions that are key to memory, executive function and mood regulation.

The study, published online in the journal [Radiology](#), is the first to show that even a single concussion can leave measurable scars on the brain. It used three-dimensional MRI scanning to measure the brain volume of 28 recent concussion victims and 22 matched controls. A year later, researchers conducted the same scans of 19 patients with mild traumatic brain injuries and 12 of a healthy control group. Although the atrophy in the brains of the concussion victims was "global" -- it affected the brain's overall volume -- it was particularly pronounced in the anterior cingulate and the precuneal region. The anterior cingulate appears to serve as a switchboard for connecting the areas of the brain that are crucial to memory, attention, judgment and higher-order reasoning. Altered activity in the precuneus has been linked to depression, anxiety and post-traumatic stress disorder.

"This study confirms what we have long suspected," said the study's lead author, **Dr. Yvonne W. Lui**, neuroradiology chief at New York University's Langone Medical Center. After a mild traumatic brain injury, "there is true structural injury to the brain, even though we don't see much on routine clinical imaging," she said. That finding could help those who have enduring symptoms after a concussion understand that there are likely "biological underpinnings" that explain their problems, she added.

For all of the increased focus the injury is getting, concussions remain mysterious to physicians: Patients who never lose consciousness may suffer a life-threatening crisis of bleeding in the brain, or have lasting cognitive problems. Others whose traumatic brain injury seems severe recover without lingering effect. CT scans, which are most widely used in emergency departments to evaluate concussions, are often poor indicators of the severity of brain injury with head trauma.

A second study, presented Tuesday at the [American Academy of Neurology](#)'s annual meeting, suggests that MRI might be used to detect differences in the post-concussive brain that would lead to better diagnosis and treatment. The study found that, among concussion patients whose early brain scans suggesting a bleed -- about 40% of the 256 patients researchers enrolled -- about one-third had signs of tearing and shearing within the brain's white

matter -- the dense network of fat-covered cables that carry electrical signals between the brain's hemispheres and among regions. These injuries appeared as "tube-shaped" on MRI images, and where they were present, injury was more likely to extend into adjacent areas, including the brain's gray matter, the study said. The researchers who presented the new work -- led by **Dr. Gunjan Parikh** of the National Institutes of Health's Neurological Disorders and Stroke Institute -- surmised that these tube-shaped lesions might be the red flag that helps identify concussion patients whose injury is more severe.

There's Some Explaining To Do Here

At one point during a game, the coach called one of his 7-year-old soccer players aside and asked, "Do you understand what cooperation is? What a team is?" The little boy nodded in the affirmative.

"Do you understand that what matters is whether we play together as a team and have fun playing soccer?" The little boy nodded yes.

"So," the coach continued, "I'm sure you know, when a foul is called, you shouldn't argue, curse, attack the referee, or call him a bad name. Do you understand all that?" Again the little boy nodded.

He continued, "And when I take you out of the game so another boy gets a chance to play, it's not good sportsmanship to call your coach 'a dumb nitwit' is it?" Again the little boy nodded.

"Good," said the coach. "Now go over there and explain all that to your parents."

If This Doesn't Make You Feel Old, Nothing Will

