



The Flag and Whistle
Newsletter of the South Bay Soccer Referee Association
Serving the Soccer Community since 1976



Written by: Warren Howell
Edited by: Jonny Joseph

August 2020

Notes from the Board

In last month's Flag & Whistle, we were remiss in not recognizing Chris Nevil for his contribution to the Association over the last seven and a half years. In January 2013, Chris took over the role of Secretary to help the Association out. Following on from that, Chris became the Member-at-Large to represent the members and assist with match and incident reports. He also assisted with the introduction and ongoing maintenance of the Arbiter system and is a co-assignor available to step up as needed at our request. It is no coincidence that the Association continued to grow and strengthen during Chris's time on the board.

Cal South continues to have more referees on its "Removed ROL" than its "Registered Officials List" and SBSRA has too many of our own members also on the "Removed ROL." Please be reminded, there are three certification requirements for referees to be included in the Registered Officials List (ROL), effective July 1, 2020:

- 1) Annual SafeSport Refresher Training
- 2) Concussion Training
- 3) Sudden Cardiac Arrest Training

We implore you once again to please check to see which list you are on and take care of missing certifications, if any, so that you will be good to go as soon as we resume activity.

We have all the information you need on the SBSRA website at <https://sbsra.org/training/> to obtain each certification.

With respect to resuming activity, there are several data points of interest:

1. At least three of our leagues/competitions that provide us with a significant amount of games to referee are still planning on starting their seasons on the first weekend in October. That is just 6 weekends to go, less than 50 days!
2. Both LA County and Orange County have been reporting declines in their Covid-19 infection rates, with LA County's daily infection rate falling by approximately 30% from mid-July through mid-August and the OC rate by approximately 75% during that same timeframe. That is good news for the recommencement of sports in our area.
3. The Cal South renewals for 2021 have increased significantly and are now close to 100. This includes several of our members.

As always, as we obtain more information on the resumption of soccer, we will inform the membership of these developments.

Board of Directors

President: Jonny Joseph
Treasurer: Bruce Ashton

Vice-President: Steve Morgan
Member-At-Large: Tim Martinez
Training & Instruction: Taidgh Simpson

Secretary: Jack Desemone
Assignor: Gabriel Goldsman



The Flag and Whistle

August 2020

A number of the larger expenses of your Association will be due for payment over the next few months, including the Arbiter license renewal and our annual insurance premium, both of which are based on the number of referees in the Association. Once we are confirmed to resume refereeing, your Board will revise its estimates of the operating costs of the Association and will be able to determine the timing and amount of the 2020-2021 Annual Membership Dues. For now, please continue to hold off on making any payments or submitting your Returning Membership Applications.

The Association is still seeking volunteers from the membership for the following:

- 1) Guidelines Review Committee,
- 2) Director of Mentoring and Observations,
- 3) Digital Media Coordinator.

Please contact Jonny if you are interested in one or more of these important roles.

For our next Membership Meeting (MM), on August 25, 2020, we will have one of our own members, Gabriel Goldsman, leading a discussion on the latest Cal South IN Service 2020 training "Laws of the Game 2020/21 Review," which was recorded for Cal South. Please ensure you have watched the video and completed the post quiz before the meeting.

Since Cal South is increasingly providing online instruction, to make it a bit easier for us all, Cal South has started using Google Classroom for instruction. Everything (presentation, video links, quiz and test links) is now shared in one location. To use Google Classroom; all that is needed is a Gmail account. If you do not currently have a Gmail account you can either set one up for this purpose or you can continue to use the "Cal South Referee Program" YouTube Channel, using the provided link to the quiz below the video window:

- Training
- <https://www.youtube.com/watch?v=Ef3VzbuMot0&list=PLKo0gIrO2UgcyK9DIUxciG4XjKMt6DEB4>
- Survey - <https://forms.gle/GDqLw9o483386sLj9>

GMAIL ACCOUNT (if you already have a Gmail account you can skip this):

To create a Gmail account:

Instructions:

<https://accounts.google.com/signup/v2/webcreateaccount?flowName=GlifWebSignIn&flowEntry=SignUp>

Start here:

<https://accounts.google.com/signup/v2/webcreateaccount?flowName=GlifWebSignIn&flowEntry=SignUp>

Video instruction: <https://www.youtube.com/watch?v=kw2eFtZXDho>

GOOGLE CLASSROOM

To access the Cal South Referee Admin Classroom:

- 1) Sign in to your Gmail account



The Flag and Whistle

August 2020

- 2) Click “+” in top right hand corner to Join
- 3) Enter the class code “g4knwtl”

Note: Class codes are 6-7 characters, and use letters and numbers. Codes can’t have spaces or special symbols. If a code doesn’t work, make sure you have signed in to your Gmail account.

Google Classroom Instructions, if you need them:

<https://support.google.com/edu/classroom/answer/6020297?co=GENIE.Platform%3DiOS&hl=en&oco=1>

Video Instructions on how to join a Google Classroom Class, just in case:

<https://www.youtube.com/watch?v=1SU-yZ7BbGQ>

PS for the latest on RETURN TO PLAY go to www.calsouth.com and click on the RTP banner

To participate in the August Membership Meeting, please use the following Zoom information:

Link:

<https://us02web.zoom.us/j/81855148701?pwd=NUNRQXNlVik2ZFJlN3FSR2FDdWV5QT09>

Meeting ID: 818 5514 8701

Passcode: 647897

Phone: 1-669-900-6833

We look forward to seeing you then!

MM Minutes Approval

The draft July MM minutes are included below and will be presented for approval at the next MM on August 25, 2020.



SBSRA Membership Meeting Minutes

July 28, 2020

Via Zoom Conference

Board Members in Attendance: Jonny Joseph (President), Steve Morgan (Vice-President), Bruce Ashton (Treasurer), Jack Desemone (Secretary), Tim Martinez (Member-At-Large, Gabriel Goldsman (Assignor), Taidgh Simpson (Training Director)

1. Call to Order at 7:33pm - Jonny Joseph welcomed everyone to the first General membership Meeting of the 2020 -2021 year. Members were reminded to use their names when logging into these Zoom meetings or to send Jack Desemone or himself their names and the sign in they used to ensure they get credit for attending the meeting. He noted that for all those in attendance, they are 20% of the way towards being a member in good standing for this year!

2. Cal South Training - Steve Morgan introduced our own member, and guest instructor, Jorge Reyes to present the highlights of the most recent Cal South Training - Assistant Referee Responsibilities. Steve reminded the membership that they still should watch the YouTube training video and needed to complete the Cal South quiz to get training credit from Cal South. Links to the video and quiz may be found on our website at <https://sbsra.org/association/meetings/>.

3. Approval of General Membership Meeting Minutes - Jonny Joseph noted that the membership was required to approved the minutes of the May and June meetings:
 - i. May 2020 GMM minutes - Veto Galati proposed acceptance of the minutes as presented, Tim Reynolds seconded and the minutes were approved by acclimation.
 - ii. June 2020 AGM minutes - Steve Resnick proposed acceptance of the minutes as presented, Tim Martinez seconded and the minutes were approved by acclimation.

4. Approval of Non-Elected Board Members:

Steve Morgan reminded the membership that an email had been sent to all members with a link to the electronic voting app created by our webmaster Rick Roberts. The "voting code" was displayed in the Chat Box for the members to use and, at the request of some members, the URL for the voting page was included also.

The following Non-Elected positions, and the members appointed to these positions, returning to their positions during the previous year, were presented to the membership for their ratification:

- i. Assignor - Gabriel Goldsman
- ii. Director of Training and Instruction - Taidgh Simpson

The membership ratified the Board of Directors' appointment of Gabriel and Taidgh for the following 12 month period.



5. Board Meeting Report (July 2020):

- i. The Board began the 20/21 season by discussing the Strengths, Weaknesses, Opportunities and Threats that they could identify. The Board will follow this discussion with strategies for addressing or taking advantage of these items and share them with you all at a later time. Jonny asked the membership to send him an email with their ideas on the subject.
 - ii. League Points of Contact are being updated to meet customers' needs of having a current board member as their person to contact with any requests or issues following the change in board members effective this month.
 - iii. Online presence - we are very fortunate to have Rick Roberts as our webmaster who is very diligent and effective in maintaining and updating our website promptly. The Board discussed expanding our presence to include Facebook and other platforms to increase our visibility to potential referee recruits and soccer leagues who could benefit from our group of professional referees. Rick Roberts stated that SBSRA has a Facebook presence, but it has not been updated in quite a long time. Jonny asked Rick to send the Board a link to the Facebook account and mentioned that Bill Yee had volunteered to take on the responsibility to keep it updated. The Board invited anyone who is knowledgeable about Twitter, Instagram, etc. to reach out to Steve Morgan if they have the energy and interest to help with this. Steve Morgan said that he has started a Twitter account. Jonny requested that if someone would like to manage any other social media account, they should let the board know.
 - iv. Annual dues are still on hold pending league restarts. We will look at requesting members to submit a Returning Membership Application and paying dues once leagues restart, with the timing of that, perhaps, based on referees' preferences for being assigned to those leagues that are resuming.
 - v. New Membership Applications - we have received a few applications to join the association and we have been considering and approving them in the normal manner other than collecting dues.
 - vi. Jonny invited any new members in attendance to introduce themselves - Morgan Abbitt, Murat Gurer, and Vincent Stuhlmuller were in attendance and did so. The membership welcomed them to the association.
 - vii. Gabriel is working on a very detailed Assignor presentation and will share with us the intricacies of the assigning each week. He will be presenting it to the board at our next meeting and to the membership at the next GMM.
 - viii. We began discussions regarding our referee ratings and integrating new members into the Association and will have more to talk about these subjects soon.
 - ix. The position of Director of Mentoring and Observation is currently open. We are looking for someone with experience in this area, with the bandwidth and energy to manage a robust program using appropriately qualified and experienced people who are existing members. This is for internal purposes only, is not related to Cal South upgrade requirements.
6. Financial Report for the quarter ended June 30, 2020 - Bruce reported that for the second quarter of the year, there has been no business, which has decreased our cash flow by \$50,000 from 2019 for the quarter. There were some small transactions due for certain minor expenses.



7. League Updates:

- i. Coast Soccer League (CSL) - as reported in the Flag & Whistle, CSL is aiming for a first weekend in October start. They are at the mercy of the schools whose fields they use, so will have to see what happens with permit applications.
- ii. South Bay Peninsula Soccer League (SBPSL) - again as reported in the Flag & Whistle, SBPSL has tentatively scheduled September 13 as their start date. Field permit applications are out and they will update us as soon as they know their status.

8. Cal South ROL - the board began communicating a number of months ago that Cal South was requiring certain certifications be completed by July 1 for referees to remain on the ROL. As of July 23, there were still over 2,000 Cal South referees who are now on the "Not on ROL" due to one or more of those certifications missing. A number of those are our members. The Board urged all members to take care of this ASAP, before the end of this month, if possible, noting that each certification should take about 1/2 hour or less. A few members said that they have already completed the registration process for 2021. Jonny encouraged the membership to get as much administrative work done now, so when soccer opens up, we are ready to referee.

9. Proposed Bylaw Amendments - Revised document to be sent to bylaws committee this week. Once finalized will be presented to Board for review and comment, hopefully at August 13 Board Meeting. Following Board input, Bylaws Committee will finalize and provide to membership for review and discussion.

10. Other Business:

- i. Member Survey for Return to Refereeing - as of earlier that day, the survey had been completed by approximately 25 members so far. The survey is for informational purposes only, conditions on the ground may and probably will change. The Board just wanted an idea of where our members were at with respect to returning to refereeing. Responses will not affect assigning other than for the Board to have an idea of the membership's sensitivity and risk profile to coming back.
- ii. Assigning Fees - Jonny noted that he understood there was a small number of referees that owed assigning fees that they collected as part of their game fees at El Segundo. Please forward the amount you owe to Veto at your earliest convenience. Veto said that since he had sent a reminder email earlier that day, almost everyone had paid their assignor fees. Michael Hinz also said to not forget about Gabriel's assignor fees for friendlies. Gabriel tends to forgo collecting his assignor fees. Gabriel stated that there were no outstanding amounts owed to him.
- iii. Dave Martin said that we were missing a member as Manny Feinberg is having some medical issues, and, if anyone would like to contact him with good wishes, his email is: refmanny@gmail.com.
- iv. Dave Martin also thanked Chris Nevil, on behalf of the membership, for his volunteer work on the board for a number of years.



The Flag and Whistle

August 2020

- v. Gabriel Goldsman thanked the membership for approving his appointment as assignor. He also said that he is waiting for fields to be able to assign games, so now is the time to start putting in your blocks in Arbiter.

11. The meeting was adjourned at 8:37.



Given the oppressive heat we have enjoyed (huh?) these past few days, we thought this might be useful to all of you:

Mental Preparation for Refereeing in Inclement Weather

By Nathan Sherratt

Do you like officiating in the blistering cold? What is your attitude when taking charge of a game in in strong winds? On rainy days, do you find it difficult to focus during games and mentally concede that you will have a poor game?

Too often sportspeople allow poor conditions to detract from their performance.

For example, some tennis players allow hot temperatures to mentally take them out of matches early in the competition, some soccer players dread playing in the cold and play more cautiously in rainy conditions and some golfers feel they cannot putt well on wet greens.

Bad weather is 100% out of your control. You can't control the conditions on the pitch, excessive temperature, humidity, precipitation or wind.

Often, the referee that delivers the best game in tough weather conditions is the one that is most mentally tough.

Refereeing games of soccer to a high standard requires mental toughness, especially when games are being played in bad weather. The mentally tough mentality isn't just dealing with the cold, rain and wind, it's using the bad weather to your advantage.

How do you use bad weather to your advantage?

Think of it in these terms, Many referees don't like officiating in extreme conditions. These referees might even think, "Today is going to be really difficult. The weather is nasty and it is only going to get worse." Their mentality beats them before the game even starts.

Knowing that most referees do not look forward to competing in bad weather conditions, if you can maintain a positive mindset in tough conditions, you gain an advantage.

If you tell yourself, "No matter how challenging the weather is, I will give 100% effort and focus." If you repeat to yourself, "I love refereeing in these conditions." If you have the mentality that bad weather conditions are nothing other than an inconvenience, you give yourself a big competitive advantage.



The key is to set the tone early in a game. From warm-up onwards, it's important to have a mentally tough mindset that nothing will get in the way of you giving maximum effort to make every decision correctly as you see it.

Bad weather is an understatement when it came to an American Football fixture between the New England Patriots and the Dallas Cowboys game in the middle of the 2019 season. The temperature was extremely low, the ground was hard, the pitch was wet and slick, the ball was wet, the winds were gusting, all contributing to very challenging playing conditions.

Even though the conditions were the same for both playing teams and the team of officials, the Patriots' mentally tough mentality proved to be the difference-maker in New England's 13-9 victory.

In a post-match interview, New England Patriots free safety Devin McCourty talked about the Patriots' mindset heading into the game. McCourty: "Any time we play in any type of [bad] weather game, we don't budge, cause when we come in here on a Wednesday, Thursday or Friday [practice], [Head Coach Bill Belichick] stands up here and he says whatever the weather is, get your stuff and put it on because we're in it."

"So we practice in all this. We've had rain days, really cold days. So we practice in all this. So when we get dressed and we get ready to go out there, our mentality doesn't change. We are out there to play football and try to dominate. And I think everyone has that mentality as a group. So I think it enables us to go out there and execute and try to play at a high level."

As you can see, mental toughness gives a distinct advantage to the referees or players that are most mentally prepared and mentally tough.

The Mental Edge in Tough Weather Conditions:

Embrace the challenge of refereeing in tough conditions. You gain the mental edge over other referees who you may be competing for a promotion with when you can embrace harsh weather conditions especially when other referees are frustrated or upset with the conditions.

If you want to respond with mental toughness, reframe your thinking about the challenge. What can you love about refereeing in tough conditions? Also, when training, try doing so in challenging situations that replicate possible match circumstances. This way you know how to handle it better. When you train in tough conditions, the more prepared you will be to respond well when you face those challenges in match situations.

At The Third Team I work individually and in collaboration with different professionals where I have developed workshops associated with Resilience and Mental Toughness Development to



help referees. The [workshops](#) are interactive, where referees are encouraged to open up and share their experiences to help each other.

Feel free to [contact](#) me if you'd like to know more about my workshops or how I could help you.

Best Wishes,

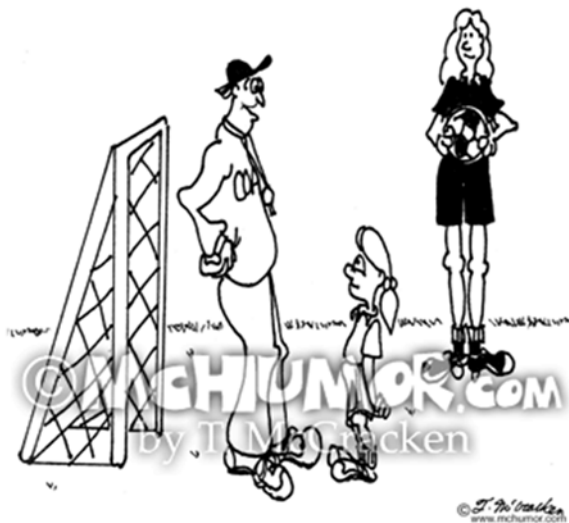
N. Sherratt

Nathan Sherratt

Referee Educator & Managing Director of The Third Team

Warren's Howlers

Warren is **still waiting** for this to happen:



"YES, JENNY, I KNOW I'M ALWAYS REMINDING THE TEAM TO BE GOOD SPORTS, BUT YOU REALLY DON'T HAVE TO THANK THE REF AFTER EVERY CALL."



Referee-speak, can anyone translate?

In a San Lorenzo versus Platense match, the **line judge (?) scored (?) offside** on a play. The referee did not confirm it and ignored it. The line judge insisted. The discussion rose in tone, until the referee decided to **expel the auxiliary(?)**.

Words of wisdom:

The Back Pew - Jeff Larson



Speak up and 'REF' fairly; defend the rights of both teams. **Pr 31:9**

The inspirational thought for this month:

"I did then what I knew to do. Now that I know better, I do better".

Attributed to **Maya Angelou**

----- **Keep Smiling** -----