



The Flag and Whistle
Newsletter of the South Bay Soccer Referee Association
(Also known as Soccer South Bay Referee Association)
- Serving the Soccer Community for over 46 Years -

October 2019
PO Box 1613, Redondo Beach, CA 90278

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www.sbsra.org

President: Michael Hinz
Treasurer: Bruce Ashton
Training & Mentoring: Taidgh Simpson

Vice-President: Steve Morgan
Member-At-Large: Chris Nevil

Referee Coach: Taidgh Simpson
Secretary: Jonny Joseph
Assignor: Gabriel Goldsman

Notes from the President

Believe it or not but we are well past the half way point in the fall season. Since the start of the season in September, SBSRA has assigned more than 2,530 matches and over 5,100 referee assignments. With that said, there is still lots of work ahead of us! I thank each and member for all your help and support so far this season and for the work that is still ahead of us.

Please remember to send your completed Referee Reports for red cards to Chris Nevil, SBSRA's Member At Large. They do not go to the Assignor, President, or other Board Members and they **never** go to any client without getting the MAL's review and approval. Please make sure you are using the CalSouth Supplemental Referee Report and not the USSF report. Just report the facts, no opinions, follow the instructions on the SBSRA website and contact the MAL if you have any questions.

The Board continues to work to grow and strengthen its client base while maintaining the best interests of the membership as the top priority. In addition to adding new clients and getting additional work from existing clients, the Board continues to work to increase referee fees for its membership with the most recent increase of ~30% in the Aspire Fees as communicated at the October General Membership Meeting. A big thank you goes to Chris Nevil, the SBSRA Point of Contact for that league for working hard to get this increase for the association. The Board is working on plans to meet with our clients to continue the growth in both the number of matches and referee fees. As always, we will keep everyone posted on the progress. The updated Fees Schedule can be downloaded from the SBSRA website.

While I am pleased to report that SBSRA has welcomed a little over a dozen new members since June, we are still looking for several more members to help cover all the matches we have to assign. If you know of a qualified referee have him or her submit a new member application and you could get your annual dues for next year covered by the Association's New Member Incentive ("NMI").

The last Referee Professional Development ("RPD") session and General Membership Meeting for 2019 take place on the 19th and 26th at North High School. We look forward to seeing you at both of these events.



SBSRA General Membership Meeting Minutes
October 29, 2019
North High School, Torrance, California

Board Members in Attendance: Michael Hinz (President), Steve Morgan (Vice-President), Jonny Joseph (Secretary) (By FaceTime), Bruce Ashton (Treasurer), Gabriel Goldsman (Assignor), Taidgh Simpson (Referee Trainer and Coach)

1. Meeting began at 7:38 pm.
2. Approval of September minutes - Proposed by Jack Desemone, approved by acclimation following one typo change from "lack" to "black" noted by Michael Wolff.
3. New members - two new members introduced themselves.
4. Cal South Monthly Training:
 - a) Instructor - Daniel Radford, Topic - Major Law Changes.
5. Financial report -due to time limitations the Financial Report, as of and through September 30, 2019, will be presented at the November general membership meeting.
6. "Be Professional" Reminders:
 - a) Be at your field 30 minutes before kickoff,
 - b) Text message/Call your partners ahead of time if there is a possibility you could be later than that,
 - c) If one of your partners is not at the field 25 minutes before kickoff, call her/him!
 - d) We are being paid - look professional, be professional!
7. Cal South
 - a) 2020 recertification needs to be completed by December 31, 2019,
 - b) Members will not be able to receive game assignments after December 31, 2019 without a 2020 certification.
8. League Updates/Reports
 - a) Aspire changes effective October 24, 2019:
 1. Referee fees are no longer paid at the field, will be paid by check by the Association at the end of season,
 2. We have obtained a fee increase for the referees and the fee schedule on our website will be updated shortly,
 - b) SBPSL issues and refresher class was held just prior to this meeting and was very well attended,
 - c) CSL - since the beginning of this current season, this league has required referees to conduct a pre-game meeting with Team Captains and Coaches to share a league created message. MH noted that it appears many members are not performing this required duty and need to do so going forward.
9. Referee Neutrality:
 - a) Perception is reality,
 - b) Appearing too friendly/familiar with one team/club may give the wrong impression,
 - c) DCSL 2019 rules (page 10) state *"Center referees may not officiate games in which they have an affiliation through a) their child currently plays for the*



- club they are officiating for b) they are a paid member of the club they are officiating for c) they are a volunteer at the club they are officiating for.*” If you are connected in any way with a DCSL club, please inform Gabriel ASAP!
- d) CSL rules prohibit referees from refereeing their own kids’ games.
 - e) SBSRA position regarding all leagues - avoid accepting any assignment that could create a perception of bias at the field!
10. Rankings committee - rankings committee met under the chairmanship of the Vice President. Results of their deliberations were provided to the Board who made additional changes to some members’ ratings. Members may obtain their own ranking by contacting SM.
 11. Bylaws committee - Initial meeting took place just before this meeting, work is advisory, membership ultimately votes on proposed changes.
 12. Assignments - Gabriel noted his disappointment that over 60 games had been turned back for the forthcoming weekend. **This is unacceptable!** A member asked if the members turning back games had been fined by the Association. MH noted it is within the assignors’ discretion whether to fine members or not.
 13. Board speaks:
 - a) CN - reminded members of the need to prepare misconduct and/or injury reports and send them to him ASAP, especially on Saturdays so that the leagues have them before Sunday games to enforce suspensions.
 - b) TS - requested any new members who have not taken the new member orientation class to check in with him after the meeting.
 14. New logo, pens - MH noted that he would like to order a batch of Association pens with the new name and logo and asked if members were in favor of that. Members responded positively and MH also noted that we would be replacing coins and patches as the existing supply was used up.

The meeting adjourned at 9:25 pm.

Next Meeting: Tuesday, November 26, 2019, at North High School in Torrance starting at 7:30 pm.



From <https://www.healthline.com/>

Overhydration

Written by Shawn Radcliffe and Stephanie Watson

Medically reviewed by [Judith Marcin, MD](#) on June 28, 2017

What is overhydration?

All of the major systems of your body depend on water to work properly. Drinking adequate amounts of water helps your body:

- regulate temperature
- prevent constipation
- flush out waste products
- perform all major bodily functions

Most people, especially those who exercise in hot weather, are more concerned about not drinking enough water. However, drinking too much water can also be dangerous.

Overhydration can lead to water intoxication. This occurs when the amount of salt and other electrolytes in your body become too diluted. [Hyponatremia](#) is a condition in which sodium (salt) levels become dangerously low. This is the main concern of overhydration.

If your electrolytes drop too low too quickly, it can be fatal. Death by overhydration is rare, but it can happen.

Are there different types of overhydration?

There are two main types of overhydration:

Increased water intake

This occurs when you drink more water than your [kidneys](#) can remove in your urine. This can cause too much water to collect in your bloodstream.



Retaining water

This occurs when your body can't get rid of water properly. Several medical conditions can cause your body to retain water.

Both of these types are dangerous because they throw off the balance between water and sodium in your blood.

What causes overhydration?

Overhydration is an imbalance of fluids. It happens when your body takes in or holds on to more fluid than your kidneys can remove.

Drinking too much water or not having a way to remove it can cause water levels to build up. This dilutes important substances in your blood. Endurance athletes, such as those who run marathons and triathlons, sometimes drink too much water before and during an event.

The Institute of Medicine established [guidelines](#) for adequate water intake. They recommend that a healthy adult drink 78–100 ounces (about 9–13 cups) of fluids per day, on average.

It's also important to remember that water needs vary with age, sex, weather, activity level, and overall health. So there is no exact formula on how much to drink. Common situations such as extreme heat, significant activity, and illness with fever will all require more fluid intake than average.

In a healthy person, your urine is a good indicator of your hydration status. Pale yellow urine that looks like lemonade is a good goal. Darker urine means you need more water. Colorless urine means you are overhydrated.

In healthy people, athletes are at highest risk for overhydration. Sports experts at Harvard recommend that a logical approach to hydration while exercising is letting thirst be your guide.

Some conditions and medicines cause overhydration by making your body hold on to more fluid. These include:

- [congestive heart failure \(CHF\)](#)
- [liver disease](#)
- [kidney problems](#)
- [syndrome of inappropriate antidiuretic hormone](#)
- nonsteroidal anti-inflammatory drugs
- uncontrolled [diabetes](#)



Other conditions and drugs can cause increased water intake by making you extremely thirsty. These include:

- [schizophrenia](#)
- MDMA (commonly known as ecstasy)
- antipsychotic drugs
- [diuretics](#)

Who is at risk for overhydration?

Overhydration is more common among endurance athletes who drink large amounts of water before and during exercise. It has been reported among:

- people who run marathons and ultramarathons (races longer than 26.2 miles)
- Ironman triathletes
- endurance cyclists
- rugby players
- elite rowers
- military members involved in training exercises
- hikers

This condition is also more likely in people with kidney or liver disease. It can also affect people with [heart failure](#).

What are the symptoms of overhydration?

You may not recognize symptoms of overhydration in its early stages. As the condition progresses, common symptoms include:

- [nausea and vomiting](#)
- [headache](#)
- changes in mental state such as [confusion](#) or [disorientation](#)

Untreated overhydration can lead to dangerously low levels of sodium in your blood. This can cause more severe symptoms, such as:

- [muscle weakness](#), [spasms](#), or [cramps](#)
- [seizures](#)
- [unconsciousness](#)
- [coma](#)



How is overhydration diagnosed?

Your doctor will ask about your medical history to find out if your symptoms are caused by overhydration or another condition. The doctor will also perform a [physical examination](#), and they may order blood and urine tests.

How is overhydration treated?

How you're treated for overhydration depends on how severe your symptoms are and what caused the condition. Treatments may include:

- cutting back on your fluid intake
- taking [diuretics](#) to increase the amount of urine you produce
- treating the condition that caused the overhydration
- stopping any medications causing the problem
- replacing sodium in severe cases

How can you prevent overhydration?

Endurance athletes can reduce the risk of overhydration by weighing themselves before and after a race. This helps determine how much water they have lost and need to replenish. It is recommended to drink 16 to 20 ounces of fluid for every pound lost.

While exercising, try to drink 2 to 4 cups of fluid per hour. If exercising longer than an hour, sports beverages are also an option. These drinks contain sugar, along with electrolytes such as sodium and [potassium](#), which you lose in sweat. Let thirst also guide you when exercising. If you're thirsty, drink more.

If you have a medical condition such as diabetes, CHF, or kidney disease, talk to your doctor about the best treatments. Also contact your doctor if you're [unusually thirsty](#). This could be a sign of a medical problem that needs to be treated.

Quote of the Month

“Professionalism: It's NOT the job you DO, It's HOW you DO the job.”