



The Flag and Whistle
Newsletter of the South Bay Soccer Referee Association
(Formally known as Soccer South Bay Referee Association)
- Serving the Soccer Community for over 47 Years -

May 2020
PO Box 1613, Redondo Beach, CA 90278

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www.sbsra.org

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Member-At-Large: Chris Nevil

Referee Coach: Taidgh Simpson
Secretary: Jonny Joseph
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Notes from the President

The Board hopes this copy of the Flag and Whistle finds you and your family in good health. We look forward to being able to see everyone out on the pitch or at a SBSRA event as soon as possible.

While we did not hold an April GMM because of the Shelter-In-Place order, there are several important topics covered in this Flag and Whistle which you need to be aware of so please take a few minutes to read through the entire Flag and Whistle.

Flag and Whistle - Before we get into the normal Flag and Whistle business, I would like to communicate an administrative change that the Board is implementing with this copy of the Flag and Whistle. As of May, the month of the Flag and Whistle will align with the month it is published instead being associated with the month of the General Membership Meeting minutes it contains. This means the GMM minutes will appear in the Flag and Whistle published and dated the following month, i.e., the May GMM minutes will appear in the June Flag and Whistle. The Flag and Whistle page on the SBSRA website will be updated to reflect this change – displaying the respective months of the GMM minutes and the Flag and Whistle.

Membership Engagement and “Talk Soccer” Web Meetings - In an effort to keep the membership connected and engaged, the Board is continuing to send out emails with soccer related information and I hope the communications from Steve, Gabriel, and I are providing value. In addition, we have now held two “Talk Soccer” web meetings via Zoom. Based on the attendance and positive feedback from the members who have attended, we will be continuing the “Talk Soccer” web meetings. We hope to be able to hold a “Talk Soccer” meeting every week. Please attend when you can.

2020-2021 Season SBSRA Annual Dues

1. Timing

As you know, the 2020-2021 annual dues are payable on June 1, 2020. However, due to the COVID-19 situation, the Board has decided to defer the due date and pending receipt of notification from our clients in regards to when their leagues will start their seasons. We will provide the membership with an appropriate amount of time for you to pay your 2020-2021 dues before a newly determined past due date.



2. Amount

The Board is committed to evaluating the possibility of reducing our annual dues based on cost savings, or from refunds or credits received due to the CV situation. Since the timing of when the extent of our savings or refunds can be quantified is uncertain, a reduction in the 2020-2021 dues amount when they are payable may not be possible. The Board has concluded that reducing the Association's reserves to provide a reduction in the 2020-2021 dues before being able to fully quantify our potential cost savings is not prudent or in the best interest of the Association and its members. Accordingly, based on the timing of when we receive complete information, the Board may decide on a partial refund of the 2020-2021 dues and/or a reduction in the 2021-2022 dues.

May General Membership Meeting - Since we are still prevented from meeting in person due to the Shelter-In-Place order, we will be holding the May General Membership Meeting on-line utilizing Zoom at 7:30 pm on May 26th as scheduled. We will send out the Zoom meeting information via an Arbiter email later this week. We are holding the May GMM, a very important meeting, in order to provide a forum to comply with the Association's Bylaws and Guidelines. These requirements relate to nominations for the three Board positions which are scheduled for reelection/election this year and for the submittal and review of any proposed Bylaw amendments all of which will be voted on at the Annual General Meeting (AGM) in June.

Board Positions – If you are interested in running for one of the three Board positions, listed below, you need to be nominated at the May GMM. You can ask any member to nominate you or let any member of the board know and we will ensure your nomination.

President: Michael Hinz has decided to rerun for President.

Member-At-Large (MAL): Chris Nevil has decided not to rerun for MAL so this position is open.

I want to thank Chris for everything he has done for the Association over the years while he has been a Board member. The Association is in a much better position thanks to everything he has done. While he will be missed as a Board member, I know he will continue to serve the Association as a member. Again, Thanks Chris!

Secretary: Jonny Joseph has decided not to rerun for Secretary. so this position is open.

I would like to thank Jonny for stepping up last year to fill this Board position opening when the former Secretary had to step down due to personal reasons. In the year Jonny has served as Secretary he has helped reorganize several aspects of that position and I appreciate everything he has done. Thanks Jonny!

Proposed Bylaws Amendments -

If you have any proposed Bylaws amendments, they need to be provided in writing and presented to the membership at the May GMM. To ensure your proposed amendments are available at the May GMM, please submit any proposed amendments via email to both the Secretary and President and they will be presented at the May GMM. Please provide any amendments by 5/22/2020 in case there are any clarifications required to ensure any inputs are presented properly at the May GMM.



Please submit any suggestions utilizing the following format:

Bylaw #:

Reason for change:

Current language:

Proposed language:

2020 Annual General Membership meeting (AGM) – Unless the Shelter-In-Place order is lifted by the end of June, we will be holding the 2020 General Membership Meeting on-line utilizing Zoom. While all association members are welcome to attend and be heard at the meeting, as provided by our bylaws, only Members in Good Standing will be able to vote on both the open Board positions and any proposed Bylaws amendments. Except for not being able to provide pizza and drinks the Board is developing plans for all the required AGM activities. The Board is reviewing several On-line options for voting during the 2020 AGM and we will provide voting instructions to all Members in Good Standing.

The Board recognizes that due to the COVID-19 situation resulting in the cancellation of the March and April GMM, the opportunity for members to meet the GMM attendance requirements to be in good standing have been reduced. In order to make sure members are not unfairly penalized by the COVID-19 situation and the fact that the Association was not able to hold the March and April GMMs, the Board is implementing what we are calling an emergency provision to address how members earn their Member In Good Standing status. In normal years, the Association offers ten (10) GMMs and requires attendance at five (5) or 50% of the GMMs offered. Due to the current CV situation, the Association will only be able to offer eight (8) GMMs (including the May GMM). To meet/maintain the spirit of the Bylaws which effectively require attendance at 50% of the Association's GMMs, the Board has adjusted the GMM attendance requirement to four (4) meetings. Please review the current Roster which can be located on our website at <https://sbsra.org/association/members> to determine your status on the [SBSRA Membership Meeting Attendance](#) list.

GMM Minutes Approval - Since this is the first GMM since the February GMM, both the January and February minutes will be voted on for approval at the May GMM.



Although not soccer related, it even includes “the wrong Beckham,” the following article is relevant to all sports:

How to Be Mentally Prepared for Dissent

News / By [Nathan Sherratt](#), Referee Educator & Managing Director of The Third Team

Emotions can supercharge or ruin the performance of a referee out in the middle. Have you ever had a game where players, spectators or club officials got into your head? How well did you respond? Did you become so angry that you couldn't **focus** on refereeing the game? Did your performance go beyond your control or you made more mistakes because you became extremely frustrated? You want to be in full control of your emotions, to be your best, as opposed to allowing your **emotions** to control you.

However, controlling **emotions**, when the pressure on you is high, is easier said than done. A great example of this is the American football club, the New York Giants' wide receiver Odell Beckham Jr., a young player with massive potential. In fact, Beckham has more receptions and more receiving yards in his first 25 NFL games than any player in NFL history.

Despite his talent and ability to make acrobatic catches, Beckman occasionally allows himself to become **unsettled** by opponents who are distracting him with abuse.

In a game against the Carolina Panthers, the Panthers cornerback Josh Norman triggered Beckham's emotions with aggressive, physical play and constant verbal taunts. During the game, the two players were flagged for unnecessary roughness and continued their verbal altercation well after the game ended.

Beckham allowed his **emotions** to get the best of him...

Though Beckham caught 6 of 9 passes for 76, it was well below his 132 yards per game in his previous six games. Beckham's lack of emotional control caused him to drop a 52-yard touchdown pass during the game. Additionally, Beckham picked up three personal fouls and was handed a one match ban by the NFL which affected the Giants chances for making the 2015 playoffs.

Beckham stated he has been “*dealing with it [verbal taunts] every week.*”

Why does this happen so often to Beckham?

Verbal taunting in the NFL is common practice but it continues against Beckham because it works. It takes Beckham out of his game and other teams have taken notice how to get Beckham riled.

NFL Hall of Fame wide receiver Michael Irvin commented that success is the best way to answer critics and that it is imperative to maintain emotional control to play at your best.



Irvin: *“The more you react, the more people will try to rattle you. It’s just what they are going to do... Respond to it on the football field with catches and touchdowns. Do what you do and that’s how you beat all of it. The couple of balls he dropped, he had Josh Norman beat both times... Josh Norman gets into fights with everybody. Every receiver he plays against, he gets into fights.”*

By learning to maintain your composure, you will find it easier to focus on your game and deliver out in the middle.

Strategy to be Mentally Ready for Dissent:

Mentally prepare to be challenged – Be ready for dissenting players, spectators and club officials, think about your strategy for coping. Keep in mind that players, spectators and club officials are attempting to level the playing field because they see you as someone who can influence the flow of the game.

Anticipate and prepare yourself before it happens. How will you handle it? Think about it now so you will know what to do. Tell yourself, “Relax, Focus, Referee my game. I am a good referee; I just need to focus on what I do best.”

After the match, don’t communicate with dissenting voices who are disappointed with the outcome. Don’t allow their words to penetrate your mind and thought processes.