

# TOUCHLINE



For The Members Of The Tri-County Soccer Referee Association

April 2011

Number 194

## To Schedule Games Call

Buz at:

951-267-0544

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Editor:

Rick Rehm

For Membership information call 909-440-8319

## From The Prez!

By Rick Rehm President TCSRA



## Brush Up On Signals!!!

We continue working State Cup games this month, you need to keep at the top of your game, which includes knowing your Signals & Procedures. We will be covering this at the membership meeting this month. This is things that everyone thinks that they know but sometimes are wrong, so Mike Holguin will be presenting the Cal South presentation at our meeting on Thursday. Come prepared to participate.

If you are not eating at home or want a snack please remember to support the host of our meetings by eating or buying something at **Michaelangelo's** even a drink will help show our appreciation.

Bring an extra dollar and get into the raffle Roy will be at he meeting tonight, he always has some good stuff to raffle. Welcome back Roy!!!

|  
See You At The Meeting!!!



Continue to watch as many games as possible. MLS season has already started with many good games happening on a weekly basis. Each and every week, U.S. Soccer produces the week in review, a weekly review of all the MLS action that occurred the previous week. This is an awesome article to read weekly with watching the clips. Very good information is presented all the time.

A little early this year, but better to be prepared just in case; the temperatures are on the rise. I am going to talk about Extreme Heat: A Prevention guide to promote good health and safety. As we are out there on the soccer field, please remember this important information in regards to heat illness prevention. Article from: Center for Disease Control. Heat related deaths and illness are preventable yet annually many people succumb to extreme heat. Historically, from 1979-2003, excessive heat exposure caused 8,015 deaths in the United States. During this period, more people in this country died from extreme heat than from hurricanes, lightning, tornadoes, floods, and earthquakes combined. In 2001, 300 deaths were caused by excessive heat exposure.

### During Hot Weather:

To protect your health when temperatures are extremely high, remember to keep cool and use common sense. The following tips are important:

Drink Plenty of Fluids, Replace Salt and Minerals, Wear Appropriate Clothing and Sunscreen, Pace Yourself, and Adjust to the Environment, Use Common Sense

In addition to the previous tips, make sure you know the difference between the different heat emergencies:

- Heat Stroke
- Heat Exhaustion
- Heat Cramps
- Sunburn
- Heat Rash

While all of the heat emergencies might have several symptoms, please make sure you are able to recognize the different symptoms if they occur. There is plenty of information available from different sources that will help recognize heat illness and heat illness prevention.



## From The Assignor

By Bob Karmann USSF Assignor

# State Cup olders continue!



We are about to start the third weekend of State Cup for the olders (U14-U19). We have been fortunate enough to have quite a few U18/19 matches to cover for this Cal South tournament. If you have not been receiving my weekly e-mails regarding it, please e-mail me ASAP at [assignor@tcsra.com](mailto:assignor@tcsra.com). This maybe the last time until the CSL season starts up in Sep-

tember to get 90 minute matches that qualify for assessment purposes. Let me know if you would like any of these matches for assessment so I can be sure you get assigned.

The Spring Soccer League will continue at the same time through the end of the month with local matches. There are few games in our local area with many of them only 1 game per field. These too I have been sending out weekly notices on them



to be assigned by our referees. Please check your e-mail daily to be sure you don't get left out of these assignments.



Lewis will have checks for the Man. United tournament we covered last month at our Thursday meeting. Please be sure to get yours if you did any of these matches.

# 2011 Tournaments & Important Events

## Mark your Calendars

Legends Futbol Cup	January 15 - 17
Irvine Winter Classic	January 15 & 16 and 22 & 23
FC Man United Winter Cup	January 22 & 23
State Cup, Youngers	January 29-30 thru Feb 19 & 20
National Cup, Youngers	Feb 26-27 thru March 19 & 20
CSL Spring League Starts	March 5
Irvine Spring Classic	March 12 & 13 and 19 & 20
FC Man United Cup	March 19 & 20
State Cup, Olders	April 2 & 3 thru April 16 & 17
National Cup, Olders	April 16 thru May 21 & 22
Legends Classic	June 4 & 5
CSL Fall Season Starts	September 10

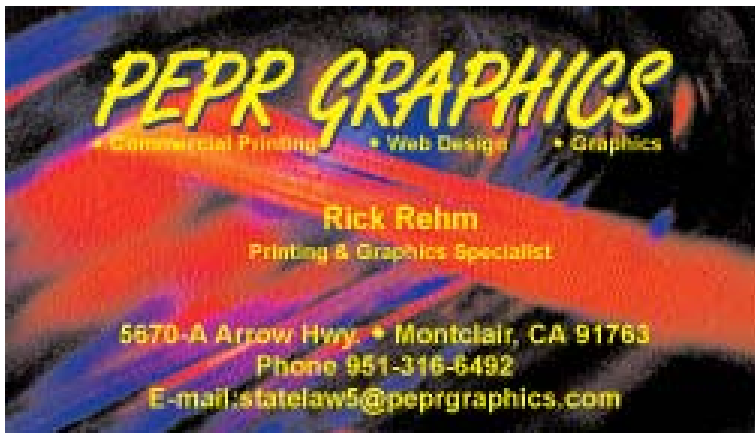
# The Monthly Membership Meeting Is Thursday April 14th

**At 7:30 P.M.**

Michaelangelo's Pizza Restaurant  
2467 S. Euclid Ave  
Ontario, CA  
(909) 984-5161

Location is south of the 60 fwy (behind McDonalds) on the east side of Euclid

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