

TOUCHLINE



For The Members Of The Tri-County Soccer Referee Association

May 2009

Number 170

To Schedule

Games Call

Buz at:

626-931-6899

President

Rick Rehm
951-288-8605

1st Vice-President

Rich Hottel
909-621-2195

2nd Vice-President

Jeremy Swan
909-476-7132

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909-599-5359

Treasurer

Lewis Dice
909-629-3741

Sgt. at Arms

Roy Schwarzer
909-986-5065

Immediate Past President

Mac Brazelton
909-465-5523

Training Officer

Jeremy Swan
909-476-7132

Assessment Coordinator

Firat Tuncay
909-987-5959

Email: firot@adelphia.net

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Editor:
Rick Rehm

For Membership information
call 909-598-3500

From The Prez!

By Rick Rehm President TCSRA



Legends Tournament This Week!!!

May brings the Legends Tournament we will need everyone to step up to cover the games. The tournament has 20 fields, so everyone should be busy. Remember that the tournament staff are our customers, give them the respect that they deserve. If you have anything come up talk with your team members and work it out. Remember that refereeing is thinking. Use common sense.

I will not be at the May membership meeting, I am having my shoulder fixed, so I will be out of commission for six weeks. Your First Vice-President Rich Hottel will run the meeting for me. Bob Karmann will be conducting our training session bring something to write with just in case he needs you to put something on paper.

There will not be a raffle drawing this month Roy is in a bowling tournament in Las Vegas, good luck Roy!!! If anyone has a question for our Treasurer Lewis Dice he will be at the meeting so track him down.

Have fun working the tournament I will be thinking of everyone while I recuperate.

I will see you all next month.

Training Time

By Jeremy Swan, TCSRA Training Officer

Extreme Heat!!!

Another month is upon us, more and more games are happening, and the temperature is on the rise. For my article this month, 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

Summer is almost here!



With the last of the Coast Spring League matches finishing last weekend for us, we can now look forward to the Summer. We have a few tournaments lined up but nothing final to report as yet. Keep checking your e-mail for updates as they become available. The Legends tournament this coming weekend will be our biggest one for the year. Over 20 fields to cover all within close driving distance to most of us. Make sure you arrive early and be prepared to know the rules of this tournament.

The John Harper Youth Camp is coming July 17-19 at Cal Poly University for those youth referees between the ages of 14 and 19 with experience doing Boys 15 or higher competitive matches. Please contact me if you know someone that is interested in attending. The entire cost for this three day camp is only \$75 (includes meals, instruction and room). It is a great camp to improve on your officiating skills with lots of instruction, games and mentoring throughout the weekend.

We are still waiting to get payment for the no-shows and single game fees for the Coast Spring League as of the writing of this article. All other payments have been made to our association. See Lewis at the meeting for any payment that is due to you.

I would like to personally thank Penny Rehm for her years of dedication as our state referee registrar. There has been some changes within the referee community. Cal South is now handling all referee/assessor/assignor/instructor registrations. Penny kept all of us current in our registration with USSF for a number of years. I only hope that Cal South can handle the enormous load of work ahead for them that she handled by herself.



2009 Tournaments & Important Events

Mark your Calendars

Irvine Winter Classic	January 10 & 11
Legends Cup	January 17 & 18
DBWV Shootout (Winter)	January 24 & 25
Irvine Spring Classic	March 14 & 15
DBWV Shootout at the Ranch	March 20, 21, 22
Irvine Memorial Classic	May 23 & 24
Legends Classic	June (date to come)
Irvine Summer Classic	June 20 & 21 and 27 & 28
Wolfpack Invitational	July 11 & 12
Slammer's Futbol Classic	July (date to come)
Oaks Classic	August 1 & 2
Pats Cup	(date to come)
Capistrano Cup	(date to come)
West Coast Futbol Classic	August 16 & 27
Orange County Kickoff Classic	August 22 & 23
Blues Cup	August 30 & Sept. 1

**The Monthly Membership Meeting Is
Thursday May 14th**

At 7:30 P.M.

Round Table Pizza

2488 Foothill Blvd.

La Verne, CA

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