

# TOUCHLINE



For The Members Of The Tri-County Soccer Referee Association

May 2010

Number 183

## To Schedule

### Games Call

Buz at:

951-267-0544

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*Rick Rehm*  
951-267-0544

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Editor:  
Rick Rehm

For Membership information call 909-598-3500

## From The Prez!

By Rick Rehm President TCSRA



## Live Scan Deadline Is Close!!!

It is May and before you know it is June and you to have the live scan completed. Lisa Wolff of Cal South has set up a make-up date to accommodate those referees wishing to get this process done before the deadline. This will be on Saturday, May 15th from 1-5pm at the Cal South Office. This will be the last time that I am aware of for you to get the live scan done before the deadline and for a reasonable cost. TCSRA will not be hosting anything before the deadline. If you are 18 or older starting June 1st, 2010 we will not be able to assign you to youth matches. It is up to you to get it done.

A past member of our group Larry Lawrence is in the hospital any of you that have been around for awhile and know Larry can contact him at home at 714-572-0655 or by email at: [ljlawrence@hotmail.com](mailto:ljlawrence@hotmail.com). Larry is also a member of the High school Chapter and the College Chapter many of you should know him. Please keep him and his family in your thoughts.

We will be starting our summer tournaments this month, so I hope that everyone has the household projects finished. We should have plenty of matches to cover.

Come prepared for training at the meeting remember to bring a pen with you. See you at the meeting.



## Training Time

By Jeremy Swan, TCSRA Training Officer

# Extreme Heat!

This month's training will be an extension of last month's training. Last month we talked about Command presence: Verbal, while this month we are going to talk about Command Presence – Nonverbal. Please make sure to attend the meeting because we can all take away something from this training. We have a very special guest presenting this month at the meeting. Paul Vernon is actually the instructor that creates all of the presentation you have seen every month.

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 Tournament Season about to begin!



Our first tournament that will open up our summer tournament season is the Legend's Classic, May 22/23. They have increased their quality with quite a number of out of state teams already signed up. View their site by going to the link below:

[http://www.legendafc.net/LegendscClassic/index\\_E.html](http://www.legendafc.net/LegendscClassic/index_E.html)

I will be asking for availability most likely by the time you are reading this Touchline. We hope to have enough games for all of our members, new & experienced. I will keep you updated as soon as the schedule is up.

I hope everyone is getting a lot out of our monthly recert training. The program takes a few months off (June/July). Check out the upcoming presentations by going to the following website:

<http://www.calsouth.com/en/ref-become/>



# 2010 Tournaments & Important Events

## Mark your Calendars

Legends Futbol Cup	January 16 - 18
DBWV Shootout Winter Edition	January 23 & 24
CSL Spring League Starts	March 6
DBWV Shootout at the Ranch	March 19 & 21
George Milton Memorial Cup	April 17 & 18
Legends Classic	May 22 & 23
Irvine Memorial Classic	May 29 & 30
Irvine Summer Classic	June 19 & 20
Wolfpack Invitational	July 10 & 11
Oaks Polo Classic	July 31—Aug. 1
Orange County Kickoff (Girls)	August 21 & 22
Orange County Kickoff (Boys)	August 28 & 29
NHB Cup (Boys)	September 4 - 6
CSL Fall Season Starts	September 11

**The Monthly Membership Meeting Is  
Thursday May 13th**

**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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Call Bob at:  
**626-919-2391**

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or  
Beef Roasts and Aged Steaks  
Cooked Over Mesquite**