



# CDSRA NEWS

<http://www.cdsra.com>

May 2007

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## Upcoming A.R.T. Classes

*Tuesday May 15<sup>th</sup> 2007*  
Optimist Arena, 7 P.M.  
"Game Day Eating Habits"

*Tuesday June 19<sup>th</sup> 2007*  
Optimist Arena, 7 P.M.  
"Positioning & Body Language"

## Reminder...

Please e-mail Terry Day ([tnlday@shaw.ca](mailto:tnlday@shaw.ca)) if you are interested in the Sunday roadtrip to Edmonton as discussed at the AGM. The double header is part of the FIFA U-20 World Cup and the later game features our Canadian Men's Team! Tentatively set for Sunday July 8<sup>th</sup> 2007, the trip will include transportation to and from the games.

After a great year for the CDSRA in 2006-2007, we are off to a great start for our 2007-2008 year. Our membership application forms and fees are still coming in to us in great numbers. We are trying to reach as many people as possible in the Calgary soccer refereeing community. This will allow us to help continue to develop and promote refereeing in our city.

With the number of teams in all leagues expected to continue to grow over the next few years, the number of referees that we have in the city will be directly related to how much, and how quickly the leagues can develop. We can all help in the development of the leagues in Calgary by offering the best of ourselves that we can give on the field.

For the next few months the ART Class topics will be extremely valuable and directly related to the conditions that many of us experience on a game day in Calgary. The May ART class is scheduled for Tuesday May 15, 2007 at the Optimist Arena meeting room at 7:00pm. The topic will be on Game Day Eating Habits and how to maximize your body's energy over the course of a game or a set of games in the evening. This course was offered by the CDSRA about three years ago by Kelly Anne Erdman. She is a registered dietary nutritionist. Her class was very well attended and many members took a lot from that course. We are pleased to announce that Kelly Anne will be presenting again for the CDSRA. Be sure to attend this class as it will be an opportunity you will not want to miss out on.

The June ART class is scheduled for Tuesday June 19, 2007 at 7:00pm at the Optimist Arena meeting room as well. The topic for this class will be on positioning on the field for referees and assistant referees, and body language. The instructors for the class will be Orest and Darci Konowalchuk.

The new executive committee has been hard at work since the beginning of April. The new members, Cam Blair and Charles Vanderwindt in the positions of elected director, and appointed director, respectively, will add much to the CDSRA's executive.

### Individual Clubs Need YOUR Help:

If you're looking for more games, whether it be community games or rescheduled matches, the following clubs would love your help:

Celtics: Bev Royce ([blroyce@shaw.ca](mailto:blroyce@shaw.ca))

Chinooks: Janice Owen ([admin@chinooksoccer.com](mailto:admin@chinooksoccer.com)) ph 263 5831

SW United: Maureen Shoults ([referees@cswusoccer.com](mailto:referees@cswusoccer.com)) ph 281 2798

Current CSF rates apply to each game. Please contact if you can help!

## **WALKING vs. RUNNING ?**

Article from the Dutch Referee Association

*Translated by C. Vanderwindt*

Football referees make better decisions during a competition when they are at a little more distance of the ball. They also function better when they adopt a walking pace. Running or standing still will make arbiters be more often in the wrong.

This conclusion is made by kinetics scientist Raymond Verheijen. He promotes this subject at the VU in Amsterdam. In an investigation financed by the Dutch National Soccer Association (KNVB), Verheijen had the A-teams of Heerenveen, Volendam, FC Zwolle and Quick Boys play a number of "test games" The games were divided in three twenty minute periods. Each period was officiated by a different referee. KNVB-assessors on the bleachers judged the arbiters and decided whether a decision was made correctly or not. Verheijen studied these incidents and focused on the locations where the referees were positioned and the speed of their movements. In total, the three referees made 61 mistakes, where as 61 other decisions were correct. On average, the referee was further from the play when making a correct decision as opposed to incorrect ones: 17 correct vs. 12 incorrect.

The general accepted opinion is, that the referee should attempt to be as close to the ball (play) as possible, which also means a fast pace has to be maintained. In the comparison between the 61 correct decisions and the equal amount of incorrect ones, turns out that in 54 incidents the referee was actually moving at a slower pace then when making the wrong decision. Mr. Verheijen's conclusion was that for a referee walking pace was ideal! Most mistakes were made when the official was moving at double the speed of walking (or faster) or when standing still!

John Blankenstein, head of Referee Affairs at the KNVB, was pleased over the outcomes. Quote: 'That affirms my own ideas. I've always said that the Cooper's Fitness Test for referees is not the "Be all to end all! ". Runners are not per definition good referees.' Blankenstein wants to use the conclusions for further development of referees. 'It will mean a big change in the mentality of the referee community. Everybody thinks that you should be as close as possible to the ball at all time. But it is really more about the overall 'angle of vision' of the official in the middle. Blankenstein hopes that eventually everybody will agree that a Cooper's Test is a means and not a target.

'Unfortunately with FIFA and UEFA the thinking process is still the old way. There age limit is 45, ours in Holland is 2 years higher, and it could get higher.' 'In Italy the feeling is that referees over 45 can't keep up any longer. Not just because statistically they use less "cards". In my opinion, less cards could well be preferable. Old(er) with experience is not really worse than young, fast and aggressive'

Blankenstein doubts FIFA and UEFA will even consider the results of the investigation at all.



## The Importance of Hydration By Shannon Smart

Did you know that consuming the recommended amount of water each day, that you are decreasing your risk for bladder, breast and colon cancer? An important part of your diet, water consumption will help to maintain your body temperature, allow for your bodily functions to occur and ultimately help you as a referee to perform better!

Our bodies are 60 – 70% water. Consider a 160-lbs person – they contain approximately 96 lbs of water! A lack of water leads to dehydration and symptoms such as being nauseous, having an increased heart rate and body temperatures, feeling dizzy and can cause it to be difficult to move.

### **Did you know?**

In the comparison of sport drinks, Gatorade provides the most balanced replacement of sodium, carbohydrates and potassium.

On the soccer field, especially with warm summer temperatures, we need to increase water intake to make up for sweating and respiration. This is a requirement of approximately 50% of your regular water consumption.

### **Did you know?**

In 20°C weather, you can lose between 1.6 – 2.5L of water from your body? Hence the importance of hydration!

The AI (adequate intake) of water is 3.7L for males over the age of 19, while for females it is 2.7L. Water consumption doesn't have to solely come from your water bottle though; fruits such as watermelon and tomatoes are over 90% water while bread is just over 35% water. If you're accustomed to drinking tea or coffee through the day, its diuretic (urinating promoting) factors are minimal, so you can include this as contributing to your water intake.

An easy way to tell if you're reaching proper hydration is if your urine is pale yellow.

**CDSRA tracksuits**

Just a reminder that the payments of \$115 for the CDSRA tracksuits are now due! Cheques can be made out to the C.D.S.R.A. and given to any member of the executive. Contact Kim Skow with any inquiries. (Kimberley@kensingtoncarpetone.com)

**Tracksuits have arrived!!** They can be picked up from Kim prior to the May 6<sup>th</sup> fitness test (from 11:30AM – 12PM). Contact Kim if you're unavailable to pick up your tracksuit at that time to make other arrangements.

## GAME DAY EATING AND NUTRITION

Join us for the May 15<sup>th</sup> ART class to learn more about how to properly feed your body and mind for the rigors of weeknight double headers and weekend all day tournament rigors. This was a very good ART class when we last ran it a few years ago and we are lucky to have an excellent expert presenter in Kelly Anne Erdman. Her biography follows:

Kelly Anne Erdman is the Registered Dietitian in private practice at the University of Calgary Sport Medicine Centre. She is the sport nutritionist for the Canadian Sport Centre-Calgary where she provides nutrition services for the 350 national team athletes situated within the Calgary vicinity. Some of the national teams and athletes based in the Calgary area include: women's hockey, long and short track speed skating, bobsleigh, luge, cross country skiing, waterpolo, athletics, cycling, and swimming. Kelly Anne provides individual nutrition consultations, team workshops, menu planning, computerized dietary analysis, and resource development for the Canadian Sport Centre athletes.

Kelly Anne is the Master Course Conductor for the National Coaching Institute in Calgary for the National Coaching Level 4/5 Certification Program where she teaches nutrition to the national team coaches. She is also the sport nutritionist for the Calgary Flames Hockey Club.

Kelly Anne also presents nutrition workshops throughout Calgary in the corporate setting as well as a guest facilitator at the Women's Health Resource Centre at Foothills Hospital.

Kelly Anne was the nutrition columnist for Pedal Magazine (Canadian cycling news) and for Ski Trax Magazine (cross country skiing) from 1990-2003. As well, she is a Workshop Facilitator for the Sport Nutrition Advisory Committee through the Coaching Association of Canada.

From a competitive perspective, Kelly Anne competed on the Canadian Cycling Team for eight years. Her best achievements included: 1992 Olympian in Barcelona, Spain, 4<sup>th</sup> place in the 1990 World Championships, Bronze medalist at the 1990 Goodwill Games, Silver medalist at the 1987 Pan American Games and 12 national titles. Kelly Anne was inducted into the Alberta Sports Hall of Fame and Museum in 1999.

Kelly Anne Erdman can be reached at:

Home Office, Phone/Fax: (403) 547-7816

University of Calgary Sport Medicine Centre, Phone: (403) 220-8232

E-mail: kannecar@telus.net

Fax: (403) 282-6170

## 2007 Executive Committee

**President:** Steve Papp (*serving year 2 of 2*)

**Past President:** Leo Donlevy

**Vice-President:** Terry Day (*elected for 2 year term*)

**Secretary:** Kim Skow (*elected for 2 year term*)

**Treasurer:** Derrick Illingworth

**Elected Director:** Cam Blair (*elected for 2 year term*)

**Elected Director:** Doug Kipta (*serving year 2 of 2*)

**Appointed Director:** Layne Greenway (*registrar*), Charles Vanderwindt

The logo for Justplay, featuring the word "Justplay" in a white, sans-serif font on a dark grey background. The letter "J" is larger and has a small orange square at its base.

**Justplay** is a behavioural management program that was mentioned at the annual refresher. This program allows for the associations to track and monitor the behaviours of players, coaches and spectators; referees will be asked to fill out an additional form to submit with the game sheet.

Online, there is a short (five minute) video outlining the program. You can access the video through [calgarysoccerfederation.com](http://calgarysoccerfederation.com) under the referee section. It can also be reached through the following url: <http://www.screencast.com/users/justplay1/collections/Default/media/fa2488cd-7c26-4493-802b-a0a797de7f4a>

Referees should have received an invitation to attend the Q&A sessions regarding the Just Play program. There are currently no future scheduled Q&A sessions. If you have any questions please contact Robert Hayne ([robert.hayne@vqt2000.com](mailto:robert.hayne@vqt2000.com))

The more that participate, the better successes this program will have!

# REMINDER!

MAKE (!!!) sure to register with Alberta Soccer for the outdoor season. Registration forms can be found on the CDSRA website (<http://www.cdsra.com>) or on the Alberta Soccer website (<http://www.albertasoccer.com>). No registration? No reffing!

While you're at it, be sure to have your CDSRA and payment (varies by age and participation levels) in. The CDSRA membership form can also be found on the association website (<http://www.cdsra.com>). Questions regarding registration can be directed to Layne Greenway ([l.greenway@ps-av.ca](mailto:l.greenway@ps-av.ca)). You'll also receive a CDSRA water bottle with your registration.

*Have something you'd like to be in the next CDSRA Newsletter? Have any questions or comments? Contact Shannon Smart ([smartshannon87@hotmail.com](mailto:smartshannon87@hotmail.com)). Website needs can be directed to Doug Huber ([d-ah@telus.net](mailto:d-ah@telus.net)) or Doug Kipta ([dugi@shaw.ca](mailto:dugi@shaw.ca)).*