



CDSRA Newsletter

November 2007 - <http://www.cdsra.com>

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The November ART class will be an exciting opportunity for members of the CDSRA to learn from members of other refereeing and officiating communities in the City of Calgary. We have invited representatives from the following sports to attend our meeting (Volleyball, Basketball, Football, Baseball, and Hockey).

We will have a series of questions prepared for all participants in the session and we look forward to generating great questions and learning as much as we from this revolutionary concept of getting together with officials from many other sports in Calgary. If there is anything that you would like to ask of officials from other sports in Calgary, bring yourself and your questions to the November ART class on the 20th at the Optimist Arena meeting room.

Upcoming A.R.T. Classes

Tuesday November 20th
Optimist Arena, 7 P.M.
"Open Forum"

December 2007
There is **no** ART class for December. Happy Holidays!

To all CDSRA members that are selling the Grey Cup tickets as our major fundraiser for the year, please return all money to Pierre Leroux **ASAP**. If you have actually sold your tickets in advance of the Grey Cup and can bring the money to the November ART class on the 20th that would be even better.

Just a reminder to all members that there is no ART class for December, and that our January ART class will take place at the Calgary Soccer Center and will be an evaluation of an indoor game. We will take the opportunity to watch one of our members in action and generate some discussion based on the game and the official's work during the game.

We should congratulate our members who have been invited to participate in CIS Nationals in Halifax this month. Congratulations to CDSRA members Kim Skow, Sara Bradshaw and Darci Konowalchuk who were appointed to this very prestigious and high level tournament in Nova Scotia this year. We all look forward to hearing stories from your travels and participation in this tournament.

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"Aw, come on ref - that was a dive.....!"

Grey Cup Tickets

REMEMBER to send in your sale receipts and ticket stubs to Pierre Leroux by **Monday November 26th 2007**.

You can drop them off in a sealed envelope addressed to Pierre at the south referee room at the Calgary Soccer Centre.

If mailing them directly to Pierre is an easier option for you, email Pierre at pileroux@shaw.ca for his address.

As many of you will have already discovered in the referee rooms located within both the Calgary Soccer Centre and the Calgary West Soccer Centre there are computers installed for your use. The local soccer associations, CMSA, CUSA, CWSA and Co-ed recognize that your contributions to the game are integral for our programs success. While we have faced some hurdles over the past few months with some of our systems the provision of the computers are there to aid you with your off field duties associated with officiating within Calgary.

You could say it's our way of saying *Thanks* for your efforts in supporting all our leagues. We also hope that you will find the immediate access to the computers beneficial for submitting your availability to the CSF Referee Scheduler, checking your assignments and submitting your Just Play ratings.

The computers are set for you to be able to access the following sites.

[Alberta Soccer Association](#)

[Calgary Minor Soccer Association](#)

[Calgary Soccer Federation](#)

[Calgary United Soccer Association](#)

[Calgary Women's Soccer Association](#)

[CSF Co-ed Indoor Soccer](#)

[Calgary and District Soccer Referee Association](#)

[Just Play Program](#)

We hope that you find this addition to the services provided by the leagues beneficial.

Pearl Doupe
CUSA

Scott Mabee
CMSA

Glenda Carr
CWSA

Mel Warman
Co-ed

Looking for a performance boost?

Head for the fridge

JILL BARKER

FOR CANWEST NEWS SERVICE

Exercisers are always looking for an edge to improve performance. Some experiment with new training methods while others invest in the latest gadget or gear. Little do they know the key to better performance can often be found in their pantry. Eating the right foods at the right time can boost energy, aid in muscle repair and delay exercise-related fatigue.

Check out the list below for food choices that can help you get the most from your workout without demanding lots of preparation. You'll notice sports bars and sports drinks are absent from the list. While both have their place in sports nutrition — especially during long bouts of exercise, when topping up energy stores is vital — there are plenty of real foods that offer the right combination of nutrients and performance benefits for the active population.

Cereal and fruit

Cold or hot cereals are a good source of carbohydrates, which is the primary energy source for workouts that last longer than a few seconds. Whole-grain cereals like Total and Cheerios fend off hunger longer than low-fibre brands. Just be careful as high-fibre options can lead to mandatory bathroom breaks if you don't time your morning snack and your morning workout properly.

Pouring milk or soymilk on your cereal adds protein to your carbohydrates, which makes your bowl of cereal a good option any time of the day. Protein aids in muscle building and repair and can be beneficial when taken either before or immediately after a workout.

Add vitamin-C rich fruit, like strawberries or raspberries, to your cereal. Not only will you benefit from additional vitamins and minerals; the vitamin C helps absorb the iron found in most cereals, offering more bang for your cereal buck.

Low-fat fruit yogurt

A good source of protein, carbohydrates and calcium, yogurt is a great before- and after-exercise snack. The single-serving containers offer just the right mix of protein and carbs to enhance post-exercise recovery and at about 50 calories per 100-gram container, one or two yogurts 30 to 60 minutes before your workout will offer a pre-exercise energy boost without leaving that “I can’t believe I ate the whole thing” feeling.

The portability of yogurt also makes it a great snack to stuff in your kit bag for a quick post-exercise snack. Bring low-fat granola or dried cereal in a ziplock bag and combine with yogurt for a satisfying and nutritious snack.

Chocolate milk

The perfect post-exercise snack, this popular drink refuels tired muscles and repairs minor tissue damage. It’s also tasty and a favourite of kids, adults and chocolate lovers everywhere. Make this carb and protein combination a standard part of your exercise cool down, drinking a carton within 30 minutes after your workout.



Get into the chocolate milk habit during tournaments, where your performance depends on refuelling tired muscles in time for the next game.

Whole grain bread/crackers and peanut butter

Spread whole-grain bread or crackers with peanut butter for a great protein and carb combination that can be eaten before or after a workout. If you exercise at lunch or right after work, keep a box of crackers and a jar of peanut butter in the office and dip in to keep energy levels from falling during a workout or to refuel after a workout.

When choosing whole grain products make sure the label says 100 per cent whole grain with the ingredients listed as whole, not refined or made with whole grain. Choosing 100per-cent whole-grain products is important as they contain antioxidant vitamin E, B vitamins and minerals like iron, selenium and magnesium, which most experts recommend consuming through food and not in supplement form. Healthy unsaturated fat like that found in peanut butter increases the body’s ability to absorb vitamin E, adding even more benefits to this tasty snack.

Eggs

Boiled, scrambled, fried (in a nonstick pan) or poached eggs offer almost every essential vitamin and mineral needed by humans, with the exception of vitamin C. They are rich in protein and contain an impressive array of amino acids, which aid in muscle recovery. Choose eggs with added omega-3 to increase their nutritional value and aid in the fight against heart disease.

Former warnings about limiting the number of eggs per week due to the risk of increasing cholesterol have been recalled. Experts now suggest eating eggs in moderation as part of a healthy low-fat diet. Eggs are

great before or after a big game, and can be boiled and left in the fridge for a quick snack when you get home.



Dried fruit, nuts and seeds

Nuts increase your intake of protein and vitamin E and reduce cholesterol levels and the risk of heart disease. Combine the healthy fat of nuts with sunflower seeds, chocolate chips and dried fruit for a tasty trail mix that boosts your level of carbohydrates, calcium, magnesium and potassium.

Store your mix in a zip-lock bag for easy munching and great portability. It doesn't take much of this caloriendense snack to curb hunger, refuel tired muscles and help replace sodium lost after a long, sweaty workout.

Soccer Study

The Calgary Soccer Federation – through the three Associations CMSA, CWSA and CUSA have embarked on a research project on into the state of soccer in Calgary today. Topics being reviewed by the research team are:

- Analysis of existing practice and game suitable facilities
- Current and projected growth rates within the sport
- Partnership opportunities for facility development and operations

As part of this process there will be focus groups held, interviews at the fields and a questionnaire to be completed by various participants. To have your voice heard you are encouraged to complete the questionnaire available online at this link **Soccer Participation & Facility Study** (https://www.surveymonkey.com/s.aspx?sm=lgRQdwwBm8Ef05pOo1i_2bbg_3d_3d)

. The results of this research will be available by the end of September to our memberships. Your cooperation and participation in this process is appreciated.

In addition to the work being undertaken on the soccer specific research there is an overall City wide SPORT Needs and Preference Study being completed. This includes looking at the needs of all 71 sports based in Calgary. Soccer will also be a participant in this project.

SPORT Needs and Preference Study

In Fall 2007 the Calgary Sport Council, in partnership with The City of Calgary, will conduct a comprehensive SPORT Needs and Preferences Study in Calgary.

Soccer organizations, among others, may be contacted by the Calgary Sport Council as part of this Study.

The Sport Needs and Preferences Study will provide the base information for a Sport 10-year Strategic Plan for sport infrastructure development and sustainability that will be presented to City Council in June 2008.

For more information visit: www.calgarysportcouncil.ca