

# Redwood League Minutes for Jan 27, 2003 - AGM

Trophies to Redwood League division winners were handed out prior to the AGM.

The Redwood Annual General Meeting convened at 7:15PM on Monday, Jan 27, 2003 at the Belmont Sports Complex.

1. At the beginning of the AGM we had special guest speaker Maureen Madden, a Physical Therapist from the [Stone Clinic](#) in San Francisco who gave an excellent talk and demonstration of exercises to help reduce knee injuries. We had quite a few coaches there, so ask them for their notes. Also, Maureen welcomed additional questions via email. MJ's notes from Maureen's talk are at the end of these minutes, however if I got anything wrong, please send me an email or post feedback.

2. Prez Mike Love talked about this Sunday's Feb-2 CYSA-North AGM, where critical proposals affecting CYSA and US Club soccer are up for a vote, and your presence will be sorely needed to help vote. Note that you need to register as your team representative by 8:55 AM.

2a. One proposal is to disallow any player transfers after July 15 of the preceding seasonal year.

2b. Right now Redwood League is part of CYSAN.

2c. District 2 has created a fund to develop a complex of 12 fields to be shared with local school/rec departments in the Coyote Creek area, at a cost of \$2.5-5M installation. If CYSAN becomes disaffiliated with USYSA, we will not be able to go to Snickers State Cup. US Club Soccer (USCS) has developed a competing national organization with "no rules" (see USCS overview slideset at [http://www.sayso.org/USCS-TheFutureIsHere\\_files/frame.htm](http://www.sayso.org/USCS-TheFutureIsHere_files/frame.htm)). A CYSAN rule would/does prevent USCS teams from using this complex or any other equipment/fields originally funded by CYSAN.

2d. CYSAN might force us to start a class 4 recreational league.

2e. Mike admitted that his name is mud with CYSAN. He submitted 11 of the 33 proposals to be voted on at the CYSAN AGM.

3. Board Members. This year we lost about half our board members. This is the 2003-2004 slate of officers who were duly elected by acclamation. New officers are listed first.

- Beth Jimison is the new Tournament Coordinator to coordinate our venues for the two District Cup weekends as well as coordinate the tournaments that are held by clubs within the league so that we will avoid conflicting tournament dates within the league. BTW, clubs must turn in their Tournament Rules before the CYSAN AGM. Make sure you specify which seasonal passes you will be using and which age groups.
- Bennett Weintraub is the new Vice President.
- Henri Pessah is the new Referee Coordinator to implement an evaluation system and take steps to ban referees who receive too many complaints and are evaluated as not being sufficiently competent. A Redwood class is being offered in East Menlo Park starting Feb-7, see <http://cysa.eapps.com/cysa/classreg.nsf/Main> to register online for this and upcoming Redwood coaching classes.

- Nori Cavallero has been Assistant District Registrar and is returning to the Redwood Board as the new Treasurer.
- Paolo Bonomo is the new Coaching Coordinator - Note that coaches must have an F license to register a team this fall.
- Tanya Sole has volunteered to be the new Secretary.
- Terry Pipp is going to fill a new Risk Management position in Redwood, which will be in concert with his District 2 position.
- Gracie Navarette is continuing as Scheduler until further notice.
- Mike Love will continue as President. He suggests that it may be time to reconsider league teams in order to ensure that players are sufficiently developed at the younger ages to be competitive for ODP. We will be using an accountant to file our initial corporate tax return this year.
- Alysia Cappa will continue to be the Registrar. This is a paid position at which Alysia has been performing exceptionally well.
- MJ Lee will continue as Publicist (and webmaster).
- Note that Linda Wright, our past Treasurer, past Prez, etc etc, is moving to Arizona. Many thanks to her for her lengthy terms of service for the Redwood League.

4. Alysia suggests putting in your transfer requests for the March State Cup before this Friday, as the proposals at the CYSAN AGM will affect whether or not transfers will be allowed for State Cup. For Spring League, Alysia clarified that Redwood teams must pay \$110 per team, plus \$20 for each player new-to-CYSA (i.e., did not play in Fall-2002 season).

## Notes from Maureen Madden's talk on preventing knee injuries

On the Stone Clinic website, Maureen has posted an article about ACL injuries in women, however, her talk and the exercises she demoed apply to both sexes. Women are 2-8 times more likely to incur ACL injuries than men. Most ACL injuries in soccer are non-contact and therefore, more muscle control and bio-mechanical efficiency should help prevent injury. There is a theory that ACL injury may be due to how women land when kicking or jumping -- women tend to land with a straight leg so that the knee and ACL are hyper-extended. They instead need to land with a bent leg by using the butt muscles more. In a study of 366 high school girls that received jump training, 80% did not suffer injuries as compared to xx% HS girls without the training. (Note this applies to other sports as well, such as basketball.)

Maureen advocated static stretching, dynamic stretching, keeping fit, proprioception, and plyometrics. Many of these techniques have example pictures on the [Stone Clinic website](#). Most of you already have your players do static stretching, and a good 30 minute warmup with stretching is essential for heating the body up and getting mentally prepared to play.

Dynamic stretching is static stretching with rotation added. Adding the rotation causes you to stretch multiple muscle (groups?) at a time and is closer to what your muscles will actually do during play. Maureen demoed dynamic stretching of the hip flexor, calf, and hamstring (which definitely stretched new areas of muscles that MJ didn't know she had, even though she does a lot of stretching). THIS is hard to describe in writing (you should have attended! It was a great talk!), but for the hip flexor, you prop your leg up at table height, make sure the knee is bent (don't hyper extend that ligament!), bend slightly

forward at the waist, and then rotate your upper body left and right. You should feel a lot of stretching of that hamstring/quad (I forget which, try it and tell me).

Keep fit by doing core strengthening of the butt and abs. Since MJ was doing some of the exercises, I don't have any notes on how to do those exercises.

Proprioception is the balancing of the strength of the ham strings and quadriceps. Again, check the stoneclinic website. A really good exercise is to step into a theraband so that it goes around both ankles, and then walk forward, backward, and sideways. Also use 2 therabands for tug of war when balancing on one leg.

Plyometrics consists of lots of jumping, with the emphasis on landing as quietly as possible (by bending the knees alot), which makes you use the hips/buttocks more. Do 5 straight up jumping, 4 single leg standing broadjumps and on the last one hold the jump, do long strides quickly and then slowly, and lastly do 360 degrees of jumping across the field, where you rotate your body 90 degrees on each jump.

For further info, contact:

Maureen Madden, PT, CSCS

The Stone Clinic

3727 Buchanan Street Suite 300

San Francisco, CA 94123

(415) 563-3110 phone

(415) 563-3301 fax

maureen@stoneclinic.com

<http://www.stoneclinic.com>