

# Redwood League Minutes for Apr 21, 2003

The Redwood Board Meeting convened at 7:30 PM on Monday, Apr 21, 2003 at the Belmont Sports Complex. All monthly board meetings will convene at 7:30 PM from now on (the third Monday of the month).

1. Spring League rosters are now officially closed and new adds to teams are no longer allowed.

## **Registrar Alysia Cappa report:**

2. Fall Registration online reg will start May-1 and close June-30. Please see Alysia's complete instructions at this document Fees are remaining the same as last year. Including fall and spring, we have registered 196 teams in 2003.

3. Abronzino release requests will be due June-13. The release meeting will be held June-15.

4. Premier League reg forms are due to the District by May-9, and they must first be signed by Mike Love. Reg cost is \$350, which is non-refundable. Subsequent paperwork

5. Belmont, Belmont Oaks, Half Moon Bay, Alpine-Menlo, and SAYSO need to respond to Alysia with the name of their club registrar for this coming Fall season. Alysia will hold a club registrars meeting next Monday Apr-28 at 7PM at T&B's. Packets will only be provided to the club registrars attending the meeting.

## **Treasurer Norrie Cavallero report:**

6. Tax returns due xxx. We have around \$50k in the Redwood League field fund. Abronzino and Delgado team fees may be going up to \$150 this Fall. District per player fees may be going up to \$11.75 CYSA + \$4 San Martin.

## **Referee Coordinator Henri Pessah report:**

7. Henri has asked Mike Fidel to schedule a Grade 8 class. Redwood League is only paying for the instructor fee and is no longer picking up the cost of the youth referee licenses.

## **Coaching Coordinator Paolo Bonomo report:**

8. No coaching classes currently scheduled because no club has requested one. If your club wants to hold a coaching class, please contact Paolo pbono@pacbell.net to set one up. It takes 30-45 days to set one up. June and July are optimal times to give these.

## **Abronzino Rep Victor Montoya report:**

9. Technically Victor is no longer coaching a Redwood team, so Redwood needs to provide a new rep to Abronzino.

10. Abronzino League online reg will start Jun-1. RWL teams will not need to register in this database, as their forms will be moved over to the Abz database.

## **Risk Management coordinator Terry Pipp report:**

11. xxxx

## **Mike Love and Norrie Cavallero reported on Tournaments:**

12. Only Juventus (Aug 17-18) and Palo Alto Tall Trees tournaments were accepted by CYSAN.

13. The CYSAN tournament schedule is now online at the CYSAN website. May-1 is the first day you can mail in your applications.

14. CYSAN tabled any 2004 tournaments that applied for international status, which would have allowed US Club soccer teams to participate. CYSAN appears to be making it difficult for any tournament to allow US Club teams to play.

**Mike Love and Norrie Cavallero reported on Tournaments:**

15. There were a number of red cards at State Cup. Please remember: If you receive a red card in league/tournament play and cannot serve your suspension prior to State Cup, you must fulfill them during State Cup. A U16B team had 3 red cards and failed to serve them at State Cup. When this was later reported, the team had to forfeit its games and was eliminated from State Cup.

16. There is a new D2 Asst Commissioner handling red cards, so it appears to be taking around 7 days before Mike is getting them. This is a few days longer than before.

17. Several RWL teams dropped out of State and Association Cups. There is about a \$300 penalty if you do not show, and Redwood has received these bills and is going to expect the clubs to pick up the costs of these fees. RWL is not going to bill the teams, since typically these teams have already disbanded.

18. District Cup will be Oct 4-5 for the olders, with a deadline of Aug-1. If any class 4 team wants to play olders, the deadline is Aug-29. The youngsters will be Nov 15-16 with a deadline of Oct-12. We will need the clubs to help host District Cup again, so in particular if a club has access to an artificial turf field, please help volunteer to host.

19. ODP Tryout letters went out from District 2. May 3-4 and 10-11 in Morgan Hill. You are not supposed to attend D1 Tryouts unless you have an address within D1. Note that D1 often does not have enough players to form a District ODP team, so sometimes players go directly to the State team.

**Mike Love reported on other business:**

20. The RWL has had a number of requests for fields, equipment, etc. However, the RWL currently has no guidelines on how to allocate the money in the field fund, so we need some proposals on how to adjudicate such requests.

21. Someone requested that we expand RWL trophies to more than 1st place teams. The Board decided against this due to the cost.

22. RWL is considering distributing pins. However, we need a new design or else to find the old design, and propose this at the next general meeting. 3000 pieces would cost around \$2000.

23. RWL is asking the clubs to let us know if they want tshirts or trophies or a combination (where RWL pays for only one choice) as the league division winner award.

24. There have been two incidents of referee assault this past Spring. In one case, two teams (U10 and U12 Boys) from the Mt Hamilton league were ejected from subsequent Spring League play after referees had been attacked by the fans and the police called in. What can we as a league do to prevent further incidents of this kind of behavior? Alysia Cappa suggested coach/player/parent codes of conduct as part of registration, other Board members have suggested implementing a "Silent Sunday". We all discussed this issue at length and agreed that the problem is that we need to educate the parents, players, coaches, and referees simultaneously. Michael Lindeburg suggested that a field marshal is necessary at each game.

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>