

May 20th 2009 Minutes

Meeting was called to order at 7:35

Suzanne Strong, massage therapist, discussed the importance of massage for post game and off-day recovery. Benefits from massage include restoring the balance by releasing stress and increasing blood flow. Massage therapy can be an important part of injury recovery by increasing blood flow to injured areas. Generally a session can range from 30 minutes to an hour. Suzanne also pointed out the importance of being properly hydrated prior to a game and as a post-game routine. Prior to a massage it's a good idea to be properly hydrated as this increases blood flow and helps the body cleanse itself. Suzanne Strong can be contact at 964-8547.

High School Standards - W.G. Annexstad presented the High School expectations for upgrade and examined how they compare to USSF expectations for each grade level. Presented was the delineation between meeting expectations for upgrade and meeting the minimum standards. Excellent reviews of key factors that assessors consider included:

- 1) Fitness
- 2) Tactical Awareness
- 3) Knowledge of Game
- 4) Foul Recognition
- 5) Player Management
- 6) Approachability
- 7) Crew Communication
- 8) Player Communication

A presentation will be posted on the website at a later time. It is recommended that both H.S. officials and MISOA members review these standards.

Scholastic - Rod Dougherty, Scholastic Director, led everyone in congratulating Lou Agochs, High School Assignor for a successful season. Though rain caused change after change to the schedules. Lou assigned over 1,140 games including an additional assignment of middle school games. Presented and approved was payment for assigning these games.

Sub-state games have been assigned, but many girls H.S. games to be completed.

Feedback from around the state is that MISOA has done a better job covering games, as a result of having more officials available to cover games and better resources to handle assignment/training.

Youth – Bonnie Larson (report read in absentia) thanked all the officials who had helped with recent tournaments and mentoring. Reminder that the Iowa Games would be held July 17-19th

(Youth) and July 24th-26th (Adult). Please contact Bonnie at 255-6559 for youth weekend and Cathie Larmie 967-5051 to help out during the adult weekend.

Adult – Jeff Birdsley reported that CIASL (Adult League) would be playing this summer at Valley Stadium. This is a competitive adult league and provides opportunities for assessment. Contact Dan Waskel, 967-3310, if interested in officiating.

Collegiate - Jim Elmer, Collegiate Director reviewed that dates are yet to be announced on the fitness and written tests. New standards are coming this year regarding fitness. For those interested in collegiate games please watch for updates as the test may be earlier this year.

Minutes approved from previous meeting.

Old business – Discussed was the need for more officials to request upgrades, as many remain at grade 8. More officials need to be assessed and promoted to grade 7, as this is a general qualification for doing H.S. centers. Contact assessor and crew chief to gain more opportunities to upgrade.

New business – For all games as the upcoming youth state cup, assessors will be made available by the IRC. Iowa is sending 14 officials to the youth regional competition. Officials are needed for Directors cup in June and boys/girls ODP this summer.

Other business – Conflicts of interest that arise when an official does games within their home school district was discussed. Since guidelines are difficult to set in this matter, it was noted that officials should always be sensitive to this issue when accepting games. Also discussed was a need to develop a better feedback method to officials regarding game performance from coaches/administrator reports.

USSF is working to change the fitness standards for officials seeking higher grades. Test will blend FIFA/MLS test with more sprinting. This new standard will not apply to the college test.

9:28 Meeting Adjourned.