

North Orange County Referee Association

April 2008 – Newsletter



President's Place

George Williams

It was very nice to see an overflowing room of members at our March meeting. I suppose we will have give away more free stuff to get you to attend the monthly meeting. That is something we can work on. Please remember, this is your association, we are here to serve your needs. If you want instruction on a certain topic, let us know. We have few tournaments for April, so as always, keep your Arbiter up to date. Spring Soccer is also in progress. This is our chance to do some on field mentoring. Cindy has done a good job of assigning two older referees and a younger referee. Younger referees, pay attention, ask questions and learn. Older referees, pass along your years of experience and answer the questions. That was you a few years ago. The Board is still working on some incentive programs for the coming season. If you have any ideas, pass them along.
Have a Happy Easter

George



VICE-PRESIDENT'S CORNER



Opps I Did It Again

Being a teacher of preteen and teenagers, I know that this was the title of a hit song by Britney Spears some years back. But I'm not talking about that. I'm talking about pulling (tearing) a calf muscle...again. I thought I was in great shape, doing games every week and some in between. But as one gets older (moi), one needs to stretch before every game and cool down after. So, feeling so good, I did **not stretch** last Saturday morning. And in the middle of my second game, I felt a twinge. I continued to ref and it got worse.

The moral to this story: no matter how old or young, in great shape or not, please take my advice and STRETCH your muscles, before every game. And at my age, just over the big "60", it's going to take a loooong time to heal. Boy, is Cindy gonna get mad if I call to cancel my scheduled games! I hope and pray that I shape up pretty soon. The big games are coming soon.

Get ready, get in shape. Exercise and stretch. Take the advice of this old man. You'll be better for it. God bless you all and keep you healthy.

Armen ❤️



ASSIGNOR's Alley

Cindy Talmage

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No Article This Month



FROM THE INSTRUCTOR/ASSESSOR

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No Article This Month



Editor's Essay

Connor Duckworth

CHSA Assignor

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NOCRA T-Shirts

At our last meeting we had a LARGE turnout of referees show up to listen to our guest speaker and come and pick up their NOCRA T-Shirt; 40 of you to be exact...it was standing room only at one point!

Shirts will still be available to get picked up for those of you that were not able to make the March Meeting.

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Know someone interested in becoming a referee?

CHSA, our recreation and signature organization that NOCRA provides, mentors, and assigns referees for is hosting a Grade 8 referee clinic for all new referees.

August 2-3, 2008 @ El Rancho Charter School, Anaheim Hills

Contact Connor Duckworth, duckworth92807@yahoo.com to sign up

Upcoming NOCRA Meetings

April 1, 2008 7:30pm @ El Rancho Charter School in Room 100

May 6, 2008 7:30pm @ El Rancho Charter School in Room 100

www.nocra.com