

# Make the Right Call



Washington Officials Association

Volume 4 Issue 8

## Eat, Drink and Be Healthy

by Chad Pearson

It is frequently stated that the body is like a race car - give it the correct fuel, including quality carbohydrates, proteins, healthy fats and fluids and performance will be top notch. A well-designed nutrition plan can increase performance in training and officiating by improving mental performance, decision-making and mood.

Proper planning can also increase energy levels and provide more efficient recovery methods with lower levels of soreness, ultimately prolonging your career as a proficient official. A proper nutrition plan consists of feeding your body energy-providing nutrients which, for officials, are primarily carbohydrates (pasta, cereals, breads, other grains and fruits and vegetables).

Proteins for the development and repair of muscles are primarily found in meats, poultry, fish, dairy products and many nuts. There are countless numbers of protein shakes and bars that are a good source of proteins. Although proteins are not a primary source of energy, they may be used in small amounts during workouts or strenuous game conditions lasting two to three hours.

Fats also play an important role in nutrition. Fats act as a continuous fuel supply during long duration activities at a low-to-moderate intensity.

Hydration, the other half to proper nutrition, is a far-too-often overlooked aspect of preparation and performance. Your body is

made of mostly fluids - around 60 percent, in fact. Performing at your best requires being properly hydrated.

Dehydration, which is the lack of water in the body resulting from inadequate intake of fluids or excessive loss of fluids through sweat, can create negative effects for anyone. Even a small amount of dehydration (losing two percent of your body weight, or just four pounds for a 200-pound person) can negatively affect performance. In warmer environments, loss of water can occur very quickly, especially considering the amount of gear and clothing worn by officials in sports such as softball and baseball. Hydrating before, during and after training or games can help minimize fluid loss, leading to improved performance in games.

Eating a quality high-carbohydrate meal (cereal bars, sandwich, pasta, fruits) one to two hours before arriving at the game site is recommended. That will be your primary source of energy. Water intake should occur throughout the day, not just during or after games. Sweat rates differ from person to person, so it is vital to distinguish how much fluid needs to be replaced during and after a game. Do not let thirst be a reminder to drink water or sports drinks. By the time thirst is experienced, it may already be too late and you will be dehydrated.

Drinking water or a sports drink during the game is highly recommended. Also, it is a good

idea to bring a cereal bar or something similar that can be eaten quickly between innings or during halftime to assist in supplying some energy to your body.

Sunflower seeds, the most common game-time snack for umpires, are another source of fuel. Eating seeds can supply sodium to the body which is lost in sweat. Plus they taste good and are easy to consume. However, since the shells need to be discarded (usually by spitting them out), small amounts of water are being taken away from the body. That makes it even more important to hydrate before, during and after a game.

It is important to consume a meal within the first hour after a game. That is the time when the body is most susceptible to the intake of quality nutrients. Proteins (lean meats, poultry, fish, eggs and dairy) should be included in the postgame meal to aid in the development and repair of muscle tissue, and provide essential amino acids. For example, a 200-pound man would require 100 grams of protein after a light to moderate intensity activity, such as training or working a game, and up to 200 grams after a more physically intense activity.

Carbohydrates should also be included at the postgame meal to replenish the energy stores depleted during a game. Again, the higher the intensity, the greater the requirement to replace what was lost.

(This article can be found in, Referee magazine, April 2013.)

### Special Points of Interest:

- A well-designed nutrition plan can increase performance
- Proper planning can also increase energy levels
- Hydration is a far-too-often overlooked aspect of preparation and performance
- Dehydration can create negative effects for anyone
- Eating a quality high-carbohydrate meal one to two hours before arriving at the game site is recommended
- Do not let thirst be a reminder to drink water or sports drink
- The higher the intensity, the greater the requirement to replace what was lost

### Inside This Issue:

Golf Tournament Plans?	2
Keynote Speaker Announced	2
Officials' Recognition Program	2
Baseball Update	3
Softball Update	3
Soccer Update	3
Men in Striped Shirts	4

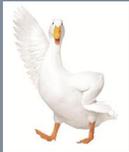
Reprinted with written permission from Referee magazine.

For subscription information contact Referee magazine at (800) 733-6100 or [www.referee.com](http://www.referee.com)



Jim Dills, Twin City

Photo Courtesy of Max Howard



## Aflac Has Landed at WOA

AFLAC has designed a web site for officials interested in looking into the benefits currently being offered to WOA members. Please take the time to visit the web site if you are interested in finding out more about these options. The web site is: [www.aflac.com/woa](http://www.aflac.com/woa).

Please contact Steve Pohlman if you would like to discuss these options or are looking for additional information. Steve can be reached at 206.310.9981 or [steven\\_pohlman@us.aflac.com](mailto:steven_pohlman@us.aflac.com)



Ron Hulen, East King County

Photo Courtesy of Dale Garvey

## Golf Tournament Plans?

It's pretty hard to imagine warm sun and dry fairways in Washington State in March, but planning is currently underway for the annual golf event which has become a big part of the WOA Conference each August. The 2013 WOA Golf Classic golf tournament will again be held at the Apple Tree Golf Resort on Friday, August 2.

This year, the golf committee arranged with the course an earlier start. The new 12:30 start time should allow all golfers to finish their rounds in

plenty of time to return to their hotel and get a shower before attending the opening night dinner and general session.

As always, the fee for the tournament will be very affordable and will include greens fees at Apple Tree Golf Course Resort, hot barbecue lunch, range balls, power carts, prizes, selected drinks and more fun than officials should be allowed to have in the off-season.

For those of you who have not participated in the past, this is a personal invitation from your

golf committee, Steve, Michael and Kevin to give the tournament a try.

In addition to the earlier starting time, we have implemented several suggestions from the post-tournament survey to enhance your experience even more.

All we need now is for you to reserve August 2 on your calendar, register when the material is sent out and encourage another official friend to come and join in the fun.

## Keynote Speaker Announced



The Washington Officials Association is pleased to announce the keynote speaker for the 2013 WOA Conference will be Mike Pereira. Mike is a former NFL official, the former Vice President of Officiating in

the National Football League as well as the interim coordinator of officiating for the Pac-12 who was charged with implementing changes in the conference's officiating programs. He is now the current Rules Analyst at FOX Sports. He began a column on FoxSports.com and started to provide commentary during Fox Sports telecasts. In 2012, Sports Illustrated named Pereira as one of the NFL's most indispensable broadcasting talents.

We are looking forward to hearing Mike's input on how the media has changed the officiating industry and how officials can handle the increasing scrutiny they are under at all levels.

The WOA is excited about Mike being a part of the 2013 WOA Conference and we hope you will make it a part of your summer plans as well.

Registration information will be available in April.

## Officials' Recognition Program

The Officials' Recognition Program is an area the WOA staff and Executive Board believe can become much stronger than it currently is. Over the last few years, the program has improved and many deserving officials have been recognized, but we can do better. The WOA encourages all members to work with their assigners and board members to nominate officials who are deserving of the following awards:

### **Official of the Year**

Local associations/boards nominate an official to be considered for this award. One official is selected from the pool of nominees to be the state official of the year for each sport.

### **Meritorious Service Award**

Officials are eligible to receive this award if they have 15 years of service, state tournament experience and have been active as a local board member.

### **Hall of Fame**

The most prestigious award for a member of the WOA. Inductees are selected from a pool of qualified nominees.

If you know of an official deserving of any of these awards, please contact your assigner.

## Baseball Update: Gorilla Arm

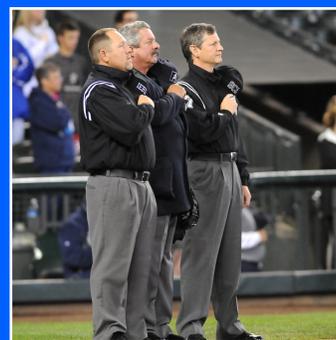
### **"Gorilla Arm"**

There has been much discussion early this season regarding the increased incidence of pitchers who choose to address the catcher with their pitching arm dangling in front of their bodies, known colloquially as the "Gorilla Arm" stance. Although this practice was banned altogether by the NFHS many years ago the Case Book did allow for some lenience in recent years. This allowance has caused some confusion, however, as to what is specifically permitted from this position.

Case Book 6.1.3 Situation P indicates that a pitcher is allowed to hang his arm motionless in front of his body as he is taking his signs. From this he is allowed to make one motion, that being to go directly into the set position. Any other motion of the pitching arm, to include swinging it back and forth or even attempting to pick-off a runner while in contact with the pitching plate is a violation and results in an illegal pitch or balk. If the pitcher wishes to do anything other than go into his stretch while in this position he must step back off the pitching plate before doing so. Once the pitcher completes his

stretch the restrictions are lifted and all other normal pitching rules apply.

Please remember that the purpose of this rule is to prevent the pitcher from gaining an unfair advantage by not having the ball visible to the base runner prior to him coming set. This Case Book allowance provides pitchers the flexibility to be able to assume this position under restricted circumstances. Coaches are encouraged to teach the proper form and restrictions to pitchers and umpires are encouraged to penalize any violations in accordance with the rules.



(l to r) Kevin Gawenit, Inland Empire; Joe Winniford, Peninsula; Dean Strong, Snohomish County

Photo Courtesy of Dale Garvey

## Softball Update: Ball Hits Batter, Stopwatch

### **Pitched Ball Hits Batter**

**8-1-2-b:** A pitched ball is entirely within the batter's box and it strikes the batter or her clothing. No attempt to avoid being hit by the pitch is required. However, the batter may not obviously try to get hit by the pitch.

**8-1-2 PEN 1:** The ball is dead. The batter is entitled to one base without liability to be put out.

**NFHS Error:** There is an error in the NFHS Rules book in regard to this change. Table 5-1 on page 43 was not updated to reflect the change to 8-1-2-b and still states "Batter awarded first except when no effort to avoid pitch or pitch is a strike".

**WIAA Omission:** An error occurred in the WIAA Coaches Rules Clinic and the slide describing 8-1-2-b was accidentally omitted from the presentation.

The combination of these two mistakes has caused a little confusion in terms of coaches knowing that the batter no longer has to make an attempt if the ball is deemed to be entirely in the batter's box. In an attempt to clarify the situation, the WIAA staff has sent out the omitted slide to the athletic administrators to share with their coaches.

### **Stopwatch**

The running game is an important and exciting part of the game. Allowing coaches in

the coach's box to use a stopwatch to time a pitcher's release to the plate and possibly the subsequent throw to second base is important information to determine if a steal should be implemented.

Coaches are currently using the timing functions on their wristwatch. This requires a coach to hold both arms up in front of their body and use both hands in order to start/stop and reset the timer. Allowing a stopwatch would free up one hand and put coaches, who choose to use a stopwatch, in a less vulnerable position to protect themselves from foul batted balls.

## Soccer Update: FIFA Laws, Red Card

### **WIAA Update**

The WIAA Representative Assembly will vote on the amendment to incorporate FIFA Laws during the next couple weeks and we will have the results in the April Newsletter.

### **Ejection Reports**

Ejections reports must be submitted for all red cards. Once the player has been

shown a red card, it is a requirement to submit the report to the WOA. If there are any concerns or additional information in regard to the card, please share this information with your assigner and they will decide whether to contact the WOA with the information.

Please also remember that there is no longer a "soft" red

in high school soccer. All red cards given to players will result in the offending team playing short the remainder of the game.

It is also important to make sure the description of events is accurate, as this information is used to determine the suspension period for the offender.



Nick Halushak, Evergreen

Photo Courtesy of Max Howard

## 2012-13 State Dance/Drill

March 22-23, 2013  
Yakima SunDome

### **Head Judge**

Claire Catt

### **Judges**

Teri Rowe  
Shelley Seeley  
Paula Perryman  
Trinity Wilson  
Keri Devine  
Jen Stokes  
Lynelle Vandenbos  
Amy HJ Anselmi  
Shayna Coyier  
Andie Webb  
Andrea Leach  
Sheila Holter  
Brittany Plumb  
Mariah Beck

## WASHINGTON OFFICIALS ASSOCIATION

435 Main Ave S  
Renton, WA 98057

425.687.8009

[www.woa-officials.com](http://www.woa-officials.com)  
[info@woa-officials.com](mailto:info@woa-officials.com)



[www.gerrydavis.com](http://www.gerrydavis.com)

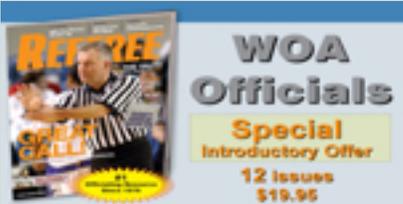
1-800-916-9088

[safe@gerrydavis.com](mailto:safe@gerrydavis.com)



Amy Wertz, Western Washington

Photo Courtesy of Max Howard



Referee Introductory Offer

<http://www.referee.com/sub/MOCWOAR/>

262-632-8855

[referee@referee.com](mailto:referee@referee.com)

## Note from the Executive Director:

The State Championships for Dance Drill was held in Yakima March 22-23, signifying the conclusion of the winter state tournaments. Overall the tournaments went quite well. As always, the lessons learned will be incorporated to future tournaments with the ultimate goal of making the tournaments more enjoyable for all participants, including the officials. Thank you for doing a great job and we are already preparing for the spring tournaments.

All region meetings have been held and it was great to see so many local leaders at their respective meeting. This is a great opportunity for dialogue about current issues, future issues and reflection on what has worked. Every now and then we have a concern or two to discuss, but for the most part there are more compliments than complaints. Thank you for taking the time to attend these meetings. They are essential in the growth of the WOA.

Throughout the journey from Spokane to Yakima to Tacoma during the recent State Basketball Tournaments, there was a common question: Why do we wear the grey shirts? or better yet, How do we go back to the black-and-white shirts? Some of you may be interested in knowing that the discussion of whether or not to wear grey shirts dates back to 1977. The WOA Basketball Committee will review the approved uniform during the development of the WOA Basketball Mechanics Illustrated.

Thank you for all you do!

Todd Stordahl

WOA Executive Director

## [www.woa-officials.com](http://www.woa-officials.com)

### The Men in Striped Shirts Contribute to Health Care

To the editor:

The patients and staff of the Providence Regional Cancer System, the hospital and foundation would like to thank the Southwest Washington Football Officials Association for its gracious donation.

On Jan 24, a leadership team of officials donated \$3,000 to the Providence Healthcare Foundation - Centralia, which will be put in the Oncology Fund within the foundation. This money will aid cancer infusion patients at the Lewis County Cancer Center.

Oftentimes, patients dealing with cancer miss appointments

because they are unable to afford the transportation costs. Or staff may notice patients are not keeping up with the nutrition requirements of chemotherapy because they can't afford the food.

The relationship between the staff and patients during chemotherapy is a special one. The nurses, especially, become an integral part of the patient's "team".

The money donated by the SWWFOA will go toward necessary equipment and services as well as compassionate care and support for cancer patients in Lewis County.

The SWWFOA raised the money at last year's golf tournament. They are already planning this year's event. It is scheduled for Saturday, Aug 10.

Anyone who would like to be involved in planning, promoting or playing in the tournament can contact the group at [swwfoa@comcast.net](mailto:swwfoa@comcast.net) or mail SWWFOA at PO Box 568, Centralia, WA 98531.

Providence Regional Cancer System  
Providence Centralia Hospital  
Providence Healthcare Foundation

This letter to the editor appeared in *The Chronicle* on February 14, 2013.



(L to R) Southwest Washington Football Officials Association members Corky Arthurs and Jay LaFrance, left, present a check for \$3,000 to Providence representatives Linda DiRenzo, foundation director; Chief Nursing Officer Jeanell Rasmussen; and Cancer Navigator Andrea Potter Jan 24 at the Lewis County Cancer Center.

Photo Courtesy of Chris Thomas