



# Southeastern Soccer Officials Association



## SSOA General Session Meeting

### *Meeting Minutes*

The SSOA held a general session meeting on March 3, 2008 at Concord Baptist Church. The members that were present at the meeting are listed at the end.

1. Craig Phillips will be heading up a committee to determine what constitutes a member in the SSOA. If you would like to be involved, please contact Craig.
2. A big thank you goes to all members who made themselves available to work scrimmages. The Board will discuss referee compensation for Jamborees for the Fall 2008 season.
3. There are many days shaping up to be very heavy game days. We need help on March 13, 14, 18, 25 and April 8. If you don't currently have games on those days, please contact Aaron Martin.
4. Buddy Edging discussed ways all members could support the SSOA:
  - Be available to do scrimmages
  - Respond with availability on heavy game days when we need help
  - Be available to do jamborees
5. The training for the meeting was **Positioning**.
6. Isaac Martinez gave an informative lecture on Conditioning. Players work hard for their sport and they deserve referees that work hard as well. There are four components to Conditioning – Endurance, Strength, Agility and Stability. He made the following recommendations:
  - Stretch after muscles are warm instead of before to prevent injury. Hold the stretch for 15-20 seconds.
  - Don't just run to get in shape, your body gets used to the same thing. Try to incorporate other activities into your training. Jumping rope and swimming are good cardio exercises.
  - Get out onto a field or grassy area and practice movements made during a game – side stepping, backpedaling, sprinting.
  - Purchase an exercise ball, it will help with stability.
  - Push ups are good for strength

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#### **SSOA Board Members:**

Rob Griffith, President  
Vann Sisemore, Treasurer  
Abby Gengozian, Secretary  
Buddy Edging, Supervisor of Officials

Buddy Edging, HS/MS Assignor  
Bill Sisk, College Commissioner  
Aaron Martin, Member at Large  
Craig Phillips, Member at Large

## Members in Attendance

*March 3, 2008 SSOA General Session Meeting*

**If your name is not on this list and you attended the meeting, you MUST sign the roll to get credit for attendance and training! You will be excused if you had a game scheduled on a meeting day.**

Steve Adkins  
Gary Beisser  
Ken Carter  
Chris Carter  
Buddy Edging  
Dokun Faduyile  
Alex Gardner  
Abby Gengozian  
Rob Griffith  
Gale Johnson  
Aaron Martin  
Isaac Martinez  
Walter Obando  
Craig Phillips  
Vann Sisemore  
Bill Sisk  
Dewayne Turner  
Aaron Welch  
Gary Welch  
Brenda Whiteside

Excused:  
Paul Adkins  
Jim Barrett  
Jose Herrera  
Dan Lawson  
Jeff Malanowski  
Ruth O'Brien  
Paul Ogutu  
Donald Parks  
Kenny Seagroves  
Tom Steer  
Matt Sweatman  
Hiko Waldon  
James Walsh  
Megan Welshofer