



# AGENDA

## IRVINE SPORTS COMMITTEE REGULAR MEETING

April 10, 2018  
7:00 PM

IRVINE CIVIC CENTER  
CONFERENCE AND TRAINING CENTER  
ONE CIVIC CENTER PLAZA  
IRVINE, CALIFORNIA

---

**Speaker's Card/Request to Speak:** If you would like to address the Sports Committee on a scheduled agenda item, please complete the [Request to Speak Form](#). Please identify on the card your name, address (optional), and the item on which you would like to speak and return to the Recording Secretary. The [Request to Speak Form](#) assists the Chair in ensuring that all persons wishing to address the Sports Committee are recognized. Your name will be called at the time the matter is heard by the Sports Committee. City policy is to limit public testimony to three minutes per speaker (unless extended by the Chair) which includes the presentation of electronic or audio visual information.

---

### CALL TO ORDER

### ROLL CALL

COMMITTEE MEMBER:	AYSO Region 213*	Dough Birozy
COMMITTEE MEMBER:	AYSO Region 144*	Brian Foster
COMMITTEE MEMBER:	Irvine Baseball Club	Jeff Peterson
COMMITTEE MEMBER:	Irvine Dolphins Baseball Club	Alex Memo
COMMITTEE MEMBER:	Irvine Girls Softball Association*	Chris Dallas
COMMITTEE MEMBER:	Irvine Knights Baseball Club	Dick Owens
COMMITTEE MEMBER:	Irvine Pony Baseball*	Dianne Tanger
COMMITTEE MEMBER:	Irvine Ranch Little League*	Keith Bangs
COMMITTEE MEMBER:	Irvine Rancheros Baseball Club	Doug Euper
COMMITTEE MEMBER:	Irvine Rangers Lacrosse*	Geoff Giglio
COMMITTEE MEMBER:	Irvine Travel Softball*	Blair Ota
COMMITTEE MEMBER:	Irvine Youth Basketball League*	Michael Pickell
COMMITTEE MEMBER:	Irvine Youth Football*	Paul King

Scan this QR code for an electronic copy of the Community Services Agenda and staff reports.



COMMITTEE MEMBER:	LA Galaxy OC*	Bryan Ableson
COMMITTEE MEMBER:	Matt Leinart Flag Football*	Ryan Bertoni
COMMITTEE MEMBER:	No Limits Baseball*	Jerry Lehman
COMMITTEE MEMBER:	Northwood Little League*	Eddie Ollmann
COMMITTEE MEMBER:	OC Nomads*	Frank Fortier
COMMITTEE MEMBER:	Orange County United FC	Bart Hess
COMMITTEE MEMBER:	Rox Baseball*	Michelle McNab
COMMITTEE MEMBER:	Ryan Lemmon Foundation	Larry Michaels
COMMITTEE MEMBER:	Simply Pure Baseball	Alex Guenette
COMMITTEE MEMBER:	Strikers FC Irvine*	Don Ebert*
COMMITTEE MEMBER:	Member-At-Large*	Dan Brady
COMMITTEE MEMBER:	Member-At-Large*	James Bailey
COMMITTEE MEMBER:	Member-At-Large*	Miram Gelfand
COMMITTEE MEMBER:	Member-At-Large*	Richard Robert
VICE CHAIR:	Cary Lambeth	So Cal Elite Sports*
CHAIR:	Jon Szczuka	Pateadores Irvine*

*\* Voting Member*

## **PLEDGE OF ALLEGIANCE**

## **INTRODUCTIONS**

## **PRESENTATIONS**

- 1. PREVENTING SPORTS INJURIES – DR. KENTON FIBEL (KERLAN-JOBE INSTITUTE)**
- 2. ATHLETICS RESERVATION POLICY (REFORMATTING)**

## **ANNOUNCEMENTS**

---

Announcements are for the purpose of presenting brief comments or reports, are subject to California Government Code Section 54954.2 of the Brown Act and are limited to 15 minutes per meeting.

---

## **COMMITTEE REPORTS**

## **PUBLIC COMMENTS**

---

Any member of the public may address the Sports Committee on items within the Sports Committee's subject matter jurisdiction but which are not listed on this agenda during Public Comments. However, no action may be taken on matters that are not part of the posted agenda. Public Comments are scheduled for 30 minutes and are limited to three minutes per person. If you wish to speak, please complete a Speaker's Form and submit it to the Recording Secretary.

---

## **1. CONSENT CALENDAR**

---

All matters listed under Consent Calendar are considered to be routine and enacted by one roll call vote. There will be no discussion of these items unless members of the Sports Committee request specific items to be removed from the Consent Calendar for separate discussion. Any member of the public may address the Sports Committee on items on the Consent Calendar. Public Comments on any item or items on the Consent Calendar are limited to three minutes per speaker. If you wish to speak to a particular item or items, please complete a Speaker's Form and give it to the Recording Secretary.

---

### **1.1 MINUTES**

#### **ACTION:**

Approve minutes of the Irvine Sports Committee Regular Meeting held January 9, 2018.

### **1.2 TOURNAMENT AND EVENTS CALENDARS**

#### **ACTION:**

Receive and file.

## **2. COMMITTEE BUSINESS**

### **2.1 PROPOSED IRVINE SPORTS COMMITTEE BYLAW AMENDMENTS**

#### **ACTION:**

Review and recommend the Community Services Commission approve the proposed amendments to the Irvine Sports Committee bylaws.

## **ADJOURNMENT**

Next Meeting: Irvine Sports Committee regular meeting, July 10, 2018, 7 p.m., Irvine Civic Center, Conference and Training Center, One Civic Center Plaza, Irvine, California.

### **NOTICE TO THE PUBLIC**

**At 11:00 p.m.**, the Irvine Sports Committee will determine which of the remaining agenda items can be considered and acted upon prior to 12:00 midnight and will continue all other items on which additional time is required until a future Sports Committee meeting. All meetings are scheduled to terminate at 12:00 midnight.

### **STAFF REPORTS**

If you have any questions regarding any item of business on the agenda for this meeting, or any of the staff reports or other documentation relating to any agenda item, please contact Irvine Sports Committee liaison at (949) 724-6155.

**SUPPLEMENTAL MATERIAL RECEIVED AFTER THE POSTING OF THE AGENDA**

Any supplemental writings or documents distributed to a majority of the Irvine Sports Committee regarding any item on this agenda after the posting of the agenda will be available for public review in the Community Services Department, One Civic Center Plaza, Irvine, California, during normal business hours. In addition, such writings or documents will be made available for public review at the respective public meeting.

**SUBMITTAL OF INFORMATION BY MEMBERS OF THE PUBLIC FOR DISSEMINATION OR PRESENTATION AT PUBLIC MEETINGS**

Written Materials/handouts:

Any member of the public who desires to submit documentation in hard copy form may do so prior to the meeting or at the time he/she addresses the Irvine Sports Committee. Please provide 15 copies of the information to be submitted and file with the Recording Secretary at the time of arrival to the meeting. This information will be disseminated to the Irvine Sports Committee at the time testimony is given.

**CITY SERVICES TO FACILITATE ACCESS TO PUBLIC MEETINGS**

**AMERICANS WITH DISABILITIES ACT:** It is the intention of the City of Irvine to comply with the Americans with Disabilities Act (ADA) in all respects. If, as an attendee or a participant at this meeting, you will need special assistance beyond what is normally provided, the City of Irvine will attempt to accommodate you in every reasonable manner. Please contact Irvine Sports Committee liaison at 949-724-6155 at least 48 hours prior to the meeting to inform us of your particular needs and to determine if accommodation is feasible. Please advise us at the time if you will need accommodations to attend or participate in meetings on a regular basis.

**COMMUNICATION DEVICES**

To minimize distractions, please be sure all personal communication devices are turned off or on silent mode.

**MEETING SCHEDULE**

Regular meetings of the Irvine Sports Committee are held on the second Tuesday of January, April, July, and October at 7 p.m., unless otherwise noted. The Irvine Sports Committee Agenda is posted in the Police Department and on the City's web page at [cityofirvine.org](http://cityofirvine.org).

I hereby certify that the agenda for the Irvine Sports Committee meeting was posted at the main entrance of City Hall and in the posting book located in the Public Safety Lobby, One Civic Center Plaza, Irvine, California on April 5, 2018 by 5:00 pm as well as on the City's web page.

  
Sports Committee Liaison



# YOUTH SPORTS INJURY PREVENTION

Kenton H. Fibel, MD

Sports Medicine

Kerlan Jobe Orthopedics, Cedars-Sinai Medical Center

April 10, 2018

**KERLAN - JOBE**  
ORTHOPAEDIC CLINIC  
A CEDARS-SINAI AFFILIATE



# Disclosure

- I have no actual or potential conflict of interest in relation to this program/presentation.

# Introduction

- UC San Diego- Undergraduate
- UC Irvine- Medical School
  - Started Sports Medicine Interest Group, event coverage
- UC San Diego- Residency in Family Medicine
  - Event coverage, high school football team physician, SMIG for medical students, didactics
- Hospital for Special Surgery- Sports Medicine Fellowship
  - served as an assistant team physician for several sports teams including the New York Giants, New York Mets, St. John's Athletics, as well as several local high school football teams.
  - served as an event physician for the Lake Placid Ironman, New York City Marathon, Brooklyn 10k, and Oakley Women's New York 10k

# Post-training

- Sports medicine practice at Hospital for Special Surgery (HSS) in New York City
- On faculty at Weill Cornell Medical College
- Lead Medical Team Physician for the New York Rangers for 3 seasons (2014-2017)

Moved to California in May 2017.....

- Sports medicine practice at Kerlan-Jobe Orthopaedics (Los Angeles and Anaheim)
- Assistant Attending Physician at Cedars-Sinai Medical Center
- Currently Lead Medical Team Physician for the Anaheim Ducks





# Injury Prevention: Changing the Focus

- According to the U.S. Centers for Disease Control (CDC), participation in organized sports is on the rise!
  - Nearly 30 million children and adolescents participate in youth sports in the United States.
  - This increase in play has led to some other startling statistics about injuries among America's young athletes:
- High school athletes account for an estimated 2 million injuries and 500,000 doctor visits and 30,000 hospitalizations each year.<sup>1</sup>
- More than 3.5 million kids under age 14 receive medical treatment for sports injuries each year
- Overuse injuries are responsible for nearly half of all sports injuries to middle and high school students
- According to the CDC, more than half of all sports injuries in children are preventable.
- Can some of these be PREVENTED?

## Types of Injuries for Soccer

- Injuries to the lower extremities are most common
- Majority are non-contact
- Ankle injuries- 16% to 29%, more frequent in males
- Knee injuries- 7% to 36%, more frequent in females
- Head/facial injuries, including concussions, account for 3% of total injuries, however, there may be significant underreporting

## Prevention Strategies

- Monitoring of field conditions (holes, uneven playing surfaces)
- Wearing proper equipment (shin guards)
- Teaching proper techniques (heading, challenging for a ball)
- Fair Play
- Comprehensive warm-up program (F-MARC II+)

# Fair Play

- Low adherence to fair play increases injury risk
- One study (Titled: When the rules of the game are broken) of competitors in 9 different sports in 100 US high schools identified 98,066 injuries over a 2-year period that occurred as a direct result of an illegal activity as ruled by a referee or disciplinary committee
  - Girls' basketball (14%) and girls' (11.9%) and boys' (11.4%) soccer had the highest rates of such injuries, most of which were concussions or other head/ facial injuries

Collins CL, Fields SK, Comstock RD. When the rules of the game are broken: what proportion of high school sports-related injuries are related to illegal activity? *Inj Prev*. 2008; 14(1):34 –38

- Proper rule enforcement and limitation of violent contact can reduce the risk of injury
- Officials, coaches, and parents emphasizing safe play with respect for one's opponents can both play significant roles in reducing contact injuries in soccer

# Concussions

- Comes from the Latin word “concutere” which means “to shake violently”
- Definition:
  - A complex pathophysiological process affecting the brain, induced by biomechanical forces caused either by a direct blow to the head, face, neck or elsewhere on the body (indirect) with an “impulsive” force transmitted to the head.

*-The 4th International Conference on Concussion in Sport in Zurich,  
Switzerland in November 2012*

# Common Features of Concussions

- Direct or Indirect force to the head
- Typically results in the rapid onset of short-lived impairment of neurological function that resolves spontaneously (may evolve over min to hours)
- Largely reflects a functional disturbance rather than a structural injury → normal CT/MRI
- May or may not involve LOC (most do not)

*-The 4th International Conference on Concussion in Sport in Zurich, Switzerland in Nov 2012*

# Many Mechanisms, Many Sports

- Not all concussions happen the same way-different mechanisms, different settings
- Concussions don't just happen in football

- Professional athletes get a great deal of attention
  - 1600 NFL players
- Much more common in high school than any other level- due to large number of participants
  - HS Sports Participants
    - Football- 1.14 million
    - Boys Soccer- 384,000
    - Girls Soccer- 345,000
    - Boys Hoops- 545,000
    - Girls Hoops- 444,000
    - NFHS 2008-09

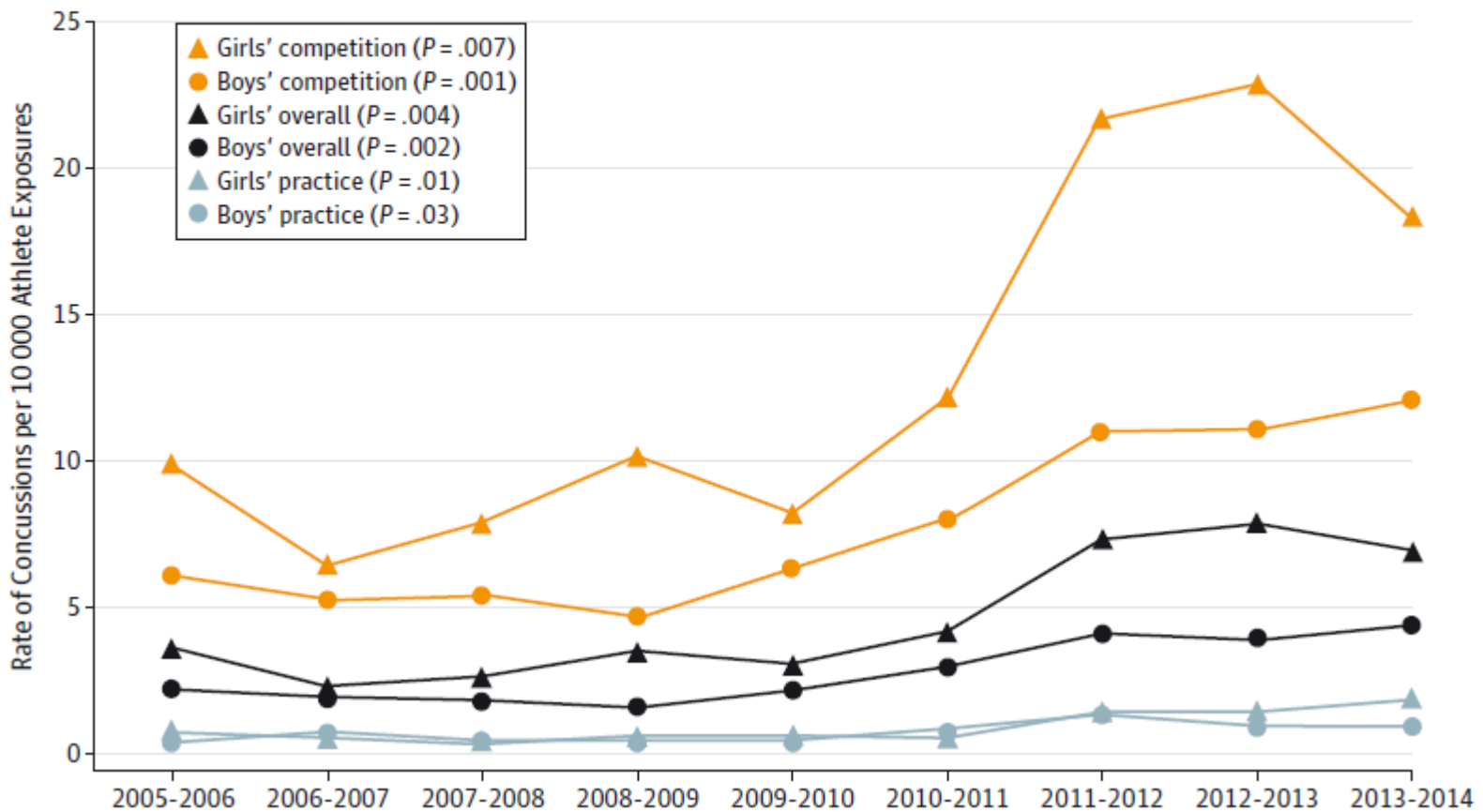
Table 2 Concussion rates per 1000 athlete exposures

Sport	Powell 1999	Schultz 2004	Hootman 2007	Gessel 2007	Lincoln 2011	Marar 2012
Level	High school	High school	College	High school	High school	High school
Years studied	1995– 1997	1996– 1999	1988– 2004	2005– 2006	1997– 2008	2008– 2010
Baseball	0.05	0.11	0.07	0.05	0.06	0.05
Softball	0.10	0.10	0.14	0.07	0.11	0.16
Boys' basketball	0.11	0.10	0.16	0.07	0.10	0.16
Girls' basketball	0.16	0.17	0.22	0.21	0.16	0.21
Boys' soccer	0.18	0.23	0.28	0.22	0.17	0.19
Girls' soccer	0.23	0.13	0.41	0.36	0.35	0.34
Football	0.59	0.33	0.37	0.47	0.60	0.64
Field hockey	0.09	NR	0.18	NR	0.10	0.22
Volleyball	0.02	NR	0.09	0.05	NR	0.06
Wrestling	0.25	0.09	0.25	0.18	0.17	0.22
Ice hockey			0.41			0.54
Overall		0.17	0.28	0.43	0.24	0.24

NR, not reported.

# Concussions Trends

Figure. Concussion Rates Over Time in Boys' and Girls' Soccer, National High School Sports-Related Injury Surveillance Study, Original Sample, 2005-2006 Through 2013-2014





# Recognizing Concussions

- Headache is the most commonly reported symptom with dizziness, the second most common
- LOC only occurs in about 10% of concussions

-American Medical Society for Sports  
Medicine position statement: concussion in  
sport. 2012

## How do you feel?

"You should score yourself on the following symptoms, based on how you feel now".

	none	mild		moderate		severe	
Headache	0	1	2	3	4	5	6
"Pressure in head"	0	1	2	3	4	5	6
Neck Pain	0	1	2	3	4	5	6
Nausea or vomiting	0	1	2	3	4	5	6
Dizziness	0	1	2	3	4	5	6
Blurred vision	0	1	2	3	4	5	6
Balance problems	0	1	2	3	4	5	6
Sensitivity to light	0	1	2	3	4	5	6
Sensitivity to noise	0	1	2	3	4	5	6
Feeling slowed down	0	1	2	3	4	5	6
Feeling like "in a fog"	0	1	2	3	4	5	6
"Don't feel right"	0	1	2	3	4	5	6
Difficulty concentrating	0	1	2	3	4	5	6
Difficulty remembering	0	1	2	3	4	5	6
Fatigue or low energy	0	1	2	3	4	5	6
Confusion	0	1	2	3	4	5	6
Drowsiness	0	1	2	3	4	5	6
Trouble falling asleep	0	1	2	3	4	5	6
More emotional	0	1	2	3	4	5	6
Irritability	0	1	2	3	4	5	6
Sadness	0	1	2	3	4	5	6
Nervous or Anxious	0	1	2	3	4	5	6

-SCAT3

## Concussion Return To Play

- Any player with a concussion should not return to play on the same day
- A new concussion law in California was enacted on January 1<sup>st</sup>, 2017
  - amendment of a previous law that now covers all athletes under the age of 18
  - suspected concussion → removed from play for the rest of the day or until evaluated by a licensed health care provider
  - athlete may not return to athletic activity until they receive written clearance by a licensed health care provider
  - If an athlete is diagnosed with a concussion, he or she must go through a graduated return to play protocol of no less than seven days under the supervision of a licensed health care provider

# Concussion Management

## Diagnosis of Concussion has been made....

- Someone should continue to monitor the player (medical personnel, coach, family member) for any signs of deterioration
  - repeated vomiting, worsening headache, sleepiness, focal neurological abnormalities, seizure, etc
- If symptoms are worsening or further concern then consider bringing player to ER
- Remember, if you send them to the ER, it is because you have a concern for something more significant than a concussion

## After Game Instructions

- Player should be with someone to monitor them over the next few hours
- Use Tylenol for headaches (avoid NSAIDs in the acute setting for theoretical risk of increasing bleed)
- Frequent awakening of athlete to check neurological status is no longer recommended
  - Sleep is restorative and good for treatment of concussion
- Followup....they should be evaluated by a medical professional trained and experienced in the management of concussions
  - assess
  - guide return to play

# HEADS+UP CONCUSSION IN HIGH SCHOOL SPORTS

A FACT SHEET FOR **ATHLETES**

## What is a concussion?

A concussion is a brain injury that:

- Is caused by a bump, blow, or jolt to the head or body.
- Can change the way your brain normally works.
- Can occur during practices or games in any sport or recreational activity.
- Can happen even if you haven't been knocked out.
- Can be serious even if you've just been "dinged" or "had your bell rung."

All concussions are serious. A concussion can affect your ability to do schoolwork and other activities (such as playing video games, working on a computer, studying, driving, or exercising). Most people with a concussion get better, but it is important to give your brain time to heal.

## What are the symptoms of a concussion?

You can't see a concussion, but you might notice **one or more** of the symptoms listed below or that you "don't feel right" soon after, a few days after, or even weeks after the injury.

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Bothered by light or noise
- Feeling sluggish, hazy, foggy, or groggy
- Difficulty paying attention
- Memory problems
- Confusion

## What should I do if I think I have a concussion?

- **Tell your coaches and your parents.** Never ignore a bump or blow to the head even if you feel fine. Also, tell your coach right away if you think you have a concussion or if one of your teammates might have a concussion.
- **Get a medical check-up.** A doctor or other health care professional can tell if you have a concussion and when it is OK to return to play.
- **Give yourself time to get better.** If you have a concussion, your brain needs time to heal. While your brain is still healing, you are much more likely to have another concussion. Repeat concussions can increase the time it takes for you to recover and may cause more damage to your brain. It is important to rest and not return to play until you get the OK from your health care professional that you are symptom-free.

## How can I prevent a concussion?

Every sport is different, but there are steps you can take to protect yourself.

- Use the proper sports equipment, including personal protective equipment. In order for equipment to protect you, it must be:
  - *The right equipment for the game, position, or activity*
  - Worn correctly and the correct size and fit
  - Used every time you play or practice
- Follow your coach's rules for safety and the rules of the sport.
- Practice good sportsmanship at all times.

**If you think you have a concussion:**  
Don't hide it. Report it. Take time to recover.

**It's better to miss one game than the whole season.**

For more information and to order additional materials **free-of-charge**, visit: [www.cdc.gov/Concussion](http://www.cdc.gov/Concussion).

U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES  
CENTERS FOR DISEASE CONTROL AND PREVENTION



June 2010

# HEADS+UP CONCUSSION IN HIGH SCHOOL SPORTS

A FACT SHEET FOR **PARENTS**

## What is a concussion?

A concussion is a brain injury. Concussions are caused by a bump, blow, or jolt to the head or body. Even a "ding," "getting your bell rung," or what seems to be a mild bump or blow to the head can be serious.

## What are the signs and symptoms?

You can't see a concussion. Signs and symptoms of concussion can show up right after the injury or may not appear or be noticed until days after the injury. If your teen reports **one or more** symptoms of concussion listed below, or if you notice the symptoms yourself, keep your teen out of play and seek medical attention right away.

Signs Observed by Parents or Guardians	Symptoms Reported by Athlete
<ul style="list-style-type: none"> <li>• Appears dazed or stunned</li> <li>• Is confused about assignment or position</li> <li>• Forgets an instruction</li> <li>• Is unsure of game, score, or opponent</li> <li>• Moves clumsily</li> <li>• Answers questions slowly</li> <li>• Loses consciousness (even briefly)</li> <li>• Shows mood, behavior, or personality changes</li> <li>• Can't recall events prior to hit or fall</li> <li>• Can't recall events after hit or fall</li> </ul>	<ul style="list-style-type: none"> <li>• Headache or "pressure" in head</li> <li>• Nausea or vomiting</li> <li>• Balance problems or dizziness</li> <li>• Double or blurry vision</li> <li>• Sensitivity to light or noise</li> <li>• Feeling sluggish, hazy, foggy, or groggy</li> <li>• Concentration or memory problems</li> <li>• Confusion</li> <li>• Just not "feeling right" or is "feeling down"</li> </ul>

## How can you help your teen prevent a concussion?

Every sport is different, but there are steps your teens can take to protect themselves from concussion and other injuries.

- Make sure they wear the right protective equipment for their activity. It should fit properly, be well maintained, and be worn consistently and correctly.

- Ensure that they follow their coaches' rules for safety and the rules of the sport.
- Encourage them to practice good sportsmanship at all times.

## What should you do if you think your teen has a concussion?

- 1. Keep your teen out of play.** If your teen has a concussion, her/his brain needs time to heal. Don't let your teen return to play the day of the injury and until a health care professional, experienced in evaluating for concussion, says your teen is symptom-free and it's OK to return to play. A repeat concussion that occurs before the brain recovers from the first—usually within a short period of time (hours, days, or weeks)—can slow recovery or increase the likelihood of having long-term problems. In rare cases, repeat concussions can result in edema (brain swelling), permanent brain damage, and even death.
- 2. Seek medical attention right away.** A health care professional experienced in evaluating for concussion will be able to decide how serious the concussion is and when it is safe for your teen to return to sports.
- 3. Teach your teen that it's not smart to play with a concussion.** Rest is key after a concussion. Sometimes athletes wrongly believe that it shows strength and courage to play injured. Discourage others from pressuring injured athletes to play. Don't let your teen convince you that s/he's "just fine."
- 4. Tell all of your teen's coaches and the student's school nurse about ANY concussion.** Coaches, school nurses, and other school staff should know if your teen has ever had a concussion. Your teen may need to limit activities while s/he is recovering from a concussion. Things such as studying, driving, working on a computer, playing video games, or exercising may cause concussion symptoms to reappear or get worse. Talk to your health care professional, as well as your teen's coaches, school nurse, and teachers. If needed, they can help adjust your teen's school activities during her/his recovery.

**If you think your teen has a concussion:**  
Don't assess it yourself. Take him/her out of play. Seek the advice of a health care professional.

**It's better to miss one game than the whole season.**

For more information and to order additional materials **free-of-charge**, visit: [www.cdc.gov/Concussion](http://www.cdc.gov/Concussion).

U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES  
CENTERS FOR DISEASE CONTROL AND PREVENTION



June 2010

# Preventing Concussions?

- No consistent, reliable evidence that mouth guards or soft helmets/head guards prevent risk for concussion in soccer
- A recent study demonstrated that heading was the most common soccer-specific activity causing concussions
  - Heading-related soccer concussions were most commonly from player-player contact, not from contact with the ball
- Comstock RD, Currie DW, Pierpoint LA, et al. An Evidence-Based Discussion of Heading the Ball and Concussions in High School Soccer. *JAMA Pediatr.* 2015;169(9):830-837.  
doi:10.1001/jamapediatrics.2015.1062.
- Importance of teaching proper technique
- Fair play (keeping elbows down, straight up, high kicks)
- Important to teach proper heading technique
- General consensus to not teach purposeful heading to players younger than 10 years
- Make sure soccer balls are water-resistant, sized appropriately for age, and not hyperinflated



# Heading Technique

## Guidelines for coaching heading in soccer

By Andy Coutts, director of technical education, Minnesota Youth Soccer Association

In association with the US Youth Soccer coaching department

**Summary:** A reference for youth soccer coaches regarding age-appropriate training of heading the ball. These guidelines represent a safe, progressive and research-informed approach based on player characteristics at various stages of development and based on the amount, intensity and type of heading typically demanded of players in matches within each age group.

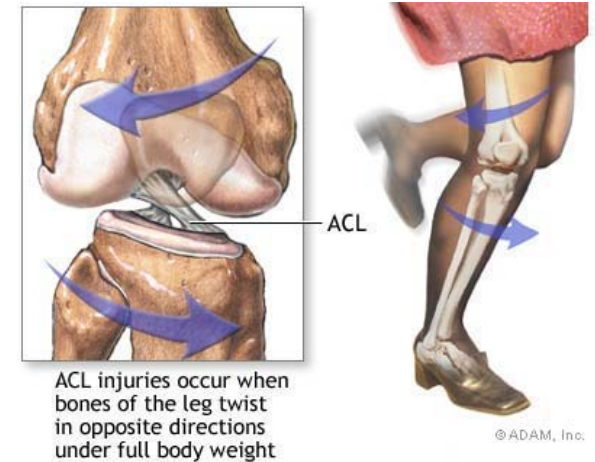
Age	Training Frequency	Methodology	Emphases
U6	None		Not appropriate to attempt heading at this age before body awareness and visual tracking become more refined
U8	No formal training	Beach ball or a soft and small ball Balance ball on forehead Head ball out of own hands/juggle and catch - Use the lightweight soccer ball	Fun and body awareness No teaching; Ensure safety for players who want to try heading a ball on their own
U10	1 activity, 0-3 times per season	Size 4 or softer ball, e.g. Nerf ball Head ball out of own hands/juggling Self-toss – use lightweight soccer ball	Comfort and basic technique ✓ Mouth closed ✓ Eyes open ✓ Hairline contact ✓ Heading at a goal
U12	1 activity, 0-1 times per week	Size 4 or softer/lighter ball, e.g. volleyball Underhand toss – use lightweight soccer ball Teammate (not coach) serves with feet <ul style="list-style-type: none"> <li>• Chipping</li> </ul> Incorporate into skill games <ul style="list-style-type: none"> <li>• e.g. Soccer-tennis</li> </ul>	Confidence and improved technique ✓ Chin tucked in (neck contracted to fix head to the trunk) ✓ Torso extension and flexion ✓ Heading to pass/heading to clear ✓ Introduce jumping; two-footed takeoff ✓ Passive opponent
U14	1-2 activities, 0-2 times per week	Size 5 or smaller ball, e.g. size 4 or 3 ball Underhand toss/throw-ins – initially use the lightweight soccer ball Teammate (not coach) serves with feet <ul style="list-style-type: none"> <li>• Chipping and crossing</li> </ul> Incorporate into training games <ul style="list-style-type: none"> <li>• e.g. Head-Catch</li> </ul>	Refined technique and basic tactics ✓ Arms slightly away from body to provide a barrier for own body/head in anticipation of contact from opponents ✓ Footwork to head ball at highest point possible; one-footed takeoff ✓ Attacking/defending headers ✓ Active opponent
U16+	1-2 activities, 1-3 times per week	Teammate/coach serves with feet Incorporate into match situations <ul style="list-style-type: none"> <li>• e.g. Set pieces</li> </ul>	Performance under pressure and body contact Refined technique and advanced tactics ✓ Footwork and body control for power and accuracy ✓ Near/far post considerations ✓ Heading to initiate counterattack/heading to clear ✓ Flick headers; create separation from opponent to avoid head-to-head contact ✓ Diving headers to score

*The Game for All Kids!*®

<https://www.usyouthsoccer.org>

# ACL Injuries

- Anterior cruciate ligament (ACL) injuries affect more than 120,000 athletes in the United States every year
- One of the most common injuries, season-ending
- Usually requires surgery (ACL reconstruction)
- Less than half of athletes who undergo reconstruction are able to return to sport within the first year after surgery
- It is estimated that as high as 1 in 4 will go on to a second knee injury
- **PREVENTION** could make a big difference in the player's season, team's season, and player's career



Hewett TE, Di Stasi SL, Myer GD. Current Concepts for Injury Prevention in Athletes After Anterior Cruciate Ligament

Reconstruction. *The American journal of sports medicine*. 2013;41(1):216-224. doi:10.1177/0363546512459638.





## Prevention Strategies

- Deficits in neuromuscular control during dynamic movements are hypothesized to be the principal culprit in both primary and secondary ACL injury risk
- Has lead to investigating ACL prevention programs....FMARC II+

Why do we think we may be able to prevent these injuries?

# Interventions Designed to Prevent Anterior Cruciate Ligament Injuries in Adolescents and Adults: A Systematic Review and Meta-analysis

Joel J. Gagnier, Hal Morgenstern and Laura Chess

*Am J Sports Med* 2013 41: 1952 originally published online September 12, 2012

DOI: 10.1177/0363546512458227

## Purpose:

- conduct review and analysis of all known comparative studies for estimating and testing the effect of neuromuscular and educational interventions on incidence of ACL injuries in both male and female adolescents and adults



## Studies Included

- 8 cohort (observational) studies and 6 randomized trials
- Approximately 27,000 participants
- Participants included males and females, adolescents and adults, amateur and professional athletes

## Types of Interventions

- Educational or instructional programs, strengthening, conditioning, proprioceptive training, neuromuscular training



## Primary Outcome

- **New occurrence of a noncontact ACL injury**

Summary Table of Characteristics of Included Studies<sup>a</sup>

Author, Year	Study Design	Study Location	Follow-up Duration	Participant Age, y	Inclusion/Exclusion Criteria	Sample Size (Control/Interv)	Sex, F:M	Type of Sport	Training Time	ACL Injuries per Group (Control/Interv)	Compliance (Control/Interv)	Dropouts in the Interv Group, %
Caraffa et al, <sup>2</sup> 1996	Cohort	Italy	3 seasons	NR	NR	300/300	NR	Soccer	20 min/d for 30 d	70/10	NR	0
Ettliger et al, <sup>4</sup> 1995	Cohort	US	3 ski seasons	NR	On-slope staff from selected ski areas	NR	NR	Skiing	NR	32/22	NR	NR
Gilchrest et al, <sup>5</sup> 2008	RCT	US	3 mo	19.8 (mean)	All NCAA Div I women's soccer teams, must have coach, ATC, AD approval/prior participation in pilot study in previous yr	852/583	All female	Soccer	3×/wk	18/7	12-37 times mean 25.8/26 = 71.7% for interv teams	32.0
Heidt et al, <sup>8</sup> 2000	RCT	US	1 y	14-18	NR	258/42	All female	Soccer	20 sessions	8/1	NR	0
Hewett et al, <sup>10</sup> 1999	Cohort	US	9 mo	14-18	NR	463/366	829:434	Soccer/ volleyball/ basketball	60-90 min 3×/wk	5/2	NR	0
Kiani et al, <sup>14</sup> 2010	Cohort	Sweden	9 mo	13-19	Female, 2007 registration, at least 2 practices/wk	729/777	All female	Soccer	20-25 min 2×/wk preseason and 1×/wk regular season	5/0	48%/52%	0
Mandelbaum et al, <sup>17</sup> 2005	Cohort	US	2 y	14-18	NR	3818/1885	All female	Soccer	20 min at discretion	67/6	96.15%/100%	0

Myklebust et al, <sup>24</sup> 2007	Cohort	Norway	3 y	NR	Elite (div) II or III/ northern Norway	1587/1113	All female	Handball	15 min 3×/wk	29/40	26%/29%	4.9
Olsen et al, <sup>25</sup> 2005	RCT	Norway	8 mo	15-17	Part of Norwegian handball, practices 1-5× per wk, 20-50 matches	879/958	808:150	Handball	15-20 min 1×/wk	10/3	81%/73%	7.1
Pasanen et al, <sup>26</sup> 2008	RCT	Finland	6 mo	24 (mean)	Official members, no major injury at study onset/major injury at study onset	201/256	All female	Floorball	20-30 min 1-3×/wk	6/4	2-45 times 69%	3.5
Petersen et al, <sup>28</sup> 2005	Cohort	Germany	1 season + 8 wk	16-18	Age, cannot be in elite division/no elite division	142/134	All female	Handball	10 min 3×/wk for 8 wks	5/1	NR	29.1
Pfeiffer et al, <sup>29</sup> 2006	Cohort	US	2 y	HS	Must have certified NATA athletic trainer	862/577	All female	Soccer/ volleyball/ basketball	20 min 2×/wk	3/3	NR	0
Soderman et al, <sup>36</sup> 2000	RCT	Sweden	6 mo	15-26	II/III Swedish div	78/62	All female	Soccer	10-15 min 3×/wk	1/4	63%	48.8
Steffen et al, <sup>37</sup> 2008	RCT	Norway	8 mo	13-17	U-17 teams, southeast regions of Norway, uninjured at start of study/injury at study onset	947/1073	All female	Football	20 min 1×/wk	5/4	2-42 times 52%	1.7

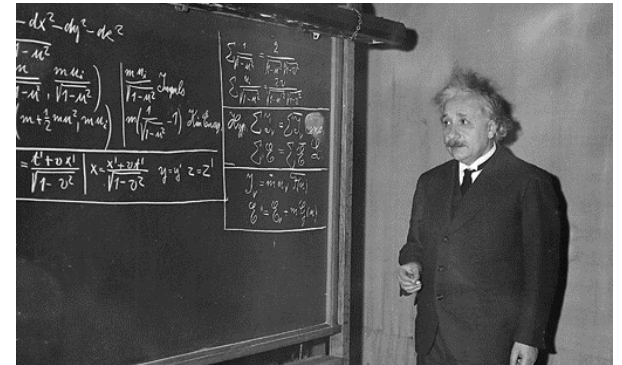
## Overall Intervention Effects

- Overall estimated Incidence Rate Ratio (IRR) was 0.49
  - implies that 51% of all potential ACL injuries in the training groups in these 14 studies were prevented by interventions (95% CI, 0.30-0.79)



## By the Numbers...

- 105 ACL injuries were observed in the 14 studies
- 51% of injuries were prevented
- Therefore, 214 ACL injuries would have occurred without the prevention programs
- 109 ACL injuries prevented



## Further Support of Protective Effects

- Estimated protective effect was stronger in studies with:
  - more training time each week
  - Studies with better compliance with training regimen

## Similar Findings?

- **Hewett et al in 2006 included 6 studies with estimated odds ratio of 0.40 in favor of neuromuscular interventions**  
(Hewett TE, Ford KR, Myer GD. Anterior cruciate ligament injuries in female athletes, part 2: a meta-analysis of neuromuscular interventions aimed at injury prevention. *Am J Sport Med.* 2006;34:490-498.)
- **Grindstaff et al in 2006 included 5 of same studies by Hewett et al and found relative risk reduction of 0.70**  
(Grindstaff TL, Hammill RR, Tuzson AE, Hertel J. Neuromuscular control training programs and noncontact anterior cruciate ligament injury rates in female athletes: a numbers-needed-to-treat analysis. *J Athl Train.* 2006;41:450-456.)
- **Yoo et al in 2007 included 7 articles focusing on female athletes and found estimated odds ratio 0.49**  
(Yoo JH, Lim BO, Ha M, et al. A meta-analysis of the effect of neuromuscular training on the prevention of the anterior cruciate ligament injury in female athletes. *Knee Surg Sports Traumatol Arthrosc.* 2010; 18(6):824-830.)

## Conclusion

- Neuromuscular and educational interventions reduce the incidence rate of ACL injuries by about 50%



# Injury Prevention Programs

- Successfully decreased lower extremity injuries including ankle sprains and hamstrings strains

- Engebretsen AH, Myklebust G, Holme I, Engebretsen L, Bahr R. **Prevention of injuries among male soccer players: a prospective, randomized intervention study targeting players with previous injuries or reduced function.** *Am J Sports Med.* 2008;36(6):1052–1060.
- Handoll HH, Rowe BH, Quinn KM, de Bie R. **Interventions for preventing ankle ligament injuries.** *Cochrane Database Syst Rev.* 2001 3):CD000018.
- Mohammadi F. Comparison of 3 **preventive methods to reduce the recurrence of ankle inversion sprains in male soccer players.** *Am J Sports Med.* 2007;35(6):922–926.
- Ergen E, Ulkar B. **Proprioception and ankle injuries in soccer.** *Clin Sports Med.* 2008;27(1):195–217. x.
- Kraemer R, Knobloch K. **A soccer-specific balance training program for hamstring muscle and patellar and achilles tendon injuries: an intervention study in premier league female soccer.** *Am J Sports Med.* 2009;37(7):1384–1393.
- Croisier JL, Ganteaume S, Binet J, Genty M, Ferret JM. **Strength imbalances and prevention of hamstring injury in professional soccer players: a prospective study.** *Am J Sports Med.* 2008;36(8):1469–1475.
- Arnason A, Andersen TE, Holme I, Engebretsen L, Bahr R. **Prevention of hamstring strains in elite soccer: an intervention study.** *Scand J Med Sci Sports.* 2008;18(1):40–48.
- Askling C, Karlsson J, Thorstensson A. **Hamstring injury occurrence in elite soccer players after preseason strength training with eccentric overload.** *Scand J Med Sci Sports.* 2003;13(4):244–250.
- Gabbe BJ, Branson R, Bennell KL. A pilot randomised controlled trial of **eccentric exercise to prevent hamstring injuries in community-level Australian football.** *J Sci Med Sport.* 2006;9(1–2):103–109



## Challenges of Injury Prevention Programs

- So much data to support them!!!
- Why are they not being used?
- Challenges to implementation and compliancy
  - Extensive time
  - Expert personnel
  - Special equipment
  - Cost

# F-MARC II+ Program

- Developed by the Federation International de Football Association (FIFA) Medical Assessment and Research Center (F-MARC)
- Benefits of this program:
  - short time frame (approx 20min to complete)
  - takes minimal training to implement
  - requires only a soccer ball (budget friendly)

**11+**

**PART 1 RUNNING EXERCISES - 8 MINUTES**

- 1. RUNNING STRAIGHT AHEAD
- 2. RUNNING HIP OUT
- 3. RUNNING HIP IN
- 4. RUNNING CIRCULING PARTNER
- 5. RUNNING SHOULDER CONTACT
- 6. RUNNING QUICK FORWARDS & BACKWARDS

**PART 2 STRENGTH · PLYOMETRICS · BALANCE - 10 MINUTES**

**LEVEL 1**

- 1. THE BENCH STATIC
- 2. SIDEWAYS BENCH STATIC
- 3. HAMSTRINGS BEGINNER
- 4. SINGLE-LEG STANCE HOLD THE BALL
- 5. SQUATS WITH TOE RAISE
- 6. JUMPING VERTICAL JUMPS

**LEVEL 2**

- 7. THE BENCH ALTERNATE LEGS
- 8. SIDEWAYS BENCH RAISE & LOWER HIP
- 9. HAMSTRINGS INTERMEDIATE
- 10. SINGLE-LEG STANCE THROWING BALL WITH PARTNER
- 11. SQUATS WALKING LUNGES
- 12. JUMPING LATERAL JUMPS

**LEVEL 3**

- 13. THE BENCH ONE LEG LIFT AND HOLD
- 14. SIDEWAYS BENCH WITH LEG LIFT
- 15. HAMSTRINGS ADVANCED
- 16. SINGLE-LEG STANCE TEST YOUR PARTNER
- 17. SQUATS ONE-LEG SQUATS
- 18. JUMPING BOX JUMPS

**PART 3 RUNNING EXERCISES - 2 MINUTES**

- 19. RUNNING ACROSS THE PITCH
- 20. RUNNING BOUNCING
- 21. RUNNING PLANT & CUT

FIFA The FA F-MARC

Grooms DR, Palmer T, Onate JA, Myer GD, Grindstaff T. Soccer-Specific Warm-Up and Lower Extremity Injury Rates in Collegiate Male Soccer Players. *Journal of Athletic Training*. 2013;48(6):782-789. doi:10.4085/1062-6050-48.4.08.

## PART 1 RUNNING EXERCISES - 8 MINUTES



### 1 RUNNING STRAIGHT AHEAD

The runner is made up of 8 to 10 pairs of participants, ideally 5 to 6 in each. Two participants in the group form the first pair of cones. They together sit in line to the left of all cones. On the next task, you can include your own participants in your running. **2 sets**



### 2 RUNNING HIP OUT

Start on the same starting point as the first pair of cones and make your hip outside. Turn out between left and right leg of consecutive cones. **2 sets**



### 3 RUNNING HIP IN

Start on the same starting point as the first pair of cones but 10 paces from the outside and hip inside. Turn out between left and right leg of consecutive cones. **2 sets**



### 4 RUNNING CIRCLING PARTNER

Run clockwise as a pair to the first cone of cones. Shuffle between the 10 paces to form a circle. Shuffle clockwise circle around one cone and then repeat back to the cone. Repeat for every pair of cones. Remember to stay on your feet and keep your feet steady by touching your feet and cones. **2 sets**



### 5 RUNNING SHOULDER CONTACT

Run forwards as a pair to the first pair of cones. Shuffle between the 10 paces to form a circle. Then jump sideways towards each other to make shoulder-to-shoulder contact.

Note: Make sure you land on both feet with your legs and knees bent. Do not remove knees backwards towards. When it is full jump and remember your landing with your feet towards in one jump and land. **2 sets**



### 6 RUNNING QUICK FORWARDS & BACKWARDS

As a pair, run quickly to the second pair of cones then run backwards quickly to the first pair of cones keeping your feet and knees slightly bent. Then repeating the sets, running forwards and back. Remember to stay on your feet. **2 sets**



PART 2 STRENGTH • PLYOMETRICS • BALANCE • 10 MINUTES

LEVEL 1



7 THE BENCH STATIC

**Starting position:** Lie on your back, supporting yourself on your forearms and feet. Your elbows should be directly under your shoulders.  
**Exercise:** Lift your body up, supported on your forearms, and pull your stomach in. Hold the position for 30-60 sec. Your body should be in a straight line. The rest is lying on each side for 30 sec. **2 sets**



8 SIDWAYS BENCH STATIC

**Starting position:** Lie on your side with the knee of your bottom leg bent to 90 degrees. Support your upper body by resting on your forearm and knee. The elbow of your supporting arm should be directly under your shoulder. **Exercise:** Lift your upper body and leg with your shoulder, hip and knee and in a straight line. Hold the position for 30-60 sec. Take a short break, change sides and repeat. **2 sets** on each side.



9 HAMSTRINGS BEGINNER

**Starting position:** Stand on a soft surface. Ask your partner to hold your ankles from behind. **Exercise:** Your body should be completely straight from the ankles to the knee throughout the exercise. Lean forward as far as you can, controlling the movement with your hamstrings and your gluteal muscles. When you can no longer hold the position, gently take your weight on your hands. Hold for 30-60 sec. Complete a minimum of 3-5 repetitions within 30 sec. **2 set**



10 SINGLE-LEG STANCE HOLD THE BALL

**Starting position:** Stand on one leg.  
**Exercise:** Balance on one leg while holding the ball with both hands. Keep your body weight on the ball of your foot. Remember to hold the ball with both hands. Hold for 30 sec. Change legs and repeat. The exercise can be made more difficult by passing the ball around your waist while you stand on either side. **2 sets**



11 SQUATS WITH TOE RAISE

**Starting position:** Stand with your feet hip-width apart. Place your hands on your feet. If you like. **Exercise:** Lift your feet up as close to 90 degrees as you can. Perform squats by bending your hips and knees to 90 degrees. Do not let your knees buckle inward. Stand upright when you get up. Repeat the exercise for 30 sec. **2 sets**



12 JUMPING VERTICAL JUMPS

**Starting position:** Stand with your feet hip-width apart. Place your hands on your feet. **Exercise:** Imagine that you are about to sit down on a chair. Bend your legs, stretch your knees and feet to squats. 90 degrees, and hold for 2 sec. Do not let your knees buckle inward. From the squat position, jump as high as you can. Land softly on the balls of your feet with your feet and knees slightly bent. Repeat the exercise for 30 sec. **2 sets**

LEVEL 2



7 THE BENCH ALTERNATE LEGS

**Starting position:** Lie on your back, supporting yourself on your forearms and feet. Your elbows should be directly under your shoulders.  
**Exercise:** Lift your body up, supported on your forearms, and pull your stomach in. Lift your leg in one hand to a 90-degree angle of 90 degrees. Continue for 30-60 sec. Your body should be in a straight line. The rest is lying on each side for 30 sec. **2 sets**



8 SIDWAYS BENCH RAISE & LOWER HIP

**Starting position:** Lie on your side with both legs straight. Lie on your forearm and the knee of your bottom leg that your body is in a straight line from the shoulder to the hip of your supporting arm should be directly under your shoulder.  
**Exercise:** Lower your leg to the ground and raise it back up again. Repeat for 30-60 sec. Take a short break, change sides and repeat. **2 sets** on each side.



9 HAMSTRINGS INTERMEDIATE

**Starting position:** Stand on a soft surface. Ask your partner to hold your ankles from behind. **Exercise:** Your body should be completely straight from the ankles to the knee throughout the exercise. Lean forward as far as you can, controlling the movement with your hamstrings and your gluteal muscles. When you can no longer hold the position, gently take your weight on your hands. Hold for 30-60 sec. Complete a minimum of 3-5 repetitions within 30 sec. **2 set**



10 SINGLE-LEG STANCE THROWING BALL WITH PARTNER

**Starting position:** Stand 3-5 m apart from your partner, with each of you standing on one leg.  
**Exercise:** Holding your balance, and with your stomach flat, throw the ball to your partner. Keep your weight on the ball of your foot. Remember that your knee should never bend and try not to let it buckle inward. Repeat for 30 sec. Change legs and repeat. **2 sets**



11 SQUATS WALKING LUNGES

**Starting position:** Stand with your feet hip-width apart. Place your hands on your feet. If you like. **Exercise:** Lift your feet up as close to 90 degrees as you can. Jump, land your leading leg and your hip and knee are flexed to 90 degrees. Do not let your knees buckle inward. To complete your upper body and feet, jump over one leg to the other leg. 11 steps on each leg and then go back. **2 sets**



12 JUMPING LATERAL JUMPS

**Starting position:** Stand on one leg with your upper body bent slightly forward from the waist, with knees and feet slightly bent.  
**Exercise:** Jump up and 1 m to either from the supporting leg to the other leg, land gently on the ball of your foot. Bend your legs and knees slightly as you land and do not let your knees buckle inward. Alternate your balance with each leg. Repeat the exercise for 30 sec. **2 sets**

LEVEL 3



7 THE BENCH ONE LEG LIFT AND HOLD

**Starting position:** Lie on your back, supporting yourself on your forearms and feet. Your elbows should be directly under your shoulders. **Exercise:** Lift your body up, supported on your forearms, and pull your stomach in. Lift one leg about 30-45 cm off the ground, and hold the position for 20-30 sec. Your body should be straight. Do not let your opposite leg dip down and do not swing it with your head back. Take a short break, change legs and repeat. **2 sets**



8 SIDWAYS BENCH WITH LEG LIFT

**Starting position:** Lie on your side with both legs straight. Lie on your forearm and the knee of your bottom leg that your body is in a straight line from the shoulder to the hip of your supporting arm should be directly under your shoulder.  
**Exercise:** Lift your supporting leg up until your knee is 90 degrees. Hold for 20-30 sec. Take a short break, change sides and repeat. **2 sets** on each side.



9 HAMSTRINGS ADVANCED

**Starting position:** Stand on a soft surface. Ask your partner to hold your ankles from behind. **Exercise:** Your body should be completely straight from the ankles to the knee throughout the exercise. Lean forward as far as you can, controlling the movement with your hamstrings and your gluteal muscles. When you can no longer hold the position, gently take your weight on your hands. Hold for 30-60 sec. Complete a minimum of 3-5 repetitions within 30 sec. **2 set**



10 SINGLE-LEG STANCE TEST YOUR PARTNER

**Starting position:** Stand on one leg opposite your partner and at arm's length apart.  
**Exercise:** Hold your feet to keep your balance, and ask your partner to count the other off balance in different directions. Try to keep your weight on the ball of your foot and prevent your knee from buckling inward. Continue for 30 sec. Change legs and repeat. **2 sets**



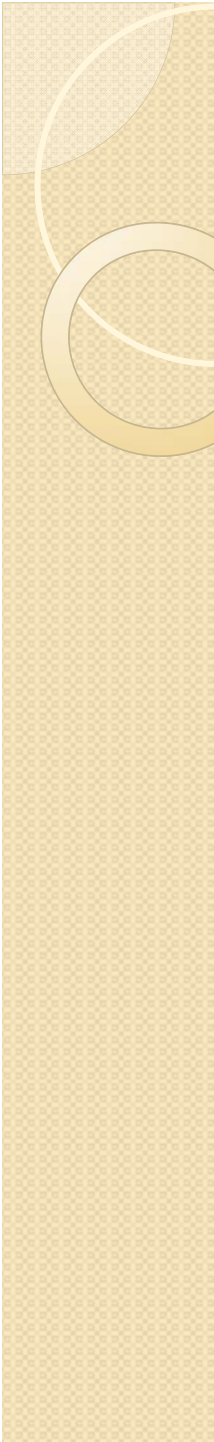
11 SQUATS ONE-LEG SQUATS

**Starting position:** Stand on one leg, hands holding with your partner.  
**Exercise:** Stand on one leg as far as you can manage. Coordinate on performing the knee from buckling inward. Bend your knee slowly then straighten it slightly when landing, keeping your hips and upper body to stay from the exercise for 30 sec on each leg. **2 sets**



12 JUMPING BOX JUMPS

**Starting position:** Stand with your feet hip-width apart. Imagine that there is a chair in front of you on the ground and you are standing in the middle of it.  
**Exercise:** Alternate between jumping forward and backward, then side to side, and diagonally across the room. Land on your feet and knees slightly as you land. Your knees and feet should be slightly bent. Land softly on the balls of your feet. Do not let your knees buckle inward. Repeat the exercise for 30 sec. **2 sets**



### PART 3 RUNNING EXERCISES - 2 MINUTES



#### 13 RUNNING ACROSS THE PITCH

Run across the pitch, from one side to the other, at 75-80% treatment pace. **2 sets**



#### 14 RUNNING BOUNDING

Run with high bounding steps with a high knee lift, landing gently on the ball of your foot. Use an exaggerated gait using the same non-dependent gait used in 13. Try not to let your bounding leg cross the middle of your body or let your knee touch the ground. Repeat the exercise until you reach the other side of the pitch. Then repeat to return. **2 sets**



#### 15 RUNNING PLANT & CUT

Use a 5-step plant step on the outside leg and cut to change direction. Accelerate and sprint 5-7 steps at high speed 80-90% treatment pace before you decelerate and 5-7 steps at high speed 80-90% treatment pace before you repeat the exercise until you reach the other side. Then repeat. **2 sets**

## Let's Change the Focus



- Prevention is possible
- Keep our athletes healthy and on the field

# Any Questions?



- Email: [kenton.fibel@kerlanjobe.com](mailto:kenton.fibel@kerlanjobe.com)



Irvine Sports Committee

FOR RECORDING SECRETARY USE ONLY

TIME SUBMITTED \_\_\_\_\_

ITEM NO. \_\_\_\_\_

# REQUEST TO SPEAK

MEETING DATE <i>April 10, 2018</i>		CHECK APPROPRIATE BOX	
		<input type="checkbox"/> AGENDIZED ITEM	<input checked="" type="checkbox"/> PUBLIC COMMENT
AGENDA TITLE OR SUBJECT TO BE ADDRESSED <i>KOREAN NATIONAL TEAM SPRING TRAINING &amp; TOURNAMENT</i>			
NAME <i>Ed Kim</i>	ORGANIZATION/GROUP AFFILIATION <i>IRVINE DOLPHINS BASEBALL CLUB</i>	PHONE* (Optional) <i>310 864-5414</i>	
ADDRESS* (Optional)		EMAIL* (Optional) <i>EDKIM04@MSN.COM</i>	

REGISTERED WITH THE CITY OF IRVINE AS A LOBBYIST?

YES If YES, provide name of lobbyist and client(s) representing:

NO

If you desire to speak before the **Commission/Committee**, complete one form for each item to be addressed and return to the Recording Secretary. Public Comment on all items (including Consent Calendar, Committee Business and the Public Comment portion of the agenda) is limited to three (3) minutes each, unless further time is granted by the presiding officer. **NOTE: Completing this form is voluntary unless you are a lobbyist representing a client in the City of Irvine pursuant to Irvine Municipal Code Section 1-7-101 through 1-7-110. This form is intended to assist the Chair in ensuring that all persons wishing to address the Commission/Committee are recognized and names of speakers are accurately reflected in the record.**

The personal information marked with an asterisk (\*) on this form will be utilized by the City for the specific and limited purpose of future City correspondence regarding the agenda title(s) or subject(s) on which you have requested to speak. Pursuant to Measure S, an initiative ordinance passed by City voters in 2008, such personal information will be kept confidential unless you expressly indicate to us otherwise or unless compelled by a court order to disclose it.



FOR RECORDING SECRETARY USE ONLY

TIME SUBMITTED \_\_\_\_\_

ITEM NO. \_\_\_\_\_

# REQUEST TO SPEAK

MEETING DATE	CHECK APPROPRIATE BOX
04/10/2018	<input type="checkbox"/> AGENDIZED ITEM <input checked="" type="checkbox"/> PUBLIC COMMENT

AGENDA TITLE OR SUBJECT TO BE ADDRESSED

Whistle - A dedicated service that connects game officials with events across every

NAME	ORGANIZATION/GROUP AFFILIATION	PHONE* (Optional)
Oliver Barton	Whistle	949 500 1138. level of sports

ADDRESS* (Optional)	EMAIL* (Optional)
5151 California Ave. Suite 100, Irvine, CA 92617	obarton@wearewhistle.com

REGISTERED WITH THE CITY OF IRVINE AS A LOBBYIST?

YES    If YES, provide name of lobbyist and client(s) representing:

NO

If you desire to speak before the **Commission/Committee**, complete one form for each item to be addressed and return to the Recording Secretary. Public Comment on all items (including Consent Calendar, Committee Business and the Public Comment portion of the agenda) is limited to three (3) minutes each, unless further time is granted by the presiding officer. **NOTE: Completing this form is voluntary unless you are a lobbyist representing a client in the City of Irvine pursuant to Irvine Municipal Code Section 1-7-101 through 1-7-110. This form is intended to assist the Chair in ensuring that all persons wishing to address the Commission/Committee are recognized and names of speakers are accurately reflected in the record.**

The personal information marked with an asterisk (\*) on this form will be utilized by the City for the specific and limited purpose of future City correspondence regarding the agenda title(s) or subject(s) on which you have requested to speak. Pursuant to Measure S, an initiative ordinance passed by City voters in 2008, such personal information will be kept confidential unless you expressly indicate to us otherwise or unless compelled by a court order to disclose it.



WHERE SPORT MEETS GAME OFFICIALS

# Who we are

With headquarters based in Irvine, California and additional offices in Belfast and London, sports and technology is at the heart of everything we do.

Our leadership team each understand the critical role game officials play, having participated in sports ranging from grassroots, high school to collegiate and professional levels.

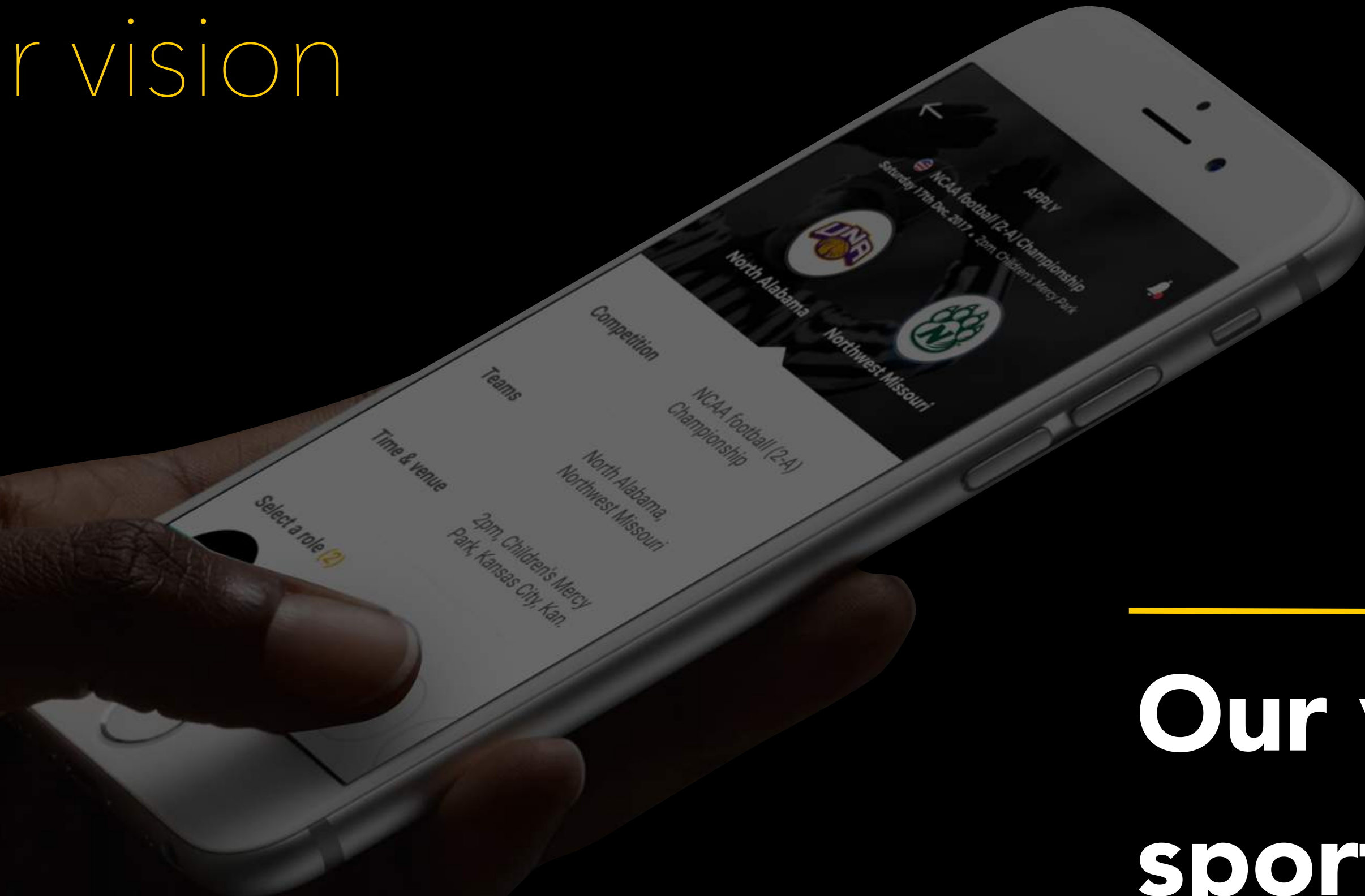
Determined to deliver a new era in technology transformation, our team in North America and Europe are aiming to shape the future of sports officiating.

Based in  
Irvine, CA





Our vision



---

**Our vision is to make sports officiating universally accessible to everybody through Whistle.**

# About

Whistle was born to remove the pain and inefficiencies out of scheduling and coordinating game officials.

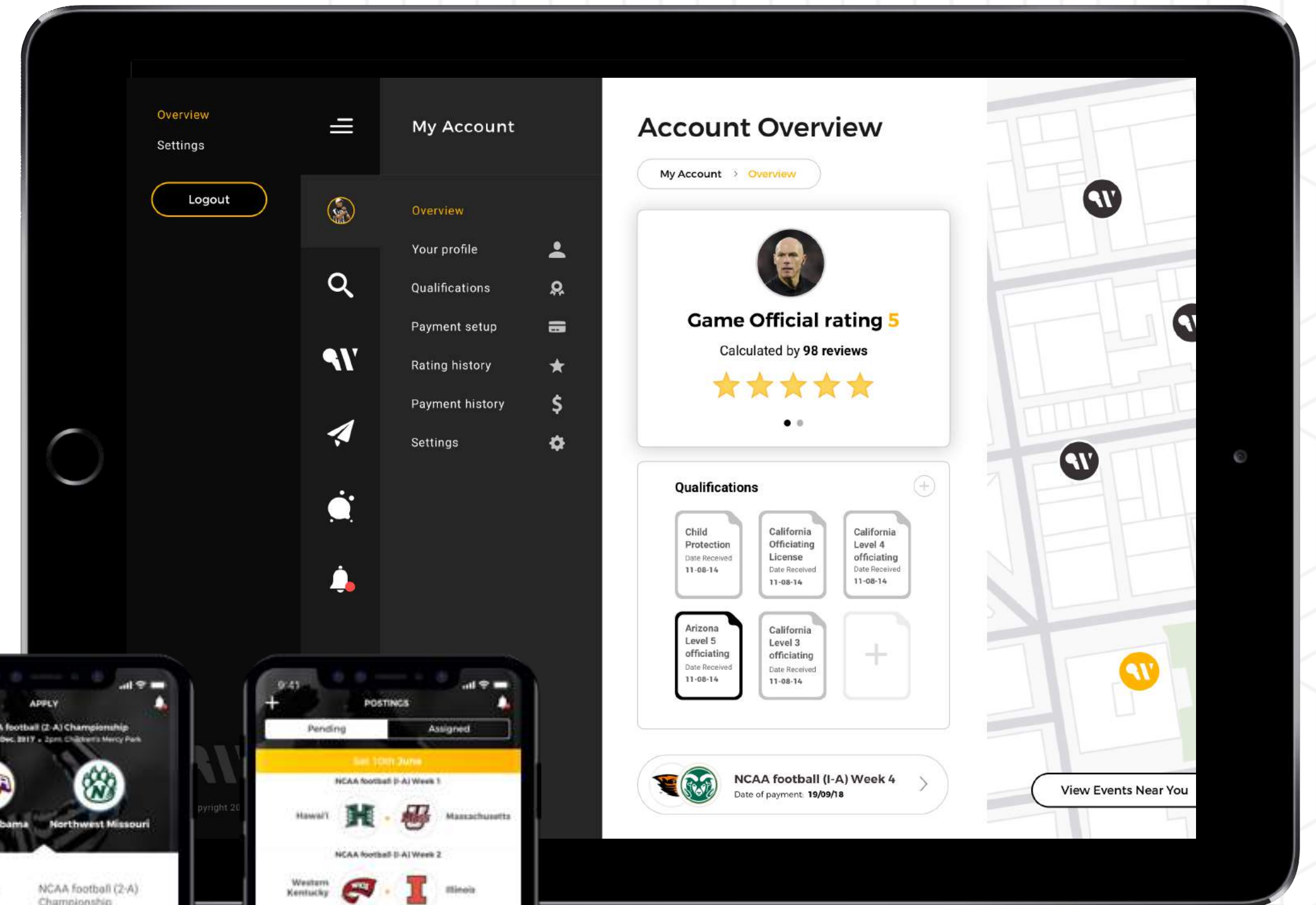
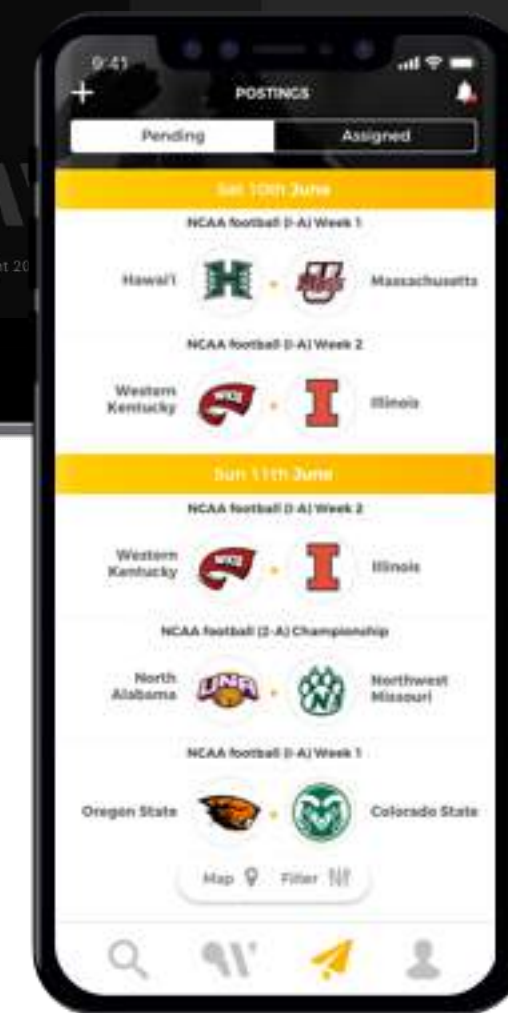
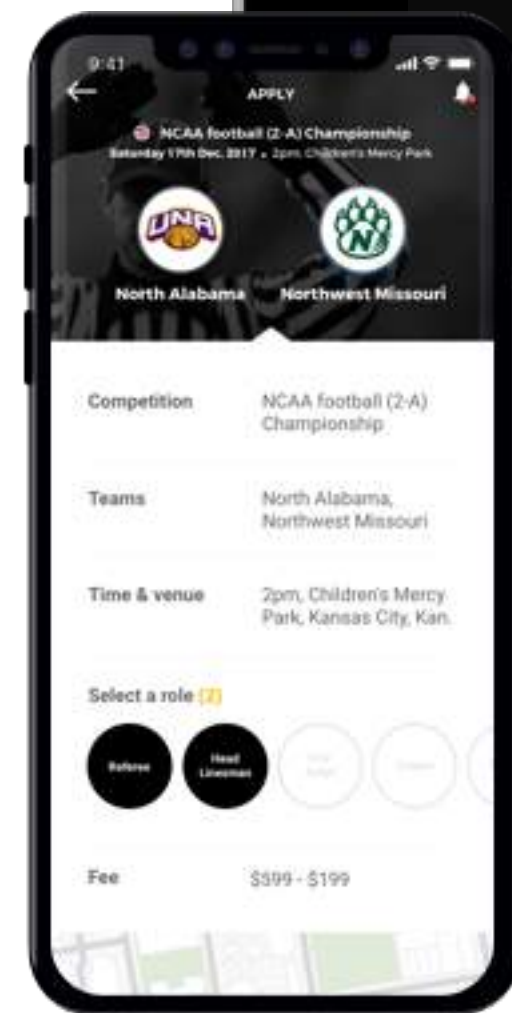
Building an inclusive service for every game official that also takes all of the distracting hassle out of holding organized sports is our greatest goal, and we're just getting started!



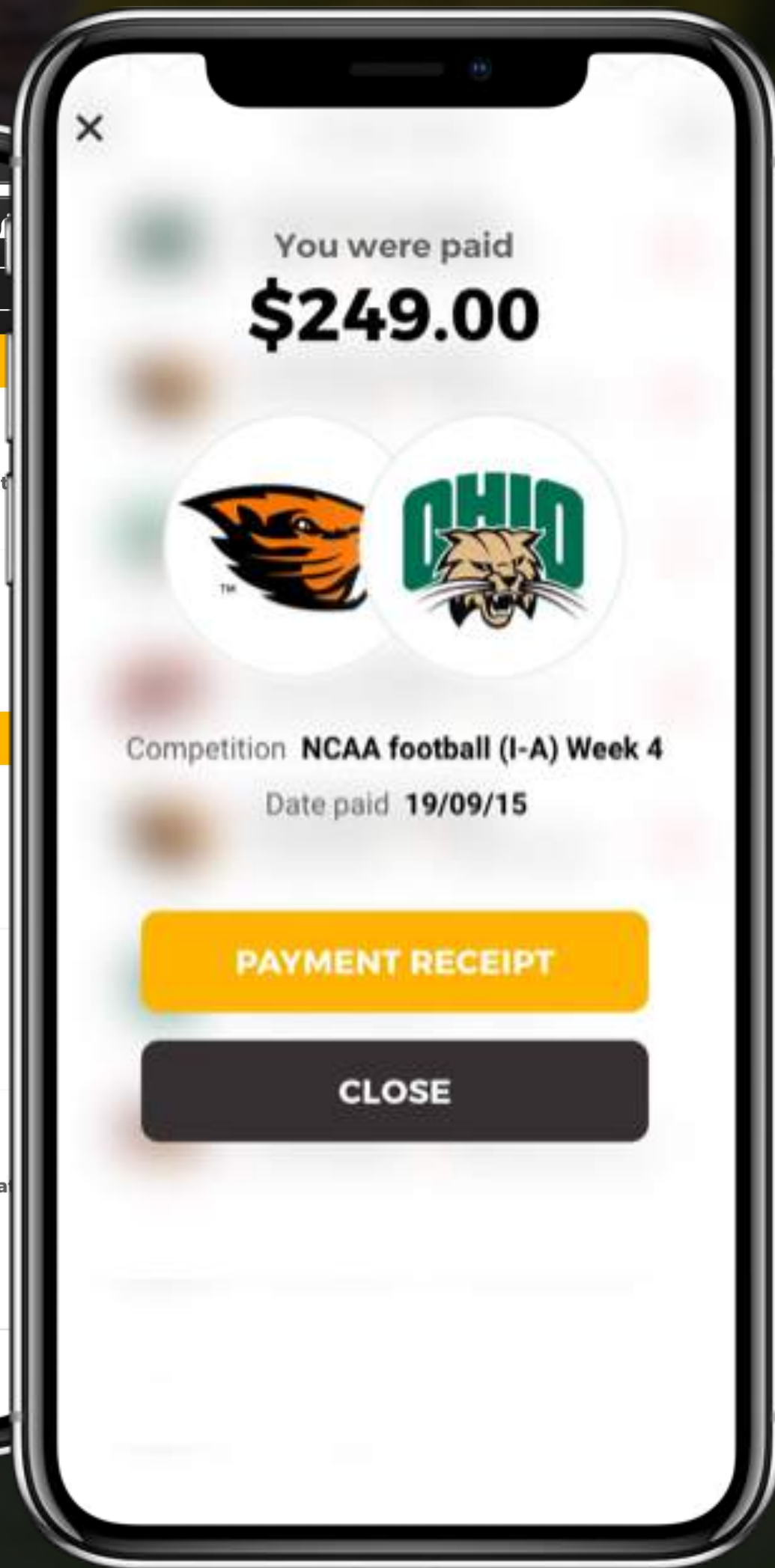
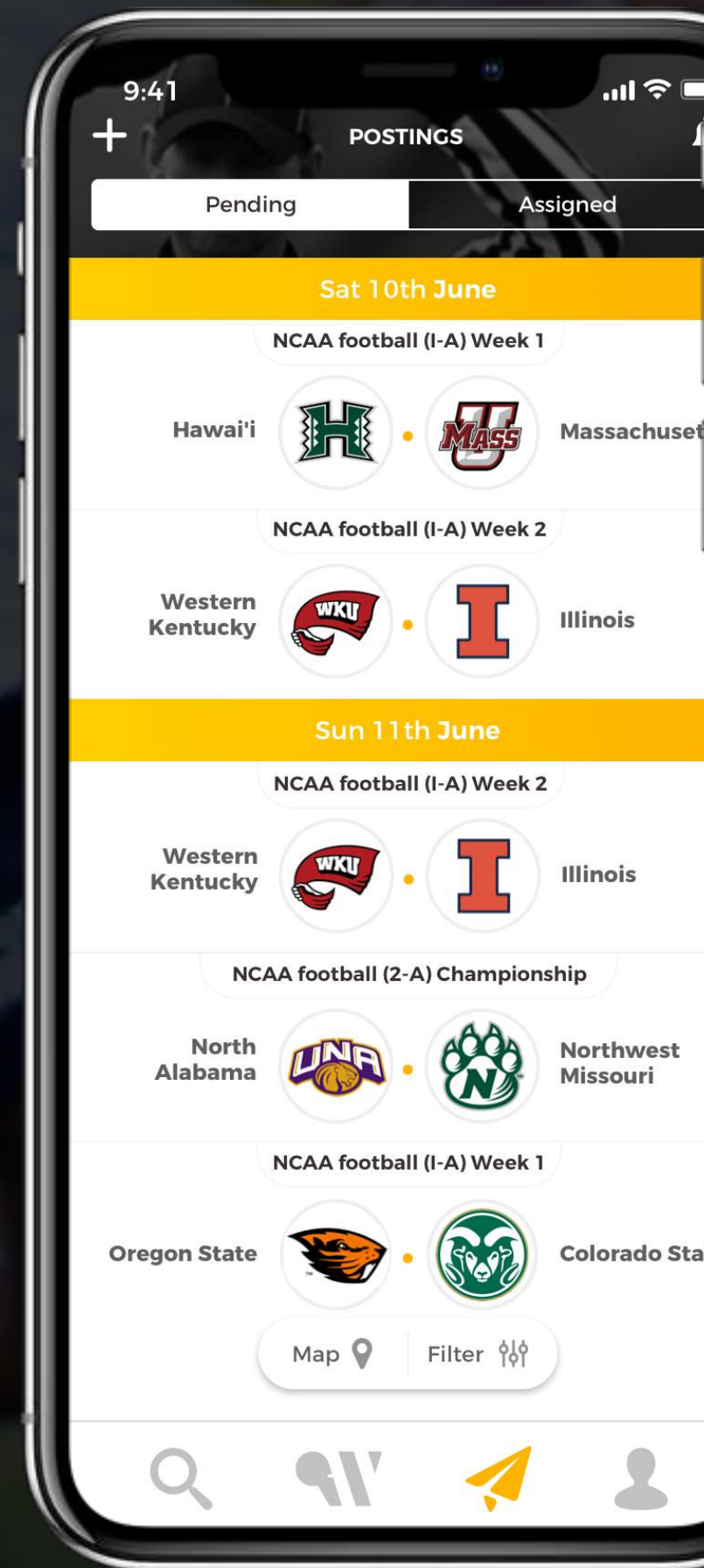
# Products

**Whistle is a dedicated service that connects game officials with events across every level of sports.**

Our engineered features and cutting-edge technology deliver an unrivaled user experience with easy access across mobile and web, whether you're at home or on the go.



# Key features



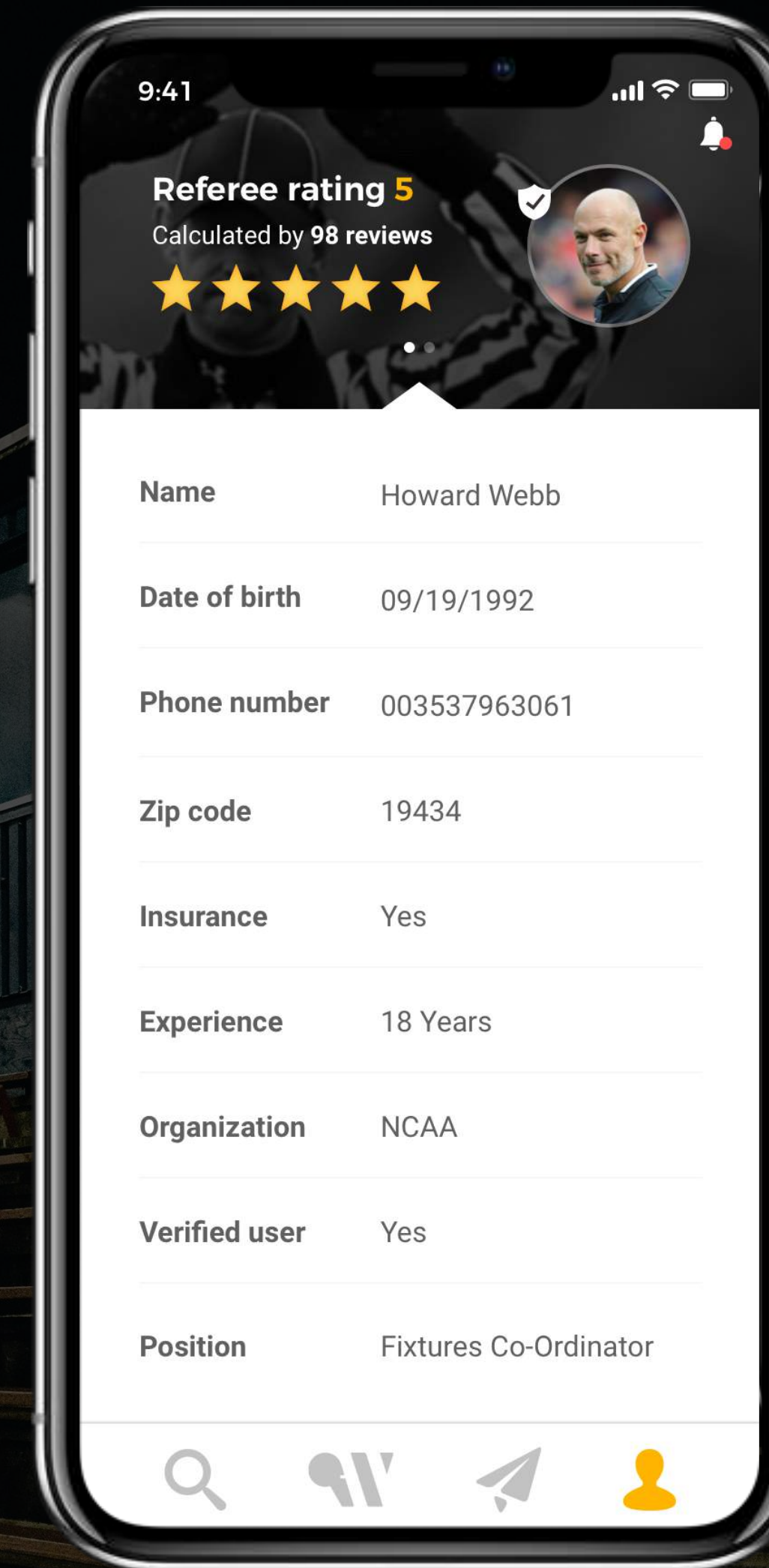
## Game officials:

- Covering 14 different sports
- GPS location-based event discovery
- Set your own schedule
- Earn more for what you love doing
- Secure direct payments
- Build up your rating
- Rate your officiating experience
- No fees

# Key features

## Assignors:

- Create your event in seconds
- Personalized search results
- Easy schedule management
- No hidden fees
- Communicate directly with game officials
- Rate game officials
- Secure automated payments
- Expand your network





**Thank you** City of Irvine.



AVAILABLE 04.30.18

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

[support@wearewhistle.com](mailto:support@wearewhistle.com)

CONSENT CALENDAR

ITEM 1.1

MINUTES





# MINUTES

## IRVINE SPORTS COMMITTEE REGULAR MEETING

January 9, 2018  
Irvine Civic Center  
Conference and Training Center  
One Civic Center Plaza  
Irvine, California

### CALL TO ORDER

The regular meeting of the Irvine Sports Committee was called to order at 7:05 p.m. by Chair Szczuka.

### ROLL CALL

#### PRESENT:

COMMITTEE MEMBER:	AYSO Region 213*	Dough Birozy
COMMITTEE MEMBER:	Irvine Dolphins Baseball Club	Clint Collins
COMMITTEE MEMBER:	Irvine Girls Softball Association*	Kevin Wong
COMMITTEE MEMBER:	Irvine Knights Baseball Club	Dick Owens
COMMITTEE MEMBER:	Irvine Pony Baseball*	Dianne Tanger
COMMITTEE MEMBER:	Irvine Ranch Little League*	Keith Bangs
COMMITTEE MEMBER:	Irvine Rancheros Baseball Club	Doug Euper
COMMITTEE MEMBER:	Irvine Rangers Lacrosse*	Geoff Giglio
COMMITTEE MEMBER:	Irvine Tigers Baseball Club	Andrew Greyoronic
COMMITTEE MEMBER:	Irvine Travel Softball*	Blair Ota
COMMITTEE MEMBER:	Irvine Youth Football*	Paul King
COMMITTEE MEMBER:	LA Galaxy OC*	Dave Brown
COMMITTEE MEMBER:	Matt Leinart Flag Football*	Ryan Bertoni
COMMITTEE MEMBER:	Northwood Little League*	Eddie Ollmann
COMMITTEE MEMBER:	OC Nomads*	Frank Fortier
COMMITTEE MEMBER:	Orange County United FC	Bart Hess
COMMITTEE MEMBER:	Rox Baseball*	Michelle McNab
COMMITTEE MEMBER:	Ryan Lemmon Foundation	Dick Owens
COMMITTEE MEMBER:	Member-At-Large*	Miram Gelfand
COMMITTEE MEMBER:	Member-At-Large*	Richard Robert
CHAIR:	Jon Szczuka	Pateadores Irvine*

**ABSENT:**

COMMITTEE MEMBER:	AYSO Region 144*	Brian Foster
COMMITTEE MEMBER:	Irvine Baseball Club	Jeff Peterson
COMMITTEE MEMBER:	Irvine Pythons Baseball Club	Mike Tous
COMMITTEE MEMBER:	Irvine Youth Basketball League*	Michael Pickell
COMMITTEE MEMBER:	Strikers FC Irvine*	Don Ebert*
COMMITTEE MEMBER:	Member-At-Large*	Vacant
COMMITTEE MEMBER:	Member-At-Large*	Vacant
VICE CHAIR:	Cary Lambeth	So Cal Elite Sports*

*\*Voting Member*

**PLEDGE OF ALLEGIANCE**

Chair Szczuka led the Pledge of Allegiance.

**INTRODUCTIONS**

Community Services Manager Crofts introduced Dan Brady (present) and James Bailey (not present) as the newly selected Members-at-Large of the Irvine Sports Committee.

**ANNOUNCEMENTS**

Manager Crofts announced that the Irvine Junior Games will be held on May 6, 2018 at the Irvine Stadium.

**COMMITTEE REPORTS**

Committee Member Owens reported on the upgrades to the stadium scoreboards at the Orange County Great Park.

**PUBLIC COMMENTS**

There were no public comments.

**1. CONSENT CALENDAR**

**ACTION:** Moved by Committee Member Bertoni, seconded by Committee Member Fortier and carried unanimously by those members present to approve the Consent Calendar as follows:

**1.1 MINUTES**

**ACTION:**

Approved the minutes of a regular meeting of the Irvine Sports Committee held on October 10, 2017.

**1.2 TOURNAMENT AND EVENTS CALENDAR**

**ACTION:**

Received and filed.

**2. COMMITTEE BUSINESS**

**2.1 PROPOSED IRVINE SPORTS COMMITTEE BYLAW AMENDMENTS**

Community Services Deputy Director Rudloff and Manager Crofts presented the proposed amendments to the Irvine Sports Committee Bylaws and responded to Committee inquiries.

**ACTION:**

Reviewed and discussed.

**ADJOURNMENT**

**Moved by Committee Member Bertoni, seconded by Committee Member Dallas, and unanimously carried by those members present to adjourn the meeting at 7:20 p.m. to a regular meeting on Tuesday, April 10, 2018 at 7 p.m.**

---

JON SZCZUKA, CHAIR

---

DATE APPROVED

---

DENA DIGGINS  
COMMUNITY SERVICES SUPERINTENDENT

**ITEM 1.2**  
**TOURNAMENT AND EVENTS**  
**CALENDAR**



# REQUEST FOR IRVINE SPORTS COMMITTEE ACTION

**MEETING DATE:** April 10, 2018

**TITLE:** TOURNAMENT AND EVENTS CALENDAR

Community Services Manager

Deputy Director of Community Services

## RECOMMENDED ACTION

Receive and provide input to the Community Services Department.

## EXECUTIVE SUMMARY

The Irvine Sports Committee (Committee) serves in an advisory body reporting to the Community Services Commission, that was established in 1979, and their purpose is to provide input on the needs of the community pertaining to Irvine's youth sports programs, facilities and services. They also strive to ensure the equitable allocation of athletic facilities.

The Sports Committee is made up of voting and non-voting organizations representing youth recreation and club sports programs. There are no term limits for board members as they serve at the pleasure of their agencies.

The Sports Committee meets quarterly to review field allocations, event calendars, and reservation and allocation policies and procedures.

The Tournament and Events Calendar (Calendar) is presented as Attachment 1 for the Committee's review, discussion and input.

## ANALYSIS

Tournaments and large events are reserved in accordance with the Public Facilities Reservation and Fee Policies and the Orange County Great Park Sports Complex Field Allocation and Fee Policy. These policies provide priorities and methodologies for approving tournaments and large events while meeting the needs of the Irvine community.

The Calendar is created to document tournament and large event requests that extend beyond the activities in the seasonal allocation process. While events remain in the planning process, the Committee reviews the Calendar to ensure facilities are adequate to meet the needs of the event, and the needs of local programs.

**ALTERNATIVES CONSIDERED**

The Committee may request a modification of one or more events.

**FINANCIAL IMPACT**

Modifications to the Calendar resulting in a reduction of tournament hours may have a financial impact.

**REPORT PREPARED BY:** Dena Diggins, Community Services Superintendent

**ATTACHMENT:**

1. Tournament and Events Calendar

**CITY OF IRVINE  
TOURNAMENTS AND EVENTS CALENDAR**

<b>TOURNAMENTS/EVENTS</b>	<b>DAYS</b>	<b>DATES</b>	<b>LOCATION</b>
Select Tournament	Fri-Sun	May 18-20, 2018	Dovecreek, Harvard
ROX Baseball Tournament	Sat-Sun	May 19-20, 2018	Quail Hill
Irvine Pony Memorial Day Baseball Tournament	Thur-Mon	May 24-28, 2018	All City Baseball Fields
Memorial Day Classic Softball Tournament	Sat-Mon	May 26-28, 2018	Bill Barber
CIF Girl's Softball Championships	Fri-Sat	June 1-2, 2018	Bill Barber
OC Coaches Softball All-Star Games	Tues	June 5-5, 2018	Bill Barber
Senior Baseball Showcase	Fri-Sat	June 8-9, 2018	Cypress, Windrow
Summertime Classic Softball Tournament	Fri-Sun	June 8-10, 2018	Various Softball Fields
Southern California National Qualifier	Fri-Sun	June 15-17, 2018	Bill Barber
Red, White and Blue Softball Tournament	Sat-Sun	June 23-24, 2018	Bill Barber, Mark Daily
Little League All-Star Tournament	Mon-Mon	June 25-July 2, 2018	Las Lomas
4th of July Firecracker Classic	Fri-Sat	June 29-July 7, 2018	Windrow, Cypress
Champions Cup Softball Tournament 16u	Thur-Mon	July 5-9, 2018	Harvard
Champions Cup Softball Tournament 14u	Fri-Sun	July 6-8, 2018	Bill Barber
Irvine Tigers 12u Home Run Derby and Tournament	Sat-Sun	July 7-8, 2018	TBA
International Softball Cup	Mon-Sun	July 9-15, 2018	Bill Barber, Cypress, David Sills
Champions Cup Softball Tournament 18u	Wed-Sun	July 11-15, 2018	Bill Barber, David Sills, Harvard, Heritage
Pony Mustang & Bronco All-Star Tournament	Thur-Sun	July 12-15, 2018	Hicks Canyon
ROX 11u Baseball Tournament	Sat-Sun	July 21-22, 2018	Hicks Canyon

## CITY OF IRVINE TOURNAMENTS AND EVENTS CALENDAR

TOURNAMENTS/EVENTS	DAYS	DATES	LOCATION
ROX 11u Baseball Tournament	Sat-Sun	July 21-22, 2018	Hicks Canyon
PGF Softball National Championships 18u/12u/10u	Sat-Fri	July 21-27, 2018	Bill Barber, Harvard
PGF Softball National Championships 16u/14u	Sun-Sat	July 29-August 4, 2018	Bill Barber, Harvard
Orange County Summer Invitational	Sat-Sun	August 4-5, 2018	Multiple City Park Sites
Maccabi Games	Mon-Thur	August 6-9, 2018	Multiple City Park Sites
Orange County Kickoff Classic Soccer Tournament (Girls)	Sat-Sun	August 18-19, 2018	Multiple City Park Sites
Orange County Kickoff Classic Soccer Tournament (Boys)	Sat-Sun	August 25-26, 2018	Multiple City Park Sites
Irvine World Cup Soccer Showcase	Sat-Sun	September 1-2, 2018	Multiple City Park Sites
Fall Classic Baseball Tournament	Fri-Mon	October 5-8, 2018	Windrow, Cypress
Fall Pumpkin Softball Tournament	Fri-Sun	October 12-14, 2018	Bill Barber, David Sills, Mark Daily
Early Thanksgiving Showcase Softball Tournament	Fri-Sun	November 16-18, 2018	Bill Barber (Sat-Sun), Harvard (Fri-Sun)
Mayor's Cup Soccer Tournament	Sat	November 17-17, 2018	Las Lomas, Northwood, Windrow, Plaza
Thanksgiving Memorial Baseball Tournament	Fri-Sun	November 23-25, 2018	Windrow, Cypress
OC Tournament of Champions	Sat-Sun	December 8-9, 2018	Soccer Fields (multiple sites)
Christmas Classic Baseball Tournament	Fri-Mon	December 14-17, 2018	Windrow, Cypress
Surf City Winter Showcase	Sat-Sun	January 12-13, 2019	Bill Barber
OC Coastal Classic Softball Tournament	Sat-Sun	January 26-27, 2019	Bill Barber, Mark Daily
Irvine Girls Softball Association - Opening Day	Sat	February 23-23, 2019	Bill Barber



**CITY OF IRVINE  
TOURNAMENTS AND EVENTS CALENDAR**

<b>TOURNAMENTS/EVENTS</b>	<b>DAYS</b>	<b>DATES</b>	<b>LOCATION</b>
Irvine Pony - Opening Day	Sat	February 23-23, 2019	Harvard
Irvine Ranch Little League - Opening Day	Sat	March 2-2, 2019	Las Lomas
Northwood Little League - Opening Day	Sat	March 2-2, 2019	Hicks Canyon
Timberwolf Classic Softball Tournament	Fri-Sat	March 8-9, 15-16, 2019	Bill Barber
Woodbridge Softball Tournament JV	Sat	March 29 & April 1, 2019	Mark Daily
Woodbridge Softball Tournament Varsity	Sat, Mon	March 29, April 1 & April 6, 2019	Bill Barber
Ryan Lemmon Invitational	Sat, Mon-Wed	March 30, April 1-3, 2019	Cypress, Windrow

**FUTURE SPECIAL EVENTS AND TOURNAMENTS**

2019 Softball World Championship	Sat-Sat	August 11-17, 2019	Bill Barber
----------------------------------	---------	--------------------	-------------

## ORANGE COUNTY GREAT PARK TOURNAMENTS AND EVENTS CALENDAR

TOURNAMENTS/EVENTS	DAYS	DATES	LOCATION
CA State Invitational - Irvine Soccer Academy	Sat - Sun	January 13 & 14, 2018	GP Sports Complex
Air Station Shootout - Victory Lacrosse	Sat - Sun	January 27 & 28, 2018	GP Sports Complex Fields 8-14
ISPF Winter Bowl 2017 - Irvine Public Schools Foundation	Sat	January 27, 2018	GP Sports Complex Fields 2-7
Cal South State Cup - Cal South Soccer	Sat - Sun	February 10 & 11, 2018	GP Sports Complex
World Series of Youth Lacrosse Qualifier - WSYL	Sat - Sun	February 17 & 18, 2018	GP Sports Complex
Matt Lienart Flag 7v7 Football Tournament	Sat	February 24, 2018	GP Sports Complex 2-7
CA Showcase 2017 - National Football Foundation	Sat	February 24, 2018	GP Sports Complex 8-14
P2H Academy 7v7 Football Tournament	Sun	February 24, 2018	GP Sports Complex 2-7
National College Showcase - Irvine Soccer Academy	Sat - Sun	March 10 & 11, 2018	GP Sports Complex
Irvine Spring Classic 2017 - OC United	Sat - Sun	March 17 & 18, 2018	GP Sports Complex
West Coast College Showcase - West Coast FC	Sat - Sun	March 24 & 25, 2018	GP Sports Complex
LA Galaxy Cup - LA Galaxy	Tues - Friday	March 27- April 1, 2018	GP Sports Complex
American Flag Football League Tournament	Sat - Sun	April 7 & 8, 2018	GP Sports Complex
Cal South State Cup - Cal South Soccer	Sat - Sun	April 14 & 15, 2018	GP Sports Complex
IMG NFA 7v7 Football - IMG Sports	Sat - Sun	April 21 & 22, 2018	GP Sports Complex 11-14
Irvine Memorial Classic 2018 - OC United	Sat - Sun	May 26 & 27, 2018	GP Sports Complex
SoCal Summer Kickoff - SoCal Lacrosse Company	Sat - Sun	June 2 & 3, 2018	GP Sports Complex
Irvine Summer Classic - OC United	Sat - Sun	June 23 & 24, 2018	GP Sports Complex

## ORANGE COUNTY GREAT PARK TOURNAMENTS AND EVENTS CALENDAR

TOURNAMENTS/EVENTS	DAYS	DATES	LOCATION
3D Lacrosse Tournament	Sat-Sun	June 30 & July 1	GP Sports Complex 8-14
U11/U12 World Challenge - OC Soccer Club	Thurs - Sun	July 12 & 15, 2018	GP Sports Complex 2-7
Pateadores Cup - Pateadores Soccer Club	Sat - Sun	July 21 & 22, 2018	GP Sports Complex 2-7
Tinseltown Throwdown - Adrenaline Lacrosse	Sat-Sun	July 21 & 22, 2018	GP Sports Complex 8-14
Preps 365 Soccer Tournament - Preps 365	Sat-Sun	July 28 & 29, 2018	GP Sports Complex 2-7
Tribz Lacrosse California Showcase - Tribz Lacrosse	Sat - Sun	July 28 & 29, 2018	GP Sports Complex 8-14
Summer Invitational - LA Galaxy OC	Sat - Sun	August 4 & 5, 2018	GP Sports Complex
West Coast Futbol Classic - West Coast Futbol Club	Sat - Sun	August 11 & 12, 2018	GP Sports Complex
OC Kick Off Classic (Girls) - OC United FC	Sat - Sun	August 18 & 19, 2018	GP Sports Complex
OC Kick Off Classic (Boys) - OC United FC	Sat - Sun	August 25 & 26, 2018	GP Sports Complex
Friendship Cup - Newport Beach Women's Soccer Association	Sat - Mon	September 1 - 3, 2018	GP Sports Complex 2-7
Lacrosse Tournament - Synapse Sports	Sat - Sun	November 10 & 11, 2018	GP Sports Complex 8-14
OC Fall Brawl - Adrenaline Lacrosse	Sat - Sun	November 17 & 18, 2018	GP Sports Complex 8-14
NAIA National Championships - Golden State Athletic Conference	Mon - Sat	November 26 - December 1	GP Championship Soccer Stadium
Tournament of Champions - LA Galaxy OC	Sat - Sun	December 8 & 9, 2018	GP Sports Complex
District 3 & 4 Commissioners Cup - Cal South	Wed - Fri	December 15 - 16, 2018	GP Sports Complex

**COMMITTEE BUSINESS**

**ITEM 2.1**

**PROPOSED IRVINE SPORTS COMMITTEE  
BYLAW AMENDMENTS**



# REQUEST FOR IRVINE SPORTS COMMITTEE ACTION

**MEETING DATE:** APRIL 10, 2018

**TITLE:** PROPOSED IRVINE SPORTS COMMITTEE BYLAW AMENDMENTS

Community Services Manager

Deputy Director of Community Services

## RECOMMENDED ACTION

Review and recommend the Community Services Commission approve the proposed amendments to the Irvine Sports Committee bylaws.

## EXECUTIVE SUMMARY

The Community Services Department provides support to the Irvine Sports Committee (Sports Committee) and other advisory bodies by providing staff liaisons and additional staff members who assist with meetings and board activities. The department is facilitating a bylaw review for advisory bodies that report to the Community Services Commission (Commission). The purpose of the review is to reflect current and best practices; achieve operational efficiencies; and incorporate annual reporting by each advisory body to the Commission on its goals and initiatives.

To date, the Sports Committee bylaw amendment process has included the following:

1. On January 9, 2018, the Sports Committee reviewed proposed amendments to the bylaws and provided input.
2. On January 17, 2018, the Commission received a presentation regarding the proposed bylaw amendments and the annual goals, initiatives, and purpose of the Sports Committee.
3. Legal counsel reviewed the proposed bylaw amendments and the proposed bylaws were updated to reflect City Attorney recommendations (Attachment 1).

Following a review of the updated bylaw amendments by the Sports Committee, the bylaws will require review and approval by the Community Services Commission.

## **ANALYSIS**

The City Attorney reviewed the Sports Committee bylaws and suggested changes in sections 3.0, 5.0, 5.1.2, 5.1.3, 6.0, 6.3, 6.3.1, 6.3.2, 7.0, 7.2, 8.3, 8.4, 8.5, and 9.0. The majority of the amendments are administrative and provide greater clarity and understanding. Amendments in Attachment 1 illustrate the removal of words with a strikethrough and additions are **highlighted in yellow**.

## **ALTERNATIVES CONSIDERED**

The Sports Committee could recommend additional language or changes to the proposed bylaws.

## **FINANCIAL IMPACT**

Sports Committee's financial impacts are minimal and included in the approved FY 2017-18 Budget.

**REPORT PREPARED BY**     Ed Crofts, Community Services Manager

## **ATTACHMENTS:**

1. Proposed Irvine Sports Committee Bylaw Amendments
2. Current Irvine Sports Committee Bylaws



# IRVINE SPORTS COMMITTEE (PROPOSED) BYLAWS

Reviewed by: Irvine Sports Committee  
April 10, 2018

## 1.0 NAME

The name of this advisory body of the City of Irvine shall be the Irvine Sports Committee (hereinafter "Committee").

## 2.0 LOCATION

The principal office for the transaction of business is hereby fixed and located at 1 Civic Center Plaza in Irvine, CA.

## 3.0 PURPOSE, MISSION, AND DUTIES

3.1 Purpose - The Committee's purpose is to serve as an advisory body to the City of Irvine Community Services Commission. The Committee shall provide input on the needs of the community pertaining to Irvine's youth sports programs, facilities and services. The Committee shall represent the interest of the entire athletic community in their deliberations and actions.

3.2 Mission - The Committee's mission is to ensure an equitable allocation of athletic facilities and maximum participation for all Irvine youth in the athletic endeavor of their choice, regardless of ability.

3.3 Duties - The Committee's duties include, but shall not be limited to, reviewing and providing input regarding reservation policies and allocation procedures, architectural drawings and other data for development of new parks and/or the rehabilitation of existing parks with athletic amenities and facilities. The Committee shall report annually to the Community Services Commission on its goals and accomplishments.

## 4.0 GENERAL STATEMENT OF POLICY

Provisions of the Irvine Municipal Code Division 4 – Commissions and Committees, are applicable to all commissions and committees appointed by or otherwise operating under authority of the City of Irvine, City Council or its delegate.

## 5.0 MEMBERSHIP

The Committee is comprised of voting and non-voting members. There are no term limits for Committee members as they serve at the will of their agencies. Irvine-based youth sports organizations (hereinafter "Organization") shall be

entitled to one representative on the Committee. Organizations shall appoint a representative to serve on the Committee on its behalf. Representatives shall be designated in writing by the Organization president or his or her equivalent. Committee members must meet all of the requirements below.

5.1 Members – The Membership on the Committee is comprised of representatives of Organizations meeting the following requirements:

5.1.1 The Organization's primary mission must include youth sports leagues and/or activities.

5.1.2 The Organization is a ~~non-for-profit~~ nonprofit corporation registered with the State of California.

5.1.3 ~~The Organization shall meet or exceed residency requirements of 90% recreation programs and 57% club programs.~~ If the Organization is a recreation program, at least 90 percent of its participants must be Irvine residents. If the Organization is a club program, at least 57 percent of its participants must be Irvine residency. In addition, club programs must meet all team residency requirements as outlined in the City's Allocation Procedure for Sports Facilities.

5.1.4 Applications for membership will be considered by the Committee annually. Organizations interested in offering a youth sports program not offered in Irvine may be considered for membership at the next regular meeting of the Committee. Applications must be received by the City of Irvine no less than 30 days prior to the scheduled meeting.

5.2 Members-at-Large – The Community Services Commission shall appoint four (4) Members-at-Large. Members-at-Large shall be selected through a public recruitment process annually. The term shall be for a period of two (2) years.

5.3 Resignation and Vacancies

5.3.1 Resignation – Any member may resign at any time by giving written notice to the Chair or Vice Chair.

5.3.2 Vacancies – In the event a vacancy is created, it shall be filled by the same method by which the vacancy was previously filled.



## 6.0 VOTING

- 6.1 One Vote Per Member – **Except as set forth in Section 6.3, each** committee members shall be entitled to one vote. Representatives are not permitted to cast votes representing more than one Organization.
- 6.2 Proxy Votes – When representatives cannot attend, the Organization may send a proxy from its own Organization to cast its vote.
- 6.3 Organizations are categorized by sport into either recreation or club program. Organizations and their representatives on the Committee will have voting privileges **as follows** under the following conditions:
- 6.3.1 Community Services Commission appointed Members-At-Large shall **each** cast one vote.
- 6.3.2 Representatives of Organizations with youth participation of 200 or more shall **each** cast one vote.
- 6.3.3 Sports that do not have a large organization with 200 or more participants shall cast one vote on behalf of the sport. The vote shall be cast by the Organization with the largest number of participants.

## 7.0 OFFICERS

Officers of the Committee shall ~~have~~ **include** a Chair and Vice Chair, each of whom shall be a member of the Committee. The officers shall be elected by the ~~membership of the~~ **Committee annually**.

- 7.1 Election – Regular election of officers shall be held at the last regular meeting in October. The term of office shall be one (1) year, commencing upon election.
- 7.2 Chair – The Chair shall ~~have~~ **be responsible for** the general supervision, direction, and control of the business and affairs of ~~this~~ **the** Committee. The Chair shall preside over all meetings and is responsible for approval of the final agenda. The Chair shall represent the Committee to the Community Services Commission, the City Council and City staff.
- 7.3 Vice Chair – In the absence or resignation of the Chair, the Vice Chair shall perform all of the duties of the Chair, and in so acting, shall have all of the authority of the Chair. The Vice Chair shall have such other powers and perform such other duties as may be prescribed by the Committee.

## 8.0 MEETINGS

All meetings shall be open to the public and shall conform to the provisions of the "Ralph M. Brown Act."

- 8.1 Agenda – Agenda items may be submitted by any Committee member upon notification to the Chair or City liaison. The agenda shall be established with items as coordinated by the Chair and City liaison. When agenda items requiring a vote are distributed less than thirty days prior to a meeting, Committee representatives shall have the right to consult their Organization's Board of Directors prior to a final vote.
- 8.2 Procedures – Robert's Rules of Order shall govern the general conduct of meetings.
- 8.3 Quorum – A majority of the voting Committee members present shall constitute a quorum. A majority vote of Committee members at a duly constituted meeting shall be required to carry a motion, proposal and/or resolution.
- 8.4 Regular Meetings – The Committee shall meet on the second Tuesday in January, April, July and October. All regular meeting notices agendas shall be posted in a location accessible to the public at least 72 hours before the time of the meeting and must describe the business to be transacted.
- 8.5 Special Meetings – A special meeting may be called at any time by the Chair or by a majority of the members of the Committee, by delivering personally, or by mail, or by email written notice to each member and by circulating the agenda as required by law, and by posting the agenda in a location freely accessible to the public at least 24 hours before the meeting. ~~notice as required by law for general circulation, and by posting notice in a location freely accessible to the public 24 hours before the time of the meeting.~~ The special meeting notice must specify both the time and the place of the meeting and the business to be transacted.
- 8.6 Organizations must be represented at no less than three-fourths of regularly scheduled Committee meetings in a twelve-month period. Failure to adhere to attendance requirements will result in the Organization losing voting privileges and subject to losing field allocation privileges. Organizations will receive written notice and a six-month grace period before allocation privileges and membership will be revoked.

**9.0 BYLAWS**

The Committee bylaws are established to regulate itself, as allowed or provided for by the City of Irvine.

- 9.1 Amendment of Bylaws – ~~These Bylaws may be amended by a three-fourth (3/4) vote of the voting membership.~~ Amendments to bylaws are subject to approval and adoption by the Community Services Commission by a majority vote of the members present.

# IRVINE SPORTS COMMITTEE

## BYLAWS

*(Revised June 7, 2011)*

**1. Purpose**

The Irvine Sports Committee shall serve in an advisory capacity to the City Council and Community Services Commission, providing input into the needs of the community pertaining to Irvine's youth sports programs, facilities and services. Primary objectives of the Committee will be to ensure an equitable allocation of athletic facilities is maintained and maximum participation is achieved for all Irvine youth in athletic endeavors of their choice, regardless of ability. The Sports Committee shall represent the entire athletic community in their deliberations and actions.

**2. Membership**

Membership shall be defined by organization. Organizations must be active members of the Irvine Sports Committee to qualify for an allocation of sports facilities. Additional requirements for allocations are included in the Allocation Procedure for Sports Facilities.

Applications for membership of new organizations and requests from current organizations to offer new programs will be considered by the Irvine Sports Committee annually at the regular meeting in October. Applications for sports programs not currently represented on the Sports Committee may be presented for consideration at any regular meeting of the Sports Committee. Applications must be received by the City of Irvine no less than 30 days prior to the scheduled meeting. The Sports Committee will forward recommendations for membership to the City for determination and final approval.

Irvine-based youth sports organizations shall be entitled to one representative on the Committee. Representatives shall be designated in writing by the organization president. Sports Committee members must meet all of the requirements below:

- A. All requirements of the Public Facilities Reservation and Fee Policy for Category II organizations.
- B. The organization's primary mission must include youth sports leagues or activities.
- C. Organizations must be represented at no less than three-fourths of regularly scheduled Sports Committee meetings in a twelve month period. Failure to adhere to attendance requirements will result in organization losing voting privileges for six months.
- D. Organizations not represented at a minimum three-fourths of regularly scheduled meetings shall not immediately lose field allocation rights. These organizations will receive written notice and a six month grace period before allocations and membership will be revoked.

The Community Service Commission shall appoint Four Members-at-Large. Members-at-Large must not miss more than two consecutive regularly scheduled Sports Committee meetings. Failure to meet this requirement will result in a letter from the Sports Committee Chairperson to the Community Services Commission advising them of this situation.

**3. Quorum**

A quorum shall consist of a minimum 51% of the voting members.

**4. Membership Voting Privileges**

Organizations are categorized by sport into either **recreation** or **club programs**. Representatives on the Sports Committee will have voting privileges under the following conditions:

- A. Community Services Commission appointed Members-At-Large shall cast one vote.
- B. Committee Members representing an organization with youth participation of 200 or more shall cast one vote.
- C. Committee Members are not permitted to cast votes representing more than one organization.
- D. Organizations providing club programs and recreation programs may cast only one vote.
- E. Committee Members representing organizations with youth participation under 200 will have one vote; as long as there is only one organization in that sport and that category (see above). If there are two or more organizations in the same sport in the same category, and all have less than 200 participants, the organization having the largest number of participants shall cast one vote. In the event all organizations have the same number of participants, the organization with the longest continuous membership on the Sports Committee shall cast the vote.

**5. Procedures**

Meetings shall be conducted under the rules of the Brown Act. Robert's Rules of Order shall serve as a guide. Objections to these procedures must be identified at the time of their occurrence.

**6. Agenda and Minutes**

The minutes of the prior meeting and agenda for the upcoming meeting shall be distributed prior to the next scheduled meeting according to the procedures and rules of the Brown Act. Agenda items may be submitted by any Sports Committee member upon notification to the Chairperson or Community Services Department liaison. The agenda shall be established with items as coordinated by the Chair and City liaison. Meetings added or rescheduled shall make every effort to provide lead time for the Committee Members.

**7. Action**

All actions shall be advisory to the Community Services Commission and City Council. Upon direction and adoption of a Committee motion, actions shall be transmitted by the Chair in writing, or in person at a Community Services Commission meeting. When agenda items requiring a vote are distributed less than thirty days prior to a meeting, Sports Committee representatives shall have the right to consult their organization's Board of Directors prior to a final vote.

**8. Officers**

The Irvine Sports Committee shall elect a Chair and Vice-Chair. These officers shall be elected by vote of the Sports Committee membership at the last regular meeting of the calendar year. The Sports Committee Chair shall preside over all meetings and is responsible for approval of the final agenda. The Chairperson shall represent the Sports Committee to the Community Services Commission, the City Council and City staff. The Vice-Chair shall assume these duties in the absence of the Chair.

**9. Duties**

The Sports Committee shall undertake the responsibility of reviewing maps, architectural drawings and other initial data for proposed parks with athletic amenities and facilities to determine their accuracy, orientation and utilization possibilities for athletic demands within the City of Irvine. They shall recommend for their use the allocation of fields per City Council approved procedures to insure full utilization, on a seasonal basis. The Sports Committee shall further advise appropriate Commissions and other City officials of their findings and recommendations for necessary actions to preclude deficiencies in the athletic functions of the City of Irvine.

**10. Amendment**

These Bylaws may be amended by a three-fourth (3/4) vote of the voting membership. If any amendment conflicts with the City Council resolution establishing the Sports Committee, the resolution takes precedence, unless changed by City Council action.