



# IAABO

## Inside the Lines

**Executive Director's Report 2017/2018**

There were many changes this year especially how instructional strategies and materials were presented to our interpreters and in turn to our membership. A system of 4 coordinators of Interpreters was created which enabled regional coverage and assistance for the local interpreter.

other materials for the Interpreter.

Many thanks to the officials of Rhode Island for allowing us to film their state tournament so that the new "You Make the Refing" film could be created as a teaching tool for all IAABO officials. This year we will

**2018 IAABO Spring Meeting**

Highlighting the Spring Meeting will be Saturday's Life Membership Luncheon. This is IAABO'S highest award and presented once a year at the Spring Meeting. Five honorees plus outgoing President, Joe Gostoli, will be presented with the beautifully detailed IAABO Life

18-195 \$99.00 per room and (April 20 - 21) \$149.00 per room. Deadline to reserve with IAABO room prices: Sunday, April 1, 2018.

Delegates from all IAABO Boards will elect a President, President Elect, and a Vice President to serve

Click [here](#) to read the March April 2018 edition of *Sportorials*

## IAABO Spring Meeting on Ocean City, MD



The IAABO Spring Meeting will take place in beautiful Ocean City, Maryland. Reservations are now open for the Holiday Inn in Ocean City, MD April 19-22, 2018, by calling 410-524-1600 (ask for the IAABO rate - Rates are \$99 for Wed, and Thursday, \$149 Friday and Saturday). Meeting highlights include the Life Membership Luncheon, committee meetings, elections, an awards program and the annual golf outing. Click [here](#) to register for the upcoming spring meeting



Click [here](#) to view the IAABO Play of the Week No. 17. At the end of the video, you will need to click on the link shown below to access the survey question. In addition, all IAABO Plays of the Week are archived at [www.iaabo.org](http://www.iaabo.org).

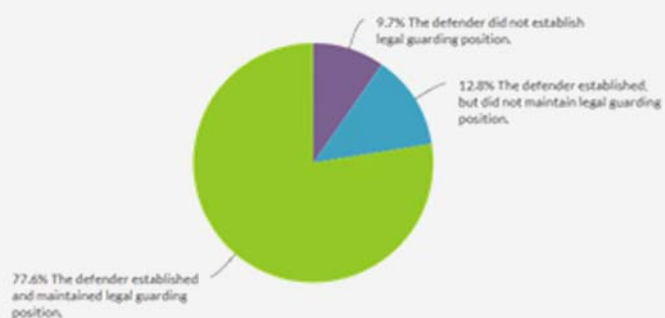
Click [here](#) to answer a survey to ensure that you have an accurate

ruling. Once you submit your answer, you will receive a response with IAABO's point of view on this play

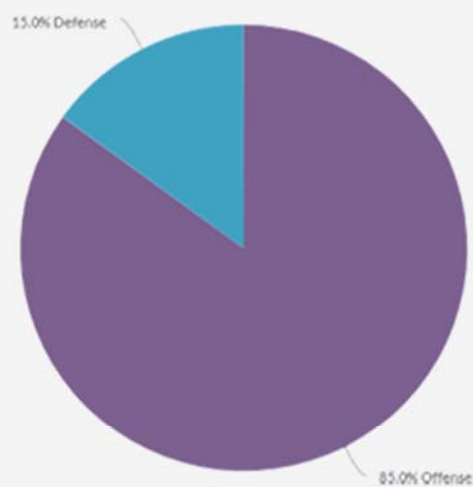


The results from IAABO Play of the Week No.16 are shown below.

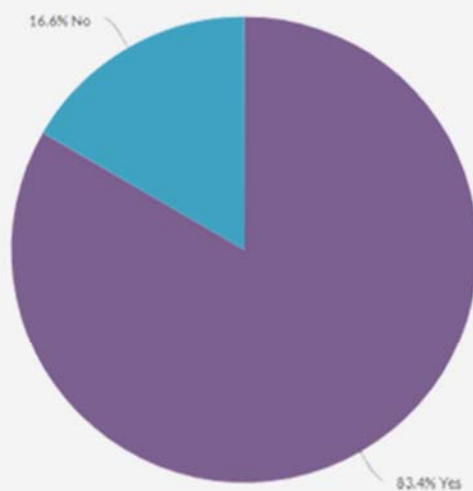
Did the defender establish and maintain legal guarding position?



Who initiated the contact (offense or defense)?



Was the Lead official in proper position to observe the contact?



Was the Center official's ruling of a blocking foul correct?



# Congratulations

The winner of this week's prize is Andrew DeVries, Bd. 172 AK. Andrew will receive a prize in the mail from IAABO, Inc. A special thanks to everyone who participated

## Weekly Wellness Wisdom

### INJURY INSIGHTS: Achilles Pain

Achilles pain is one of the most common complaints from referees. It seems that running on hard floors every night combined with some decreased flexibility in the calf and legs in general are often the aggravating factors.

Achilles tendonitis or now more commonly called tendinosis often occurs at the area where the calf muscle interacts with the tissue of the Achilles tendon. This is called the musculotendinous junction and is a common site of injury because of the change in tissue type. The other common site of pain is at the insertion of the Achilles tendon into the calcaneus(heel).



The pain will usually occur gradually and begins as soreness after activity. As the injury progresses pain will occur before and after activity and at its most severe stages will occur before, during and after activity. If the injury is severe a "crackling" sensation, which is sometimes audible, can be felt when the toes are pointed and then pulled back toward the nose. This is a chronic inflammation of the tendon and over time if the symptoms do not resolve micro-tears and eventual rupture of the tendon may occur.

Treatment should focus on flexibility, and eccentric strengthening of the involved structures.

Flexibility exercises should include all the major muscles of the legs like hamstrings, quads, hip flexors, glutes and calves. The muscles of focus here are the two muscles in the lower leg, and both should be stretched. As with any flexibility exercise, make sure that the muscles are warm before you start stretching.

**Gastrocnemius Stretch:** Stand facing the wall with affected leg back-lean into the wall pressing the heel into the floor. Hold 20-30 secs

**Soleus Stretch:** In the same position as above, step back foot in slightly, bend knee and push heel into the floor while leaning into the wall. Hold 20-30 secs  
Stretches should be repeated 3 times.

Overuse injuries are often associated with a weakness in the eccentric or deceleration strength of the involved muscles. Some simple strengthening exercises include:

Heel raises: These should be done in three positions (toes forward, toes in, toes out) using body weight for resistance. To maximize the eccentric portion of the exercise, lift for 1-2 seconds and lower for 2-3 seconds. Progress this exercise by moving to single leg heel raises.

Heel drop: This is a more advanced strengthening exercise and focuses on the negative phase of the exercise. Standing on the edge of a step with heels hanging off, go up into a heel raise and then drop down until the heels are hanging down as far as possible. This requires the tendon to practice decelerating the movement.

Strengthening exercises should be done with light resistance and many repetitions: begin with 3 sets of 10 and progress to 3 sets of 20 before increasing resistance.

As this condition is often exacerbated by running on hard floors, make sure that your shoes provide plenty of cushion and that they are appropriate for your foot type. With this condition, some patients get relief from adding a small heel lift into their shoe which puts the tendon in a position of rest. Full length insoles that provide some general cushion may also provide some relief. If you have access to the athletic training room at the schools where you will be working, you may ask the athletic trainer on site to tape your Achilles which will also put it in a position that will prevent overstretching. It is often helpful to make sure that the area as warm as possible before beginning an exercise bout and then ice following the workout to decrease any new inflammation caused by the running.

**IAABO Foundation Raffle Underway**  
(Cash Option Available)



Help support the IAABO Charitable & Education Foundation by purchasing a raffle ticket to win this beautiful 2018 Nissan Rogue. Tickets are \$100.00 and can be purchased at the upcoming Fall Seminar in Delaware. Tickets can also be purchased by contacting IAABO Past President and Foundation Trustee Peter Carroll, who is the Raffle Chairperson, directly at: [commishbd@aol.com](mailto:commishbd@aol.com)

You can also purchase a ticket by contacting any other IAABO Foundation trustee or IAABO Inc. Executive Committee member. Note: A maximum of 1,000 tickets can be sold. The drawing date for the car will be April 28, 2018. The winner may elect the cash option.



Thanks to everyone who participated in the annual Officials vs. Cancer campaign that was held during the past week. Donations are still being accepted. To make a donation, please send your check or money order to your board Point of Contact or mail it directly to: Officials vs. Cancer, P.O. Box 355, Carlisle, PA 17013.

To make a donation online, click on the following

URL: [www.main.acsevents.org/officialsvscancer](http://www.main.acsevents.org/officialsvscancer)

*Officials vs. Cancer apparel items are available at: <https://iaabogear.com/collections/officials-vs-cancer>*



**[WWW.IAABO-GEAR.COM](http://WWW.IAABO-GEAR.COM)**





## Game Tracker Journal

You have likely heard the saying, *"a goal without a plan is just a wish,"* and this age-old adage rings so true for all people pursuing all types of endeavors.



And for basketball officials embarking on the 2017-2018 season absent a basic strategy on how to achieve a stated desire -- a better schedule; advancement to the next level -- you are in a rudderless boat on an open sea hoping the winds of fate blow you to your destination.

Seeking officiating success described in this manner seems laughable, but yet many officials take this approach with their beloved avocation.

But Ref, don't panic now...Help is on the way in the form of the new, and first of its kind, **GameTracker Journal**.

This latest publication from long time IAABO members Billy Martin, Tim Malloy and Al Battista, the creators of [Ref60.com](http://Ref60.com), is an innovative tool that provides a template for every

basketball official, at every level, to create your own realistic roadmap helping to guide you to your desired destination - one game at a time.

For more information on this **GameTracker Journal** tool visit [www.Ref60.com/gametracker](http://www.Ref60.com/gametracker).

## Special Deals for IAABO Basketball Officials

### Briggs and Riley Luggage

**Briggs and Riley Luggage** - Officials will receive a 60% discount on any product. Officials must use the form which can be obtained by clicking [here](#) - There is a lifetime guaranteed on the luggage.

## ASICS

**Asics** - IAABO Officials (U.S. ONLY) will receive a 40% discount on all Asics products - **EXCLUDING CLEARANCE**. Log into <http://www.asics.com/us/en-us/> and place an order. (It is recommended that you create an account if you plan to order more than once. Upon checkout, they should enter the following promotion code- DayofgamE



**ISlides** – Customize your own IAABO ISlides. Click [here](#) to get started.

## BRAZYN FOAM ROLLER

**BRAZYN**  
PERFORMANCE LIFE

**15% OFF**

USE CODE:  
**BRZNBB15**

SHOP NOW  
BRAZYN.COM

**THE MORPH**  
The Go Anywhere  
Collapsible Foam Roller

“**The Morph**” is a collapsible foam roller that can be packed in your roller bag and taken on the road with you. No more will you have to ask the training room for a foam roller.

Move Better – Feel Better – Move More – Experience More

Expands instantly

Collapses instantly

Light weight (1.5 lbs)

Strong (up to 350 lbs)

Targeted – releases knots and flushes toxins

True usability – standard size – easy to use

Sustainably made – eco-friendly materials

**Use the code BRZNBB15 at check out and get 15% off.**

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



**Smitty Officials' Apparel** – Smitty is the exclusive vendor for IAABO Logoed products. Click [here](#) to view a listing of preferred retailers.

Click [here](#) to unsubscribe