



# IAABO

## Inside the Lines

### 2018 IAABO Officials' Schools



This summer, IAABO will be hosting summer officiating schools with the goal of “professional improvement”. The desire to improve must always be present if one wants to achieve success as an official. Over the past nine decades the many and varied continuous education materials and officials’ schools, which IAABO provides, has assisted thousands of new and veteran officials learn and refine their skills.

IAABO Schools are designed to provide officials who have a wide variety of ability and experience with the individual attention to meet her/his specific needs. The focal points of each school are the review of rules, mechanics, signals and professionalism. Each official can expect to receive quality instruction in the classroom and on the court. At IAABO Schools, officials receive instant feedback, including video, which can be incorporated into their officiating immediately. Both Crew of Two and Crew of Three officiating are taught at the IAABO Schools.

The Director of the IAABO Officials’ School is Tom Lopes, IAABO Executive Director and retired Division I Basketball Official. Tom will be assisted by the

IAABO Co-Coordiators, Layne Drexel, T.J. Halliday, Dan Shepardson and David Smith.

IAABO Officials' Schools are dedicated to improving the officiating skills of the men and women who enroll. The program will be designed to benefit those who wish to embark upon a career in officiating as well as those who seek refinement of their skills. Classroom sessions will cover all aspects of officiating with lectures, films, workshops and testing. During the afternoon and evening sessions, all officials will officiate games. Click [here](#) for more information.

## IAABO Spring Meeting in Ocean City, MD

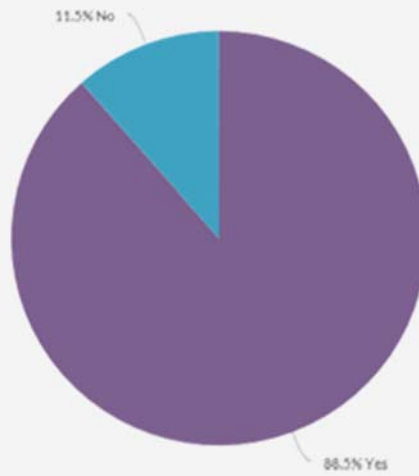


The IAABO Spring Meeting will take place in beautiful Ocean City, Maryland. Reservations are now open for the Holiday Inn in Ocean City, MD April 19-22, 2018, by calling 410-524-1600 (ask for the IAABO rate ---Rates are \$99 for Wed, and Thursday, \$149 Friday and Saturday). Meeting highlights include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

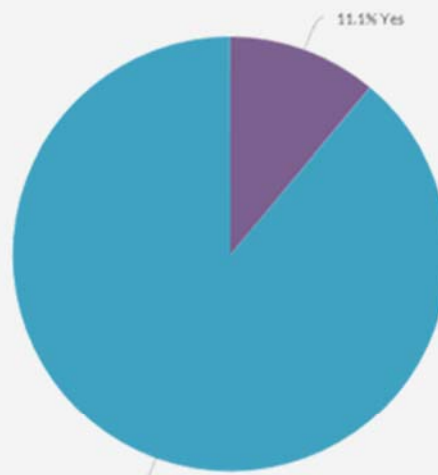


The results from IAABO Play of the Week No.18 are shown below.

1. Was the official in proper position to make the ruling he did?



2. Was the official's ruling of a traveling violation correct?



3. For the ruling he made, was the official's signal sequence correct?



**Congratulations**

The winner of this week's prize is John Gojdyecz, Bd. 33, NJ. John will receive a prize in the mail from IAABO, Inc. A special thanks to everyone who participated

## **OHSAA Officials Hall of Fame Dan Barringer, IAABO Past President**



IAABO Past President Dan Barringer will be inducted into the OHSAA Officials Hall of Fame along with 13 other individuals for his outstanding officiating career and significant contributions to interscholastic officiating in Ohio. Congratulations, Dan !

## **After 38 years, Tewksbury's Aldrich hangs up her whistle**



Joanne Aldrich, Bd. 95, Greater Lowell Area Board, Massachusetts, has been an IAABO member since 1976. She spent the last 30 years officiating women's Division I basketball in the ACC, America East, Atlantic-10, Big East, CAA, Ivy League, Northeast Conference and the Patriot League, twice advancing to the Elite 8 in the NCAA tournament. Congratulations Joanne on an outstanding career. Thank you for staying IAABO. Click [here](#) to read the entire article.

## **Flagrant Foul**

Recently during a Class 1A-I State Semifinal in Kansas, a player was going in for a breakaway slam and was slammed into the basket stanchion. This type of action has no place in high school basketball and should be dealt with severely. Click [here](#) to view the play.

## Weekly Wellness Wisdom

### MUSCLE MINUTE: Calf Muscles

It is often surprising to people to learn that the calf is actually composed of two different muscles, the gastrocnemius and the soleus.

The **gastrocnemius** is the larger of the two muscles and is located closest to the surface. This muscle crosses both the knee and the ankle joints and therefore contributes to movements at both joints. It assists the hamstrings in flexing the knee joint and at the ankle works with the soleus to allow you to point your toes (plantar-flex) the ankle.

The **soleus** is the deeper of the two muscles. It does not cross the knee joint so it contributes only to motion at the ankle joint, working with the gastrocnemius to plantar-flex the ankle or push the gas pedal.

Both muscles have attachments through the Achilles tendon. Tightness or weakness in these muscles may contribute to development of Achilles tendon injuries. These muscles are also involved in calf strains.

Two distinct stretching exercises are used to enhance flexibility of these muscles:  
Gastrocnemius Stretch: (aka: standard runner's stretch) Stand facing the wall with affected leg back and knee extended. Lean into the wall pressing the heel into the floor. Hold 20-30 secs. Repeat 3 times changing foot position each time. First repetition with toes pointing straight toward the wall. Second repetition with toes turned in. Final repetition with toes turned out. This will allow all aspects of the muscle to stretch.

Soleus Stretch: Begin in the same position as above, step back foot in slightly toward the wall, bend the back knee slightly and push heel into the floor while leaning into the wall. Bending the back knee takes the gastrocnemius out of the stretch and allows the soleus to be isolated. Hold 20-30 secs and repeat three times using the same foot positions outlined above.

Strengthening Exercises for the gastrocnemius and soleus focus on resisted plantar-flexion of the ankle joint. Here are a few simple exercises:

Plantar-flexion: Sit with your leg extended and a piece of rubber tubing wrapped around your foot. Hold the ends of the band in your hands. Point your toes down like you are pushing the gas pedal against the resistance provided by the band. To isolate the soleus, this exercise can also be completed with the knee bent.

Heel Raises: Stand in front of a table or counter for light touch balance support. Raise up onto the toes using as much of the available range of motion as possible. Complete one set in each of three different positions (toes forward, toes in, toes out) using body weight for resistance. To maximize the effectiveness of this 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 strengthening the deceleration ability of the muscles, which is commonly impaired in Achilles tendon injuries. While 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.

## Women in Officiating

IAABO would like to congratulate the New Mexico Activities Association. A little bit of history happened at the 2018 New Mexico Activities Association State Basketball Championships today. Three female referees were assigned to boys' state finals in Class A, Class 5A (crew chief) and Class 6A (crew chief). While at the end of the day we just consider them outstanding referees, this is a big day in New Mexico for our association. In 2018, this shouldn't be a big deal, but it is. Congratulations to Rebecca Skotterro, [Erin Dunavant](#) and Candace Aragon for making history!!! The NMOA is proud of you and we hope that young girls watching the games today know that they can do what you do one day too! [#NMAA](#) [#NMOA](#) [#ThanksRef](#)

## Lou Levine Leads Charge for Officials vs. Cancer



Lou Levine, Bd. 44, Massachusetts, continues to raise the bar with his fund raising for the annual "Officials' vs. Cancer" campaign. Click [here](#) to watch Lou in action.

**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 Official's 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.

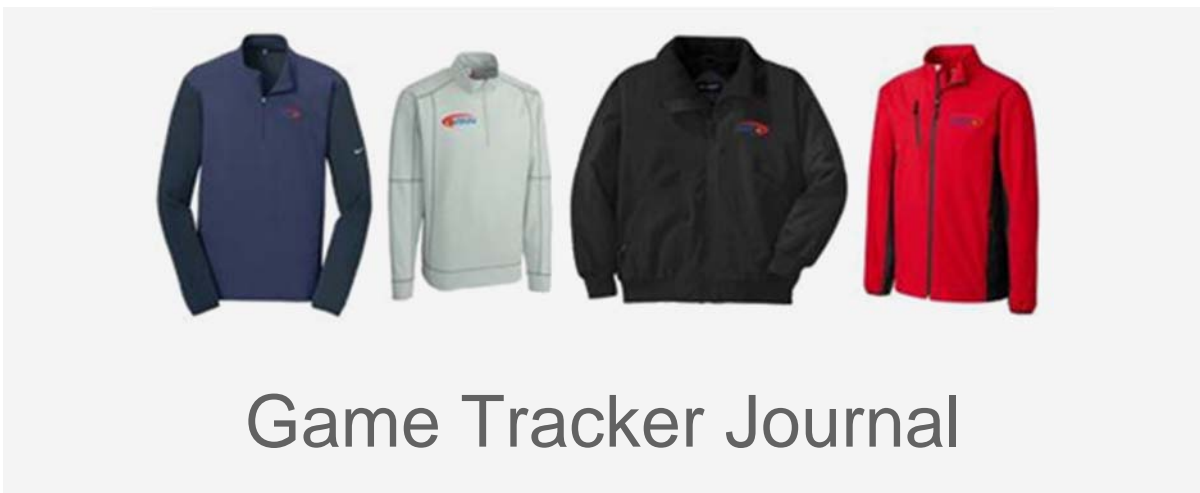
To make a donation online, click on the following

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

*Officials vs. Cancer apparel items are available at: <https://iaabo-gear.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 [www.asics.com](http://www.asics.com) 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

The advertisement for the Brazyn Morph foam roller is divided into two main sections. The left section has a blue background and features the Brazyn logo at the top, which includes a stylized figure and the text 'BRAZYN PERFORMANCE LIFE'. Below the logo, it says '15% OFF' in large white letters, followed by 'USE CODE: BRZNB15' in orange and white. At the bottom of this section, it says 'SHOP NOW BRAZYN.COM' in white. The right section shows a person's hands holding the blue, textured foam roller. The roller is cylindrical with a black cap at one end that has the Brazyn logo. The background is white. At the bottom of the right section, there is an orange banner with the text 'THE MORPH' in white, followed by 'The Go Anywhere Collapsible Foam Roller' in black.

**“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