

Soccer/Rugby Special Interest Group

Soccer/Rugby Annual Meeting

2010 NSCA National Conference

Thursday, July 15, 2009 ~ 2:30pm-4:00pm

Europe 5, Walt Disney World Swan and Dolphin Resort, Orlando, Florida

MEETING CALLED BY	2010 NSCA National Conference
TYPE OF MEETING	Soccer/Rugby SIG Annual Meeting
FACILITATOR	Robert Wilson (Chair), Chet Williams (NSCA Board Member)
DATE	July 15, 2010, 2:30-4:00p
LOCATION	Europe 5, Walt Disney World Swan and Resort, Orlando, Florida
ATTENDEES	Executive Council Members: Patrick Jonathon Griffin, Lorenzo Murillo, Staci Wilson (Note taker). SIG Members: Ben Rosenblatt, , . Title Sponsor: Polar.

Unable to attend: Vic Brown, Matt Heberd, Robert Taylor, John Honacharuk, Kali Knapp, Daniel Ortega, Anand Date, Brett Loehmann, Liz Vlad, Scott Staiger, Liz Rhodes, Justin Lee, Scott Talpey

Agenda Topics

1. *Approval of Minutes from last year's minutes*
2. *Annual Report*
3. *Name change status*
4. *Survey Results*
5. *Review of 3-Year Plan*
6. *Website*

Introductions

1. Robert Wilson opened the meeting at 2:30 p.m. EST.
2. Every attendee gave a brief background. Sign-in sheet passed around
3. About half participants were from conference host state, FL.
4. Bob Alejo gave a personal introduction an announcement of his endorsement and support.
5. Robert introduced our NSCA Board representative, Chet. It was agreed that Chet would be more "present" than our past board representative. We would like more of an involved rep and advocate - Chet seemed on board and supportive of this (said he is open/eager to help based on his experience with Personal Trainer SIG and interest as a soccer coach), thus we must let NSCA Board know that we want him to stay with us.

The old standard, so to speak: "Who is our Board rep, and do they need to be involved on 2/28? The Board rep is Perry Koziris and they do not need to be involved in conference calls."

Annual Report

PURPOSE of the group was provided to attendees on a handout and general agreement with seemed present.

SIG Purpose Statement: Soccer/Rugby SIG Purpose

- To help develop practitioners to be more effective with the players and coaches they work with.
- To begin to build a body of evidence based work in soccer and rugby that can be shared among members of the NSCA and other national governing bodies that can benefit from the opportunity of working with strength and conditioning professionals.
- To provide effective continuing education offerings for NSCA members that enhances their knowledge, skills and abilities.

Name Change Status

RATIONAL for Name Change Request:

- The current name of the SIG includes two football codes and excludes many others (e.g., Australian Rules Football, Gaelic Football)
- By changing the name, the SIG can incorporate other football codes with similar movement patterns and metabolic demands that require similar training programs.

NSCA Concern #1 (NAME CONFUSION): that the scope of the International Football Codes SIG, which implicitly excludes American football, should not be mistaken to include American football. Is the use of the word "international" explicit enough to convey this to the average member? Is there another way to say that this SIG covers "everything 'football' that is not American football?"

NSCA Concern #2 (FUTURE EXCLUSION): The name change proposal states that the name (soccer/rugby) "includes two football codes and excludes many others." But only 2 others are named (Australian and Gaelic). Are there more? If this SIG becomes the "catch all" for all football-like sports, will this restrict any SIGs from forming in the future because their sport is "already covered" by the International Football Codes SIG? If the criteria for coverage by this SIG is that they "have similar movement patterns and metabolic demands which would require similar training programs," then would that cover lacrosse or field hockey? What about flag football? Ultimate Frisbee? Polo? Others? I see no mention of arena football or Canadian football. Are these too much like American football to be covered by this SIG?

Soccer/Rugby SIG Response & Where It Stands:

To be formulated by the Executive Board and sent to the BoD

Survey Results

- The Soccer/Rugby SIG is said to have 804 members as reported from the National Office.
- The member survey that was circulated in April 2010 to the 804 members received 30 returns.
- Some folks at meeting admitted to not filling out the survey, but that they are very/more motivated to get the group doing something concrete (i.e., set up information exchange ASAP)
- Purpose of the survey was reviewed:
 - To be able to connect with our own members for improved idea exchange
 - To be able to tell exactly who we are and what our "reach" is when introducing ourselves to potential sponsors and/or strategic partners and/or other national governing bodies (see purpose statement)
- We must get the re-circulate the survey and encourage better feedback. Try to couple this with an article in the SCJ about NSCA SIGs and their uses.

Review Of Three-Year Plan

Done: Re-established the executive council, formed 3-year plan, and distributed member demographic survey.

Needs Doing Now: Newsletter (or e-Letter) & Website

1) Difficulties Noted to Getting It Started:

- a. Items Must Be of Peer Review
- b. How to get past the Time Delay in the Newsletter
- c. Little to no soccer article submissions to NSCA other than Ian Jeffreys

2) Some Potential Solutions:

- a. Limit Content – for first few issues is important to get something out there – it does not have to be a research positions by members. It would contain practical articles until we have time to collect and peer review research position articles. At least we are starting the info exchange. Example of such articles: Exercise of the Month, Book Review, Recovery (info provided by Polar), Featured Soccer League, Nutrition Tip of the Month (content provided by ISSN, nutrition sponsor, etc)
- b. In terms of listing soccer-specific conferences (and licensing courses?) we need only list ones that are about 3+ months away. Most conferences are listed 6-12 months in advance so this is reasonable.
- c. We need a specific announcement/call for article submission from within our membership.
- d. We need to form a letter that better gives an idea of what type of articles we would welcome, and also a few quick tips for how to pull together a soccer-specific research-based presentation of practical advise for our membership. The thought behind this is that much of our membership has ideas that they would be willing to present, but just don't understand the process for transferring ideas into a research-based article or presentation format.

Website

- Members desire better communication via web - e-newsletter or website - to integrate us better as a community.
- **New NSCA Server Website in 2011 - see template in 4 months, up and going in 6 months**
- The online Soccer/Rugby Forum is currently up and going with occasional postings and minimal use.
- Current moderators of the Soccer/ Rugby Forum are Lorenzo Murillo and Robert Wilson
- Question of “decentralization” arose in terms of website. Answer was that it is not going to happen.
- It was noted that the Weightlifting and Tactical Strength SIGs have agreements with the NSCA, sponsorships, and membership participation numbers that are significantly different than those of Soccer/Rugby SIG, thus it is not appropriate to compare all of the things they currently do with the things that we wish to do.
 - This needs to be researched by the Executive Board for accuracy and more details.

More Discussion

Attracting and signing sponsors: Can NSCA provide specific company requirements and/or template of how we need to do?

“What relevance is our SIG?” versus “How relevant do we want it to be?” and “How can it get there?”

General Conclusion: *We all need to participate more and in the ways outlined in order to become relative. Reduce the complaints and increase the drive to produce change, so to speak.*

Next Steps

Group concluded with *3 Immediate Areas for Action* necessary to facilitate group growth:

- 1) Newsletter – get it going and start with a more active forum
- 2) Strength & Conditioning Journal - get our membership to submit more articles, more authors than current
- 3) Presenters – Answer the Call for Speakers that is currently going on for:
 - 2011 NSCA Coaches' Conference (formerly "Sport-Specific") on January 8-9, 2010 at Hilton, Orlando, FL
 - 2011 NSCA National Conference on July 6-10, 2011 at Paris Hotel, Las Vegas, NV

Chet was open to the idea of creating speaker exchanges with other soccer/rugby organizations. He needs more information on specific organizations and conferences being proposed within the meeting. Such organizations included:

- National Soccer Coaches Association of America (NSCAA) Annual Conference (Jan 12-16, 2011 Baltimore, MD)
- Professional Soccer Athletic Trainers Society (PSATS)
- Soccer Industry Medical Symposium (SIMS) - annual, Jan in Ft. Lauderdale, FL (<http://www.cme.hsc.usf.edu/soccer/>)
- UK Strength and Conditioning Association (UKSCA)
- USA Rugby
- United States Youth Soccer Association
- Rugby Suggestion
- Rugby Suggestion
- US Soccer Federation's Urban Soccer Collaborative
- US Rugby Football Foundation

Meeting was called to an end at 4:00 p.m. EST