

USAR-IP NEWS

SUMMER 2019

CONTENT



**INSTRUCTORS
PROGRAM**

Penn "OFFICIAL BALL OF USAR/IP" **Penn**

Pg 2-Recertification

Pg 3- Levels of Instruction

Pg 4-Summary of Fees and requirements

Pg 5- Instructional Article-Parents

Pg 6-Shin Splints

CHECK YOUR USAR MEMBERSHIP PROFILE.

When you review your membership profile you will notice the below icon. Click on the icon to review your various USAR-IP certification units. If you feel you have passed some units, but they are not listed please contact Jim Hiser at hiserj@me.com.



LEVELS OF CERTIFICATION

In this very litigious society, it is extremely important that all instructors and coaches take every precaution to protect oneself. Although USAR-IP provides the most updated and complete instructor information available (which is required for certification) every instructor needs additional insurance for personal protection. Many of our master instructors pay up to \$700 extra each year, just to purchase additional coverage to protect their businesses, but EACH USAR-IP instructor is covered by—5 million per event aggregate, 2 million per occurrence and \$1 million for sexual abuse/harassment—THE MOST COMPLETE COVERAGE IN THE SPORT!!!!

CONTINUING EDUCATION AND RECERTIFICATION

ALL LEVEL ONE INSTRUCTORS NEED TO RECERTIFY EVERY THREE YEARS



Recertification is required every three years. The fee is \$100 but \$75 will go towards your yearly USAR-IP membership, or towards an additional year membership.

The PROCESS - Please contact the Master Professional of your choice. The Master Professional will then explain what is required and monitor the entire process.

Each student will be required to have a current valid CPR certification updated safe sport and background certification.

All instructors are encouraged to review the on-line courses and additional educational information. New material is continually added to the USAR-IP site in an effort to keep instructors updated with the most recent information on training and instruction.

WHY REQUIRE RECERTIFICATION?

Recertification is a process that enables you to become not only more competitive, but more proficient in your chosen career. It builds upon your expertise through a wide range of continuing education and work experience. Recertification also provides you with the opportunity to reaffirm your commitment to the sport by staying updated with the most recent information available.

LEVELS OF INSTRUCTION

Level One—Basic Instruction

Someone who has studied, taken and passed the USAR-IP benchmark tests, passed the Safe Sport course and maintains current CPR certification and background check.

Everyone must pass the Level 1 certification before they can upgrade to Level 2 or 3 certification.

NOTE: Intended for parents who would like to help family members, players who want to become a better player and instructors who want to assist club level players

Level Two-Advanced Instruction

Someone who has extensive experience as a player, completed the basic level and is a member of the USAR-IP program. Advanced instructors must participate in a clinic and pass requirements as determined by the Master Instructor. The Master Instructor makes the final determination on the level of instruction the player receives.

NOTE: Intended for instructors who want to gain more in-depth instructor knowledge, instructors who want to teach competitive players at the state and national level and coaches of high school and collegiate programs.

Level Three- Elite Certification

Someone that has attained advanced instructor status, and also offers instruction in large group settings. The elite clinician has attained a high level of play. They must also participate in online educational requirements or mentoring with a master professional. This person must also have participated in playing or coaching on a national or international level. The players must be proficient in video tape analysis and pass a test administered by a master professional.

Note: Intended for instructors who want to instruct at the elite and open levels and US team levels—instructors who want more in depth analyzation information and emphasis on strategy and game planning.

SUMMARY OF LEVELS, REQUIREMENTS AND FEES

LEVEL ONE

COST- Free for test but must belong to USAR-IP

REQUIREMENTS- Take and pass the ten online benchmark courses

- Be USOC Safe Sport certified
- Be CPR certified
- Pass USAR Background check

VALID- For three (3) years

RENEWAL- Updated Safe Sport certification.

- CPR and Background check
- Renewal cost is 3 years for \$150 or \$75 per year (includes USAR-IP membership).

LEVEL TWO

COST- \$275 for clinic and test- must be USAR-IP member

REQUIREMENTS- Be Level One certified

- Take and pass a clinic with USAR-IP master instructor
- Mentor under your master instructor for two years

VALID- For 5 years after completion of the two years mentoring

RENEWAL-\$300 for 5 years or \$75 per year

- Must have all certifications current (safe sport, CPR and background check).

LEVEL THREE

COST- \$100 for video analysis test -must be USAR-IP member

REQUIREMENTS- Complete Level Two Certification

- Pass video analysis test with master instructor
- Continue mentoring as master instructor directs
- Experience nationally and/or internationally with national teams

VALID – For 5 years

RENEWAL- \$300 or \$75 per year. Must have all certifications current

6 Reasons Parents Should NOT Watch Practice

By: Skye Eddy Bruce, SoccerParenting.com

Skye Eddy Bruce is a former All-American goal keeper, professional player and collegiate coach. She holds a USSF "B" License and USSF National Goalkeeper License. She is also a youth sport coach and mom of a soccer player. She is the founder of SoccerParenting.com in which she provides expert soccer advice to the community. Being a coach and parent gives Skye a unique perspective into the demands of sport on both a parent and an athlete. In Skye's blog, she recognizes that watching her child's practice made her feel good, but what she didn't recognize was how it didn't make her child feel the same way. After deciding to not watch practices, she began to see the benefits of keeping her distance. Below are six reasons Skye gives for parents to NOT watch their child's sport practice.

1. A parent's role in their child's sports endeavor is to be supportive and encouraging. When parents watch practices – it leads to comments outside of this role. We find our-selves saying things such as "You should pay better attention to the coach when they are talking" or "You kept passing to the other team, you need to be more focused". When we watch practices, we open the door to talking about a part of their sports endeavor we should not be talking about.
2. Sometimes it's better not to know. It's better not to know if our child isn't paying attention, or if our child is struggling with the speed of play and giving the ball away. It's better not to know because when we do know these things, the stress creeps in. What our child needs to receive from us is our support, not our stress.
3. When we watch practices, there is a clear shift in the dynamic between our child and their team and coach. After all, as parents, we are the most authoritative figure in our child's life. Naturally, they will feel different when we are watching practices. We limit our child's ability to be a teammate when we insert ourselves into their team dynamic, even if it is from the bleachers or from a distance.
4. Being a teammate is an honor and a responsibility. Our children must learn to play for their teammates and their coach, not for us. When we are in attendance, they are naturally playing for us. We need to allow our children to concentrate not on winning our approval, but rather on winning the approval of their teammates and coaches through their personal level of commitment.
5. Our child's commitment to their team needs to be a decision they make; it can't be anything we try to facilitate. If we are involved in this decision, our children will eventually burn out or lose interest. If we want to support our children as they develop an identity as an athlete and team member, we must allow their commitment to their team to come from within them.
6. Parents should have better things to do than watching practice. If we put our children front and center in our lives, we are putting too much pressure on the them. We are quietly telling them that our happiness, in some way, depends on their performance. That's too much pressure. Our happiness should depend on us – on the walk or run we could take, on the book we could read, on the other things we could accomplish in the hour and a half of their training.

Discover what causes shin splints and how to prevent them.

by Brad Walker | First Published May 27, 2002 | Updated May 28, 2019

The term “*shin splints*” is commonly used to describe lower leg pain. However, shin splints are only one of several conditions that affect the lower leg. The most common causes of lower leg pain are: general shin soreness; shin splints; stress fractures and compartment syndrome.

Although the term shin splints are often used to describe a variety of lower leg problems, it actually refers specifically to a condition called Medial Tibial Stress Syndrome (MTSS).

For the purpose of this article I'll focus on general shin soreness and shin splints.

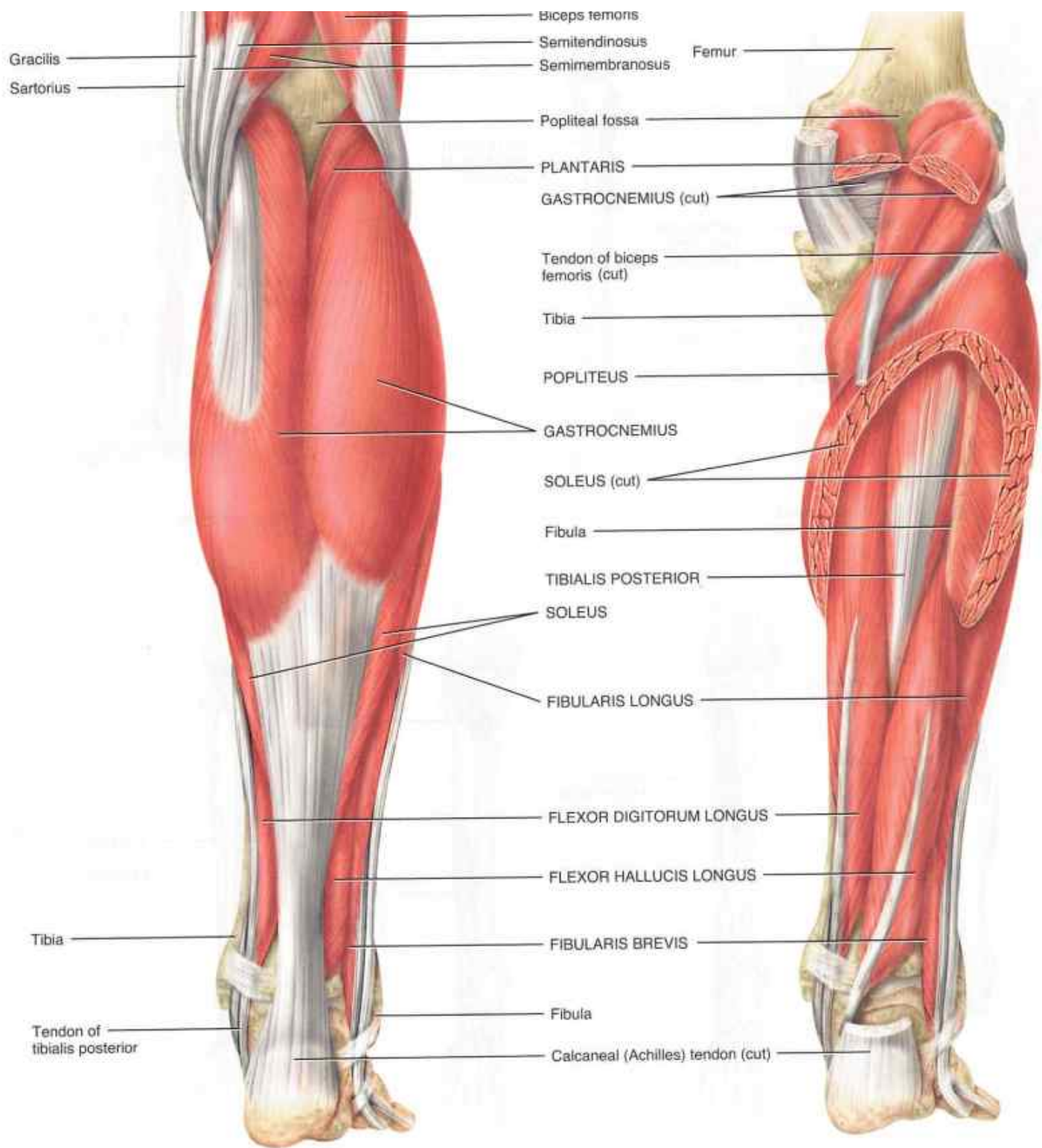
Side note: *Before I move on to shin splints, I want to quickly cover the topic of general shin soreness. Shin soreness is simply an overuse problem. By including adequate rest in your training calendar, and using the [R.I.C.E.R. regimen](#) when pain does occur, you'll be able to overcome 90 percent of all general shin soreness within about 72 hours. For lower leg pain that goes beyond general shin soreness, a more aggressive approach must be taken.*

Shin Splints Anatomy

To better understand shin splints an understanding of the muscles, tendons and bones involved is required.

As you can see from the diagram, there are many muscles and tendons that make up the lower leg, or calf region. The main components of the lower leg that are affected by the pain associated with shin splints are:

- The Tibia and Fibula. These are the two bones in the lower leg. The tibia is situated on the medial, or inside of the lower leg. While the fibula is situated on the lateral, or outside of the lower leg.
- The major muscles in the lower leg that are associated with shin splints are the: Gastrocnemius (Upper calf); Soleus (Lower calf); Tibialis anterior (Shin); Plantaris (Upper calf); and Tibialis posterior (Upper calf). It's these muscles, when overworked, that pull on the tibia and fibula and cause the pain associated with shin splints.



Shin splints anatomy picture used from Principles of Anatomy and Physiology. Copyright © John Wiley & Sons, Inc.

What Causes Shin Splints?

The pain associated with shin splints is a result of **fatigue** and **trauma** to the muscles, tendons and fascia where they attach to the tibia and fibula. In an effort to keep the foot, ankle and lower leg stable, the muscles exert a great force on these bones. This excessive force can result in the tendons and fascia being partially torn away from the bone.

While there are many causes of shin splints, they can all be categorized into two main groups: Overload (or training errors); and Biomechanical Inefficiencies.

Overload (or training errors)

Shin splints are commonly associated with sports that require a lot of running or weight bearing activity. However, it is not necessarily the added weight or force applied to the muscles and tendons of the lower leg, but rather **the impact force associated with running and weight bearing activities**.

In other words, it's not the running itself, but the sudden shock force of repeated landings and change of direction that causes the problem. When the muscles and tendons become fatigued and overloaded, they lose their ability to adequately absorb the damaging shock force.

Other overload causes include:

- Exercising on hard surfaces, like concrete;
- Exercising on uneven ground;
- Beginning an exercise program after a long lay-off period;
- Increasing exercise intensity or duration too quickly;
- Exercising in worn out or ill-fitting shoes; and
- Excessive uphill or downhill running.

Biomechanical Inefficiencies

The major biomechanical inefficiency contributing to shin splints is that of flat feet. **Flat feet** lead to a second biomechanical inefficiency called **pronation**. Pronation occurs just after the heel strikes the ground; the foot flattens out and then continues to roll inward. Over-pronation occurs when the foot and ankle continue to roll excessively inward. This excessive inward rolling causes the tibia to twist, which in-turn, pulls the muscles, tendons and fascia of the lower leg away from the bone.

Other biomechanical causes include:

- Poor running mechanics;
- Tight, stiff muscles in the lower leg;
- Running with excessive forward or backwards lean;
- Landing on the balls of your foot; and
- Running with your toes pointed outwards.

How to Prevent Shin Splints

Prevention, rather than cure, should always be your first aim. I was very surprised when researching this topic at the number of articles that totally neglected any mention of preventative measures. They all talked of rehab and cure, but only one out of twenty took the time to address the issue of prevention in any detail.

Even before any sign of shin soreness appears there are a number of simple preventative measures that can be easily implemented.

- Since about half of all lower leg problems are caused by biomechanics inefficiencies, it makes sense to get the **right advice on footwear**. Your feet are the one area you should not “skimp” on. The best advice I can give you concerning footwear is to go and see a qualified podiatrist for a complete foot-strike, or gait analysis. They will be able to tell you if there are any concerns regarding the way your foot-strike or gait is functioning. After your foot-strike has been analyzed, have your podiatrist, or competent sports footwear sales person recommend a number of shoes that suit your requirements. Good quality footwear will go a long way in helping to prevent many lower leg problems.
- A thorough and correct **warm up** will help to prepare the muscles and tendons for any activity to come. Without a proper warm up the muscles and tendons will be tight and stiff, which may limit blood flow to the lower legs and result in a lack of oxygen and nutrients for those muscles. Before any activity be sure to thoroughly warm up all the muscles and tendons that will be used during your sport or activity.
- **Strengthening and conditioning** the muscles of the lower leg will also help to prevent shin splints. There are a number of specific strengthening exercises you can do for these muscles, including toe-up exercises; heel and toe walking; calf raises; and Thera-Band exercises.
- **Flexible muscles** are extremely important in the prevention of lower leg injuries. When muscles and tendons are flexible and supple, they are able to move and perform without being over-stretched. If, however, your muscles and tendons are tight and stiff, it is quite easy for those muscles and tendons to be pushed beyond their natural range of movement. To keep your muscles and tendons flexible and supple, it is important to perform regular [shin splint stretches](#)

Shin Splints Treatment

First and foremost; **be sure to remove the cause of the problem**. Whether it be a biomechanical problem, or an overload problem, make sure steps are taken to remove the cause.

If shin splints are causing you a lot of pain, you can **use ice to help reduce the pain**. BUT... please be aware that while ice will help to relieve some of the pain associated with shin splints, it will not fix them or cure them.

The next phase involves a number of physical therapy techniques. The application of **heat** and **massage** (or foam rolling) are very effective in speeding up the healing process of the muscles and tendons in your lower legs and shins.

I have found both from personal experience and from working with many clients, that this form of treatment is the most effective. The application of heat and deep tissue massage on the affected area brings the best results. If you suffer from shin splints, be sure to spend at least a few minutes massaging the affected area both before and after you exercise.

Once most of the pain has been reduced, it is time to move onto the rehabilitation phase. The main aims of this phase are to regain and improve the **strength, power, endurance** and **flexibility** of the muscles and tendons that have been compromised.



7 RULES OF LIFE

1. Make peace with your past so it does not affect the present.
2. What others think of you is none of your business.
3. Time heals almost everything, give it time.
4. Don't compare your life to others and don't judge them. You have no idea what their journey is all about.
5. It's alright not to know all the answers. They will come to you when you least expect it.
6. You are in charge of your happiness.
7. Smile. You don't own all the problems in the world.