

CWLOA Update

December & January 2017 Newsletter
www.cwloa.com



CWLOA

Colorado Women's Lacrosse Officials Association

Spring Training: Please read!!

Annual training is a requirement for everyone in order to be certified as a US Lacrosse official. Each official, new and experienced, is asked to attend a minimum of 4-6 hours of training depending on your level of experience. Please understand that this only addresses the **MINIMUM**. You are highly encouraged to attend as many training sessions as you can in order to be as prepared as possible for the upcoming season. In addition to attending the training sessions, all officials are expected to read the 2018 NFHS rulebook thoroughly so each official has a complete understanding of the rules.

In addition to the training classes, preseason is a good time to take a look at your gear. Is your striped shirt in need of replacement? If you have been doing this for a few years, you should consider investing in a long sleeve as well as a short sleeve shirt to meet the ever-changing weather during Colorado's spring. Do you have a good pair of black shoes that will support you in the miles you will cover on the field this spring?

The dates for most of the training sessions have been set. As was noted in last month's newsletter, the sessions are primarily geared to level of experience with the majority of the future sessions focusing on our less experienced and new officials. However, all sessions are open to all officials regardless of their experience.

Training Dates:

Session 1

January 9 6:30-8:30 pm at Colorado College in Colorado Springs (info on room TBA)

January 11 6:30-8:30 pm at Eloise May library (1471 S Parker Rd, 80231) in Denver (meeting room B)

Session 2

January 16 6:30-8:30 pm at Philip S. Miller library (1000 S Wilcox St, 80104) in Castle Rock (LaRue meeting room)

January 18 6:30-8:30 pm at the Philip S. Miller library (1000 S Wilcox St, 80104) in Castle Rock (CR Bank room east)

Session 3

January 23 6:30-8:30 pm at Colorado College in Colorado Springs (info on room TBA)

January 24 6:30-8:30 pm at Koebel library (5955 S Holly St, 80121) in Centennial (Conference room)

Each of these three sessions has a unique curriculum designed to comprehensively cover the rules from beginning to end. There will be some overlap from session to session to allow you to pick your sessions. All new, apprentice and USL Level 1 officials should plan to attend at least 2 of these sessions.

Annual USL rules interp – **REQUIRED of all officials**

February 3 9:00 am – 12:30 pm Koebel library (5955 S Holly St, 80121) in Centennial (meeting room A)

Comprehensive session – designed for anyone that cannot attend the earlier training sessions. Please let Cyndy Schlaepfer-Youker know if you are planning to attend this session. [send email to: cwloaboard@gmail.com] This session is after the high school assigning process which may limit your in season opportunities.

February 17 9:00 am – 3:00 pm Southglenn library (6972 S Vine St, 80122) in Centennial (meeting room A)

The required on field training for US Lacrosse rules is set for Saturday, March 3. Details TBA

Locations and times for the northern area (Ft Collins and Loveland) and the Western Slope will be finalized soon.

We look forward to seeing everyone at many of these sessions! In the meantime, we wish everyone a happy holiday season.

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Did you know?

CWLOA has an umpire development stipend available for officials who attend the US Lacrosse convention and clinics around the country that US Lacrosse offers. That stipend is a set amount; we have in our budget \$2,000 set aside for officials who take advantage of these training and growth opportunities. The maximum amount that we pay per person is \$200. So, if we have more than 10 people qualifying for the stipend each person would receive less than \$200 – the pool of \$2,000 is divided among the qualifying officials, with the maximum amount given to each official, to offset some expenses for their efforts to improve themselves, being \$200. We hope that you might consider attending the US Lacrosse convention in Baltimore in January (www.uslacrosse.org), or attend some clinics around the country to build onto your officiating skills, and we so offer this small incentive which will help offset some of the expenses incurred while you work to grow as an official. You can find a list of clinics being offered on the US Lacrosse website mentioned above. If you have any questions about how this works or if something you attended qualifies, please contact Allison Bailey at albailey7@gmail.com

Getting the Winter Blues?

Yes we do need to consider getting in shape or staying in shape so that when the lacrosse season starts we are ready to take the field, be able to keep up with the game and enjoy our work of officiating girls' lacrosse. So when the winter blues hit, what can we do to get out of our funk and still make progress toward becoming or staying conditioned. Well, luckily we live in Colorado, so we have a ton of outdoor and active things we can do to stay or get into shape for the season.

When winter's first snowflakes begin to blanket the ground in Colorado, it's the start of a joyous season for skiers and snowboarders at Colorado's 26 ski resorts. But they are not the only outdoor adventurers who eagerly await the winter months – Colorado's sun-soaked skies, powder-filled valleys and snow-capped peaks make it a winter wonderland filled with fun things to do outside. To keep in shape, you can also ice skate, snowshoe and so much more.

And getting outside in the sun is good for you!

Another thing that you can usually do most days of the winter if you live in the Front Range or on the prairie is bike ride. This is great cross training activity for when you find that your running is getting stale or you are bored with your current routine. And of course if you belong to a local gym, or racquet courts on those days that are snowy or too cold to be outside, you can always hop into your local gym or courts for a great workout and a bit of social activity, which is a win-win with being active and social - sure to help beat the winter blues.

Looking for information? Two great resources

Just to make sure you know of two important sources of finding information while you are getting ready for the season and during it, we want to make sure you are aware of the CWLOA website and all it has to offer (www.cwloa.com) as well as the US Lacrosse website resources for women's officials (www.uslacrosse.org) On cwloa.com you can find [Resources for Officials](#) which has past and current Newsletters, Officials' Pay, Ratings and Mentoring information as well as a list of places to find uniform resources and other links. The uslacrosse.org site has all kinds of information regarding the women's game, rating sheets, clinic information, rules testing and other pertinent information.

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Colorado Women's Lacrosse Officials Association

[ABOUT CWLOA](#) [MONTHLY CALENDAR](#) [BECOME AN OFFICIAL](#) [RESOURCES FOR OFFICIALS](#) [RULES & TRAINING](#) [COLORADO INFO](#)

Resources for Officials

Have a Rules Question? Submit it [here](#)

Did you know we have a [Facebook](#) page?

Join us for tips and fun postings throughout the season. Post your own pictures, share with your colleagues. [CWLOA Facebook Group](#)

The screenshot shows the US Lacrosse Officials Education website. At the top, there is a navigation bar with the following links: NFHS HOME, USL HOME, NEWS, VIDEO, TESTING, RESOURCES (which is circled in red), ASSIGNERS, CONTACT, and HELP. Below the navigation bar, there is a sign-in section with a 'Sign In' button, an 'Email' input field, a 'Password' input field, and a 'GO' button. To the right of the sign-in section, there are checkboxes for 'Remember Me' and 'Forgot Password?'. The main content area features a woman in a lacrosse uniform, and the US Lacrosse logo is visible.

Recruiting – We need you to help recruit people to officiate

As most of you are aware, there is a shortage of girls / women's lacrosse officials in the state of Colorado, and we need your help to get more people trained to officiate our game.

According to a study that US Lacrosse completed, the best way to bring in new officials is through current officials, so we need your help to recruit officials.

Consider who you know:

Do you know people who are teachers? Do you know any physical education teachers who might be interested in earning more money when the school day ends?

How about any former players who are now in college and might be looking to stay in the game, and earn some money? Or do you know

any former players who you work with at your current place of employment?

Know someone who is sports oriented? Have a friend who played girls lacrosse in high school or college and might be looking for opportunities to 'work' outdoors, and earn some spending money?

Unsure how to approach someone or to bring officiating into the conversation? Here are a few ideas of ways that might help you get the conversations started:

The Third Team: Officiating is a perfect way to stay actively involved in the game and enjoy great camaraderie. The officiating community is the "third team" on the field and through officiating you can develop friendships and connections with others committed to the game.

Give Back to the Game:

Officials are important ambassadors for the sport and you will develop and be able to share your knowledge and perspective of the game and can make a difference in its future.

Stay Fit:

Officials are right in the action of the game with the players. Officiating is a great way to stay in shape and get some exercise. Schedules are flexible as many games and times are offered and you can work as many or as little as your schedule permits.

Learn A New Sport:

If you've experienced officiating other sports, you can easily transition those experiences to the fastest game on two feet. There is a world of opportunity to grow and develop as a lacrosse official.

Earn a Few Dollars: Officiating also allows you to supplement your income with a few extra dollars. Officials at all levels of competition are compensated

for officiating contests.

Make it part of your conversation to bring up girls lacrosse officiating and ask your friends or acquaintances if they might be interested in being a part of this sport.

We will be handing out 'business cards' to all of you to help with the recruiting process, and we appreciate your efforts to help continue to grow the girls' / women's game.



Mentoring

Mentoring Link: <http://tinyurl.com/cwloa-mentor-link>
(copy / paste into browser)

Start signing up now. Ideally, we would like to have the mentor/ mentees paired by the beginning of the season. The partnerships will be for this year only.

What do you have to lose? Nothing!

What do you have to gain? A friend to share lacrosse stories, enjoy a laugh or too, and appreciate the community spirit of lacrosse.

Our Mentor Program chair is Michelle Gazarik. Please contact her with any questions.

c: 757-817-0599

e: mvgazarik@gmail.com.

Don't Forget! Registration

If you haven't registered with CWLOA and paid your dues, please do so as soon as possible. Your dues help pay for the training you receive and other things that help support the lacrosse officials in Colorado.

You must be registered with US Lacrosse AND CWLOA if you plan to officiate this spring!

You can find the form on our website: cwloa.com

If you have questions, contact Allison Bailey at albailey7@gmail.com



Email: cwloaboard@gmail.com

Web site: CWLOA.com

Facebook: CWLOA
(Please join us!)

Promoting the ideals of sportsmanship, personal responsibility and team work in the sport of lacrosse

CWLOA is a nonprofit organization focused on recruiting training and rating new officials, developing and supporting higher-rated officials and promoting a safe and positive environment for women's lacrosse throughout Colorado.

The association seeks to provide safe, fair, and impartial officiating for women's lacrosse games while promoting the ideals of sportsmanship, personal responsibility, and team work in the sport of lacrosse.

CWLOA board president – Cyndy Schlaepfer-Youker cwloaboard@gmail.com

Have an idea for an article or a question you want answered?

Submit to: cwloaboard@gmail.com

Want to become more involved? These are the areas we need ideas and help with:

Recruiting / Training / Rating / Mentoring / Web site – updating/design / Recognition

Please send an email to cwloaboard@gmail.com and include your name, email, phone number. Let us know how you would like to be involved, and list special skills you would be able to provide, if any.

Spotlight – Nathan McCrary – Official

Tell us how you first became involved with officiating women's lacrosse

I was officiating football with DJ Bremser and he convinced me to officiate girls' lacrosse as they were in need of officials.

What other sports do you officiate?

Football

How do these other sports help you with lacrosse officiating?

Having never even seen a lacrosse game before it was a bit of a challenge to learn the game and all the terminology associated with it. Thankfully though officiating football had already given me experience in dealing with coaches, players, and fans, and taught me how to be professional as an official.

Do you have a favorite lacrosse memory?

During my first season officiating, my family came to watch me officiate a game. My oldest daughter who was six years old at the time stood and watched the high school girls play. Afterwards she said to her mom and me, "I want to do that!" She's been playing lacrosse every year since then and it is her favorite sport. Of course the only thing I like better than officiating lacrosse is watching her play. In addition to playing lacrosse she also officiates and coaches youth lacrosse.

What is one goal you personally want to achieve this year (the coming season)?

To officiate my first state championship game.

What hobbies do you have outside of lacrosse?

My favorite hobby is mountain biking the many trails around here along with riding my road bike, running, and watching movies. I also enjoy competing in various biking and running races.

From the last newsletter spotlight official (Leatha LeBlanc): Which level of girls lax do you enjoy officiating the most and why?

I would pick the high school level because I like how it challenges me as an official along with being the level I officiate the most.

Finally, ask a question for our next spotlight official. If you could change one of the lacrosse rules, which one would you change and why?