

CWLOA Update

February 2017 Newsletter
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CWLOA

Colorado Women's Lacrosse Officials Association

Upcoming Events / Training

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There are still officials who need to register with USL, CWLOA / CHSAA or both of these. If you are one of those, you must complete this right away if you want any games this spring.

If you still don't have the required classroom training there are two possibilities coming up to get this:

We are having a training session on February 4th in Montrose, CO from Noon to 4 pm at Montrose High School. Anyone on the Western / Southern slopes of Colorado is welcome to attend.

We are training in Ft. Collins on February 12th. Place and time still TBD, but it will be in the

afternoon. We'll get word out when we have it figured out.

There is a training session on February 26th from 9 am to 1 pm at South Suburban Family Center at 6901 S Peoria St. Centennial, CO 80112.

If you missed the Rules Interpretation meeting **(Required for all)** on January 28th, please plan to attend one of the afore mentioned trainings. The first hour will be dedicated to the Rules Interpretation.

For Officials who are doing high school games, the **high school play day is scheduled for March 4th**.

The US Lacrosse Girls Rules Test is now available on the US Lacrosse website – you need to take the test and score at least an 80%. You can take it as many times as

Special points of interest for lacrosse in Colorado:

- 54 High schools = 700+ of girls' high school games per season
- 70 currently active officials – always looking for more!
- New? Watch Starting Out in Stripes an introduction to the game & the Ropes Course (find in in YouTube)

Three Colorado High Schools add Girls Lacrosse for 2017 season

Holy Family, Montrose, and Rocky Mountain High Schools are adding girls' lacrosse for the 2017 season.

Holy Family in Broomfield has added girls and boys lacrosse for this season. They are coming in as an Independent and for their first season will be playing a Varsity only schedule (no JV). There are 5 teams that are Independent, and not eligible for post-season play.

Montrose High School in Montrose, is adding girls' lacrosse this season, and will be part of the Mountain League, which will have 9 teams with this addition.

Rocky Mountain High School is also a new program, located in Ft. Collins. It is part of the Metro League, which has 8 schools. The other leagues in Colorado are Centennial, Continental, Jeffco, and

Southern. Each of these leagues has 8 teams, except Jeffco, which has 9.

On our website you can see a map of Colorado and where all the schools are located. From the landing page, choose Colorado Info / CO High Schools. Christine Wiedinmyer put this map together – she's our web site master.

Thanks Christine!

Quick little workout for agility & core stability for Officiating

The season is upon us! Here are a few tips on getting into shape and staying in shape during the season.

Cardio: 40 square. Set up 4 cones in a box about 10 yards by 10 yards, the run around them. First run

forward, then shuffle left, then run backwards, then shuffle right. Change each time you get to a cone. Time yourself, and see how you improve over time.

Core: Find a set of exercises that work

your entire core, and do them on a regular basis. *Example:* Crunch, Bridge, Heel Touch, Leg lift, Plank (hold for 30 sec).

Do all of these for count of 8, except the plank, then repeat.

Both of these exercises

will help you get conditioned for the activity of officiating. Core stability will help you be strong as you are running sideways, and the Cardio will help ensure you are in keeping up with the game as you go up and down the field.

Arbiter Blocks for 2017 Season – *Complete before February 8th*

ArbiterSports™

Attention:

The Draw begins on Wednesday, **February 8th** and is a multi day process that will complete on **February 9th**.

Anyone who has not completed training (unless you are going to the make-ups) and/or not paid dues and fees will NOT be included in the draw.

BLOCKS: If you don't have your blocks in before February 8th you may get scheduled for games you cannot do. This is a problem for everyone, as games that are turned back by officials end up with the inappropriate officials on those games. So please block your calendar in Arbiter for times you are Not Available to do games. In

addition to days, dates & times.

You need to also

manage: **Distance** (you are willing to drive to officiate a game), **Sites** (you don't want to go to), and **Teams** (you don't want to officiate).

If you do other sports in the spring: The sharing tab is under the Profile tab and allows you to authorize the sharing of assignments, in a limited way, with all of the assigners which will help prevent overlapping or double booked assignments.

<http://www.arbitersports.biz>

In order to have the best possible result for the initial draw, all officials need to manage each of these elements as they apply to you.

Also: If you haven't sent an email to Frank Bailey with the number of days per week you

want to work and the number of games per day you are willing to work, please email him with this information as soon as possible: bailey5280@gmail.com



Mentoring Program for 2017

Mentoring Link: <http://tinyurl.com/cwloa-mentor-link>

We are pushing this program as studies show that having a mentoring program is a good way to improve the level of officiating in a much more progressive way, and it also helps to retain officials when they feel more

involved and part of the larger community. We are constantly trying to improve and grow the core of our officials' organization, and we hope that you will join the mentor program either as a mentor or a mentee.

If you haven't signed up to be a mentor yet, please consider doing

so at this link (above).

Also, if you are relatively new to lacrosse officiating, you are strongly encouraged to sign up as well to be paired with a seasoned official who will help guide you with answers to any questions you might have as the season progresses.

Your Community of Officials – Social Event, Facebook

We are kicking off our 'Monthly Gathering' as requested by membership through our survey for a social!!

We will also use this time to discuss any rules or interpretations of rules that might have come up during your officiating season.

The first one is going to be held on February 16th at 6:30 pm at the ViewHouse in Centennial, 7101 S Clinton St, Centennial, CO 80112 .

Since this is before the season starts, it will mostly be a social event, but if there are any lacrosse questions any of you have, it will be a good opportunity to bring them up in a relaxed venue.

After this first one we are planning to have one every 3rd Thursday of each month. Depending on further discussions, we may have these in several cities instead of just Denver. (i.e. If there is enough interest then

we could have one in Colorado Springs, Boulder, Dillon, etc.) We will see what the interest is and go from there.

FACEBOOK:

We've publicized it, but want you all to be sure you know that we have a Facebook page. Please like us. We will be posting rules and other fun informative information that might be of use to you. Pass it along to your friends who also might be interested in officiating!!



2017 US Lacrosse Girls Rules Changes

USL rules cover high school, college club, youth, and post collegiate club games. A number of rule changes this year center around keeping the game safe and play flowing.

Rule	Change
2-4-4	Stick checks may only be requested during a stoppage of the game clock
2-4-4	Stick checks may be requested immediately following regulation or overtime
2-7-2	Outlines changes to eyewear certification
2-7-3	Outlines ASTM headgear certification
5-2-3	Players below the restraining line on the draw may not cross until possession is established
9-1-1	Players may not use their bodies to play the ball, except with a kicking action on a non-shooting attempt
10-1-1	Looking to shoot (NOTE) has been eliminated for the Obstruction of Free Space Criteria
10-1-1	PENALTY NOTE: Penalty administration for dangerous shot and illegal shot shall be aligned with the ball being given to the closest defender

For 2017 rule changes and clarifications please go to uslacrosse.arbitersports.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 – Michelle Secor – Official & advocate for women's lacrosse in Colorado

Tell us about how you became involved with women's lacrosse?

While going to school at Colorado College, I saw the men and women's teams playing. It looked like a fun sport and I wanted to meet some of the guys on the men's team. ☺ Seemed like a good idea at the time! Funny thing is, we borrowed sticks and I was hesitant to purchase one at that time because I didn't know if I would really keep up with it. Funny, huh?

When did you first become an official, and expound on the growth of lacrosse in Colorado?

Out of college I ran/organized the CC Women's Club team and I wanted to know the rules to better understand the game and then also help me on the field as a player. So I would go to the rules interpretation meetings and classes. After a while I decided I would try to make a go of it, officiating when it worked with my coaching. I started to officiate high school games probably in 2006.

Tell us about running the summer tournament in Vail – how it got started and growth, challenges, etc.

For two years the men organized a pick-up game for the women. I went up in 1984 to play and the guys said that it wasn't happening because no one planned it. Well I said it would happen the next year because I would organize it and have been running the women's games since. For years I would solicit people back at the club national tournament talking up the Vail Lacrosse Shootout. In 1986 we had 6 people come out from New England and we gave them players to field a team. The next year, they came out with a full team and we had a team from California too. As far as I know, that was the first time the east and west coasts met each other in the middle of the country. The turning point was in 1999 when the US National team made a stop in Colorado when they were touring Canada. After that year, word of mouth spread and it became a hot spot for lacrosse and vacationing.

What is your favorite lacrosse memory?

I don't have one specific moment but I think playing all of those years at the club national tournament were some of the best times. Getting to meet people from all over the country for that tournament and for the Vail Lacrosse Shootout has been the best memories for me. I love the people. We once hosted the US National Clinicians/players when they were in Colorado for a players' clinic and showed them all over the place.

What do you like to do in your free time and for entertainment?

I love to play a lot of sports but I do enjoy playing golf as much as I can now that I am retired from teaching. My husband and I also like live theater such as the local theater and when it is possible catch a Broadway show. I also think that any and all of the Cirque du Soleil shows are amazing and would go to all of them if I could. I have seen 10 different shows with "Mystre" and "O" topping the list.

What is your television obsession?

I am ashamed to say that I have many shows that I like to watch but I really do enjoy Project Runway. I absolutely love Tim Gunn. Make it work!!!

From last month's spotlight official (Randy Schouten:) We all miss calls. Others we just mess up. How do you move on mentally from a missed call or a call you just wish you did not make?

It is not always easy to move on but if you dwell on the last call you will likely miss/mess up the next call. I make a mental note and review it after the game so I can improve. We don't go out with the intention of messing up but it does happen in spite of all the training and experience because we are human, it can still happen. I try to not let it get to me but it does for a while because I don't want to make mistakes.

Lastly, ask a question for our next month's spotlight

What is the one thing that always puts you in a good mood?