

# CWLOA Update

February 2016 Newsletter  
www.cwloa.com



# CWLOA

Colorado Women's Lacrosse Officials Association

## Getting Ready for 2016 Season

February 2016  
Volume 4, Issue 1

**There are still officials who need to register with USL, CWLOA CHSAA or all 3 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 is a make up session on Saturday February 13<sup>th</sup> at Family Sports, in Centennial (see next page for details).

We also have a session set up for Grand Junction March 5<sup>th</sup> for on field training and rating (see next page for details)

The High School Play day in the Denver area as well as the Colorado Springs area is tentatively set for March 5<sup>th</sup>.

We will update you when confirmed.

If you are planning to officiate high school games a background check needs to be completed for CHSAA through Arbiter. (Every three years)

You also need to pass the online test (taken through the Arbiter hub) A score of 90% is a pass. You may take it as many times as necessary.

If you haven't yet taken USL online educational women's officials course you need to do that. This is a one-time thing. (If you took it last year, you don't have to take it this year)

**QUESTIONS?** email: [cwloaboard@gmail.com](mailto:cwloaboard@gmail.com)

### Special points of interest for lacrosse in Colorado:

- 49 High schools=700+ of girls' high school games per season
- 70 currently active officials
- 120 officials needed to cover all the games (minimum)
- **Let's all recruit!**
- New? Watch [Starting Out in Stripes](#) an introduction to the game

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## Arbiter Blocks for 2016 Season **Complete by February 8th**

**Attention:** If you haven't yet put in your blocks for the 2016 season, you need to complete before Monday, **February 8<sup>th</sup>**.

The Draw, which schedules officials, is to run on **February 8<sup>th</sup>**. If you don't have your blocks in by then 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](mailto:bailey5280@gmail.com)

## Training Dates

For anyone who still needs classroom training to officiate this spring or still needs a Rules Interpretation: We are holding a session on February 13<sup>th</sup> from 8 am to 3 pm at Family Sports Center, 6901 S Peoria St, Centennial, CO 80112. This training will be a comprehensive review, and include a Rules Interpretation for any who missed Saturday Jan. 30<sup>th</sup> meeting.

Upcoming Sessions scheduled details:

Date	Time	Location	Material Covered	Participation Level	Hours
<b>For Officials who officiate NCAA Games</b>					
February 6	4 – 6:30 pm	Colorado College, 14 East Cache La Poudre St. Colorado Springs, CO 80903	NCAA Rules	All who are officiating NCAA games	
February 20	9am – 3 pm		NCAA Games	All who are officiating NCAA game	
<b>For Officials who officiate High School games</b>					
February 13	8am – 9:15 am – Rules Interpretation 9:15 – 3 pm Training	Family Sport Center, 6901 S Peoria St, Centennial, CO 80112 Banquet Room	make up Rules Interpretation; Comprehensive for all USL rules	All who are officiating HS games and need the rules interp and or classroom training hours	6 hours
March 5 (tentative)	Time TBD	TBD	Denver or Colorado Springs area HS Play Day	All who are officiating HS games	
<b>For Officials who officiate High School games on the Western Slope /Mountains</b>					
March 5	8 am – 2 pm	Long’s Park (next to Central High School 550 Warrior Way Grand Junction, CO 81504)	On field instruction & rating	Mountain officials who aren’t going to Denver area HS Play Day	6 hours

## Upcoming Calendar Events

We wanted to give you a heads up to some lacrosse that is coming up so you can put these on your calendar if you are interested in participating as an official or attending as a spectator!

*February: NCAA and College Club games start*

*March: Girls high school season starts Regular season is 3/10 through 5/7 Then playoffs start.*

*April: Youth Games start*

*May: NCAA Playoffs & HS Playoffs*

- March 19<sup>th</sup> – tentative JV play day
- May 16<sup>th</sup>, 20<sup>th</sup> – HS Semi Final and Final @ DU
- May 19<sup>th</sup> – 21<sup>st</sup> – NCAA Playoffs –Div II Semi-final and Final @ Metro
- May 21<sup>st</sup> - 22<sup>nd</sup> – CGLA Festival, site TBD
- June 4<sup>th</sup> & 5<sup>th</sup> - Rocky Mountain Jamboree Tournament
- June 17<sup>th</sup> - 19<sup>th</sup> - Denver Shootout Tournament
- June 20<sup>th</sup> – 22<sup>nd</sup> – Vail Lacrosse Tournament
- June/July: Vail Shootout Tournament
  - Girls U19                      June 26<sup>th</sup> - June 29<sup>th</sup>
  - Women’s Elite              June 30<sup>th</sup> - July 3<sup>rd</sup>
  - Women’s Masters        July 1<sup>st</sup> – July 3<sup>rd</sup>
- July 9<sup>th</sup> – 10<sup>th</sup> - Western Cup IWLCa showcase event

**June 11th - CWLOA Year end Meeting.** Plan to attend! We have year end fun, picnic, and elect new officers to our board for those whose terms are ending.

## Special Interest: Working out to be in shape for Officiating

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

**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.

**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.

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.

## Inside Story: Alternate Possession: Rule 5 Section 20 (page 37-39 of the USL rule book)

Alternate possession (AP) shall be taken by the two opponents closest to the foul/incident.

1. If the alternate possession would be awarded **outside of the Critical Scoring Area (CSA)**, it is taken where the foul occurs that causes the play to stop, except that no AP is taken within 4m of the boundaries.
2. If the AP would be awarded **inside the CSA and below the Goal Line Extended (GLE)**, it shall be awarded at the closest dot.
3. If the AP would be awarded **inside the CSA and above GLE (including the goal circle)** it shall be awarded at the closest 8m mark on the GLE.

In all these cases, the opponent will stand 4m away and nearer the goal she is defending. No other player may be with 4m.

## Did you know? CWLOA Mentor Program is being started

It is no secret that our sport is growing in leaps and bounds. We have a shortage of qualified officials. One way to address this is recruiting. Another way is to retain officials we recruit and train. One of the key methods to retain officials is to develop good peer-to-peer relationships among the officials. *We are starting the Mentoring program to help us retain and train officials in an on-going and community-oriented way.*

Mentoring is a process to transfer knowledge, coach a less-experienced participant and share advice. We need officials who are willing to help a newer or less experienced official throughout the season by: 1. **Checking in** routinely, 2. **Sharing** experiences and knowledge, and 3. **Picking-up** their spirits up after a tough game. [We have all been there!]

As officials, we are the most humble people on the field. We know what we don't know and count on our partner(s) to help round out our experience and knowledge. We owe it to all players and coaches and partners to know our rules. But beyond that, there are tips and best practices on game management and composure that we can share.

**What do I have to do to participate?** (*Details on how to do this and through what venue coming soon*)

- 1) Sign up to be a mentor (if you have 2 or more years officiating) or a mentee (new or less experienced)
- 2) Complete a short survey and discuss it with the mentoring team. We will pair you with a mentee that has one of the following in common: similar schedules, geographic locations, and / or sports background
- 3) Mentors: Participate via online, phone or in-person short training program  
Mentees: Participate in similar training appropriate for your role

Michelle Gazarik is leading this program under CWLOA. If you have any ideas for the program or want to be on the Mentor Program Team, please contact her via email: [mvgazarik@yahoo.com](mailto:mvgazarik@yahoo.com)



[cwloaboard@gmail.com](mailto:cwloaboard@gmail.com)

[CWLOA.com](http://CWLOA.com)

Facebook: CWLOA

**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](mailto:cwloaboard@gmail.com)

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

Submit to: [cwloaboard@gmail.com](mailto: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](mailto: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 – Jen Dorff – National Official & Board member of US Lacrosse**

*When and where did you first play lacrosse?* I played lacrosse in a college class and for about 2 weeks before I quit. I was more interested in playing club volleyball with my team than starting another sport.

*When did you first become an official?* I started officiating in 1999 in Pittsburgh Pennsylvania

*Tell us about becoming a board member for US Lacrosse and how that happened.* Just after I received my National rating I was asked by Jeff Secor if I was interested in serving as a representative for the officials on the then Board of Governors for the women's game. Through my involvement with the BOG and then chairing the Training Committee I was asked to serve on the Board of Directors for US Lacrosse. I thoroughly enjoy this perspective of the organization because the focus is not about any one constituent but the whole game of lacrosse. We are constantly being reminded to keep a "30,000 foot view".

*You just received an award from USL to recognize your service, can you tell us about that?* It is an honor to be honored by one's peers, by our board or at a national level. I started to volunteer for US Lacrosse because of my deep passion for women's and girls' lacrosse. I love our community - the women's lacrosse community - here in Colorado as well as throughout the country. The work I do I hope will help to improve the game and process of education for others. I have been blessed to have strong, positive role models in my career as an official. I am hoping to pay it forward, to help others and instill a sense of community and passion for the next generation of leaders in our game.

*What hobbies do you have outside of lacrosse?* I love to ride my road bike and hike and camp with my family. I am an avid reader and am becoming a better gardener with each summer.

*What is one goal you have for the coming season?* Better communication with coaches, and bring honor to our board every time I step onto the field.

*From last month's spotlight official (Allison Bailey) Why officiating and why lacrosse?* After years and years of coaching I started to officiate. It appealed to me because I didn't care who won or lost, I was able to participate in a game I always loved and, at the time I started, not many people knew the rules of the girls' game. So when I made mistakes not many people knew I had! I still make mistakes and miss calls, but now more fans and coaches are better acquainted with the game and recognize what I miss.

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

What's the biggest challenge you have overcome as a women's lacrosse official?