

CWLOA Update

May 2017 Newsletter
www.cwloa.com



CWLOA

Colorado Women's Lacrosse Officials Association

Girls High School Lacrosse Playoffs

Playoffs for the girls' high school champion are right around the corner.

*The first round of games to be completed by May 10th - 4 games

*The second round to be completed by May 13th - 8 games.

*The quarterfinals will be completed by May 17th.

*The Semi-finals are Saturday May 20th at 11 am and 1:30 pm. at the University of Denver

*The Final is Wednesday May 24th at 7:30 pm at the University of Denver.

Assignments will be coming out soon.

If you are not assigned a game and have the opportunity to attend any one of those games, it will be a great opportunity to watch some competitive play and quality officiating.

It is also a great venue for mentors and mentees to watch the game together for a teaching/ learning experience.

The seeding and tournament brackets will be posted on CHSAANow.com after May 7th.

So check out the bracket and get to a game or two!

Current RPI Ratings for the teams are: (first 10)

1. Kent Denver
2. Denver East
3. Columbine
4. Colorado Academy
5. Cherry Creek
6. Chaparral
7. Pine Creek
8. Dakota Ridge
9. Thunderridge
10. Palmer Ridge

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Special Note: As the season progresses and you have changes to your personal schedule, it is important that you remember to keep your Arbiter blocks up to date. Schedules tend to get compacted at the end of the season when missed games are being rescheduled. It is really helpful and time saving for the assignors to know that your blocks are up to date. For assigning instructions going forward, please refer to the April Newsletter.

Rules Situations

Situation:

Blue Team Player A takes a bounce shot and misses the goal. Blue Team Player B is standing behind the goal as a backup. As the ball travels past the goal on its way out of bounds Player B try's to catch it and the ball deflects off Player B's stick, then proceeds to go out of bounds. Does Blue Team get the ball or White Team?

Answer: If Blue Team Player B is closest to the boundary when the ball deflects off her stick and goes out of bounds, the Blue Team retains possession of the ball. **Rule 6 Boundaries Section 1 Article 2** 'The player/team that last touched the ball before it went out of bounds will lose possession of it, unless it was a shot or a deflected shot on goal....

Situation:

Defense causes a turnover but the whistle then sounds for an offside foul by the defense. Where is the free position taken?

Answer: If the ball is outside of the critical scoring area (CSA), the free position is awarded at that spot. If the ball is in the CSA below the goal line extended, the penalty shall be

administered at the closest dot. If the ball is inside the CSA and above the goal line extended, or inside the goal circle, the free position is awarded at the top center of the 12 meter fan. Attack player with the ball to the spot of the free position; nearest defense player placed 4 meters behind; closest defense player to the restraining line will move back outside.

2017 Year End Meeting & Picnic

We are going to try something new this year for our year-end meeting and picnic!!

We will be holding the event

Saturday, June 17th during the Denver Shootout at Dick's Sporting Goods Park starting at 6 pm.

We hope that this will help increase the attendance, and it also makes it easier for officials to attend, instead of picking another date, and asking officials to take a separate day away from their families.

At the year-end meeting we will be electing new officers for those positions that are expiring.

The **open positions** are:

****President**

****Training and Rating Coordinator**

****Secretary**

The positions are 2-year terms that go through 2019.

Please send any nominations to cwloaboard@gmail.com

The descriptions of duties for each of these positions are in our Bylaws, which are on our website cwloa.com under About CWLOA/ CWLOA Info/ CWLOA Bylaws.

PLEASE PLAN TO JOIN WITH THE REST OF YOUR FELLOW OFFICIALS!

From CHSAA: If you eject a player (Red Card) please use this Ejection Report. <https://www.surveymonkey.com/r/LACEJREPT>

Warming up: staying injury free adapted from an article by Billy J Voltaire on laxpower.com

Billy J. Voltaire, CSCS, is the Head Strength and Conditioning Coach at Manhasset High School in Manhasset, New York. He can be reached at voltaire@laxpower.com

Rules of Thumb

1. Include an aerobic component, (e.g., moderate sprints, shuffles, and/or backpedals).
2. Make your primary goal to warm up the body, so asking yourself to sprint full speed throughout the warm-up may not be the best option.
3. Keep the warm-up sport-specific, targeting muscles that will be used predominantly during the activity.
4. Keep distances to 20 yards or less.
5. Limit the warm-up to approximately 10 minutes or to the point of perspiration.

Prior to officiating the games, the goal is to warm up muscles and joints and prepare the nervous system.

A dynamic warm-up is one that incorporates all the necessary components of stretching without losing anything. Dynamic stretches are rhythmic exercises that gently take you through the limits of your range of motion.

Sample Warm-Up

- ¾ Sprint: 75% effort
- Ankle Hops/Jumping Jacks: Jumping off "balls of feet" – don't allow heels to contact ground.
- Frankenstein: Keep legs straight; kick target (hand)
- Walking Quad Pull: Pull leg and opposite arm back to effectively stretch hip flexors.
- Walking Knee Hugs: Pull knee into chest to stretch hip extensors (gluteus maximus).
- ¾ Sprint: 75% Effort
- Walking Lunge Twist: Keep knee an inch off the ground; push hips forward and rotate trunk to either side.
- Sumo Squat: Go through full ROM with wide stance (outside of shoulders) to stretch groin muscles.
- Spiderman: Push-up position; bring one foot to hand; attempt to get elbow to touch ankle or ground; hold briefly.
- High Knees: Quick contacts off the ground; keep heels from touching.
- Butt Kicks: Variation 1 of 2; attempt to kick your butt with foot rhythmically.
- Carioca: Quick movement at the hips; movement should be fluid.
- Backpedal: Athletic position, back flat, looking straight ahead, sitting into position and staying on the balls of your feet.
- Full Sprint: 100% effort

Special Interest: Service to CWLOA

As part of being a US Lacrosse official, we not only officiate games but we also provide service to help strengthen our organization and officiating abilities. Per the US Lacrosse manual all officials are required to provide annual service. So what does that mean? Service can be given in many different ways.

Listed below are several options:

Here are a few:

* Attend a HS semi-final or final game with a higher

rated official.

- * Officiate at a play day.
- * Mentor a junior official.
- * Hold a position on the local board or committee.
- * Recruit a new official.

The expectation about how many hours of service are required to maintain our good standing is listed in the manual as well. But for now, how about getting active and do more than just be on the field on time.

CWLOA board has several projects where your talents would be beneficial and welcomed!

Talk to any board member, we will be glad to help find a spot for you.

President:

Cyndy Schlaepfer-Youker
shlep4ukr@gmail.com (Two year term expires 2017)

Vice President: Don Bryant
dbryant7@hotmail.com – (Two year term expires 2018)

Secretary: Dennis (DJ) Bremser
dbremser@msn.com – (Two-year term expires 2017)

Treasurer: Allison Bailey –
albailey7@gmail.com – (Two year term expires 2018)

Training & Rating Coordinator: Devin Bauman
dbaum3248@gmail.com – (Two year term expires 2017)

State Rules Interpreter: Jen Dorff –
ridejmdride@gmail.com (Two-year term expires 2018)

What is the true benefit to you? Providing service helps increase our numbers and develops our existing officials to be better. Isn't it nice to step on the field and have full confidence in your partners? Providing service helps increase that confidence.

How do you provide service? CWLOA has many projects where you can provide service. Contact any of the board members to get involved other than just officiating games.

Questions regarding rules? Need an interpretation?

We have put a form on our website that should be used for all rules and game situations that you have a question about. The form will go automatically to our Rules Interpreter – Jen Dorff, and she will respond to any of these within 48 hours or so. She is also officiating games, works full time, and has a family, so you know how busy that can make you! But she will do her best to respond in a timely manner. Please use the Rule number and section of the rulebook if you can so she can make sure that your question is being answered in the right context. This also saves us from sending emails - sometimes emails get missed - as you all can probably relate!

Upcoming Calendar Events

May: Girls Regular Season ends May 7

NCAA Playoffs

WCLA National Championships

HS Playoffs

June: Tournaments, Youth, HS and college

July: More tournaments!

We wanted to give you a heads up on some lacrosse events that are coming up so you can put these on your calendar if you are interested in participating as an official or attending as a spectator! [We also have the calendar on our website cwloa.com](http://cwloa.com) so please refer that that throughout the month as that is where we have updates posted.

Contact cwloaboard@gmail.com if you have something to be added to our calendar

May 18th –Monthly CWLOA Social will be at World Of Beer, 600 S Colorado Blvd, Denver 80246, starting at 6:30 pm

May 7th – Post Collegiate Games

May 20th & 24th - High School Girls Semi-finals & Final @ DU

May 10th - 13th – NCAA Playoffs –Div II Semi-final and Final in Salt Lake City, Utah

May 20th – 21st – CGLA Festival, Youth only, Dick's Sporting Goods Park

June 3rd & 4th - Rocky Mountain Jamboree, Easton Park

June 16th - 18th - Denver Shootout Tournament, Dicks Sporting Goods Park

June 17th – CWLOA Year-end Picnic & Meeting

June 19th – 21st – Vail Lacrosse Tournament

June/July: Vail Lacrosse Shootout

Girls U19 June 25th - June 28th

Women's Elite July 1st - July 4th

Women's Masters July 1st – July 3rd

Vail Lacrosse assignor:
Devin Bauman
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Rest assigned by Frank
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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

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 – Bobbie Sagan – Official / Player

Tell us about how you became involved with women's lacrosse? My sister started playing high school lacrosse as a Sophomore in 1996, and since I idolized her, I started out by playing catch with her in the yard.

How old were you when you first played lacrosse and where have you played? I picked up my first stick when I was in 7th grade but I didn't actually start playing until I was a freshman in high school at Glenbrook South in Glenview, IL. I remember being hesitant because I wasn't a big fan of running at the time. Funny how things change! After high school I went to Western Michigan University where I played club as a player/coach. Since then I have been playing year round in Chicago with summer leagues, winter leagues and we would frequently play local college club teams. Currently I play in the Colorado Women's League and this year will be my 10th year playing in the Vail Lacrosse Shootout. I will play until my body won't let me anymore!

When did you first become an official, and expound on your involvement and move to Colorado? When I was in college I worked a lot of side jobs to make money - at one point I was an assistant coach for a small high school in Michigan that had a parent with no previous lacrosse experience coaching the team. I started to help out, while on the side being a player/coach for my college club lacrosse team. Eventually that parent stepped down and I was head coaching. One day we didn't have any refs, so I after discussing with the other coach, I stepped on the field and did my first game. I have always officiated as a side job - but after a while of coaching my high school team, giving private lessons, designing apparel and coaching for Lakeshore Lacrosse and working full time - I was getting pretty burnt out so I gave up officiating for a couple of years. I finally made the move out to Colorado in August after many years of wanting to do so. I was telling myself after 12 straight years of coaching; this was going to be my season off. Well I got here, and was having some serious FOMO at the thought of not being involved this season, so here I am.

What is your favorite lacrosse memory? I have too many to pick just one! I love the downtime in between games with your teammates, the happy faces and silly jokes of the girls you coach and the overall energy of everyone around the game. Most people are so happy to be playing when you get older that the mood is contagious! It has been incredibly intrinsically rewarding for me throughout the years and given me so much more than I could have ever asked for.

What do you like to do in your free time and for entertainment? I am really loving the opportunity to be outside in Colorado year round - so I am taking advantage of that by doing a lot of hiking and skiing! I'm used to hiding indoors until the weather gets nice again, so this has been so refreshing!

From last month's spotlight official (Hillary Patterson): Imagine you are a cartoon character officiating a lacrosse game. What character are you most like and why? Sonic the Hedgehog, because he is incredibly fast and never gets out of breath. That comes in handy while officiating and playing!

Lastly, ask a question for our next month's spotlight: What's the weirdest job you've ever had?