

CWLOA Update

November 2016 Newsletter
www.cwloa.com



Training: Please get these dates on your calendar!!

November 2016
Volume 10, Issue 1

Classroom training has been divided up based on rating and experience.

Group 1 includes all NEW, APPRENTICE and L1 officials.

Group 2 includes L2 and above officials.

The table below shows training dates for each group.

Please note the appropriate dates for your level.

We are still not sure where the training for the Group 1 officials will be, but we will let you know as soon as we have the locations.

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

The Rules Interpretation meeting (**Required for all**) will be held on January 28th from 9 am to 12 pm. A NCAA rules interpretation will follow (for those doing college games) from 1 pm to 4 pm. *Place yet to be determined.*

If you have questions, please contact cwloaboard@gmail.com

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Group #	Date	Time	Area	Address
Group 1	January 10, 2017	6 pm – 9 pm	Loveland	TBD
Group 1	January 11, 2017	6 pm – 9 pm	Denver	TBD
Group 1	January 12, 2017	6 pm – 9 pm	Colorado Springs	TBD
Group 2	November 2, 2016	6:30 pm – 8 pm	Colorado Springs	Mission Medical Clinic 2125 East LaSalle St. Colorado Springs, CO 80909
	November 16, 2016	6:30 pm – 8 pm		
	November 29, 2016	6:30 pm – 8 pm		
Group 2	November 3, 2016	6 pm – 7:30 pm	Denver	Castlewood Library 6739 S. Unita St. Centennial, CO 80112
	November 17, 2016	6 pm – 7:30 pm		
	December 1, 2016	6 pm – 7:30 pm		
Group 2	December 6, 2016 (Make-up Day)	6 pm – 9 pm	Denver & Colorado Springs	Castlewood Library 6739 S. Unita St. Centennial, CO 80112

Growth & Development Scholarship Opportunities through CWLOA

We really want to encourage each of you to consider attending the US Lacrosse Convention.

In an effort to increase the growth and development of officials the CWLOA, on a yearly basis, sets aside a total sum of \$2,000 to be divided up to officials (no more than \$200 per official per year) for growth and development opportunities, i.e. attending any USL or COA organized clinic in state or out of state or attendance of the convention.

This money is not paid out until the summer after the season regardless of the timeframe of the clinic or convention.

In addition to this yearly opportunity, a scholarship has become available to send officials to the 2017 convention in Baltimore in January.

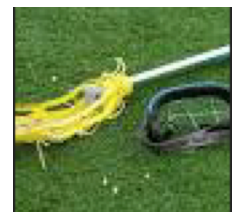
Up to \$200 an official, is available through this scholarship for anyone

interested in attending the convention.

If interested please email the treasurer -Allison Bailey at albailey7@gmail.com with a sentence or 2 as to why you are interested in attending.

With the addition of this scholarship, an official has an opportunity to receive **up to \$400** for convention attendance this January.

*****This opportunity has never been offered before and is highly encouraged for any official regardless of level or experience.**



US Lacrosse has scholarship \$\$ for attending USL convention

We want to remind you that the National Convention scholarship deadline is approaching. In addition to the funds that you can apply for to get some financial help from CWLOA to attend the US Lacrosse convention in January, US Lacrosse has a scholarship that you can apply for. This is a great opportunity to help fund the cost to attend the Convention. The registration link is below. *Even though the form says the scholarship winners will be announced at the end of October, the deadline is November 15th.*

<https://goo.gl/forms/AkabRysxvB3XgfR82> (copy paste into your browser)

The Colorado Lacrosse Foundation – by Ginger Miles



The Colorado Lacrosse Foundation (CLF) is a chapter of US Lacrosse.

What is a US Lacrosse Chapter?

Chapters are volunteer-led extensions of US Lacrosse, bringing the US Lacrosse brand, programs and services to local communities. Chapters serve players, coaches, officials, administrators, leagues, members and fans. Each chapter

serves as a conduit to the national headquarters of US Lacrosse and aims to unify, promote, and manage the many aspects of men's and women's lacrosse in its geographic area.

The CLF is committed to supporting the game in our state and growing the game responsibly. The mission of the Colorado Lacrosse Foundation is to **grow and support** the sport of lacrosse in Colorado. As the state chapter of US Lacrosse, there are volunteer representatives from each constituency group on the Board of Directors.

Each year, the Foundation runs

clinics for coaches, makes grants to the lacrosse community, sponsors awards for high school players and officials, and hosts the Annual Colorado Lacrosse Hall of Fame Induction Ceremony & Banquet.

Please visit the [chapter website \(www.uslacrosse.org/colorado/home.aspx\)](http://www.uslacrosse.org/colorado/home.aspx) to find out more information about us or to get involved!



Time to get in Shape for the 2017 season

Due to the inherent running in the sport of lacrosse, officials should get in shape to referee and not referee to get in shape.

Unfortunately, many lacrosse officials fail to heed this advice and the negative consequences can be seen each spring in injuries or an inability to run the entire field for a full game.

Now is the time to improve this part of your game.

You are getting older and slower but the players never do! It gets harder each year to keep up physically.

When was your last physical? Are you eating right? Do yourself a favor and put in some conditioning work now. Anything you can do to improve your conditioning will pay dividends this season.

Remember, what sells a call is positioning, not judgment. Are you prepared to be in the

right spot? Is physical strain affecting your decision-making ability?

Both strength and aerobic conditioning are required to perform the duties of a good lacrosse official. There has been a basis established for why to perform a pre-season conditioning program.

When should the program start? *It is never too early.* The best program is one that is maintained year round. The exact timing to start a pre-season work depends upon your present level of fitness.

Mentor Program – An option to help improve your officiating

Mentoring Link: <https://docs.google.com/forms/d/18tgedyk4gCgUwbSIXOCks73hcKzd-gwY3tBB63hoQSk/viewform>
(copy/paste into your browser)

This will be our second year of offering our Mentor Program!

Many first year officials and even those who have experience signed up to this program to help improve their officiating skills. There are benefits to both the mentee and the mentor in terms of improving their officiating.

"My mentor has helped me find exact field locations on campuses, communicated nonverbally with signals on the field, guided me to better game management procedures that aren't written in the training manuals, and has become a good friend."

As a mentor, I have touched based with my mentee, who has become an official after playing and who has a daughter that plays in high

school. She saw a way to give back to the sport and fill the shortage we have. I have been able to share some training materials and some of my own challenges with her. In fact, we face similar challenges (use of flag and game assignment issues) and can relate to each other's stories.

What made you the kind of umpire you are today?

Let's guess: Someone suggested you try officiating girls lacrosse.

You found that it wasn't so bad after all.

You had something to offer - something that made the players have a fun and safe game.

Why not share that special "something" with others?

Join our Mentor Program!

Why?

Officiating is a team sport! On the field, you have a partner. Off the field, you

have a mentor. It takes teamwork and effort **on and off the field** to perform your best as an umpire.

Great umpires learn from experience and knowledgeable teachers. It takes time to hone skills, understand body mechanics, and learn what constitutes a foul in girls' lacrosse. Being a mentor or having a mentee can help speed up learning.

PASS IT ALONG!

How does it work?

After our registration period ends Feb 1, you will be paired with another official. We may pair sooner if you and a mentor both self-selected each other.

YOU MUST REGISTER EACH YEAR – SO EVEN IF YOU REGISTERED LAST YEAR, YOU NEED TO REGISTER AGAIN, SO WE KNOW YOU WANT TO PARTICIPATE

- Sign up as a mentor or mentee or both!
- **Our goal: 50 participants**

Suggested rule of thumb to be a mentor: 5 or more years of girls lacrosse officiating, but use your own judgment.

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

She takes calls, texts, emails, and she doesn't bite - promise!

c: 757-817-0599

e: mvgazarik@gmail.com.

Recruiting

US Lacrosse has a great recruiting video out now – please share it with people you know who might be thinking of becoming an official.

<http://www.uslacrosse.org/officials/become-an-official>

Do you know a teacher who might be interested in after school activities? 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?

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 posting a flier on our website as something you could email them if there is interest. We are waiting until we get the locations for the January training established, and then we will make the flier available. Stay tuned.





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 – Becky Petre – L1 official and CWLOA Social Chair

When and how did you first become involved with lacrosse, and officiating?

I became involved with officiating lacrosse in 1995. When my 2 children got involved in their own sports activities (mid 1998) I became involved with their after school activities. Spring 2016 I got involved again with this wonderful sport.

What was the process of training and orientation like for you?

I enjoy meeting new people, but the first orientation at C.A. was a little intimidating being new and a little older. I quickly made some friends and learned a ton! I was a little shocked how fast the players can run and I'm working on anticipating the next play so I can "cheat ahead" a little bit and not get stuck trying to catch up. I got to be honest with myself. I can NOT run as fast as the players. :)

Do you have a favorite lacrosse memory?

One of many favorite memories - the goalie's shoe was untied and I helped her tie it. After the game she came over and said thank you for helping me. Helping foster the love of the game is one of reason I enjoy officiating so much. And a distance second, I will never forget a snake slowly making it's way across the field. I don't think good officiating is screaming, so I just backed away and one of the spectators removed the snake. :)

Can you tell us a bit about your experience with the CWLOA Mentor program?

The mentor program is a way to help new officials feel comfortable and ask questions that might seem silly. Is there a restroom at the school or where do we park? Can you help me set up a penalty on the 8-meter? Cyndy met me 30 minutes before game time and we walked through several different scenarios so I felt more comfortable during the game. (THANKS Cyndy!!)

What is one officiating goal you personally want to achieve this coming season?

I would like to feel more comfortable with game management and maybe smile a little bit more ... and, get some super warm clothes so I don't have to be so cold during some of the earlier spring games.

What hobbies do you have outside of lacrosse?

I have been a high school math teacher for 26 years. When I'm not teaching 15 year olds how to solve a quadratic equation, my husband and I like to play golf & I'm training for the Shark Swim ... Alcatraz to San Francisco.

From last newsletter spotlight (Don Bryant) What is the most unusual thing you have ever seen officiating a lacrosse game?
That crazy snake ...

Finally, ask a question for our next spotlight official.

How do you turn off your super-sonic hearing so you can't hear a coach or crazy spectator yelling?