

CWLOA Update

October 2017 Newsletter
www.cwloa.com



CWLOA

Colorado Women's Lacrosse Officials Association

Upcoming Training: Please get these dates on your calendar!!

Happy Fall fellow Officials! Your CWLOA Board has been busy planning the upcoming training for the 2018 lacrosse season, and we want to get the dates out to you now so you can put them in your calendar and plan on attending! The training is divided based off of rating and experience, please make note of the different groups and sessions. **Group 1** includes all NEW, APPRENTICE and LEVEL 1 and 2 officials. **Experienced** includes Level 3, Collegiate and National officials. All training locations are to be determined, location information will be distributed when available.

Group 1: For New, Apprentice and Level 1 officials (formerly L1 & L2)
Comprehensive Training – 2 hour sessions, places TBD

(expectation is to attend at least 3 sessions)

- * January 9 (Tuesday), Colorado Springs or January 10 (Wednesday), Denver area
- * January 16 (Tuesday), Castle Rock or January 17 (Wednesday), Castle Rock
- * January 23 (Tuesday), Colorado Springs or January 24 (Wednesday), Denver area
- * The Rules Interpretation meeting (**Required for all**) will be held on February 3 in Denver. (It will be a 3 to 4 hour session)

Comprehensive sessions for all levels – 6 hour sessions, places TBD

Western Slopes (City TBD) January 27 (Saturday)

Northern area - Fort Collins -January 27 (Saturday)

Denver area February 17 (Saturday)

Denver area March 17 (Saturday)

On field practice and training:

- South Suburban Dome (on Peoria) – November, December, L1 & L2 observation/ feedback
- January & February, early on-field training for new officials
- High School Play Day (various locations) March 3

Experienced: Highly encouraged – Regis play day – Sept. 23; Colorado College play day Oct. 14; November 2nd or 9th in Castle Rock – round table discussion – expectation that you attend one.

The NCAA rules interpretation session will be Friday Feb 9th in Castle Rock and Saturday Feb 10th at Colorado College in the Springs is the on-field day.

Other training options – US Lacrosse convention Jan 19-21 (Baltimore, MD) appropriate for all levels; NCAA rules sessions or webinars – details TBD

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

It's time to register for the 2018 season

Believe it or not!

Yes it's time to register with US Lacrosse and CWLOA if you plan to officiate this spring!

To avoid paying a late fee

your dues to CWLOA are due by November 1st.

The form to be used is attached to the same email this newsletter came in, or you can find it on our website: cwloa.com

This year we are testing payment through **Venmo**. You'll still need to send the form in,

Reminder:

You must be registered

with **BOTH** US Lacrosse and CWLOA if you want to officiate.



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The Third Team: Getting in shape for the season

It's not too early to start thinking about getting in shape for the season. It takes about 12 weeks to get in shape for a season. If you aren't already exercising on a regular daily basis, you should start ramping up.

Ideally you should do cardio exercises that mimic the running you'll be doing during the game.

Greg Dugas, NISOA National Instructor and Assessor suggests these workouts as examples of things you should be working toward:

Shuttle 40 yards, 60 yards, 80 yards with three minutes recovery. Do five sets.

OR

A. Sprint 20 yards, jog back with a 15 second rest. Repeat 20 times.

B. Sprint 40 yards with a 20-second rest. Repeat 15 times. Rest four minutes.

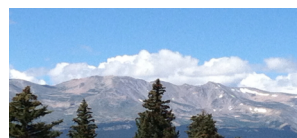
C. Sprint 60 yards with a 30 second rest. Repeat 10 times.

Other guidelines: Never do the same type of workout on back-to-back days.

Always do your running workout before your weight training.

Work on Core, Stabilization, Strength and Power training.

With the proper warm-up and cool-down, you can get anywhere from four to six miles per workout.



High Schools mapped

Need to find a high school, and aren't sure where it is? Christine Wiedinmyer (our website manager) has the links to each high school in Colorado, using a mapping feature, so that you can easily find the field where your games are being played.

You can use the search box to find the school and then get a Google map to the location.

Be sure to check out our web site (cwloa.com) and look at all the other useful information we have there. We use the web site as our constant vehicle of information to keep you updated and informed.

If you have any suggestions and or have web design skills and would be willing to volunteer some time, please contact us at cwloaboard@gmail.com

Looking for resources to review and learn more as an official on your own? Check out US Lacrosse website video section, also articles in US Lacrosse Magazine, and YouTube videos. On example to review positioning is the [US Lacrosse Ropes video on Shooting Space](#) (on YouTube, search Ropes shooting space)

Your fellow Colorado Officials

Do you sometimes wonder who all the officials are in Colorado? Here's a little insight into who we are.

There are 17 officials who have officiated more than 10 years! Many of them are part of our Mentor program – there is a lot we can learn from these officials, as they have much experience, and insights they can share to help each of us become better officials. 3 of these are National, 9 of these are District rated.

We have 17 officials who have officiated lacrosse from 3 to 9

years. Again lots of experience and knowledge to share, but also on the curve of learning the game.

There are 25 'new' officials, with potential of 20 more (maybe more!) new officials coming on board for the 2018 season. We have a challenge each of us needs to embrace to becoming better, taking opportunities to improve.

Mentor Program – An option to help improve your officiating

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

This will be our third 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.

Why have a mentor program?

Women's lacrosse is a game rich with traditions and with annual rule changes geared towards improving player safety and flow of the game.

To develop new umpires quickly and get answers to their questions, it's helpful if they have someone to consult.

By establishing a working relationship with a veteran official, new umpires can accelerate their progress, get feedback when it's most useful, and gain proficiency in lacrosse.

It is also a great way for

veteran umpires to give back to the sport and pass on their knowledge.

What is a mentor program?

Our mentoring program will match a less experienced official [Mentee] with a more experienced official [Mentor]. The mentee and mentor will discuss what happened in their games, may watch a game together, and possibly umpire a game together, and if time permits, a mentor may observe a mentee officiating a game.

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.

How do I join the mentor program?

Register using the link provided above the article.

Once completed you will receive a presentation explaining how the mentor program works, which should answer most of your questions.

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.

If you were a part of the mentor program last year and

would like to continue with your same mentor/mentee please let us know.

Once you are linked by email with your mentor-mentee partner, contact them and introduce yourself.

Follow up with each other after your games, ask/answer questions, provide advice, share after-game analysis.

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

c: 757-817-0599

e: mvgazarik@gmail.com.

Recruiting

Know someone who is sports oriented? Have a friend who is looking for opportunities to 'work' outdoors, and earn some spending money?

Are you a teacher? 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. 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 – Emil Ewing – Official from Fort Collins – 2nd Year after return

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

21 years ago, I was officiating other sports in the state of Maryland. As normal, girl's lacrosse officials numbers were down and our local association was actively recruiting for new lacrosse officials. Several of my official friends who were actively involved in lacrosse invited me, and I thought it would be fun. As it turned out, girl's lacrosse became, and still is, my favorite of the 6 sports that I have officiated.

What other sports do you officiate?

I have officiated soccer, slow and fast pitch softball, basketball, volleyball, field hockey and girls lacrosse.

How do these other sports help you with lacrosse officiating?

Basketball and lacrosse are the most common because these two sports seem to share many associated concepts. It was helpful for me to apply the concepts that I already learned in basketball to the sport of lacrosse.

What made you take the step to become a lacrosse official?

I thought it would be fun, great exercise, and I liked the officials who were involved in the association. Lacrosse officials are a family, not just an association.

Do you have a favorite lacrosse memory?

I was at Centaurus High School last season officiating with an excellent official and I noticed that she had a purple Fan warning card. Well, I knew that this purple card was unique to the east coast lacrosse association, so I asked her where she was from. She said Maryland, I said WOW, that's where I grew up. It turned out that 15-20 years ago, I had actually officiated her games when she was a student at a private high school she attended in Severna Park, Maryland. Talk about a small world that we live in!

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

As a sexagenarian, I notice that I am getting slower and I have to work harder to keep up my speed and endurance. I want to make sure that I properly train and exercise for the upcoming season.

What hobbies do you have outside of lacrosse?

I love to ride my bike, hike and snow shoe. Colorado is a lovely outdoor sport state. I also love spending time with my beautiful wife, Bonnie and my identical twin brother Ed.

From the last newsletter spotlight official (Christine Hatton:) What is your spirit animal and why?

An eagle. As a famous person said, "we will soar on wings like eagles, we will run and not grow weary, we will walk and not be faint".

Finally, ask a question for our next spotlight official.

In my opinion, lacrosse officials are like a family, no drama, they just want to help their other lacrosse officials become the best lacrosse official they can be. Do you recognize and appreciate the family like environment among lacrosse officials?