

# CWLOA Update

March 2016 Newsletter  
www.cwloa.com



# CWLOA

Colorado Women's Lacrosse Officials Association

## Official Professionalism

March 2016  
Volume 5, Issue 1

As an official in Colorado you need to bring professionalism in approaching each game.

1/ Arrive at the game site 30 minutes prior to the scheduled game time for a high school game. This allows time to get into uniform, find your partner, and have a pre-game discussion. Officials are to be on the field 20 minutes prior to the game time for high school.

2/ Be neatly dressed in the official uniform: black kilt/shorts/pants; one inch vertically striped black and white shirt; any accessories you wear due to weather must be black (jacket, hat, visor, etc.)

3/ Use a bag, preferably black to carry a rule book, whistle, cards, tape measure, pen and coin.

4/ Inspect the field – check markings for correctness, condition, boundaries, substitution area and table placement at midfield.

The day of the game you should email or call your partner to be sure they are on the game, and email the school to confirm the game, place and start time.

If you are caught in traffic and going to get to the site later than 30 minutes before the start time, call your partner to let them know.

*Where do I get the school and other officials phone numbers or emails?* In Arbiter, after you are signed in go to your schedule; click on the game number (first column); that shows you your partner and contact information. On that page you'll also see the site of the contest. Click on that and you will see the schools' contacts.

### Special reminders:

- US Lacrosse Rules Test should be completed by March 6th
- If you are a new official you need to take the US Lacrosse [online course](http://learning.uslacrosse.org) (learning.uslacrosse.org)
- If you haven't yet completed a background check please do that. Link is in Arbiter on CHSAA-LAX / Announcements
- Be sure to login to Arbiter and accept game assignments
- New? Watch [Starting Out in Stripes](#) an introduction to the game

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## Process to perform a Stick Check (US Lacrosse)

We conduct a stick check at the beginning of each contest to make certain crosses meet specifications.

1/ Check the pocket depth – hold crosse horizontal, stick at eye level, drop ball into pocket, press and release, and you should be able to see the ball above the sidewall. If you can't, the pocket is too big. Have the player adjust the

pocket. Make sure the ball does not become wedged and easily falls out when the crosse is turned upside down.

2/ Visually check sticks to see that they are legal in length. Measure any stick that appears questionable. Visually check the head and stop of molded head sticks to determine if they have been altered in any

way. Players may not weave the thongs back up through the head of their crosse.

Check to be sure there are not more than two shooting /throw strings in the field player's stick and that these are not rolled, coiled or twisted more than twice between each thong.

There is NO PENALTY or CARD given to a player for an illegal stick. It does not matter

if the stick is too long, too deep a pocket, has incorrect stringing, or been altered from the manufacture it will be a MINOR FOUL if caught during the play of game and NO PENALTY if caught before the game. A stick that cannot be corrected (too long, incorrect stringing) will have to remain at the table for the duration of the game.

## 2016 Assigning Instructions – *How to get games going forward*

**There are lots of open games following the draw and more will open as the season progresses!**

Two Arbiter sites: ASO & CHSAA – since there are two sites it is important that you share between sites, blocks, etc., using the share feature in Arbiter under your profile tab. Sharing will also better ensure all assigners know when you are assigned

**ASO:** [alet038676@aol.com](mailto:alet038676@aol.com) – Melissa & Jerry Letofsky

Arapahoe, Cherokee Trail, Cherry Creek, Eaglecrest, Grandview, Mullen, Overland, Smoky Hill  
Castle View, Chaparral, Heritage/Littleton, Rangeview, Regis, Rock Canyon, ThunderRidge

**CHSAA:** shared by Jeffco, Metro, Mountain & Southern leagues

**Jeffco:** [dvelichk@jeffco.k12.co.us](mailto:dvelichk@jeffco.k12.co.us) – Dale Velichkoff

Bear Creek, Chatfield, Columbine, Conifer, Dakota Ridge, Evergreen, Golden, Green Mountain, Ralston  
Valley, Wheat Ridge, Valor Christian

**Metro:** 2 assigners – DPS: [donna\\_wingo@dpsk12.org](mailto:donna_wingo@dpsk12.org) – Donna Wingo – Metro: [shlep4ukr@gmail.com](mailto:shlep4ukr@gmail.com) – Cyndy Schlaepfer-Youker

**DPS:** Denver East, Denver Kennedy, Denver North, Denver South

**Metro:** Centaurus, Colorado Academy, Kent Denver & St. Mary's Academy

**Mountain:** [schouty@msn.com](mailto:schouty@msn.com) – Randy Schouten

Aspen, Battle Mountain, Eagle Valley, Steamboat Springs, Summit, Fruita Monument & Durango are unknown

**Southern:** [dan.cronin.cos@gmail.com](mailto:dan.cronin.cos@gmail.com) – Dan Cronin

Air Academy, Cheyenne Mountain, Liberty, Palmer, Palmer Ridge, Pine Creek, Pueblo West, Rampart

Open games on ASO can be self-assigned. The self-assign feature can be accessed by clicking on schedule tab and then on the self-assign tab on the gray task bar. Only games that fit your Arbiter availability (time and distance) will be listed. They will also email openings as the game date gets close.

CHSAA assigners do not use self-assign. Each assigner uses email to communicate openings. Some will communicate at least weekly.

The assigners may try to fill openings by assigning an official that indicates in Arbiter that they are available. This process requires that you keep your availability in Arbiter updated with any availability changes to avoid getting assignments that you cannot accept.

There have been a number of turn backs from the auto assign involving time and distance issues. You can prevent these assignments by using the block features in Arbiter.

Middle school games are assigned by Cyndy Schlaepfer-Youker - [shlep4ukr@gmail.com](mailto:shlep4ukr@gmail.com)

Youth games will be assigned by Michelle Secor ([jmsecor@netzero.net](mailto:jmsecor@netzero.net)) in Colorado Springs & Pueblo and by Frank Bailey ([bailey5280@gmail.com](mailto:bailey5280@gmail.com)) in metro Denver, Loveland & Ft Collins. These games are assigned in a third Arbiter site so please communicate with Michelle or Frank if you are interested in working youth games. The youth games are on Saturdays from April 9 - May 14.

## 2016 Training Survey

We emailed a Survey Monkey survey to get feedback on our 2016 Classroom Training, so this is a reminder to please complete it so we can have your input to help make training better in the future. Copy & paste this link into your browser <https://www.surveymonkey.com/r/JSNQBB7>

## Special Interest: Mentoring Program

**Why?** 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?** 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.

**Interested in becoming a mentor or mentee?** Sign up by following this link (copy and paste into your web browser): <https://docs.google.com/forms/d/18tgedyk4gCgUwbSIXOCks73hcKzd-gwY3tBB63hoQSk/viewform>

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 mid

to end of March. The partnerships will be for this season, and may be renewed next year if both parties request it, or pairings can change.

Our Mentor Program chair is Michelle Gazarik.  
c: 757-817-0599  
e: [mvgazarik@gmail.com](mailto:mvgazarik@gmail.com).  
Please contact her with any questions.

## Inside Story: Delay of game progression, Rule 7 Section 30 (pg. 61 USL rule book)

The delay of game progression has changed. The first violation remains the same. On the next delay of game, the official will show a green and yellow card to the offending player and award the appropriate penalty (major foul). The offending player must leave the field for two minutes of elapsed playing time. Not substitute is allowed. Does not count toward card count. Any subsequent delay of game calls will result in a yellow card for misconduct, and will count in the teams card count.

## Upcoming Calendar Events

*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*

We wanted to give you a heads up to some lacrosse events 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!

**March 5 – On-field training/ HS Play day: Pick one: Regis Jesuit HS on Lewiston Way, Aurora, CO from 10am to 2 pm; Sports Dome on Peoria St, Englewood, CO from 1 to 3 pm. Please get there ½ hour before start to sign in and get oriented.**

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 Lacrosse Shootout

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



[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 – Frank Bailey – District official & Past President of CWLOA**

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

I got involved in support of my kids. I learned, then as now, that there was shortage of officials. My intention was to learn enough to work youth and low level high school games in hopes that working these games would allow the more experienced officials to be less burdened and available for the upper level games.

*When did you first become an official?*

I first trained in 2003 but really made the commitment in 2005

*Tell us about becoming the president for CWLOA and how you helped grow our organization here in Colorado.*

I stepped in as the CWLOA VP in 2006 and agreed, when no one else was interested, to be the President in 2007. My primary goals were to improve the association structure and long-term stability. I believe that the first goal was accomplished and the second one continues to be a work in progress.

*What is your favorite lacrosse memory?*

There have been a lot of memorable times, both unforgettable and forgettable, with many of my CWLOA colleagues. My favorite memory is working a high school semi-final with my daughters Allison and Melissa and our 'Bailey for a day', Lisa Ellsworth. A close second is the time we were stuck on I-70 between Silverthorne & Breckenridge in white out conditions on the way to Grand Junction.

*What hobbies do you have outside of lacrosse?*

My hobbies have taken a sabbatical as a result of my lacrosse life but I look forward to some different experiences in the near future.

*What is one goal you have for the coming season?*

As in every year, I want to continue to improve and feel confident after every game that I have called a safe and fair contest and given the players, regardless of age or skill level, the best I have to give.

*From last month's spotlight official (Lynz Bolton) What's the biggest challenge you have overcome as a women's lacrosse official?*

Learning the game, the rules, the nuances and the culture. Women's lacrosse is counter-intuitive to the majority of so called traditional sports.

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

Who are your 4 bucket list dinner guests (living or not) and what would you serve?