

# CWLOA Update

May 2018 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 9th – 4 games

\*The second round to be completed by May 12th - 8 games.

\*The quarterfinals will be completed by May 16th.

\*The Semi-finals are Saturday May 19<sup>th</sup> at 11 am and 1:30 pm. at the University of Denver

\*The Final is Wednesday May 23rd 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. Cherry Creek
2. Colorado Academy
3. Columbine
4. Regis Jesuit
5. Denver East
6. Chaparral
7. Pine Creek
8. Dakota Ridge
9. Grandview
10. Arapahoe

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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.

## Illegal Stick to Body Contact / Dangerous Contact

### Rule 10.1.f (page 52)

A stick held in a horizontal position (defined as the head of the stick dropping below 10:00 or 2:00) that makes **contact** with an opponent's body. **This is a defensive foul whether initiated by the defense or the offense. It can be in conjunction with an offensive foul and thus offsetting but contact with a**

**horizontal stick needs to be called each and every time.**

Cross check: Use the shaft of the crosse to **hit, push or displace** an opponent whether or not the stick is horizontal. This includes but is not limited to thrusting, jabbing, pushing or displacing any part of an opponent's body. These fouls

have become quite common and need to be called from start to finish on both ends of the field as well as the midfield. Cards should be given if these fouls are overly aggressive or repetitive but these fouls do not always warrant a card; **they do warrant a whistle.** These are fouls that **must** be called.

### Dangerous contact is a

**mandatory card.** It is defined as any action that thrusts or shoves any player with or without the ball who is in a defenseless position. This includes but is not limited to: head down, from out of the visual field, in the air, or out of balance, especially in the kidneys, ribs, lower back, shoulder blades or aimed at the head or neck.

## 2018 Year End Meeting & Picnic

We are still deciding when our year-end meeting and picnic will be – **be sure to respond to the Doodle request and let us know your preferred date.** <https://doodle.com/poll/hgvmxt9xqikaexu2>

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:

\*\*Vice President

\*\*Treasurer

\*\*State Rules Interpreter

The positions are 2-year terms that go through 2020.

Please send any nominations to [cwloaboard@gmail.com](mailto:cwloaboard@gmail.com)

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

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

## 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](mailto: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](mailto:shlep4ukr@gmail.com) (Two year term expires 2019)

**Vice President:** Don Bryant

[dbryant7@hotmail.com](mailto:dbryant7@hotmail.com) – (Two year term expires 2018)

**Secretary:** Molly Snively

[molly@windstream.biz](mailto:molly@windstream.biz) – (Two-year term expires 2019)

**Treasurer:** Allison Bailey –

[albailey7@gmail.com](mailto:albailey7@gmail.com) – (Two year term expires 2018)

**Training & Rating Coordinators:**

Frank Bailey –

[bailey5280@gmail.com](mailto:bailey5280@gmail.com) – (Two year term expires 2019)

Les Snively – [les@windstream.biz](mailto:les@windstream.biz) - (Two year term expires 2019)

**State Rules Interpreter:** Jen Dorff – [ridejmdride@gmail.com](mailto: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. 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! Go to the landing page of [cwloa.com](http://cwloa.com) and the link to the form is at the top of that page.

## Upcoming Calendar Events

*May: Girls Regular Season ends May 5*

*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](mailto:cwloaboard@gmail.com) if you have something to be added to our calendar*

### HS Dates to note:

May 19<sup>th</sup> & May 23<sup>rd</sup> – HS Semi Final and Final @ DU

May 18<sup>th</sup> & 20<sup>st</sup> – NCAA Playoffs –Div II Semi-final and Final (Tampa, FL)

May 19<sup>th</sup> - 20<sup>th</sup> – CGLA Festival, site TBD

June 2<sup>nd</sup> & 3<sup>rd</sup> - Rocky Mountain Jamboree Tournament

June 15<sup>th</sup> – 17<sup>th</sup> - Denver Shootout Tournament

June 18<sup>th</sup> – 20<sup>th</sup> – Vail Lacrosse Tournament

June/July: Vail Lacrosse Shootout

Girls' U19 June 24<sup>th</sup> - June 27<sup>th</sup>

Women's Elite July 1<sup>st</sup> - July 4<sup>th</sup>

Women's Masters July 1<sup>st</sup> – July 3<sup>rd</sup>

Vail Lacrosse assignor: Devin Bauman

[dbaum3248@gmail.com](mailto:dbaum3248@gmail.com)

CGLA Festival: Michelle

Gazarik & Cyndy Schlaepfer-Youker

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

Rest assigned by Frank Bailey

[bailey5280@gmail.com](mailto:bailey5280@gmail.com)



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

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

Submit to: [cwloa@gmail.com](mailto:cwloa@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 [cwloa@gmail.com](mailto:cwloa@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 – Megan Markham – Official**

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

I started playing lacrosse in fourth grade. I played throughout high school on the combine team at ThunderRidge High School.

*When did you first become an official, and expound on your involvement?*

My friend, Lexie Marinelli, got me into officiating during my sophomore year of high school. It wasn't until I worked the Vail Tournament when I felt like I was getting better and enjoyed officiating. Devin and the gang worked hard with me that weekend and really helped improved my abilities. Now I love officiating. I started officiating high school lacrosse and volleyball. On top of that, I started working for CSU's Intramural Department where I currently manage and officiating a wide-variety of sports- unfortunately no Intramural Lacrosse yet...

*What is your favorite lacrosse memory?*

This is hard because I have a lot of great ones. Overall, I love spending time at tournaments under the ref tent. I enjoy getting to know everyone I work with and we don't get much time to do that when we are working games. I love to hear others' stories and experiences. Specifically, a favorite memory of mine is last summer when I had the opportunity to travel and officiate different tournaments outside of Colorado. My mom was already going to watch my little sister and her team play, so I didn't need to pay for a hotel room or rental car- I just mooched off her. It was a great experience to meet and work with a ton of different people. I'm planning on doing it again this summer!

*What do you like to do in your free time and for entertainment?*

When I'm not doing homework or working I love to be with my friends. When I have a lot of free time, I like to spend it outdoors. I love skiing and hiking. This summer I'll be home, spending time with my family. I plan on spending most of my time working, at the pool, or hiking with my dogs.

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

I would like to begin working towards becoming a collegiate official!

*From last month's spotlight official (Rachel Sanford) what would be your walk up "at bat" song when you walk up to the circle to start the draw?*

I would probably choose Thunderstruck by AC/DC to play as I walked up to start the draw.

*Question for Next Spotlight Official:*

What is the most valuable thing you have learned from officiating?