

# CWLOA Update

Summer 2018 Newsletter  
[www.cwloa.com](http://www.cwloa.com)



# CWLOA

Colorado Women's Lacrosse Officials Association

## Summer and the tournaments begin!

Yes, it's summer and as you know Denver is a hot bed of girls lacrosse tournaments in the summer – lots of people want to come here, since it's so beautiful here (don't you know it!) so there is a lot of opportunity for you to continue officiating, even though the college and high school seasons are just about over! So don't hang up your stripes and whistle yet! This past weekend was the CGLA tournament,

which quite a few of you helped out with. The tournaments coming up are:  
\* Jamboree June 3-4 (already full for officials)  
\* Vail Lacrosse Tournament (youth) June 18-20  
\* Mountain West Claxic – July 28-29  
\* Vail Lacrosse Shootout June into July  
There are often out of state officials who come in to work the tournaments, so please don't wait until the last minute to let the person who is

scheduling officials know you are interested.

Contact Frank Bailey  
[bailey5280@gmail.com](mailto:bailey5280@gmail.com) for the Jamboree – June 2-3  
Denver Shootout – June 15-17 and the Vail Lacrosse Shootout

Contact Devin Bauman  
[dbaum3248@gmail.com](mailto:dbaum3248@gmail.com) for Vail Lacrosse Tournament

Contact Allen Maxwell for Mountain West Claxic July 28-29 [director@laxusa.com](mailto:director@laxusa.com)

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**Girls State Final:** Congratulations to Colorado Academy who won the Girls State Lacrosse championship against Cherry Creek HS in a good defensive match, 13-7 on Wednesday, May 23<sup>rd</sup>. Congratulations to all our officials who worked the playoff games. It was great to see you on the field and doing a great job representing all of us. Congratulations to all our officials for successfully officiating throughout the high school lacrosse season. We hope you have a great summer, and continue to grow as an official.

## Year End Picnic and Meeting

Our year-end meeting will be held **June 3rd starting at 4:30 pm at Easton Sports Park**

18200 W Coal Mine Road, Littleton, CO, 80127

[Google Easton Sports Park](#)

We will meet at the CWLOA officials' tent. Food & drinks will be provided.

We will elect new board members for those positions that are expiring, and conduct just a little bit of business, and we need your participation for this. The board positions that are expiring are: Vice President, Treasurer, and State Rules Interpreter. Each of these positions will run through June 2020.

When the meeting portion of the meeting is over, we will have a picnic and socialize.

Please send in your nominations if you haven't already, to [cwloaboard@gmail.com](mailto:cwloaboard@gmail.com)

## The Seven-F method for training officials by Gregg Gouchner

**Fun** It's a blast to be "in the game," even as an official. We get to see great play, attack and defensive strategies, teamwork by the athletes, coaches—and let's not forget the fans.

**Friends** What a way to meet new friends! Officials come from all walks of life, and all demographics too. I've met farmers, doctors, teachers, nurses, students, engineers, former players, coaches and business owners, to name a few. It's fascinating to get to know these new people and their journey into the lacrosse world. It's also a pleasure to reunite with officials you have worked with in the past in a new, fresh competition.

**Fitness** Running up and down the field to stay ahead of play in a competitive game is an estimated two and a half miles. What a way to enhance your speed, endurance, agility and alertness, so you can be in position to make the call. With these physical demands, it requires us to stay in shape. It may even be cheaper than a gym membership.

**Fairness** Part of our job in honoring the game is to know the rules and when to apply them. Our presence and actions—whistles, signals and game control—keep the game safe, facilitate legal play and result in an objective win or loss for the teams. Remember, it's not about us. It's about the game and the players. We should be the most unnoticed people on the field.

**Flow** This is officiating in its top form. We officiate a game of high action, so by knowing fair play and rewarding advantage to skilled players, we help maximize the game time played between the horns. Our challenge in game management is to keep the game moving toward its conclusion with fewest interruptions.

**Finances** Getting paid for being involved in this superb game is a terrific side benefit. For some, the fee we earn helps support our kids through college. For others, it's food on the table, and still

others, spending money to keep the economy growing or gas money for the next game.

**Future** For our new youth lacrosse officials, this initiation can provide a delightful and potentially long career. Over time, officiating with people with multiple levels of experience and receiving ongoing training and feedback can improve an official's game confidence. Having positive supportive experiences encourages one to move up the levels—to local, district, national and even international ratings. We should always try to improve our game at whatever level.

*Long-time US Lacrosse member Gregg Gochmour is a science teacher, beekeeper and women's lacrosse official in the Washington, D.C. area. He recently shared with the US Lacrosse Officials Education Program his seven-f approach for training adopted by his local board.*

## Summer Programs and Clinics through US Lacrosse

The US Lacrosse Officials Education Program offers different clinics, grants and scholarship opportunities for officials at all levels. Go to [www.uslacrosse.org](http://www.uslacrosse.org) Women's Officials Programs and Clinics to see where and when these opportunities are this summer and fall.



US Lacrosse has established the **LEAD (Local Enrichment And Development)** Clinic Program for officials across the country. LEAD clinics utilize regional lacrosse tournaments along with summer and fall lacrosse camps as sites for concentrated lacrosse officiating development. The philosophy behind the LEAD program is to make these clinics accessible to all lacrosse officials from around the country. This balanced representation enables officials from developing and established areas to polish their officiating skills under the instruction of a qualified US Lacrosse clinician.

**LEAD Level 1** are designed for both established and developing areas that need help in the basic recruiting, training, retaining, and rating of officials. These clinics focus primarily on the classroom training requirements for certification for both new and returning officials. **There is no application for LEAD 1 clinics as they are open to all interested local officials.**

**LEAD Level 2 clinics** are designed for 2-person mechanics and are geared toward officials looking to develop their skills and become stronger overall officials. These clinics combine classroom training with a heavy emphasis on repeated on-field observations for immediate, actionable feedback from the clinicians.

**LEAD Level 3 clinics** are designed for 3-person mechanics and more advanced levels of play. These clinics are for officials who have demonstrated strong ability in 2-person mechanics, and are ready to start officiating higher level games that require three officials and stronger game management skills. LEAD Level 3 clinics combine classroom training and challenging on-field observations that emphasize proper positioning and a focus on key areas of responsibility.

## Special Interest: Recruiting

CWLOA is always looking for new officials. Data shows that lacrosse grows at a pace that far outstrips the ability of organizations to cover game assignments, and we see this in Colorado every season. *We need each of you to recruit people to become officials!*

**Officials are needed.** Those that played or coached the game are at a distinct advantage because they understand the game and how it is supposed to flow. They just need to be taught the rules and how to approach the game from an official's perspective. Those that officiate other sports and want to start officiating lacrosse benefit from knowing how to manage a game, and need to be taught the intricacies of lacrosse. Those that have never played the game or officiated another sport are also welcome. With persistence and a few good mentors we've had many uncertain officials mature

into strong, capable officials. The biggest obstacle to those interested in officiating is they have no idea where to start. Below is a short roadmap with the information those you recruit will need to start their officiating journey.

### Step 1 - Do you really want to do this?

Whether you are looking to give back to the game, get more exercise, or make a few extra bucks they need to actually want to do this. We need those in for the long haul so evaluating why they want to officiate is a first step.

### Step 2 - Find your Local Board Chair or Sub-District Coordinator

CWLOA current Board Chair is Cyndy Schlaepfer-Youker ([cwloaboard@gmail.com](mailto:cwloaboard@gmail.com)). Most training classes are conducted in January and February, for new officials, but we also have some fall training for officials to take advantage of available fall ball games for training purposes.

### Step 3 - Prepare for class

There is a stunning amount of information to absorb and comprehend, and you're not going to get everything down pat after your first class. You can cut the learning curve down a great deal by reading a rule a night, watching the current season's rule interpretation videos, and reading officiating articles on the [US Lacrosse Central Hub](#).

### Step 4 - Get game reps!

No amount of training can replace game experience. You need game repetitions; preferably at the youth level under the guidance of a more experienced official to help you.



## Upcoming Calendar Events

*June: Tournaments,  
Youth, HS and college*

*July: More tournaments!*

*August: National  
Wheelchair Tournament  
and  
Time to take a break and  
enjoy your summer before  
the fall ball and training  
sessions begin!*

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](#) so please refer to 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

### Summer Tournaments:

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

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

**June 18 – 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>**

**July 28-29 Mountain West Claxic**

**August 24-25 – Wheelchair National Tournament**

Assignors:

Vail Lacrosse Tournament:

Devin Bauman

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

Mountain West Claxic:

Allen Maxwell

[director@laxusa.com](mailto:director@laxusa.com)

Wheelchair:

Daniel Hirsh

[hersh395@msn.com](mailto:hersh395@msn.com)

All others:

Frank Bailey

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



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[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 – Molly Ahern – Official**

*Tell us about how you become involved with women's lacrosse?* I played lacrosse in middle school and high school, I got involved because of our neighbors, the Tyries and my sister who played as well.

*When did you first become an official, and expound on your involvement?* I started officiating the middle school games when I was in high school- probably around 2004 or 2005. Again, my sister was the main reason I got into officiating, because I liked to do everything she did! :)

*What is your favorite lacrosse memory?* I think my favorite lacrosse memory was a trip that my high school team took out to California and we played on the beach.

*What do you like to do in your free time and for entertainment?* I recently just moved back to Colorado from abroad, where I did a lot of fishing (for tiger fish in the Zambezi). My new hobby here in Colorado is fly fishing! I also enjoy biking and doing crafts. I really enjoy traveling but am enjoying being in Colorado again after a few years away!

*What is one officiating goal you personally want to achieve this coming season?* I would like to become better with the delayed fouls (holding my flag up rather than blowing the whistle right away!)

*From last month's spotlight official (Megan Markham) What is the most valuable thing you have learned from officiating?* I think that officiating has helped me to learn how to keep my cool when people are upset and defuse the situation rather than add to it.

*Question for Next Spotlight Official:* What do you enjoy most about officiating lacrosse?