

CWLOA Update

Dec 2018 / Jan 2019 Newsletter
www.cwloa.com



CWLOA

Colorado Women's Lacrosse Officials Association

Classroom Training

Our training is divided based off of rating and experience, please make note of the different groups and sessions. **Level C** includes all NEW, APPRECTICE and LEVEL 1 and 2 officials. **Level B** includes Level 3, and Collegiate and National officials who are doing HS games. Training locations and dates are set! So please get to the sessions for your officiating level, and don't forget to put the dates and times on your calendar!

Denver area: - All training is at the Koelbel Library 5955 S Holly St, Centennial, CO 80121
Level B (3+ years experience) - session 1 - January 8, 6 pm to 9 pm at Koelbel Library room B
Level B (3+ years experience) - session 2 - January 15, 6 pm to 9 pm at Koelbel Library room A

Level C - new to 2 years experience) session 1 - January 9, 6 pm to 9 pm at Koelbel Library room B
Level C - new to 2 years experience) session 2 - January 16, 6 pm to 9 pm at Koelbel Library room A

Colorado Springs area: - All sessions will be held at Mission Medical Center, 2125 East LaSalle Street, Colorado Springs 80909 from 6 pm to 9 pm.

Level B (3+ years experience) - Session 1 - January 9
Level B (3+ years experience) - Session 2 - January 16

Level C - new to 2 years experience) Session 1 - January 10
Level C - new to 2 years experience) Session 1 - January 17

Comprehensive: Session:
February 2 – 11 am to 5 pm at Phillip Miller Library in Castle Rock
March 16th (if needed) time and place to be determined
February 2 (or 16th) in Fort Collins. Time and place TBD.

Annual rule interpretation (**mandatory**): January 26 at Southglenn Library 9am to 3 pm - rooms A & B

Western slope will be in Grand Junction on March 2. Details still a work in progress

Mid-mountain training will be February 6th at Battle Mountain High School. 4 pm to 7 pm.

For officials working NCAA games there will be a mandatory NCAA rules session in late January or early February in advance of the regular season as well as an NCAA Play Day in February, tentatively at Colorado College. Details on these sessions will be coming later this fall.

Questions? Contact Frank Bailey bailey5280@gmail.com

It's time to register for the 2019 season

If you haven't registered with CWLOA and paid your dues, please do so as soon as possible. Your dues help pay for the training you receive and other things that help

support the lacrosse officials in Colorado.

You must be registered with US Lacrosse **AND** CWLOA if you plan to officiate this spring!

You can find the form on our website: cwloa.com

US Lacrosse registration is at uslacrosse.org/membership

If you have questions, contact Allison Bailey at albailey7@gmail.com

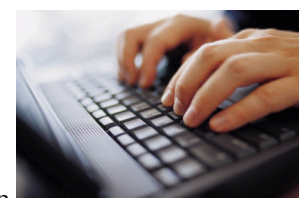
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Fitness and Nutrition Preparation for Peak Performance

(And Goal Setting to Get You There) *by Anne Carr*

Raise your hand if you wait until the last minute to start preparing for the Spring season..... Uh, huh. The 'ole phrase "why put off until tomorrow what you can do today" isn't such a bad idea when it comes to being in top shape at the start of the season. Good advice, especially as the game of lacrosse gets faster. In addition, the girls stay the same age, and yet we keep getting older. Here are some tips for getting into "ready shape" for the start of the season.

Fitness Tips:

#1 – Start Now - At a minimum, you need to begin at least six weeks prior to the start of the season for muscles to respond and adapt to the stressors of your training which prepares you for the stressors of the game.

#2 – Follow the three "M's"....Make it Fun! Make it specific! Mix it up! I think we can admit, running gets a little boring. Be creative! Perhaps you can have one day where you do 50 to 100 yard sprints. Maybe have one day where you just run up and down the hill in the neighborhood 5 times. Perhaps you run 1 minute (50% top speed) and then walk for 30 seconds for a total of 20 minutes. Perhaps you run for ¼ mile and then do 15 pushups followed by 15 lunges, followed by 30 seconds of walking. Mix things up and have fun! That will keep you coming back.

#3 – Allow for Strength Training – Use some weights, or get to the gym two days during the week. If you don't have a gym membership, lift some weights at home, do some pushups, lunges, squats or planks.

#4 – Don't forget flexibility work – It is important to keep the muscles that you strengthened – lengthened! Stretch 'em out, even if it is just for 5 minutes at the end of each work out. You want to be injury free before the season begins and also throughout the season! Flexibility training equals injury prevention.

Nutrition Tips

#1 – Start to think of food as your fuel – Nutritious, whole foods = excellent energy! Try to replace one "bad food" with one "good food" for better energy now!

#2 –Fuel up with - more whole grains, beans, berries, leafy greens, a variety of vegetables, nuts, and fish. Eat less processed sugars, processed meats, foods out of boxes, snack foods, sodas, high fat dressings, and too much cheese (to name a few). For good nutritional information, I recommend the website <https://nutritionfacts.org/>

Set Small Weekly Goals

Take action now by setting one fitness goal, and one nutrition goal that you can get done this week. Then repeat it next week. Adjust your goals if they were too ambitious or not ambitious enough. Remember, the goal has to be a SMART Goal (S= specific, M = measurable, A = Action oriented, R = Realistic, and T = Timely).

"I will run one mile, three days this week."

"I will incorporate 3, 100 yard sprints into my runs, two days this

week."

"I will eat three servings of vegetables three days this week."

"I will take a yoga class one day this week."

Remember, these goals are your starting point. Perhaps in February, your goal will be:

"I will run 3 miles, three days this week."

"I will do 10, 100 yard sprints, three days this week."

"I will eat five servings of vegetables, five days this week."

"I will take a yoga class three days each week".

Remember, positive small weekly changes lead to positive big changes in a couple of months. Be patient, yet persistent and you will be ready for that first draw next Spring!

Recommended Reading:

<https://www.theenduranceedge.com/2017/08/macronutrient-needs-athletes/>
<https://www.referee.com/get-shape-stay-shape/>
https://journals.lww.com/acsm-healthfitness/Fulltext/2018/09000/FOOD_WITH_BENEFITS_Gain_the_Competitive_Edge_With.9.aspx

For more information or guidance please contact Anne Carr.

The Healthy Zebra @ Positive Wellness, LLC

Email: anne@thehealthyzebra.com

Phone: 717-226-0884

Website: www.thehealthyzebra.com

Training – We support you to grow as an official

CWLOA has developed our budget so that we can help support those officials who are interested in furthering their training outside of Colorado, to grow their skills. We set aside money for improving our current officials by helping them with costs of travelling to the US Lacrosse convention, and going to training that is offered through US Lacrosse for women's officials. The money would be used to help those that attend clinics, the convention, etc. The amount of people who qualify for the umpire development

stipend determines on how much is paid to each individual. There is \$1,000 in our budget for this stipend with a maximum of \$200 paid per individual.

If you are interested in finding out more about this or if training you are planning to go to would be considered for this, please contact Allison Bailey albailey7@gmail.com

There is also a US Lacrosse scholarship application you can fill out to see if you will be picked for a complementary convention registration through US Lacrosse.

Here's the link:

<https://www.uslacrosse.org/convention->

[scholarship-application](#)

In supporting a newer official who would like to attend the US Lacrosse convention in Philadelphia, (January 11-13, 2019) the requirement is that you are a 1st or 2nd year official who has not attended a US Lacrosse convention yet. You need to apply for this by submitting your name and a paragraph about why you should be chosen to attend to cwloaboard@gmail.com for consideration. Once you return there is an expectation that you will present some of what you learned to our group.

Our budget is available for everyone to see on our website:

cwloa.com/About
[CWLOA/CWLOA Info](#)



Mentoring

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

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.

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.

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

c: 757-817-0599

e: mvgazarik@gmail.com.



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 and 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 – Christine Weidinmyer – Official & Webmaster

Tell us about how you became involved in women's lacrosse officiating

I just started back to graduate school in Austin, Texas. I joined the brand new club team (as a player). It was also a time when Lacrosse was starting to take off in Texas. Playing became too much for my schedule - but I started officiating around that time. It kept me involved in the sport, allowed me to make some extra money, and I was able to make my own schedule. It was a perfect fit for a graduate student. After that - I kept on officiating once I moved to Colorado after I finished school. And the rest is history!

What are some strategies you use to manage your professional career, family, and officiating?

I'm not sure I have any! Sometimes I feel like I am drowning. But, I think it's important to have hobbies, to use parts of my brain that I don't typically use.

Do you have a favorite lacrosse memory or story from your experience?

No --

I remember playing in high school- on a big open field where you could run for miles (with no boundaries!) and our wooden Cranberry sticks. Things certainly have changed...

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

I want to be in top shape and go through the season injury free. I need to make sure I have a strong handle on the rules and study throughout the season.

Overtime: Where are you going on your next vacation?

Somewhere warm! I typically go to the Jersey shore each summer - and I hope to get there again next summer.

Double Overtime: Vegetarian or Carnivore?

Omnivore!! Feel free to share some good Mexican, BBQ or Sushi with me!

From last month's Spotlight official (Michale Chambers): Let us know some funny 'details' about a 'Road Trip' to a game.

Not sure I have a good one. We always play the license plate game.

Lastly: Pose a question for next month's Spotlight official

What is your biggest challenge as a lacrosse official?