

CWLOA Update

May 2019 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 8th – 4 games

*The second round to be completed by May 11th - 8 games.

*The quarterfinals will be completed by May 15th.

*The Semi-finals are Saturday May 18th 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 6th.

So check out the bracket and get to a game or two!

Current RPI Ratings for the teams are: (first 10) as of 4/30

1. Colorado Academy
2. Cherry Creek
3. Denver East
4. Pine Creek
5. Aspen
6. Valor Christian
7. Fairview
8. Regis Jesuit
9. ThunderRidge
10. Chatfield

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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. It is important to double-check your Arbiter account and update your availability to save assigners time and effort.

For assigning instructions going forward, please refer to the April Newsletter.

Illegal Stick to Body Contact / Dangerous Contact

Rule 10.1.r (page 56)

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 Rule 10-1 e (page 55) 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.

2019 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/gsq342whfrnq5qgc>

The dates to choose between are dates where we think a majority of you might already be planning on being – either watching / working the HS Final or Summer Tournaments. Choose between May 22nd (HS Final), June 8 or 9 (Jamboree), or June 15 (Denver Shootout). 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:

**President

**Secretary

**Training & Rating Coordinator

The positions are 2-year terms that go through 2021.

Please send any nominations to cwloaboard@gmail.com

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

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

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

- ¼ 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 doing 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 (Two year term expires 2019)

Vice President Dan Cronin
dan.cronin.cos@gmail.com – (Two year term expires 2020)

Secretary: Molly Snively
molly@windstream.biz – (Two-year term expires 2019)

Treasurer: Allison Bailey –
albailey7@gmail.com – (Two year term expires 2020)

Training & Rating Coordinators:
Frank Bailey –
bailey5280@gmail.com – (Two year term expires 2019)

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

State Rules Interpreter: Jen Dorff –
ridejmdride@gmail.com
(Two-year term expires 2020)

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 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 throughout the month as that is where we have updates posted.

Contact cwloaoboard@gmail.com if you have something to be added to our calendar

Vail Lacrosse assignor: Devin Bauman dbaum3248@gmail.com

CGLA Festival: Michelle Gazarik & Cyndy Schlaepfer-Youker cglaoofficials@gmail.com

Vail Lacrosse Shootout: Dan Cronin dan.cronin.cos@gmail.com

Rest assigned by Frank Bailey bailey5280@gmail.com

Dates to Note:

May 8th – 11 – WCLA Championships – Virginia Beach

May 18th & May 22nd – HS Semi Final and Final @ DU

May 24 & 26th Homewood Field at Johns Hopkins University, Baltimore, MD

May 18th & 19th – CGLA Festival, site TBD

June 8th & 9th – Rocky Mountain Jamboree

June 14th – 16th – Denver Shootout Tournament

June 17th – 19th – Vail Lacrosse Tournament

June 30th – July 3rd – Vail Lacrosse Shootout – Girls' U19

July 4th – 7th – Vail Lacrosse shootout Masters/ Elite



cwloaboard@gmail.com

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

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 – Dylan Voneiff – Official

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

After graduating from college in 2015, my coach suggested officiating as a way to stay close to lacrosse and make some extra money.

Where did you play in college – tell us about your experience

I played at Colorado College. Being on the lacrosse team was definitely one of my favorite parts of college. It is where I met my best friends and learned a lot about mental strength. I really loved the program at CC.

Do you or have you officiated any other sports; how does that help with officiating lacrosse?

Nope!

Do you have a favorite lacrosse memory?

I have a lot of great lacrosse memories, but I think our Senior day in college was the best. We beat Redlands, and it was the perfect celebration and culmination of my class's lacrosse careers. The photo albums our team and coach gave us were so sweet. A general memory would be all the free meals, that was an overall highlight.

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

Be more confident when I make tough calls.

What hobbies do you have outside of lacrosse?

I really enjoy trail running. It's an excellent way to explore longer trails and spend lots of time outside. I also really love going to breweries and drinking beer on nice patios if that counts as a hobby.

Overtime: Where are you going on your next vacation?

To Baltimore to visit my sister and my tiny new nephew. He turns 1 May 8th.

Double Overtime: It's 2029; What are you doing?

Hopefully practicing law, trail running, and still in Colorado (officiating of course).

From the last newsletter spotlight official (Maggie DeLauter:) What is your favorite flower or plant?

I really love old palm trees that have the skirts of old leaves. They are so cool and make a nice swishy noise.

Finally, ask a question for our next spotlight official.

Who would play you in a movie?