

CWLOA Update

December 2016 / January 2017 Newsletter
www.cwloa.com



Classroom Training Please get these dates on your calendar!!

December 2016/January 2017
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Classroom training has been divided up based on rating and experience.

Group 1 includes all NEW, APPRENTICE (not rated) and L1 officials. The table below shows training dates for Group 1 officials. A make up date is being planned for L2's who did not make the training we had in

November & December.

Mountain Officials are meeting at Cameez in Dillon for frozen yogurt and coffee, then head downstairs for classroom training in the "Underground" where Summit Church holds their services.

For Officials who are doing high school games, the high school play day is scheduled for March 4th.

The Rules Interpretation meeting (**Required for all**) will be held on January 28th from 9 am to 12 pm. A NCAA rules interpretation will follow (for those doing college games) from 1 pm to 4 pm. **These sessions will be held at Regis University**

If you have questions, please contact cwloaboard@gmail.com

Inside this issue:

Happy Holidays	2
Thompson Valley Splits in Two	2
Getting In Shape	2
Mentor Program	3
Indoor Officiating	3
Spotlight : Randy Schoten	4

Group #	Date	Time	Area	Address
All Mountain Officials	January 15, 2017	10 am – 1 pm	Mountain Officials	Cameez 135 Main St, Dillon, CO 80435
Group 1	January 10, 2017	6 pm – 9 pm	Loveland	Group Publishing 1515 Cascade Ave Loveland CO 8053
Group 1	January 11, 2017	6 pm – 9 pm	Denver	Koelbel Library 5955 S Holly St, Centennial, CO 80121
Group 1	January 12, 2017	6 pm – 9 pm	Colorado Springs	Mission Medical Clinic 2125 East LaSalle St. Colorado Springs, CO 80909

US Lacrosse Officials Online Course – NEW!!! FREE!!!

Announcing a new offering from US Lacrosse! There is now an online course for Girl's lacrosse officials.

All of us should sign up and take the course– **it is free!**

To take the course, sign in to US Lacrosse, (you have to be a member first) choose Officials /

Online Course / Women's Lacrosse, then select the course before you can have access to it. It is called '**Girls Rules and Penalties Online Course**'. It is very thorough and walks you through the rulebook. Playing area, Equipment and Uniforms, Game Personnel, Time Factors and Scoring, Play of the Game, Major Fouls, Minor Fouls.

The course is to be used in addition to the classroom training and on field training that we provide, and as a supplement to the Officials Manual.

I highly encourage all, but **especially those newer to the game** to sign up and take the course. It is something that we have been asking US Lacrosse to provide. So we are **very excited** that it is now available!

Happy Holidays!

We hope that each of you has a safe and healthy holiday season. Thanksgiving is just past and as we head into the Christmas season, or Hanukkah or Ramadan depending on what you celebrate, we hope that each of you are looking forward to an exciting but reLAXing time with friends and family.

By the time New Year's is over, we will be jumping right into lacrosse training and US Lacrosse convention events, so be sure you take some time to reLAX and enjoy the 'down time' while you can! It should be an exciting season this year – we have several new officials and many seasoned officials willing to help guide them through our mentor program. Any questions you have should be sent to cwloaboard@gmail.com

Thompson Valley Splits in Two

In 2014, Thompson Valley HS girls' lacrosse team in Loveland, had players from 14 different schools. Until this coming year, it was the only place for high school girls in northern Colorado to play lacrosse within CHSAA. Now there is a new team in Poudre School District. According to the [Coloradoan](#), The new girls' lacrosse team will be hosted by Rocky Mountain High School.

It's a bittersweet moment for the current Thompson Valley team, since half of their players are seeding the new team. Thompson

Valley coach Misty Huss has said this is a tough transition this year; the players are saddened that they have to split, but understand that it's necessary for growing the sport.

Coach Huss says the biggest challenge they face is a lack of officials in the area. Last season, Thompson Valley had to cancel a couple of games because of no available officials. It's a challenge for schedulers and administrators.

The next hurdle is to grow the pipeline of younger girls playing lacrosse. She wants to spread the word about the benefits of playing lacrosse to girls and

parents who are unfamiliar with the sport. They can start with winter learn-to-play clinics and youth teams in CGLA.

Coach Huss also volunteers on the Colorado Lacrosse Foundation, the local chapter of US Lacrosse, featured in last month's newsletter.

CWLOA is hosting a training session for new and returning umpires on Jan 10 in Loveland; it will cover the basics with the hope of filling a need for more officials to officiate this upcoming season.

Getting in Shape to officiate for the 2017 season

All of us are busy with work, family, and other commitments. But I think we can all agree that officiating lacrosse requires us to be in shape physically. The challenge is finding time for exercise. Of course, the other sage advice is, "You don't find time, you make time for what's important."

You don't have to be a super athlete to officiate lacrosse, but you should be striving to always improve your physical fitness. With about a month to go

before the season starts, now is a great time to start your own exercise program. Here are a few tips:

Set small, achievable goals

Nothing is more discouraging than setting a major goal for either fitness, then failing to meet that goal. Instead of setting a big goal, set smaller, achievable goals. If your goal is to improve your fitness level, set small goals for improvement of, say, a 2-mile walk/run; work towards getting faster by 2 minutes over the course of a month.

Do something strenuous at least 3 times per week

Lacrosse officiating is aerobic exercise. Brisk walking, interspersed with short, 65-yard sprints, is great training for lacrosse. (The distance from the restraining line to goal line extended at the other end of the field is...65 yards!) That's the approximate distance we have to run in a quick transition. A great training regiment is to walk for 100 yards, then sprint for 65 yards. If you can't sprint, then jog. After a couple of weeks, pick up the pace!

Drink plenty of water

Finally, make sure you're getting plenty of water to stay hydrated.

How to Grow as an Official – Join the Mentor program

Mentoring Link: <https://docs.google.com/forms/d/18tgedyk4gCgUwbSIXOCks73hcKzd-gwY3tBB63hoQSk/viewform>

Last year we kicked off the inaugural Mentor program, with a goal to get new officials paired with veteran officials to improve our retention rates. Mentors are paired with new officials; to help

them navigate the season. They share how their games have gone and are willing to answer questions that new umpires may have.

If you haven't signed up to be a mentor yet, please do so at this link. We need your help!

Also, if you are relatively new to lacrosse officiating, you are strongly encouraged to sign up as well to be paired with a seasoned official who may guide you with answers to questions and advice.

Indoor Officiating / Training Opportunities

The winter II season (January/February) at South Suburban. Games will start the week of January 5th, 2016!

New Officials: (any officials who have not officiated at South Suburban in the past)

1.) Per the District policy, if an employee has not worked in the last 6 months or is new to the District, they must complete a background check. This is as simple as completing an online form that will be sent to you in a separate email from our HR Department.

2.) We will need to set up a time prior to your first shift to update some paperwork.

3.) Attached in the email with this newsletter is an availability sheet for the season. This is a fillable form that you can do on your computer.

Please complete this form ASAP and send to Brad Stafford at BradS@ssprd.org

Returning Officials: (if you've officiated at South Suburban before)

1.) Please complete the attached availability sheet. This is a fillable form that you can do on your computer. You just have to click the boxes that you are available. Please send to Brad Stafford (BradS@ssprd.org) as soon as possible.

All availability forms must be sent as a Doc or PDF document and are due by Friday, December 16th!

If you have any questions about this opportunity, please contact

Brad Stafford

Supervisor of Sports Programming
Sports Dome
[303.754.0541](tel:303.754.0541)

For those officials who are new and would just like to watch this is a good opportunity for that. Also if you just want to run the field for experience, you will be paid a minimal fee.



Coming soon:

Monthly Gathering as requested by membership – for a social, but also to discuss rules, and situations that might have come up during your officiating. These will be held on the 3rd Thursday of each month – starting in February (on the 16th). Stay tuned for details on when and where.



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, 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 – Randy Schouten – L2 official and Mountain coordinator

When and how did you first become involved with lacrosse, and officiating?

I started officiating football in California back in 2002 and fell in love with it immediately. Sports are a bit more intense in California and boy do I have some stories. I moved to Colorado in 2008 and picked up basketball as soon as I got here. I think around 2009 Summit High School put in a turf field and for the first time were going to be able to host both boys and girls lacrosse games. Amy Raymond, Athletic Director at Summit told me she had no officials to cover them and asked me to get certified for both. To be honest I really did not know anything about Lacrosse. I signed up for both boys and girls and first headed down to Denver for girls classroom training. I had never even seen a lacrosse game before and to make matters worse the play day that year was cancelled due to terrible weather. First Lacrosse game I ever saw was a Girls Varsity game I worked by myself. True Story. Evergreen at Summit. I asked the coaches how I was doing and they said great so I never looked back.

Tell us about the experience you have being a mountain official...

While Denver officials have to worry about traffic we have to worry about weather. Everything we do up in the mountains you have to take the weather under consideration. But we really try to take advantage of it. So if I have a game up in Summit I will try to leave early and get some skiing in at Breckenridge before the game. And make sure you have friends on both sides of the passes because you never know when you might get caught on the wrong side and you need a place to crash.

Do you have a favorite lacrosse memory?

Too many to count but I will give you one from last year. Scott Wilson and I are trying to make to a game at Vail Mountain School. Snowing like crazy and Vail Pass westbound was closed. So we decide to go to Leadville, back down to Minturn and back up to Vail from the other direction. About a 45 minute detour. Lisa Isom, Athletic Director at Vail Mountain lets the teams know we are going to be late. Driving to Vail Mountain, now from the other direction, we run into another closure as Vail Pass eastbound is now closed and traffic is backed up past Vail Mountain School. There were a couple of police officers there that escort us up as far as we were allowed to go. After dropping some names (many cops are officials up here), they graciously let us leave our vehicle there on the side of the highway. Lisa Isom takes the frontage road and picks us up after we scale the fence and scramble down the steep embankment all while dressed in our stripes ready to go.

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

Develop our younger officials. I love to see that passion in their eyes when they see just how fun this sport can be.

What hobbies do you have outside of lacrosse?

Skiing, mountain biking, hiking and anything on the water. Just let me be outside and I am happy.

From last newsletter spotlight (Becky Petre) How do you turn off your super-sonic hearing so you can't hear a coach or crazy spectator yelling?

I was an official in California so I can handle anything in Colorado. In California I was always blind, deaf or stupid - or maybe a combination of all of them. But on a serious note, I focus on one thing and one thing only. The game. It's like my therapy. All other stresses in my life just melt away as I do not think about anything but the game while I am out there. I bring a very calm demeanor to the field and that usually filters down to the coaches. Crazy fans? Not so much. To them I am still blind, deaf and/or stupid. I can usually ignore fans but just last year I was working a game up in Aspen and one of the parents (goalie Mom) yelled something that I have never and will probably never hear again come out of a woman's mouth. My partner Scott Wilson (preacher mind you) and I stopped the game and I calmly pulled the coaches and game administrator together to remove the parent. She was already in the parking lot. She missed her daughter make an amazing game winning save as time expired.

Finally, ask a question for our next spotlight official.

We all miss calls. Others we just mess up. How do you move on mentally from a missed call or a call you just wish you did not make?