

CWLOA Update

November 2017 Newsletter
www.cwloa.com



CWLOA

Colorado Women's Lacrosse Officials Association

Upcoming Training: Please get these dates on your calendar!!

Training and Recruiting is our focus this Newsletter. We want to make sure you are informed and can plan ahead to make the upcoming 2018 season your best by being prepared and trained, and try to recruit new officials to our sport.

Our training is divided based off of rating and experience, please make note of the different groups and sessions. **Group 1** includes all NEW, APPRECTICE and LEVEL 1 and 2 officials. **Experienced** includes Level 3, Collegiate and National officials. All training locations unless noted below are to be determined, location information will be distributed when available.

Group 1: For New, Apprentice and Level 1 officials (formerly L1 & L2)

Comprehensive Training – 2 hour sessions, places TBD

(expectation is to attend at least 3 sessions)

* January 9 (Tuesday), Colorado Springs or January 10 (Wednesday), Denver area

* January 16 (Tuesday), Castle Rock or January 17 (Wednesday), Castle Rock

* January 23 (Tuesday), Colorado Springs or January 24 (Wednesday), Denver area

* The Rules Interpretation meeting (**Required for all**) will be held on February 3 in Denver. (It will be a 3 to 4 hour session)

Comprehensive sessions for all levels – 6 hour sessions, places TBD

Western Slopes (City TBD) January 27 (Saturday)

Northern area - Fort Collins -January 27 (Saturday)

Denver area February 17 (Saturday)

Denver area March 17 (Saturday)

On field practice and training:

- South Suburban Dome (on Peoria) – November, December, L1 & L2 observation/ feedback
- January & February, early on-field training for new officials
- High School Play Day (various locations) March 3

Experienced:

November 2, 7-9 at Philip S Miller Library - Castle Rock - GSWC conference room

November 9, 7-9 at Philip S Miller Library - Castle Rock - CR Bank room west

All veteran officials need to attend at least one of these sessions but attending both is recommended.

The sessions are mostly geared to open discussion addressing anything you feel you need to be a better official as well as any questions you have. The focus will be a combination of US Lacrosse rules and NCAA rules.

The NCAA rules interpretation session will be Friday Feb 9th in Castle Rock and Saturday Feb 10th at Colorado College in the Springs is the on-field day.

It's time to register for the 2018 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

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

November 2017
Volume 18, Issue 1

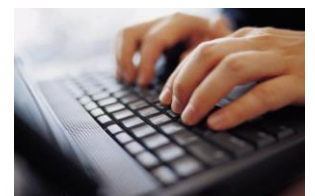
Inside this issue:

The Third Team: Pre-season Conditioning 2

Recruiting 3

Mentoring 3

Spotlight : Leatha LeBlanc 4



The Third Team: Preseason Conditioning by Jeff Tanner (NFHS)

Officials should always try to improve. They spend time studying the new rule changes, reviewing the old rules. They work on their mechanics and techniques to be prepared for the next season. *Often physically preparing for the next season is delayed to the last minute.* **Now is the time to start that preparation.**

Why do officials need to perform pre-season conditioning? For the same reason athletes undergo pre-season conditioning: 1) physically to improve and prepare for the season, 2) injury prevention, 3) mentally to prepare. As officials we need to be physically ready to perform on the field. Both strength and aerobic conditioning is required to perform the duties required of a good official. The conditioning program is not only used for preventing possible future injury, it also has a role in rehabilitation and prevention of the reoccurrence of an existing injury. The last benefit from pre-season conditioning will be the hardest to quantify, the role of mental preparation. The improvement that is made in aerobic conditioning will allow the official to be less fatigued during contests. This will allow official to have the opportunity to be more focused on their duties.

When should the program start? It is never too early. The best program is one that is maintained year round.

The exact timing to start pre-season workouts depends upon your present level of fitness. If you have maintained an aerobic workout, strength, and flexibility on a consistent basis then starting your pre-season work with sport and position activities can begin closer to the start of your season (3-4 weeks before). If a consistent program (3-4 times per week) has not been maintained then preparation needs to start 2-3 months prior.

Start with flexibility exercises paying close attention to muscles that cross

multiple joints, (hamstrings, quadriceps, Achilles) and an easy aerobic program trying to achieve at least 30 minutes of activity. This could include walking, light jogging, elliptical trainers, biking (stationary, or regular), recumbent stepper, or pool activities / swimming. The last three in this list are excellent ways to perform aerobic activity while decreasing the stress on hips, knees, and ankles. To determine the intensity of your workout use one of the following approaches. The simplest technique is; if you can carry on a conversation while exercising you are performing aerobic conditioning. To progress to a higher level of intensity it should be gradually harder to converse while exercising. Continue this program for the first 4 weeks, performing at least 3 times per week, ideally 4-6 times per week to make significant gains. Do not hesitate to alternate activities, this will increase your interest and enjoyment of the exercise. During weeks 5-8 start progressing your workout. As you tolerate more gradually increasing to a level where it is harder to carry on a conversation while exercising. Now is also a good time to introduce strength training into the program. There are many ways to design a strengthening program, most local gyms have professionals to help you do this. One strategy is to strengthen the large muscle groups, especially in a circuit type fashion.

Performing these exercises in a circuit is an excellent way to strength while keeping your heart rate up for overall conditioning. A circuit is a series of exercises usually involving multiple muscle

groups performed in pattern that allows you to control the amount of rest time in between repetitions of each exercise and between each round of the circuit. As conditioning improves decrease rest time between exercises and add aerobic activities for 5-7 minutes after each round of the circuit. Here is one possible circuit: 1) body weight squats), 2) push up hands close, 3) abdominal crunches, 4) lunges alternating legs, 5) push up hands wide, 6) hip raises (shoulders on ground, knees bent), 7) calf raises, 8) planks . Start by performing each exercise for 30 seconds, with 15 to 30 seconds rest between exercises. As you improve increase the time you perform each exercise and decrease the rest time in between each exercise.

After completing 1 round of the circuit do 5-7 minutes of brisk aerobic activity, trying to keep your heart rate where it was when you were performing the circuit. Try to complete 3 circuits with a brisk aerobic activity after each round. When you have finished you will have completed approximately 45 minutes of conditioning.



Recruiting – We need you to help recruit people to officiate

As most of you are aware, there is a shortage of girls / women's lacrosse officials in the state of Colorado, and we need your help to get more people trained to officiate our game.

According to a study that US Lacrosse completed, the best way to bring in new officials is through current officials, so **we need your help to recruit officials**.

Consider who you know:

Do you know people who are teachers? Do you know any physical education teachers who might be interested in earning more money when the school day ends?

How about any former players who are now in college and might be looking to stay in the game, and earn some money? Or do you know any former players who you work with at your current place of employment?

Know someone who is sports oriented? Have a friend who played girls lacrosse in high school or college and might be looking for opportunities to 'work' outdoors, and earn some spending money?

Unsure how to approach someone or to bring officiating into the conversation? Here are a few ideas of ways that might help you get the conversations started:

The Third Team:

Officiating is a perfect way

to stay actively involved in the game and enjoy great camaraderie. The officiating community is the "third team" on the field and through officiating you can develop friendships and connections with others committed to the game.

Give Back to the Game:

Officials are important ambassadors for the sport and you will develop and be able to share your knowledge and perspective of the game and can make a difference in its future.

Stay Fit:

Officials are right in the action of the game with the players. Officiating is a great way to stay in shape and get some exercise. Schedules are flexible as many games and times are offered and you can work as many or as little as your schedule permits.

Learn A New Sport:

If you've experienced officiating other sports, you can easily transition those experiences to the fastest game on two feet. There is a world of opportunity to grow and develop as a lacrosse official.

Earn a Few Dollars:

Officiating also allows you to supplement your income with a few extra dollars.

Officials at all levels of competition are compensated for officiating contests.

Make it part of your conversation to bring up girls lacrosse officiating and ask your friends or acquaintances if they might be interested in being a part of this sport.

We will be handing out 'business cards' to all of you to help with the recruiting process, and we appreciate your efforts to help continue to grow the girls' / women's game.



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.

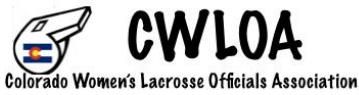
What do you have to lose? Nothing!

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.

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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, 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 – Leatha Le Blanc – Official

Tell us how you first became involved with officiating women's lacrosse. I had watched my daughter Olivia play lacrosse for years and really didn't understand most of the rules. I was a player back in the Stone Age and the game/rules had changed tremendously. I was tired of being the uninformed, bewildered spectator. Since I enjoy the sport so much I was ready to become involved again and increase my enjoyment by understanding lacrosse better. Plus, my daughter was a youth ref and she strong-armed me into doing it.

What other sports do you officiate? I officiate field hockey and tennis as well as lacrosse.

How do these other sports help you with lacrosse officiating? I think officiating other sports really focuses my thought process on the big game picture as well as the finer points of the game you are involved in at the time. I really like implementing fairness and understanding into the game including respecting the rules, teams and coaches. I read the rule book constantly. It doesn't hurt that I played all three sports but they are all different in the approach to applying the rules. I am fairly new to officiating and tried to ref during field hockey season, fall lax and tennis. Needless to say, I got a little confused and called a field hockey goalie foul on a lax goalie. Oh well, it's hard to be pretty AND smart all of the time!! It was a good learning experience.

Do you have a favorite lacrosse memory? My favorite lacrosse memory happened this past season when I officiated a Conifer/Ft. Collins game during a blizzard. The game time was moved up due to the impending weather and the snow started at the first whistle. At half time the parents and school principal were all shoveling off the lines and laughing. The ball collected a ton of snow every time it came in contact with the ground and it looked like a small volleyball. After a lot of sliding, poor visibility and hilarious plays we called the game at the proper time. The Blizzard Bowl of 2017 was a total blast.

What is one goal you personally want to achieve this year (the coming season)? My goal for the 2018 season is to continue to try to be the best official that I can be. I really want to work on the details of game management. When I first started I was so gripped on the mechanics of officiating and just seeing and making the calls that I had tunnel vision. I feel like I turned the corner last season and I can handle more intricate situations in a better manner now.

What hobbies do you have outside of lacrosse? My two favorite hobbies include cooking and playing tennis. In fact, a good day would involve cooking and watching tennis on my kitchen TV – there's a little addiction going on there for sure. I love going out with my friends and doing just about anything – drinks, dinner, hiking, etc. And, whatever my husband and daughters want to do is a fabulous time for me.

From the last newsletter spotlight official (Emil Ewing): Do you recognize and appreciate the family like environment among lacrosse officials? YES, I love my ref family! It's really the best part of the whole experience for me. It's so fun meeting everyone and being thrown into an intense, fun situation together. I love that challenge and I learn good things from everyone.

Finally, ask a question for our next spotlight official. Which level of girls lax do you enjoy officiating the most and why?