

CWLOA Update

October 2015



CWLOA

Colorado Women's Lacrosse Officials Association

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Registration for 2016 season

Attention: There are several steps and deadlines that you need to meet if you intend to officiate girls (youth, High School) or women's (NCAA or club) lacrosse this upcoming season.

1. Register with US Lacrosse (or renew) beginning October 1st. Be registered by February 1, 2016 (www.uslacrosse.org)

2. Register through Arbiter (arbiter.com) for CWLOA and CHSAA by October 31. (www.arbitersports.biz)

After October 31, dues increase so it's best if you can register by end of October.

If you are new to Colorado or new to officiating, contact Frank Bailey (bailey5280@gmail.com) to

get an Arbiter account set up.

Officials are also required to

1. Attend a rules interpretation meeting,
2. Minimum of 6 hours of classroom training, 8 recommended for L2 and above.
3. Have on-field practice, and
4. Pass the online test
5. Take USL online educational course

See page 2 for dates to help you meet these requirements

For 2016 rule changes and clarifications please go to uslacrosse.arbitersports.com

ArbiterSports

Login Arbitersports.biz

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Recruiting Officials – URGENT Need

As you have probably heard, lacrosse is the fastest growing sport in the US. And Colorado is no exception! All this is good news, but we need your help in recruiting to make sure we can, as officials

keep up with the growth of the sport in Colorado, to cover all the games, and do so in an appropriate level.

Do you know anyone who loves the sport, has children who play the sport or who maybe played themselves in

college or high school? Share this newsletter with them and have them contact us at: cwloaboard@gmail.com with any questions they might have, and to let us know they are interested.

Special points of interest:

- 49 High schools in CO with girls lacrosse.
- 700+ of girls high school games per season
- 70 currently active officials
- 120 officials needed to cover all the games (minimum)

Training Dates

For L1 and new officials:

December 2, 2015 Southglenn Library – Centennial – 6:30-8:30

December 9, 2015 Southglenn Library – Centennial – 6:30-8:30

December 17, 2015 Southglenn Library – Centennial – 6:30-8:30

Two additional classroom sessions will be scheduled for January, February. We will also be scheduling

comprehensive training in other regions around the state. We will let you know when and where when we have finalized the dates.

We will have details of each of the classroom trainings posted to our web site as soon as they are available. Some of these sessions will be mandatory. Please check cwloa.com for this information.

For L2 and above officials:

October 20, 2015 Koebel Library in Centennial from 6:30-8:30 pm

October 24, 2015 – Regis University play day. We have 2 National out of region officials coming to give feedback and highly encourage all to attend.

October 27, 2015 Southglenn Library in Centennial from 6:30-8:30 pm

For L3 and above officials (NCAA):

October 16th – CU vs DU scrimmage and training.

February 6th – Play day at Colorado College. Classroom afterwards. **MANDATORY** for all assigned NCAA games.

Please be sure to check for updates on our web site calendar (cwloa.com)

“There is an on going need for officials in Colorado to keep pace with the explosive growth the sport is experiencing..”

Become an Official / Scholarship to US Lacrosse Convention

Welcome and thanks for your interest in officiating Girls and Women’s lacrosse in Colorado.

WHY?

There is an on going need for officials in Colorado to keep pace with the explosive growth the sport is experiencing. There are opportunities at all levels including youth, middle school, high school, college and beyond. High School

game fees range from \$39.50-\$52.00 and middle school & Youth game fees range from \$30.00-\$40.00. Most game schedules involve double headers generating between \$60.00-\$100.00 per assignment.

Check out US Lacrosse’s video, Starting Out in Stripes, an informative introduction to the game: [Starting Out in Stripes](#)

For more information, visit our web site cwloa.com or contact us via email at cwloaboard@gmail.com

Scholarships are available to attend US Lacrosse Convention *Deadline December 11*

See uslacrosse.org Search: scholarship

Special Interest: Schools playing fields mapped

Christine Wiedinmyer is working to enhance our web site to configure links to each high school in Colorado, using a mapping feature, so that you can easily find the field where your games are being played.

You will be able to use the

search box to find the school and then get a Google map to the location.

Be sure to check out our web site (cwloa.com) and look at all the other useful information we have there. We use the web site as our constant vehicle of

information to keep you updated and informed.

If you have any suggestions and or have web design skills and would be willing to volunteer some time, please contact us at cwloaboard@gmail.com

Inside Story: Youth Lacrosse by Michelle Secor

Youth Lacrosse, is alive and well in Colorado. The number of teams has grown from under 30 to over 100 in the past ten years. That is absolutely amazing!

High school students have gone through classroom and on field training each year in March in preparation for the youth season which starts in early April.

What is the benefit to becoming an umpire? First and foremost it helps you

learn the game and helps you during your season. Second, it helps sustain the youth lacrosse movement and growth. Third you learn responsibility and how to work with people on a professional level. And last, you'll earn money to support your own lacrosse addiction! Look for upcoming training in March.

As an official you will be required to

- Join USL and CWLOA
- Take the rules test online
- Take the online course

You will be provided with a starter kit (flag, whistle, cards).

The season runs from April to mid May; games are held on Saturdays.

To get involved in officiating the youth games, contact CWLOA at cwloaboard.com, and visit our web site cwloa.com for more info.

The Third Team: Getting in shape for the season

It's not too early to start thinking about getting in shape for the season. It takes about 12 weeks to get in shape for a season. If you aren't already exercising on a regular daily basis, you should start ramping up.

Ideally you should do cardio exercises that mimic the running you'll be doing during the game.

Greg Dugas, NISOA National Instructor and Assessor suggests these workouts as examples:

Shuttle 40 yards, 60 yards, 80 yards with three minutes recovery. Do five sets.

OR

A. Sprint 20 yards, jog back with a 15 second rest. Repeat 20 times.

B. Sprint 40 yards with a 20-second rest. Repeat 15 times. Rest four minutes.

C. Sprint 60 yards with a 30

second rest. Repeat 10 times.

Other guidelines: Never do the same type of workout on back-to-back days.

Always do your running workout before your weight training.

Work on Core, Stabilization, Strength and Power training.

With the proper warm-up and cool-down, you can get anywhere from four to six miles per workout.

Did you know? The hardest game to officiate?

Article from Lacrosse Magazine, by Brian Logue (see full story in September issue laxmagazine.com)

.....when do you call a foul on a check?

It's not easy, but Liz Brush, manager of US

Lacrosse Women's Officials Education Program says there are keys to an official making the call. "You have to move quickly to see the space between the players, and then you're watching to see who is initiating the contact and

what directions the sticks are going." says Brush. "You're watching the defenders to see if they're swinging towards her head, body or into her."



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.

cwloaboard@gmail.com

CWLOA.com

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

For 2016 rule changes and clarifications please go to uslacrosse.arbitersports.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.

Promoting the ideals of sportsmanship, personal responsibility and team work in the sport of lacrosse

Spotlight – Robin Patterson

Robin Patterson retired this year from officiating lacrosse, and we want everyone to know that she is one of the people who were instrumental in establishing girls' lacrosse in Colorado.

In 1983 a group of post-collegiate women wished to play lacrosse here in Colorado. Robin was one of these women. "We played pick-up games wherever a field was available." In 1985 we organized the Colorado Women's Lacrosse Association (CWLA). This group encompassed all women, coaches, high schools and officials. Robin was on the first women's team to play at Vail and played at the National Tournament from 1983 through 1988. She served as President of the CWLOA for two years.

During these early years along with Molly Renes and Michelle Secor, they persuaded experienced HS and collegiate coaches and officials to come to Colorado to educate and train.

The first public school program was at Cherry Creek, which Robin coached from 1985 through the 1987 season. In 1987, Cherry Creek School District funded the program and programs at Smoky Hill HS and Overland HS.

Robin served on the CWLOA Board continuously from 1990 through 2012 as President, Secretary, Treasurer and HS Assignor. She also served on the board of Colorado Lacrosse Foundation (CLF) and was inducted into the CLF Hall of Fame in 2010.

When you see Robin around, thank her for her work in building women's lacrosse in Colorado.