

CWLOA Update

February 2018 Newsletter
www.cwloa.com



Upcoming Events / Training

February 2018
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Reminding all that annual training is a requirement for everyone in order to be certified as a US Lacrosse official. Each official, new and experienced, is asked to attend a minimum of 4-6 hours of training depending on your level of experience.

Please understand that this only addresses the **MINIMUM**. You are highly encouraged to attend as many training sessions as you can in order to be as prepared as possible for the upcoming season. In addition to attending the training sessions, all officials are expected to read the 2018 NFHS rulebook thoroughly so each official has a complete understanding of the rules.

In addition to the training classes, preseason is a good time to take a look at your gear. Is your striped shirt in need of replacement? Are your black kilts or shorts / pants more brown than black?

If you have been doing this for a few years, you should consider investing in a long sleeve as well as a short sleeve shirt to meet the ever-changing weather during

Colorado's spring. Do you have a good pair of black shoes that will support you in the miles you will cover on the field this spring?

The mandatory rules interpretation meeting is **REQUIRED of all officials**. It will be held this Saturday, February 3 from 9:00 am – 12:30 pm at the Koebel library (5955 S Holly St, 80121) in Centennial (meeting room A). **We will have some pink whistles for sale (\$5 each) to support American Cancer Society**, in an effort to have schools supporting a pink day during the season. So if you want one please bring \$5.

The dates for most of the training sessions have past, but we have one session scheduled on February 17th from 9 am to 1 pm at Southglenn library (6972 S Vine St, 80122) in Centennial (meeting room A) if you still need to get some classroom hours.

Please send an email to cwloaofficial@gmail.com if you are planning to attend this Feb 17th session.

There are still officials who need to register with USL, CWLOA / CHSAA or both of these. If you are one of those, you must complete this right away if you want any games this spring.

The required on field training for US Lacrosse rules (the high school play day) is **scheduled for March 3th. Details coming soon.**

[The US Lacrosse Girls Rules Test is now available on the US Lacrosse website – uslacrosse.org / Officials /](http://www.uslacrosse.org/Officials/)

[Resources / Rules Exams](#). You need to take the test and score at least an 80%. If you have questions, please contact cwloaofficial@gmail.com



Colorado High Schools for 2018 season

On our website you can see a map of Colorado and where all the schools are located. From the landing page, choose Colorado Info / CO High Schools. Christine Wiedinmyer put this map together – she's our web site master. Thanks Christine!

Quick little workout for agility & core stability for Officiating

The season is upon us! Here are a few tips on getting into shape and staying in shape during the season.

Cardio: 40 square. Set up 4 cones in a box about 10 yards by 10 yards, the run around them. First run forward, then shuffle

left, then run backwards, then shuffle right. Change each time you get to a cone. Time yourself, and see how you improve over time.

Core: Find a set of exercises that work your entire core, and

do them on a regular basis. *Example:* Crunch, Bridge, Heel Touch, Leg lift, Plank (hold for 30 sec).

Do all of these for count of 8, except the plank, then repeat.

Both of these exercises will help you get

conditioned for the activity of officiating. Core stability will help you be strong as you are running sideways, and the Cardio will help ensure you are in keeping up with the game as you go up and down the field.

Arbiter Blocks for 2018 Season – *Complete before February 12th*

ArbiterSports™

Attention:

The Draw (scheduling of HS games begins on Monday, **February 12th** and is a multi day process that will mostly be complete by **February 16th**.

Anyone who has not completed training (unless you are going to the make-ups) and/or have not paid dues and fees will NOT be included in the draw.

BLOCKS: If you don't have your blocks in before February 12th you may get scheduled for games you cannot do. This is a problem for everyone, as games that are turned back by officials end up with the inappropriate officials on those games. So please block your calendar in

Arbiter for times you are Not Available to do games. In addition to days, dates & times. You need to also manage: **Distance** (you are willing to drive to officiate a game), **Sites** (you don't want to go to), and **Teams** (you don't want to officiate).

If you do other sports in the spring: The sharing tab is under the Profile tab and allows you to authorize the sharing of assignments, in a limited way, with all of the assigners which will help prevent overlapping or double booked assignments. <http://www.arbitersports.biz>

In order to have the best possible result for the initial draw, all officials need to manage each of these elements as they apply to you.

Also: If you haven't sent an

email to Frank Bailey with the number of days per week you want to work and the number of games per day you are willing to work, please email him with this information as soon as possible:

bailey5280@gmail.com



Mentoring Program for 2018

Mentoring Link: <http://tinyurl.com/cwloa-mentor-link>

We are pushing this program as studies show that having a mentoring program is a good way to improve the level of officiating in a much more progressive way, and it also helps to retain officials when they feel more involved and part of the larger community. We are constantly trying to improve and grow the core of our officials' organization, and we hope that you will join the mentor program either as

a mentor or a mentee. If you haven't signed up to be a mentor yet, please consider doing so at this link (above). 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 will help guide you with answers to any questions you might have as the season progresses.

This year we are also going to be managing the schedule so that newer officials are paired

as much as possible with seasoned officials. We are also going to have more experienced officials doing some observations throughout the season to help our newer officials get more comfortable on the field, hopefully sooner than in the past with out this guidance.

If you have any questions about how this might work for you please contact Frank Bailey or Les Snively.

Les@windstream.biz or bailey5280@gmail.com

Your Community of Officials – Facebook Join Us!

FACEBOOK:

We've publicized it, but want you all to be sure you know that we have a Facebook page. Please like us. We will be posting rules and other fun informative information that might be of use to you. Pass it along to your friends who also might be interested in officiating!!

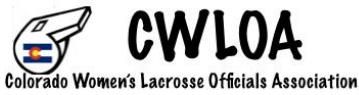


2018 US Lacrosse Girls Rules Changes

USL rules cover high school, college club, youth, and post collegiate club games. A number of rule changes this year are clarifications and definitions. Here are some of them:

Rule	Change
2-1-1	Clarifies ball certification markings
2-2, 2-3	Changes to on-field stick check. (We are now also checking the depth from the back of the stick as well as checking the front pocket as we have in the past.)
2-5-2	Includes cradling motion in definition of head and crosse separation.
3-7-2d	Allows time-out requests any time team is in clear possession of the ball.
4-3-2h	Stick checks are not allowed during an injury time-out.
5-2-5	Players' sticks may touch the ground over the center circle and restraining line on the draw.
5-2 PENALTY	Failure to correctly execute the draw by either of the two centers is a draw violation and can result in a free position or a re-draw. Violations by other players during the draw and/or prior to possession will be major or minor fouls.
9-1-1 PENALTY	Early entry violations shall be administered at the spot of the ball.
10-1-1k	Clarifies goalkeeper's movement as it applies to calling dangerous shot.
Appendix M	Suggested pre-game protocol

For 2018 rule changes and clarifications please go to uslacrosse.arbitersports.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 – DJ Bresmer – Official

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

At the end of the 1999 high school football season, one of my fellow football officials asked if I was interested in reffing lacrosse next spring. I said sure, so I went to the library and checked out a few books and videos on boys' lacrosse, because I couldn't find anything on girls' lacrosse and I figured all the rules are the same. I was quite shocked when I went to the officials' training in the spring of 2000, boys' and girls' rules were somewhat different.

Do you officiate other sports, and what are they?

I officiate volleyball, football, and basketball.

How do these other sports help you with lacrosse officiating?

It helps in knowing how to study the rule book, how to take tests, how to communicate with coaches, players, school administration, and parents and how the assigning processes work. Also some of the same concepts in basketball about charging, picks and 3 seconds are close to girls' lacrosse. In addition, knowing what is an advantage and disadvantage.

Do you have a favorite lacrosse memory?

I guess doing the state playoffs, especially the semi and finals - the intensity is turned up quite a bit. One championship game stands out. It was between Cherry Creek and Kent that went into overtime on a very hot May evening at the Stutler Bowl. Both coaches were exhausted and dripping in sweat, at the end of regulation and we were briefing them the overtime procedures, after the briefing a coach shook my hand and said "no mater what's the outcome, thanks for being here, you guys have done a great job putting up with us"

What is one goal you are working on to improve as an official this coming season?

Helping newer officials to feel comfortable calling the game.

What hobbies do you have outside of lacrosse?

Biking and hiking, traveling to visit my daughter who is active USAF in Anchorage Alaska

From the last newsletter spotlight official (Nathan McCrary): If you could change one of the lacrosse rules, which one would you change and why?

Allow free movement, I think it would be a better spectator sport.

Finally, ask a question for our next spotlight official.

How can we retain and recruit more officials?