

CWLOA Update

October 2018 Newsletter
www.cwloa.com



CWLOA

Colorado Women's Lacrosse Officials Association

Upcoming Training: *Get Dates on your calendars!*

While most of everyone's current focus is on leaf colors and pumpkins right now, CWLOA is getting ready for next season's training. This year will be similar to last year, but with a few tweaks to improve the experience, at least that's the goal. Venues and times are not firm, yet, since we can't make reservations for library rooms for another few weeks. They will be published as soon as available. That said, there will be a lot of sessions so everyone should be able to attend the required minimum - you're welcome to come to more if you'd like to sharpen your officiating even more. Please make note of dates that are listed and put the sessions on your calendar for planning purposes.

Keep in mind that there are some major changes coming to the high school and youth lacrosse rules this year. USL is following down the NCAA path of allowing self-starts this year. That in and of itself will take some changes in our officiating approach, and that change may suggest additional changes in upcoming years. There's plenty for all of us to learn and review with the new USL and NFHS rules.

As with previous years, there will be weekday evening sessions in early January in both Colorado Springs and the Denver area. We will break the rulebook into two topic areas, and there will two nights of each topic being presented. Everyone needs to attend one of each topic. We will also endeavor to present the two topics with a focus on different levels of officiating experience. One session will be for beginner officials (typically 0 to 2 years of

experience), and the other session will be aimed more for officials with more than 2 years of experience. Anyone can attend a session at either level, though attending the one that's the best fit for your experience should be the more interesting one for you.

As usual, there will be a required NFHS Rules Interpretation session that will be on the **26th of January** for everyone. (Location and time, TBD).

There will also be two comprehensive sessions for those that can't make it to the individual evening sessions, the first tentatively scheduled for the 2nd of February and the final one tentatively scheduled for the 16th of March.

In addition, there will be comprehensive sessions this year at a location in Northern Colorado (date and location, TBD), on the Western Slope (tentatively 1 or 2 March followed by 2 March play day), and the mountain region (tentatively at Battle Mountain HS on the 6th of February at 4 PM).

Finally, on-field training and a potential ratings opportunity will be available on the high school play day on the **2nd of March**.

For more experienced officials (those that do college games, and / or are rated Level 3 with US Lacrosse) there will be 2 sessions held in early November, probably one day in the Denver area and one in the Springs covering NCAA topics and higher level high school situations. An NCAA rules interpretation session will be held in late January or early February, as well. All higher-level officials are encouraged to attend both, especially if you will be doing both NCAA and NFHS games this year. **Attending the NCAA rules interpretation is a requirement in order to work NCAA games.**

If you have questions, contact our training coordinators Frank Bailey (bailey5280@gmail.com) or Les Snively (Les@windstream.biz)

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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 of things you should be working

toward:

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.



Registration for 2019 season

Believe it or not it is time to register for the 2019 season. If you plan to officiate this spring, you need to register or re-register with US Lacrosse (www.uslacrosse.org/membership) (US Lacrosse membership runs from Oct to Sept)

AND

You need to register with CWLOA. The registration form for CWLOA is attached to this email separately.

You can pay with a check or through Venmo. See registration form for details.

Registration fees for CWLOA for the 2019 season is the same as last year. If you pay dues before November 30th you will pay \$30 to CWLOA/ \$10 to CHSAA (Total \$40). If you pay dues after November 30, CWLOA dues go up to \$45, CHSAA is still \$10, Total \$55.

If you have any questions regarding dues, please contact Allison Bailey, our Treasurer. albailey7@gmail.com

Looking for resources to review and learn more as an official on your own? Check out US Lacrosse website video section, also articles in US Lacrosse Magazine, and YouTube videos. On example to review positioning is the [US Lacrosse Ropes video on Shooting Space](#) (on YouTube, search Ropes shooting space)

Your fellow Colorado Officials

Do you sometimes wonder who all the officials are in Colorado? Here's a little insight into who we are.

There are 16 officials who have officiated more than 10 years! There is a lot we can learn from these officials, as they have much experience, and insights they can share to help each of us become better officials. 2 of these are National level officials, and about 10 are rated Level 3 (used to be called District)

We have 38 officials who have officiated lacrosse from 3 to 9

years. Again lots of experience and knowledge to share, but also on the curve of learning the game.

The rest of active officials have officiated 1 to 2 years.

We currently have 27 prospects, those that have indicated an interest in becoming girls' lacrosse officials this coming season. We hope they all join us!

Mentor Program – An option to help improve your officiating

Mentoring Link: <http://tinyurl.com/cwloa-mentor-link> (copy / paste into browser)

This will be our 4th year of offering our Mentor Program!

Many first year officials and even those who have experience signed up to this program to help improve their officiating skills. There are benefits to both the mentee and the mentor in terms of improving their officiating.

"My mentor has helped me find exact field locations on campuses, communicated nonverbally with signals on the field, guided me to better game management procedures that aren't written in the training manuals, and has become a good friend."

As a mentor, I have touched based with my mentee, who has become an official after playing and who has a daughter that plays in high

school. She saw a way to give back to the sport and fill the shortage we have. I have been able to share some training materials and some of my own challenges with her. In fact, we face similar challenges (use of flag and game assignment issues) and can relate to each other's stories.

Why have a mentor program?

Women's lacrosse is a game rich with traditions and with annual rule changes geared towards improving player safety and flow of the game.

To develop new umpires quickly and get answers to their questions, it's helpful if they have someone to consult.

By establishing a working relationship with a veteran official, new umpires can accelerate their progress, get feedback when it's most useful, and gain proficiency in lacrosse.

It is also a great way for

veteran umpires to give back to the sport and pass on their knowledge.

What is a mentor program?

Our mentoring program will match a less experienced official [Mentee] with a more experienced official [Mentor]. The mentee and mentor will discuss what happened in their games, may watch a game together, and possibly umpire a game together, and if time permits, a mentor may observe a mentee officiating a game.

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.

How do I join the mentor program?

Register using the link provided above the article.

Once completed you will receive a presentation explaining how the mentor program works, which should answer most of your questions.

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.

If you were a part of the mentor program last year and

would like to continue with your same mentor/mentee please let us know.

Once you are linked by email with your mentor-mentee partner, contact them and introduce yourself.

Follow up with each other after your games, ask/answer questions, provide advice, share after-game analysis.

Our Mentor Program chair is Michelle Gazarik. Please contact her with any questions.

c: 757-817-0599

e: mvgazarik@gmail.com.

Recruiting

Know someone who is sports oriented? Have a friend who is looking for opportunities to 'work' outdoors, and earn some spending money?

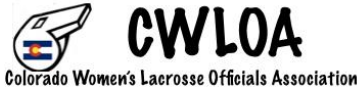
Are you a teacher? Do you know any physical education teachers who might be interested in earning more money when the school day ends?

How about any former players who are now in college and might be looking to stay in the game, and earn some money?

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 need to continue to grow the number of officials for our sport.





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 – Les Snively – Official & US Lacrosse State Coordinator

Tell us about how you become involved with women's lacrosse

Our son started playing lacrosse while we were in New Hampshire and wanted to continue after we moved to Castle Rock. At the time there was not a youth program in Douglas County, so, along with others, we started a club so that he could continue playing and our daughter could begin playing. I organized and helped coach, moving to the girls side with my daughter when more qualified parents came along to work with the boys. That led to learning the girls game and coaching youth and high school over the next 12 years or so, along with being an administrator of the club.

When did you first become an official, and expound on your involvement?

When a natural break came in coaching (and my wife thought I was around the house too much), officiating seemed like a good direction to continue being involved in girls/womens lacrosse. I had spent plenty of time questioning officials' calls; only fair to give others the opportunity to comment on my ability!

What is your favorite lacrosse memory?

Being given the honor of officiating a state finals game and having my daughter as a partner for it.

What do you like to do in your free time and for entertainment?

I'm a fly fisher person, and enjoy being out in a stream trying to use my advanced, human brain to usually not out-wit tiny, little trout brains. I also stay involved with sailplane flying, though mostly using simulators rather than the real thing. And, I still poke around at software and electronic hardware development when I can.

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

At this point in my dotage, it would be nice to get down a field faster than at least one high school player once this year... Other than that, just the usual; get the most shooting space calls I can, see what happens to the shooter and defender after shots, see all of the dangerous swings and contact and do my best to prevent them from happening in the first place. In other words, keep the game safe by better using the tools I have available to make that happen.

From last month's spotlight official (Molly Ahern) What do you enjoy most about officiating lacrosse?

Running and being able to still be out on the field; I'm fortunate that I still can be. Being a good partner and calling a good game as part of a team. Working with other officials to better our games thus improving the game of lacrosse from the officiating side.

Question for Next Spotlight Official:

What can CWLOA/USL do better to make officiating more rewarding for you?