

CWLOA Update

November 2018 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 2019 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. **Level C** includes all NEW, APPRECTICE and LEVEL 1 and 2 officials. **Level B** includes Level 3, Collegiate and National officials. Training locations and dates are set! So please get to the sessions for your officiating level, and don't forget to put the dates and times on your calendar!

Denver area:

Level B (3+ years experience) - session 1 - January 8, 6 pm to 9 pm at Koebel Library room B

Level B (3+ years experience) - session 2 - January 15, 6 pm to 9 pm at Koebel Library room A

Level C - new to 2 years experience) session 1 - January 9, 6 pm to 9 pm at Koebel Library room B

Level C - new to 2 years experience) session 2 - January 16, 6 pm to 9 pm at Koebel Library room A

Colorado Springs area: - all sessions will be held at Mission Medical Center, 2125 East LaSalle Street, Colorado Springs 80909 from 6 pm to 9 pm.

Level B (3+ years experience) - Session 1 - January 9

Level B (3+ years experience) - Session 2 - January 16

Level C - new to 2 years experience) Session 1 - January 10

Level C - new to 2 years experience) Session 1 - January 17

Annual rule interpretation (**mandatory**): January 26 at Southglenn Library 9am to 3 pm - rooms A & B

Western slope will be in Grand Junction on March 2. Details still a work in progress

At this time we do not have anything firm for Northern Colorado in Fort Collins or mid-mountain in Summit County. When plans are made we will let you know.

For officials working NCAA games there will be a mandatory NCAA rules session in late January or early February in advance of the regular season as well as an NCAA Play Day in February, tentatively at Colorado College. Details on these sessions will be coming later this fall.

Questions? Contact Frank Bailey bailey5280@gmail.com

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It's time to register for the 2019 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

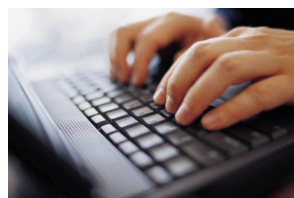
support the lacrosse officials in Colorado.

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

US Lacrosse registration is at uslacrosse.org/membership

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



The Third Team: Conditioning

Officials should always try to improve their physical conditioning. 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.

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.

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. 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.

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.

Try to complete 3 circuits with a brisk aerobic activity after each round.



CWLOA Training support for YOU!

CWLOA has developed our budget so that we can help support those officials who are interested in furthering their training outside of Colorado, to grow their skills. We set aside money for improving our current officials by helping them with costs of travelling to the US Lacrosse convention, and going to training that is offered through US Lacrosse for women's officials. The money would be used to help those that attend clinics, the convention, etc. The amount of people who qualify for the umpire development stipend determines on how much is paid to each individual. There is \$1,000 in our budget for this stipend with a maximum of \$200 paid per individual. If you are interested in finding out more about this or if training you are planning to go to would be considered for this, please contact Allison Bailey albailey7@gmail.com

There is also a US Lacrosse scholarship application you can fill out to see if you will be picked for a complementary convention registration through US Lacrosse. Here's the link: <https://www.uslacrosse.org/convention-scholarship-application>

In supporting a newer official who would like to attend the US Lacrosse convention in Philadelphia. (January 11-13, 2019) the requirement is that you are a 1st or 2nd year official who has not attended a US Lacrosse convention yet. You need to apply for this by submitting your name and a paragraph about why you should be chosen to attend to cwloaboard@gmail.com for consideration. Once you return there is an expectation that you will present some of what you learned to our group.

Our budget is available for everyone to see on our website: [cwloa.com/About CWLOA/CWLOA Info](http://cwloa.com/About%20CWLOA/CWLOA%20Info)

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.

Who do you know who might be interested? Can you bring 2 or 3 friends / acquaintances to girls' officiating this year?



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.

c: 757-817-0599

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 and 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 – Michale “Mikey” Chambers – Official

Tell us about how you became involved in women's lacrosse officiating

My Mentor / Friend in Sports Officiating told me about a great opportunity coming to Northern Colorado. He came from the east coast and loves the game of lacrosse and compared it to basketball for me, to understand. He said we would have fun, so I jumped in!

What other sports do you officiate? How are the organizations of officials' different/same from your point of view between different sports?

I have officiated flag football, softball, volleyball, basketball (my passion), and now lacrosse. I think the similarities between these sports are great people. All these organizations have little differences, but I have learned in a short time the lacrosse family is Special!

Do you have a favorite lacrosse memory or story from your experience?

My favorite lacrosse memories are when I get to see a program grow and help student athletes go to college. Good feeling.

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

I go into every game I officiate with goals, but this year in lacrosse I would like to have my body healthier, and us that 'flag' more!

Overtime: Where are you going on your next vacation?

I might be going on a road trip with some fellow officials down the East coast this summer. But Kauai's Napali Coast is calling me!

Double Overtime: Imagine Dragons or U2? U2

From last month's Spotlight official (Les Snively): What can CWLOA/USL do better to make officiating more rewarding for you?

The kids and friendships I have made with officiating is very rewarding. But CWLOA and USL are very good at communication through different means – Newsletters, emails, great Webinars that are very beneficial – Thank you!

Lastly: Pose a question for next months Spotlight official: Let us know some funny “details” about a “Road Trip” to a game