

# CWLOA Update



Summer 2019  
www.cwloa.com

## Inside this Issue:

Welcome 1-2

Upcoming Events 2

Recruiting 3

Support for Stripes 3-4

Spotlight: Krysti Kiesel 4-5

## Welcome

### Letter from the President, Kristen McGrath



*Devin Bauman, me, Dan Cronin, and Paul Hermann at the CHSAA State Semifinals*

Hello CWLOA members! It is an honor to have been elected to serve as your president for the upcoming two-year term. First of all, I would like to introduce myself and tell you a bit about my officiating background. For those of you who I have not had the opportunity to meet yet, my name is Kristen McGrath, and I am coming up on the end of my first year living here in Colorado. I moved here from southern New Jersey in July 2018, and have loved it here ever since! I started officiating lacrosse in spring of 2011 after living abroad for a year. Lacrosse was growing rapidly in New Jersey, and I started playing when I was 10 years old. After falling in love with this incredible sport, I continued to play throughout high school and college. After graduating, I was missing the game tremendously, so I knew I would have to pick between coaching and officiating. My father was officiating boy's lacrosse at the time, and he encouraged me to try officiating myself. After my first youth game, I was hooked! After just completing my ninth season, I will continue to advance my game by going for a collegiate rating this summer. When I am not officiating, I

am working as an English Language Development teacher at Englewood High School. In my free time, I love to run, hike, ski, take my dog to the park (or games if it's not too hot!), garden, and simply enjoy this beautiful Colorado weather. Please reach out at any time if you have any questions! I will be taking over the CWLOA email, so please know that I will be responding to your questions or concerns. I look forward to serving you and our chapter for the next few years!

# Upcoming Events



## Summer Tournaments/Opportunities

Looking for ways to keep up on your officiating skills? Interested in making some extra money this summer? Summer tournaments and other summer leagues are a perfect way to accomplish both! If you have not signed up for any yet, please be sure to reach out to Frank Bailey or Dan Cronin. They both have an insider look at what is going on in the area.

## Ongoing Education

Besides being out on the field, it is important that all officials continue to increase their knowledge of the rules and best practices for games at all levels. Some ideas to consider for ongoing education:

1. **Attending a clinic.** US Lacrosse offers clinics in the area or other states for officials at all levels. Check out their website for more information.
2. **Taking the online rules courses offered through US Lacrosse.** These rules courses are FREE! It is a good way to test your knowledge, as well as a resource to use in the winter as we are closer to approaching the 2020 season.
3. **Becoming or seeking a mentor.** Are you a well-experienced official looking to give back to your chapter? Perhaps you are a newer official and would like to have someone help you increase your skills? Either way, this is a great opportunity for both parties to become better officials!



# Recruiting

Know someone who loves lacrosse? What about one who is looking to understand the rules better? Perhaps you know a coach that is looking for other opportunities within the game? Then officiating would be perfect for that person!

We are always looking for officials to join our chapter. Whether it is a high school student or a player looking to officiate on the weekends, a parent that might be coaching their child's team, or someone new to the area, it doesn't hurt to ask.

I took a class at an OrangeTheory studio this week, and surprisingly enough, I met a former college lacrosse player there. I told her about why I love to officiate, and told her to contact me if she was interested. You never know who you'll come across that you can get involved.

If that is the case, please give the person the CWLOA email ([cwloaboard@gmail.com](mailto:cwloaboard@gmail.com)) and we will get the process started.

## Support for Stripes: Tips to Improve your Game

### Managing the Sidelines



It's a beautiful spring day in Colorado. The birds are chirping, the sun is shining, and you are on the way to a game. As you are driving, you start to think about the last game you were on. It was snowing sideways, the coaches are screaming, the fans are loud, and a game-winning goal comes down to the final seconds. You think back to that day, and think to yourself, "That was so stressful! I'm not sure I can mentally prepare for that type of game again today." So, what can you do?

First things first, we know as officials that we are the most criticized group out on that field during that game. No matter who the fans are cheering for, in their eyes, we control the way the girls play, we are the reason why a team lost or, even better, why a team won. It's not easy being an official, but there are certainly ways that we can manage the sidelines so that a good experience is had by all.

1. **Pregame with your partner(s).** I cannot stress enough the importance of a solid pregame, especially with someone you have not worked with previously. Go over areas you might need help on, perhaps a situation you weren't sure what to do in, as well as some tips you might have for managing the game. Each time a team steps out on a field,

they are going to play differently than the last game you may have seen them on. Telling your partner about certain players that were troublesome in the last game is not going to benefit this game that you are on together. Talk about how you are going to handle when a player or the team is starting to get out of control.

- 2. Practice effective communication skills.** This starts as soon as you step on the field when you have arrived at the site. Greeting the coaches warmly is always going to help start the game on the right foot. Checking the field properly, communicating with the table, starting the captain's meeting on time, and being thorough with both teams during the meeting are your first steps in preventative officiating. If you know your partner is going to be late, be sure to let both coaches know with an estimated time of their arrival so that game time adjustments could be made, if necessary. During the game, if a coach has a question about a call, please be proactive and let them know when you can answer their question. There are times that we cannot immediately respond back to the coach, however, be sure to check in at the appropriate next stoppage of play to address it. Remember: a complaint is not a question. If a coach approaches you and your partner at halftime and is arguing over a call that was made, do not get into a debate with him or her. Simply ask, "Coach, do you have a question about a rule?" If he or she is able to re-phrase their statement in such a manner, then you can provide a response. If he or she is not able to ask a question about a rule, then you do not need to reply to their complaints. We are the trained officials on the field for that game. That does not mean we don't make mistakes! Own your mistake, learn from it, and move on. For the most part, you are not out there alone! If you need guidance on a situation, take a quick official's timeout and ask your partner. Good communication will only help you in the long run.
- 3. Work on mostly tuning out the sidelines.** The key word here is "mostly." If you are so completely immersed into the game, you might not hear a coach calling for a possession time out. In most cases, the coaches are not using the horn at the table because they are probably coaching too far away from it! Either way, finding the balance of not having "rabbit ears" and reacting to every comment by fans or coaches, as well as being aware of what is being said is extremely important. Each person has a different threshold of what he or she can tolerate and what he or she cannot. If at any time the comments prevent you from officiating your game, call a timeout and let the head coach or site manager know the situation. **Never** put up with any type of verbal harassment or swearing from fans, players, or coaches. Don't forget that we are out there to ensure that the game is safe, fair, and fun. Pause, take a few deep breaths and be confident in yourself as an official.

## Spotlight Official: Krysti Kiesel

[Tell us how you first became involved with officiating women's lacrosse.](#)

My friend Dylan was officiating at a summer tournament where they needed more officials and she asked if I would like to help, and I learned that it was a great way to stay involved in the sport.

[Where did you play in college? Tell us about your experience.](#)

I played at Colorado College. The team provided a great balance between athletics and academics. We were able to travel to some cool places to play lacrosse, and in general, it was definitely one of the best parts of my college experience.

[What is one life experience that you had that you think helps with being an official?](#)

Previously playing lacrosse has helped me with understanding some of the rules and following the gameplay while on the field.

[Do you have a favorite lacrosse memory?](#)

Team trips and bonding activities are some of my favorite memories in general.

[What hobbies do you have outside of lacrosse?](#)

I have been enjoying gardening recently.

[Overtime: Where are you going on your next vacation?](#)

Camping at Lake Powell.

[Double Overtime: It's 2029. What are you doing?](#)

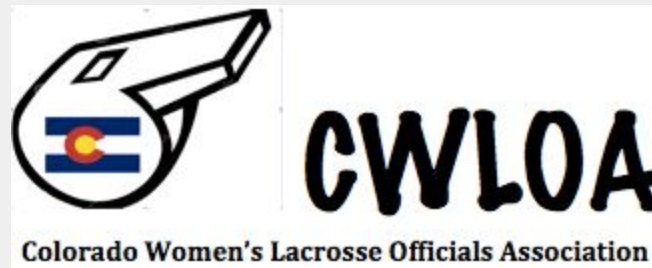
Whatever it is, I hope I am still loving life in Colorado!

[From the last newsletter's spotlight official \(Dylan Voneiff\): Who would you play in a movie?](#)

I'm not sure who I would play, but I would probably be in a rom-com.

[Finally, ask a question for our next spotlight official.](#)

If you were in the circus, what would you do?



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

[cwloaboard@gmail.com](mailto:cwloaboard@gmail.com)

[www.cwloa.com](http://www.cwloa.com)

**Board Members**

Kristen McGrath, President

Dan Cronin, Vice President

Molly Snively, Secretary

Allison Bailey, Treasurer

Les Snively, Ratings/Training Chair