

CWLOA Update



Winter 2019
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Welcome

Letter from the President, Kristen McGrath



Happy Holidays, CWLOA!

I hope you are starting to think about our upcoming season; we're less than a few months away from the start of the first games. With that being said, please make sure you have registered yourself with CWLOA and USL. Other mandatory tasks that you will have to complete to officiate this season will be to register with US Lacrosse, attend the 2 classroom sessions appropriate for your rating (dates/locations/information listed below), as well as passed the USL test. Please make sure that you mark your calendars appropriately. The more trained we are, the better off we will be at getting the call right! This is a big rules change season, so please make it your prerogative to attend these meetings. In addition, it is never too late to start getting back in shape for the season! With the implementation of free movement, the game moves MUCH faster than before. Avoid injury and fatigue by starting now. I have added some considerations for training below with some tips for warming up, conditioning, and stretching. With that being said, I am very excited to get back out on the field and work with you this season! Please contact me if you have any questions.

Have a safe and wonderful holiday season.

-Kristen

Upcoming Events



Preseason Classroom and On-Field Training

Choose which date/level/location is appropriate for you:

January 7 (6-9 PM): **Level 1 Basic** @ Southglenn Library, Room A

January 8 (6-9 PM): **Level 1 Basic** @ Mission Medical, Community Room

January 8 (6-9 PM): **Level 2 Basic** @ Southglenn Library, Room A

January 9 (6-9 PM): **Level 2 Basic** @ Mission Medical, Community Room

January 14 (6-9 PM): **Level 2 Next Step** @ May Library, Room A

January 15 (6-9 PM): **Level 2 Next Step** @ Mission Medical, Community Room

January 21 (6-9 PM): **Level 1 Digging Deeper** @ Miller Library, GSWC Room

January 22 (6-9 PM): **Level 2 Second Step** @ Miller Library, GSWC Room

****January 25 (9:15-11 AM): **Rules Interpretation**** @ Highlands Ranch Library, Event Room A--This is **MANDATORY** for all officials!

January 25 (11 AM-1 PM): **Level 3 Basic/Digging Deeper** @ Highlands Ranch Library, Event Hall A

Which classroom sessions should I attend?

- New officials, limited experience, or no previous girls lacrosse experience: Level 1 Basic and Level 1 Digging Deeper
- New officials but with previous girls lacrosse experience: Level 1 Digging Deeper and Level 2 Basic
- Level 1 rated officials: Level 2 Basic and Level 2 Next Step
- Newly rated Level 2 officials: Level 2 Next Step and Level 2 Second Step
- Level 2 officials looking to move to a Level 3: Level 2 Second Step and Level 3 Basic
- Level 3 Officials: NFHS roundtable (December 8th meeting) and Level 3 Digging Deeper



Does your uniform need an update?

Although money can be tight during the holidays, it is a good idea to start pulling out your stripes and related aspects of your uniform and deciding if there is something you can add or replace. We know the weather in Colorado is anything but consistent, so being the most prepared you can be for your games will make things go a bit smoother for you. Can you add a long-sleeved shirt? What about a new pair of black sneakers? Need a new whistle? Here are some sites that can offer you some deals:

YOLO Sportswear: <https://www.yolosportswear.com/>

All Sports Officials: <https://www.allsportsofficials.com/>

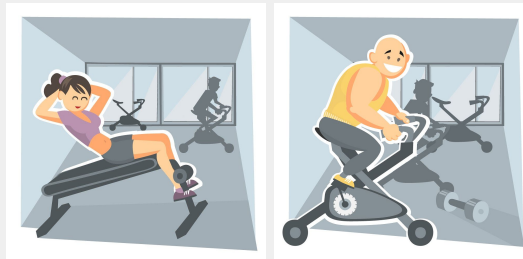
Honig's: <https://honigs.com/>

Ump Attire: <https://www.ump-attire.com/>



Support for Stripes: Tips to Improve your Game

Preseason Conditioning



It is only mid- December, and we have already accumulated so much snow! Are you ready for some warmer weather and lacrosse?! Before we jump completely back into officiating, it is important that we prepare our bodies for the amount of exercise they will be enduring in the spring. Here are some tips about warming up, conditioning, and stretching so that you can keep up with the game both mentally and physically.

1. **Warming up:** A 5-10 minute routine of dynamic stretching helps heat up your body and prepare your mind for the exercise you are about to do. Here is a suggested warm-up to prepare your entire body for activity. Repeat the entire routine two times.

Move 1: Jumping jacks (20 seconds)

Move 2: High knees (20 seconds)

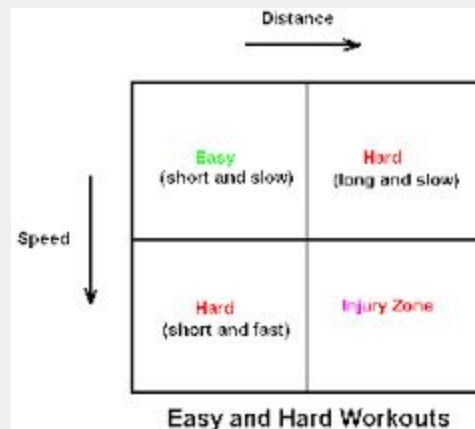
Move 3: Butt kickers (20 seconds)

Move 4: Bodyweight squats (10 reps)

Move 5: Walking lunges (10 reps)

Move 6: Pushups--can modify by dropping to your knees (10 reps)

- Conditioning:** After your body has properly warmed up, it is time to start your workout. Whether you are maintaining the shape you are currently in or needing to get back into shape, there is a plan for everyone. Take a look at this chart below:



What is important to take away from this chart is a few things. One, you need a combination of easier runs and harder runs. Easier runs, especially if you are recovering from a workout or looking to get back into shape, should be shorter distances and slower-paced. These might be more frequent for you at the beginning of your conditioning journey, and that is okay! You should incorporate at least one “hard day” a week until your body is able to handle more. Harder runs should either be longer than usual and at a slower pace, or they can be considered your speed workouts: shorter distance and faster speeds. With free movement, it is important that we are getting a healthy combination of speed and distance workouts so that we can stay ahead of play come game time.

- Cooldown/stretching:** Now that you have your heart pumping and endorphins rising, you’re probably feeling pretty great! Making sure you allow time to properly cool down and stretch out your muscles is imperative to start the recovery process. Be sure to stretch your largest muscle areas after performing higher-intensity cardio, but don’t forget about areas such as your shoulders, back, and arm muscles!

Spotlight Official: Lauren Benner

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

I started officiating youth games when I was in high school. It was before I could even drive because I remember my mom waiting for me in the parking lot while I worked my games. They offered the training classes through my club team and I jumped at the opportunity. When I was in college, my younger sister was still in high school and playing club lacrosse. I would travel to all the summer recruiting tournaments with her and my parents and officiate games whenever she wasn’t playing. After I graduated from college and moved out here to Denver, I began officiating high school games which led me to advance up to college club and NCAA games. I am very grateful for that journey and that I still get to continue on it with all of you now a part of that story!

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

I played at the University of Virginia. It was a great experience for me both athletically and academically. I won two ACC championships while playing there, made four NCAA appearances

and made it to the NCAA Championship my first year. After having redshirted my second year there, I went on to pursue my fifth year at the University of Denver. UVA did not have the grad program I wanted which led me to look at other opportunities. I landed at DU and am so grateful for what the opportunity has led to coaching wise, officiating wise and with life in general! After graduating from DU, I played for Team STX which was a precursor to professional women's lacrosse. We would compete in post-collegiate tournaments, scrimmage against NCAA Division I teams, and even traveled to England to compete and train with the English National Team. Once the UWLX started in 2016, Team STX was disbanded.

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

I think the all-around opportunity to have both played at coached at the highest collegiate level has given me the opportunity to experience the game in a way that directly translates to success as an official. With constant rules changes, there is much to adapt to. But many things have remained constant. It is great still to this day to have the opportunity to 'change hats' and see the benefits each role brings to the other.

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

I was attending a goalie specific lacrosse camp in Baltimore, Maryland at the Boys Latin School. It was run by Quint Kessenich who was a standout player at Johns Hopkins in the late '80s and a highly esteemed goalie coach. I won some award at the camp. When I came up to receive it from Quint, he looked down at the paper he was holding and goes, 'Wow, you're only 12 years old. You're going to be really good one day.' That moment has stuck with me ever since and meant the world to receive recognition from someone of his talent and success. Fun fact - Quint is now also an ESPN sportscaster so keep an eye out for him!

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

I like to ski/board in the winter and hike in the summer. As many of you know, I take my dog, Sully, absolutely everywhere so he gets to benefit from these activities as well. I also love to travel and am an avid concert-goer. Live music cures my soul!

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

I have a few ski trips planned over the course of the winter. Plans are to head to Crested Butte, Sun Valley, Idaho and Stowe, VT. All to visit friends! Hopefully, the snow gods bless those locations while I'm there. :)

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

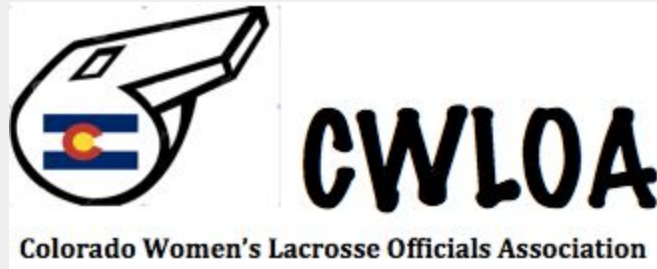
I wish I could see that far into the future! I am truly working on predicting and planning what the next 2-3 years will look like for me. I can say that my travel goals by 2029 would be to have visited at least five new countries, one new continent and three new states (I am currently sitting steady at 38 states).

[From the last newsletter's spotlight official \(Krysti Kiesel\): If you were in the circus, what would you do?](#)

I am a pretty coordinated person, so I could definitely see myself being the person that is juggling while riding a unicycle. Maybe even on a tightrope? Hah! I actually got a unicycle for my birthday one year. It was great training for my balance!

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

What movie would be greatly improved if it was made into a musical?



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

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