

Greater Philadelphia Lacrosse Officials Association

Winter Newsletter 2008-2009

The start of college scrimmages is just a week away and High School practice starts on March 2nd. There have been several changes during the off-season that we'd like to bring you up-to-date on.

Dues

The Board has set 2009 at \$45.00 per adult member. Payment is expected on or before the Kick-Off Clinic, March 1, 2009. If your dues are not paid by April 1, 2009, a \$10.00 penalty will be assessed. Checks can be mailed to:

Paul Kubach
160 Stratford Road
Philadelphia, PA 19115

Do not send cash through the mail.

Availability Forms

The assignors will **NOT** be using paper availability forms this season. All officials have access to theArbiter now. You should log in <http://www.thearbiter.net> and start blocking dates when you are not available for assignments. theArbiter allows for blocking a full day or a specific timeslot, similar to the iSOCS functionality. We will be going over how to use theArbiter at the Kick-Off clinic.

If you cannot get into theArbiter, please email Chase Howse (chase23@aol.com) logins are based on email address, not a user-id.

Insurance

All members are required to have insurance coverage or you will not be assigned games. If you are a PIAA official, you are covered for all games except college or professional levels.

If you are not a PIAA official, you must be a member of US Lacrosse. If you are a member of US lacrosse, please forward your USL membership number to Steve Kotch (SJKotch@comcast.net). It will be verified.

Meeting Reminder

The Rules Interpretation Meeting is scheduled for Tuesday, February 17, 2009 at LaSalle College High School at 7:00PM. This is a **mandatory** meeting for all members. David Seidman, GPLOA's Rules Interpreter and PIAA's Statewide Rules Interpreter, will run the meeting. NFHS 2009 Rule books will be distributed at the meeting.

KLOA's Rules Interpretation Meeting will be held on Monday, February 23, 2009 at Marple-Newtown HS.

The Kick-Off Clinic is tentatively schedule for Sunday, March 1, 2009 at 8:00AM. We are looking to upgrade the format and quality of the training this year, which required us to look for a different venue. The KO Clinic is a meeting, so credit will be given. Please check the website periodically for updates.

All PIAA members are required to attend six regular meetings plus the Rules Interpretation Meeting.

Getting in shape

If you have not started to get ready for the season yet, now is the time to start. It may be too cold outside for running, but try a stationary bike, walking, or swimming to build your aerobic base.

Many of us have not seen our toes since last season! Don't forget to work on your flexibility and stretching. Core strength – Abs, back, gluts can all be done while watching the news or "Law and Order".

It is better to do a little bit of exercise now, then rehabbing during the season from the pulls or strains you might have prevented. Here is a link for a five-minute stretch, specifically for officials: www.ref60.com/2009/01/5-minute-referee-stretch.html

Website

The website will be undergoing a redesign in the next month. We're hoping to bring you even more content, accessibility to key areas via mobile browser, and areas to post questions and hold discussions.

The "Field Locator" is under constant update with new fields being added for middle schools, moves of high school fields, and changes to SEPLYA sites.

Be sure to check "The File Cabinet" for reference material like rules changes, youth league rule differences, and items like a printable scorecard and table instructions. Most items are available in PDF format.

If you would like see something added or have something to share, let us know.