

# EMLOA Mentee Introduction Sheet – Goals and Activities

*Welcome to the EMLOA family. Our goal is to provide you with the tools and mentorship to make you a confident, competent lacrosse referee so that you can achieve your referee goals.*

*You are assigned to: \_\_\_\_\_ Phone:(\_\_\_\_\_)  
Email: \_\_\_\_\_ Please reach out to him as soon as possible to begin coordinating dates and times you can meet.*

*Now the job is up to you and your Mentor to establish a line of communication so that you can reach out to him for any questions and guidance. Keep in mind he is not your only resource. You can reach out to any of your game partners and the EMLOA training staff to answer any technical question you may have.*

*We ask that you try to follow some simple guidelines:*

- Attend all meetings, including your Regional Newbie Meeting (the week of March 31<sup>st</sup>). Have something in mind that you want to address and be prepared to ask questions.*
- Discuss your goals and experience with your Mentor. What is your refing experience? What are your goals? Do you know, have coached or played lacrosse? Do you want to do just youth games on weekends or are you aiming to do College at some point?*
- Inquire and plan to attend at least one pre-season scrimmage. If your Mentor can attend or participate, even better.*
- Familiarize yourself with Arbiter and Demosphere. Make sure your information is up to date and that you are getting the Arbiter emails. Also block the dates in your calendar you don't want to ref. All other dates will be considered open. Check your email regularly and accept/reject all games asap.*
- Reach out to the assigners that cover towns in your area for games. On the EMLOA website is a list of high school and youth assigners.*
- Let the assigners know that you and your Mentor are working together. The hope is to have you work a game together. If that's not possible, schedule a time that both of you can observe one of each other's games separately. If that can't be done, then schedule a game that both of you attend together and observe.*
- Make sure you and your game partner communicate the day of the game so that you wear the same outfits and times that each of you will arrive at the game site.*
- Check in with your Mentor at least weekly to discuss progress and review anything that may have come up that week.*
- Make sure that you solicit feedback or have your game partner fill out an evaluation that you can share with your Mentor.*
- Develop a strategy with your Mentor to approach areas where you need improvement.*

*These are not the only items that we want to focus on, everyone has an individual style of learning and personality, so be creative.*

*We will also request you do a midseason check in with your Mentor to discuss progress and review your goals. (i.e. Are you getting enough games, are you doing appropriate games, do you want to be evaluated to move up to harder games?)*