

WSLA Meeting Minutes

Date/Time: 12/9/2025, 7:00pm via Microsoft Teams

Attendance

Present: MK Benshoof, Holly Whitman, Christy Neff, Jeanette Wake, Tony Duck, Bo Weingartner, Lyndsey Gillis, Steve Fricke, Grace Hamilton, Curtis Estes, Claire Monsaas, Ryan McCloskey
Absent: Tami Tommila

Approval of Minutes

Motion was made to approve the October and November WSLA meeting minutes. Board approved.

Approved: All present in favor

Opposed: na

Abstain: na

Presidents Report

See executive committee summary below.

Budget

Executive Director Report

MK provided a Quick recap from Women and Coaching Initiatives luncheon.

WSLA received State Treasury approval: Corporate Sponsor DUMP – please add or send ideas: [Corporate Sponsor Outreach](#)

January & February Coaching Training: there will be training as part of the January league meeting, in addition to field training during the beginning of the season.

Team WA coaches: Amanda/Chelsea (2025 Coaches of the Year)

Toby Halbert & Jeanne Ballot APPROVED as board members – MK and Tony will be following up with them re: on-boarding.

January Meeting Volunteers: (these do not have to be board members if you know someone willing to help)

-Leading League Meeting(s): Tony & Curtis; Christy willing to help with slides

-NRI: WWLOA

-WLL Education Sessions: Grace – Point Person;

-Door Duty: 8:30am – 3pm >Jordie; Noon-3pm > Christy

-Honor the Game Pins: Curtis & Allison

- Overall support (i.e. available to help where/as needed): Christy/Bo
- Lead Program Leader Coffee Chat: Tony Duck

Time	Room	Details
9:00am - 10:30 am	Otto Miller Hall 109	League Meeting for HS
9:00am - 10:30 am	Classroom 127	NRI for Youth
10:30am - 12pm	Otto Miller Hall 109	League Meeting for Youth
10:30am - 12pm	Classroom 127	NRI for HS
12pm - 1pm	Common Area	Lunch & Mingle (TBD MK Looking into catered delivery)
1:00pm - 2:30pm	Otto Miller Hall 109	Session 1 - Competitive Session: Coaches working with higher level competitive HS or travel teams
1:00pm - 2:30pm	Classroom 127	Program Leader Coffee Chat: Tony Duck
2:30pm-4:00pm	Otto Miller Hall 109	Session 2 - Recreation Focused Session: Coaches leading recreation or community-based programs

New Business

Lyndsey shared a proposal for removing the draw after goals at the 12U, 8v8 play. Instead, to create a pause after goals, the scoring team will be backed up to midline. This will maintain the idea of continuous play while also allowing coaches to have time to sub during offensive transition. Jeanette will work to incorporate these new rules into the youth rules comparison sheet.

Summary of the rule change for AFTER A GOAL at 12U:

- The scoring team immediately retreats to the midline
- The goalie's 10 second count begins once players are over the midline
- Upon a goalie clear, all players are released from midline
- Goalie clear = ball leaves the goalie stick or goalie leaves their goal circle
- Mercy rule: if the mercy rule is in play, after a goal > the team that is scored on will start with the ball at the midline

A motion was made to remove the draw from 12U, 8v8 play. Motion approved.

Approved: Lyndsey Gillis, Bo Weingarten, Claire Monsaas, Grace Hamilton, Ryan McCloskey, Steve Fricke, Holly Whitman, Tami Tommila

Opposed: N/A

Abstain: Jeanette Wake, Christy Neff, Curtis Estes, Tony Duck

A motion was made to implement the above rule change at the 10U level. Board approved.

Approved: Lyndsey Gillis, Bo Weingarten, Claire Monsaas, Grace Hamilton, Ryan McCloskey, Steve Fricke, Holly Whitman, Tami Tommila, Jeanette Wake, Christy Neff, Curtis Estes

Opposed: N/A

Abstain: Tony Duck

Board Member Updates

Season Topics

Open Forum

WIAA/Sanctioning Discussion w/ Lyn Porterfield, our USA regional lacrosse rep. Discussion ensued about the idea of sanctioning, with WIAA and/or other entities. As the strategic planning group begins a new 5-year plan, sanctioning and/or re-organization of conferences, boundaries and rules will be a part of the effort.

- WIAA process to join, as listed in Handbook under 8.12.14
 - The WIAA Executive Board can approve a two-year trial of a new activity/sport based upon documentation of the following criteria: 8.12.14.1 20 percent of the WIAA Member Schools commit to adding the activity/sport during the first year of the trial. All current WIAA rules would be mandated for participants. 8.12.14.2 Reasons for requesting the WIAA to sanction the activity/sport. 8.12.14.3 Estimated costs per year to WIAA Member Schools, Leagues, WIAA Districts and the Association. 8.12.14.4 Benefits to WIAA Member Schools and students due to adding the activity/sport. 8.12.14.5 Estimated increase in student participation due to adding the activity/sport. 8.12.14.6 Additional information as deemed appropriate. 8.12.14.7 If 40 percent of the WIAA Member Schools offer the activity/sport during the second year of the trial, the activity would be sanctioned by the WIAA.
- Take a look at other states (24 potentially)
 - California
 - Nevada
 - Utah
- OGLA Petition

- [OSAA Girls and Boys Lacrosse Second Reading Document.docx - Google Docs](#)
- Screenshot of OSAA new process of “emerging activity”

6.3. Emerging Activities.

- 6.3.1.** The purpose of this rule is to grow meaningful interscholastic participation opportunities for students in athletics and activities that have the potential to meet the required number of schools participating to be considered for official sanctioning by the OSAA.
- 6.3.2.** Listed below are the steps required to request designation as an Emerging Sport/Activity and the timeline involved. Any sport/activity that meets these requirements must successfully complete a two-year provisional period before consideration for adoption as an officially sanctioned sport/activity. At the end of the two-year provisional period, the sport/activity committee shall report back to the Delegate Assembly to summarize the progress that has been achieved. The Delegate Assembly then has the option to vote to officially sanction the sport/activity, keep the sport/activity in provisional status, or remove it from the list of emerging sports/activities.
- (a) Have at least 25 member schools participating in the sport/activity and/or written indication from schools willing to offer the sport/activity on a provisional basis.
 - (b) Submit a request to the Delegate Assembly for approval under the same criteria listed in Rule 6.5. Contest limitations, individual player limitations and the applicable season of participation will be determined and specified in the approval by the Delegate Assembly.
 - (c) If approved, the sport/activity will be listed as an emerging sport/activity in the OSAA Handbook and registration in the sport/activity will be offered.
 - (d) If approved, a committee shall also be formed to help determine specific rules and any other necessary information for the sport/activity.

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- (e) Emerging sports/activities approved on a provisional basis will be limited in the services they receive until they become officially sanctioned by the OSAA. ***The OSAA administrative services that will not be offered to emerging sports/activities are the assignment of a rules interpreter, a State Championship administered by the OSAA or an OSAA Plan Book. The following administrative services will be offered:***
 - (1) Year 1
 - a) Connection with OSAA staff member
 - b) Communicated support of the activity to the membership
 - (2) Year 2
 - a) Dedicated page on OSAA website
 - b) Collection of schedules and scores
 - c) Provide rankings, result pages, playoff qualification pages, denotation of culminating event winner
 - d) Collection of activity fee by OSAA
 - (f) Emerging sports/activities approved on a provisional basis, along with member school student and coach participants, must abide by all OSAA Regulations.
- 6.3.3. Approved Emerging Activities. Girls Flag Football (October 2024)**

- FROM OGLA: *Essentially, we drafted a proposal, presented in front of the delegate assembly in October of 2024 our first reading, again in April of 2025 for our second reading, and then once more for a vote in October of 2025. They denied our attempt to become emerging with a vote of 18-21. Unfortunately, we have been instructed to lay low for the time being until the dust settles with Boys Volleyball and Girls Flag Football.*

- 1) [Recording of OSAA Delegate Meeting](#) -- the OGLA / OHSLA presentation starts around 2:52 and includes Q&A from the delegates.
- 2) [Letter from OGLA / OHSLA in response to the motion failing](#)

Committee Items

Rules

No new petitions/waivers to discuss.

Operations

Bo is to meet later this week with the Operations Committee with a focus on supporting membership as WSLA and USAL roll out new rules for the 2025 spring season. The goal is to set our coaches, officials and players up for success through consistent communication of rules and game play expectations.

Events

Claire and Grace reported on All Conference Voting Proposal. In 2025, the data collection process worked well in addition to recognizing players in the correct position. There was also an increase in participation. The committee is working on continued improvement. Proposed improvements included ensuring the proportion of size of All-Conference Roster to number of teams in conference. Due to conferences being of various sizes, the number of All Conference players will also be proportionate to conference size. The committee also proposed that teams in the top 16 (power rankings) receive an additional vote per position. The goal is to make incremental changes to the process to improve the All-Conference Voting.

ACTION ITEM: Grace and Claire will present a document for voting ahead of the new year and prepare any changes to the slide deck for the league meeting at the end of January.

Rainier Cup will move forward for 2026 as it operated in 2025.

Strategic planning

Tony is setting a meeting for the committee currently. An assessment will be made in terms of where WSLA is currently at which will help inform moving towards a new strategic plan.

Next Meeting:

January 14, 2026

Meeting adjourned 9:22pm