

CIF-LACS NEWS

Official Los Angeles City Section Newsletter

March 2017

KINGS & QUEENS of the Beautiful Game!!



Granada Hills Charter High School sweeps the boys and girls Division I City soccer championships (Photo courtesy of Vince Pugliese, MaxPreps)

The CIF Los Angeles City Section is committed to providing quality support services in a respectful and gracious manner. We aim to enhance member schools' abilities to manage safe and fair interscholastic athletic programs. Our goal is to promote healthy, safe, and fair interscholastic competition and develop programs that will raise academic achievement in all student-athletes.

www.cif-la.org

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Amidst a gorgeous sky, Eagle Rock raises the trophy (Photo Dave Abbott)





Commissioner John Aguirre welcomes Coach Jim Mora into the 2015 Hall of Fame. Please join us on April 23 for a special evening honoring the outstanding service and accomplishments of the Class of 2017 contributors, coaches, athletes and athletic administrators.

Commissioner's Desk

The following two proposals will be addressed as **first reading** at the next Los Angeles City Section Board of Managers Meeting to be held April 4, 2017, 8:00 AM, at Belmont High School-

- ◆ **Proposed revision of language of Bylaw 1308, Required Supervision at all athletic events.**

This proposal would require principals to ensure that their interscholastic athletic events are supervised by other than the coach of the sport. Working with host sites to determine the needs, and confirming each schools obligation based on State Education Code, and District or Charter safety policies.

- ◆ **Proposed revision of language of Bylaw 1306-3 to require officials for all interscholastic contest.**

It is being proposed that all games and all levels of play be required to have certified officials at all contest.

The following will be included in the **action items** of the Board of Managers meeting agenda (to be voted upon)-

- ◆ A new Bylaw to allow sports advisories to determine if their sport wishes to offer an Open Division for playoffs. Football and Tennis are currently requesting to include an Open Division for the 2017 season.
- ◆ A new Bylaw proposed to allow for player substitution during a team tennis match.

Model Coach Award Winners

Cross Country coaches Jelerine Venadas-Douglas of USC-MAE and Bruce Thomson of San Pedro were named the LA City Section Model Coach Winners for 2016-17.

The CIF Model Coach Award program is designed to recognize coaches who have served as positive role models in their schools and communities, and who have exhibited the traits apparent in the 16 principles of Pursuing Victory with Honor.

Venadas-Douglas is the cross country coach at USC-MAE leading the Trojans to Division V City titles for boys & girls this past fall. Thomson serves as cross country and track & field coach for the Pirates. He has been a pillar of excellence for many years in the San Pedro community.



Double-Goal Coach Award

Congrats to Wes Bateman, Reseda High School softball and volleyball coach. He has been selected as a National winner of the PCA Double-Goal coach award. Celebrating positive coaches focusing on winning and teaching life lessons.





Former Commissioner Barbara Fiege was inducted into the 2015 Hall of Fame. This year there will be another 44 honorees who will be enshrined.

Hall of Fame – April 23, 2017

The CIF LA City Section will induct its fourth Hall of Fame class on Sunday, April 23. Hall of Fame broadcaster Al Michaels (Hamilton, '62); Five-time world champion player and head coach of the 2015 NBA Champions Golden State Warriors, Steve Kerr (Palisades, '83); Two-time NCAA basketball scoring champion Freeman Williams (Manual Arts, '74); 11-year NFL veteran and three-time Pro Bowler Keyshawn Johnson (Dorsey, '92); and Boston Red Sox three-time All-Star and 20-year MLB veteran Dwight Evans (Chatsworth, '69) lead a distinguished group of 44 honorees.

Other notables include Bob Watson (Fremont, '64), Jeff Fisher (Taft, '77), Gilbert Arenas (Grant, '99) and current CIF-LACS coaches Ed Azzam (Westchester- boys basketball), Bud Kling (Palisades- tennis) and Ralph Tilley (Dorsey- track & field).

Doubletree Hilton Hotel

6161 W. Centinela Avenue

Culver City, CA 90230

Pacifica Ballroom

Reception for Inductees 3:00 PM

Dinner/Ceremony 5:00 PM – 8:00 PM

Dinner Tickets \$75.00

Purchase 10 or more tickets the cost will be \$65.00

RSVP to Section Office by April 11

Registration begins at 2:30 PM

CIF-LACS Establishes GoFundMe Account

The Section has begun a campaign effort to help raise funds to off-set the financial costs of the championship events. To donate to the campaign, visit GoFundMe at the following link:

www.gofundme.com/cif-la-city-section-championships

25 Team Sports

55 Championships

144 Schools

39,832 Student-Athletes



Ed Azzam is the winningest basketball coach in Section history.



ECR softball great Cara Blumfield joins the list of HOF legends.



Champion's Salute!

BASKETBALL

Boys Open Division– Birmingham

Boys Division 1– Crenshaw

Boys Division 2– Gardena

Boys Division 3– Van Nuys

Boys Division 4– Chavez

Boys Division 5– New Designs Watts

Girls Open Division– Fairfax

Girls Division 1– Westchester

Girls Division 2– Cleveland

Girls Division 3– Torres

Girls Division 4– Vaughn

Girls Division 5– Valor Academy



Birmingham Patriots — boys basketball (Photo Dick Dornan)



Torres Toros — girls basketball (Photo Dave Abbott)

SOCCER

Boys Division 1– Granada Hills

Boys Division 2– Mendez

Boys Division 3– Community Charter

Boys Division 4– Santee

Boys Division 5– Smidt Tech

Girls Division 1– Granada Hills

Girls Division 2– Port of Los Angeles

Girls Division 3– South Gate

Girls Division 4– Huntington Park

Girls Division 5– USC Hybrid



Santee Falcons — boys soccer (MaxPreps)



Port of Los Angeles Polar Bears — girls soccer (MaxPreps)



Champion's Salute!

GIRLS WATER POLO

Eagle Rock

WRESTLING

Boys— San Fernando

Girls— San Fernando

WRESTLING (Duals)

Boys Div. 1— Birmingham

Boys Div. 2— Carson

Girls Div. 1— San Fernando



Eagle Rock Eagles — girls water polo (Photo Dave Abbott)



Carson Colts — boys wrestling duals (Photo Dick Dornan)



San Fernando Tigers — girls wrestling (Photo Dick Dornan)

Photos courtesy of MaxPreps— Vince Pugliese, Nick Koza, Marvin Jimenez, Phil Acosta



SUGAR ENERGIZES YOUR GAME



SUGAR = CARBS FOR FUEL

And that's exactly why Gatorade® Thirst Quencher is specially formulated with 21g of fast-absorbing carbs per 12 ounces of fluid. It's the boost your body needs when you need to give it your all.

WHY

The glucose and sucrose fuel your muscles and mind.

WHEN

From start to finish, sugar helps you stay energized throughout activity so you can play your best.

HOW MUCH

The recommended amount of sugar for athletes is 30-60g per hour of activity. That's why every bottle of Gatorade® Thirst Quencher is formulated to help deliver the proper carb intake, plus the fluids to help support hydration.

Learn more about how
SUGAR & CARBS FUEL
YOUR PERFORMANCE
@ GATORADE.COM

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THE SPORTS FUEL COMPANY

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KEEP THEM HYDRATED, KEEP THEM SAFE

5 TIPS TO HELP ATHLETES STAY HYDRATED

TIP 1 : KEEP HYDRATION TOP OF MIND

- Remind athletes to check their urine color before practice. If it's the color of pale lemonade, that's a sign of being hydrated.
- Take weather into account and give athletes opportunities to drink during practice.
- Teach athletes to pay attention to how they feel, including their thirst and energy levels.

TIP 2 : KEEP FLUID LEVELS UP

- Athletes should drink enough fluid to maintain hydration without over-drinking.
- Flavored, cold, lightly salted sports drinks like Gatorade® Thirst Quencher are important, because sodium helps maintain the athletes' desire to drink and retain the fluid consumed.

TIP 3 : KEEP THE BODY COOL

- Remind athletes to drink cool fluids to help maintain their body temperature.
- If your athletes experience heat illness, help them lower their body temperature by lying in a cool place with their legs elevated, applying cool, wet towels to their body and drinking cool fluids.

TIP 4 : KEEP HYDRATED BEFORE, DURING AND AFTER ACTIVITY

- Athletes need to think about their entire athletic schedule when it comes to fueling (not just when they are competing).
- Encourage them to drink plenty of fluids throughout the day to replace the fluids lost through sweat.

TIP 5 : KEEP A RECOVERY SCHEDULE

- Rest and recovery are an essential part of avoiding heat illness.
- Ensure your athletes have times for breaks during practices.
- Encourage athletes to get 6-8 hours of sleep each night in a cool environment, if possible.

THE EFFECTS OF DEHYDRATION:

- Decreased performance
- Decreased mental function
- Decreased motor skills
- Decreased fluid absorption
- Decreased tolerance to heat



THE SYMPTOMS OF DEHYDRATION:

- Nausea
- Headache
- Weakness
- Fatigue/Exhaustion
- Light-headedness
- Vomiting
- Fainting
- Poor Concentration/Altered Mental Status
- Loss of Muscle Coordination/Decreased Performance

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Nominations Now Open For Gatorade National Athletic Trainer Award

Gatorade is sponsoring a National Athletic Trainer Award. The Gatorade Secondary School AT Award recognizes a certified athletic trainer from each NATA district who has made outstanding contributions in furthering his or her high school's athletic care program or the overall profession of secondary school athletic training.

NOMINATIONS ARE OPEN FOR THE 2017 GATORADE SECONDARY SCHOOL ATHLETIC TRAINER AWARD



The Gatorade Secondary School AT Award recognizes a certified athletic trainer from each NATA district who has made outstanding contributions in furthering his or her high school's athletic care program or the overall profession of secondary school athletic training.

CRITERIA

- Active certified athletic trainer and current member of NATA
- NPI #
- BOC certified
- A full-time or part-time employee in a secondary school

WINNER PRIZE

Each district winner will receive:

- (1) \$1,000 grant toward the program featured in the winner's submission
- (1) Gatorade G Series Performance Package
- (1) Gatorade Sidelines Cart
- (1) Branded Athletic Secondary School AT Award Winner Jacket (NEW)

- Full-paid trip to the 2016 NATA Clinical Symposia & AT Expo (including flight, accommodations and registration)



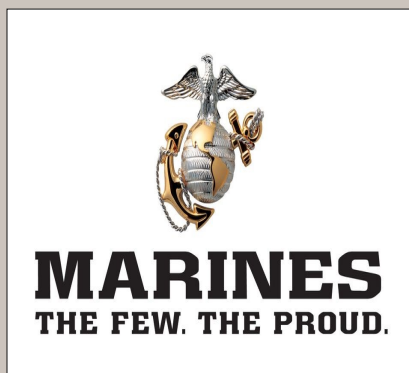
NEW THIS YEAR!

The nominator of each Secondary School Athletic Trainer Award Winner will also receive a cash prize or additional Gatorade product. Individuals cannot self-nominate.

*Limited items will be selected from the offerings above

GATORADE
THE SPORTS FUEL COMPANY

FOR MORE DETAILS, VISIT WWW.NATA.ORG/GATORADE-SECONDARY-SCHOOL-AT-AWARD



Important Dates

March 28– Executive Committee Meeting

April 3– Spring SOP ends

April 4– Board of Managers Meeting

April 7– Eligibility Rosters

April 18– Athletic Directors Regional Meetings

April 23– Hall of Fame

April 27 & 28– Boys Tennis Div. 1 & 2 Championships

May 10– Diving Finals

May 12– Swim Championships

May 17– Boys Golf Championship

May 19– Lacrosse Championships

May 20– Boys Volleyball & Softball Championships

May 25– Track & Field Championships

May 26 & June 2– Baseball Championships

June 12– Recognition Banquet at Dodger Stadium

**SPECTRUM
SPORTSNET**



CCPOA

**California Correctional Peace
Officers Association**

*Representing the men and women who
walk the toughest beat in the state.*

