

CIF-LACS NEWS

Official Los Angeles City Section Newsletter

December 2016

CHAMPIONS!



Franklin High School won its first City football title since 1989 and its fifth overall with a 27-18 victory over Reseda in the Division III championship.

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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Polytechnic won its first girls volleyball championship since 1997 and second overall with a 3-1 win over Wilson for the Div. II championship.





John Aguirre congratulates girls golf coach Steve Thompson of Granada Hills

Kanemura & Myung Earn AD Honors

Kennedy Athletic Director Kevin Kanemura was named the 2016-17 AD of the Year winner while Jason Myung of Franklin was recognized as the 2016-17 Norm MacKenzie rookie AD of the Year recipient. Congratulations to Kevin and Jason on their well-deserved recognition!

Commissioner's Desk

At the September 26 Board of Managers meeting, the league representative governance structure was passed and will become effective as of the 2017 fall semester. Between now and the fall semester, there will be several required activities for each league to complete for the selection process of your league representatives. First, information will be distributed and discussed at your league meetings to include the application process, the three positions that are being voted on by each school, the requirements of the position, and the responsibilities of the league BOM representatives. Applications must be received by the Section Commissioner by February 1, 2017, and league elections held in March or April to select a league coach, AD and administrator as your league representatives. Because the terms are required to be staggered, your league will identify the terms- one year, two years, or three years for each representative. Nomination process will reoccur annually to replace the term ending representative.

Each league will have a share of the overall BOM votes. The calculation is based on the number of sports teams and enrollment of all schools in the league. This calculation will use the prior year's figures from the CBEDs and number of sports offered by each school to determine the years voting share. The CBEDs are released in mid-to-late May and the share of votes for the following year for each league will be approved at the last BOM meeting each year. The new format is a departure from the individual decision making process that the Section has used for numerous years. The new method will allow for each school to have a voice and vote at the league level for all decisions that impact the league and/or Section decisions. Your participation in your league structure will only strengthen the design and direction of your league and the Section.

Congratulations to all of our Fall champions and best of luck to the winter coaches and athletes!

Wishing everyone a great holiday season!

John Aguirre, Commissioner





Granada Hills' girls tennis excelled in the classroom and on the court!

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/5n2rxark

25 Team Sports

55 Championships

142 Schools

39,121 Student-Athletes

2016 Fall Academic Team Award Winners Announced

Congratulations to the following schools who have been recognized as the 2016 Fall Academic Team Award winners based upon their overall team grade point average!

These teams represent the best in our Section with their student-athletes being successful in the classroom while competing in sports.

Boys Water Polo: Santee High School – 2.80 GPA

Boys Cross Country: Marshall High School – 3.44 GPA

Girls Cross Country: Marshall High School – 3.40 GPA

Girls Golf: North Hollywood High School – 3.77 GPA

Girls Tennis: Granada Hills Charter – 3.72 GPA

Girls Volleyball: USC Hybrid – 3.49 GPA

Football: Sylmar High School – 2.97 GPA



PCA Triple-Impact Competitor Honorees

On September 28th before more than 200 supporters at the Stadium Club in Dodger Stadium, four CIF LA City Section athletes were honored as the 2016 Positive Coaching Alliance Los Angeles Triple-Impact Competitor award winners.

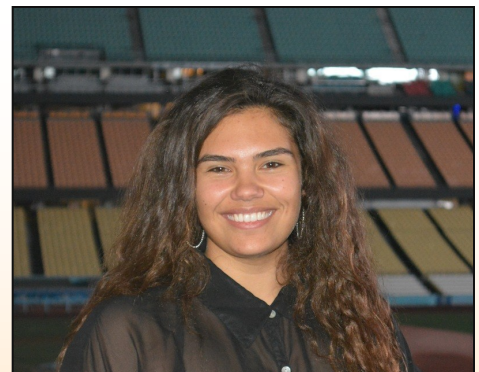
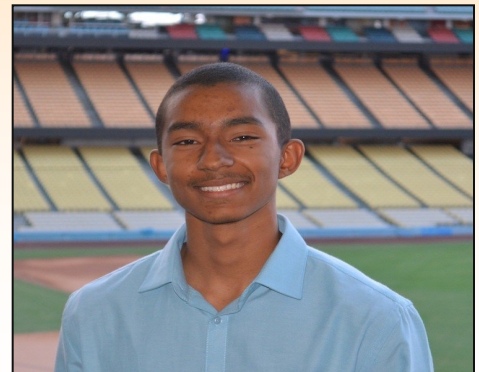
Each student earned a \$2,000 scholarship towards the college of his or her choice.

Leslic Diaz (Alliance Neuwirth- soccer), Xavier Jackson (San Pedro- track and field), SaraJoy Salib (Venice- water polo, swim/dive) and Samantha Vasquez (Northridge Academy- volleyball) received medals as part of the first-ever Positive Impact Awards for youth community sports.



Hosted by the Positive Coaching Alliance Los Angeles and sponsored by the LA84 Foundation, the four student-athletes were recognized for their accomplishments. Triple-Impact Competitors make themselves, their teammates and the game better.

Congratulations to our four recipients!



BOYS WATER POLO

Palisades

CROSS COUNTRY

Division 1 Boys- El Camino Real

Division 1 Girls- Palisades

Division 2 Boys- Bravo

Division 2 Girls- Santee

Division 3 Boys- Belmont

Division 3 Girls- Fulton

Division 5 Boys- USC CAE

Division 5 Girls- USC CAE

FOOTBALL

Division 1- Narbonne

Division 2- Los Angeles

Division 3- Franklin

8 Man- Sherman Oaks CES

GIRLS GOLF

Granada Hills

GIRLS TENNIS

Division 1- Palisades

Division 2- Narbonne

GIRLS VOLLEYBALL

Open Division- Granada Hills

Division 1- Venice

Division 2- Polytechnic

Division 3- University

Division 4- Torres

Division 5- New West Charter

Fall Champions' Salute



Palisades Dolphins– Boys Water Polo



Bravo Knights– Cross Country



Granada Hills Highlanders– Girls Golf



Narbonne Gauchos– Girls Tennis



SUGAR HELPS FUEL YOUR GAME

Sugar is a form of carbs, and carbs help to keep you fueled during activity. So, inside every sip of Gatorade® Thirst Quencher is the sugar you need to help keep you and your game running strong.

FACT #1

Sugar provides the energy you need to perform throughout the game.

FACT #2

The sugar found in Gatorade Thirst Quencher—glucose & sucrose—fuels your muscles & mind.

FACT #3

You don't need a lot of sugar. 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.

For more info about the role of sugar in performance, visit GATORADE.COM

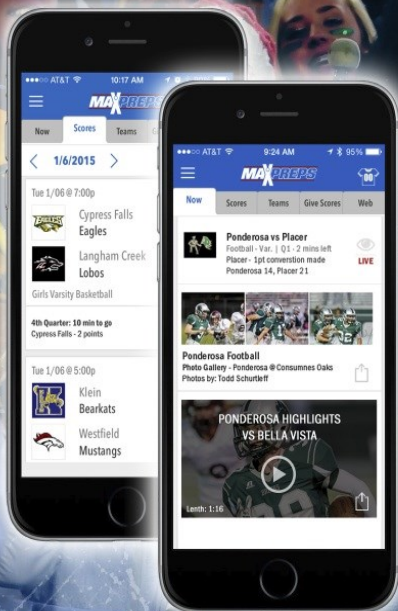
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NOTIFICATIONS & LIVE SCORES FOR YOUR FAVORITE TEAMS

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Athletic Directors and Coaches,
To obtain your team's access code please email
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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)



GATORADE G SERIES PERFORMANCE PACKAGE*

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

Dec. 23 to Jan. 2– Section Office closed for holidays

Jan. 2– SOP ends

Jan. 17– Executive Committee Meeting

Jan. 24– Board of Managers Meeting

Feb. 1– First Allowable Spring Practice

Feb. 3– Eligibility Rosters

Feb. 6– Athletic Directors Regional Meeting

Feb. 10– First Allowable Spring Contest



MARINES
THE FEW. THE PROUD.



CCPOA

California Correctional Peace Officers Association

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

**SPECTRUM
SPORTSNET**

