The Huntington Park Spartans won their first City football championship in 58 years with an exciting 18-14 victory over Cleveland to capture the Division 2 title (Photo by Ming Chung Lin)

Granada Hills won its first-ever girls cross country championship at Pierce College on November 18, 2017 (Photo by Dick Dornan)
From the Commissioner's Desk
Incorporating Core Values in an Athletic Program

Sports have long been held as possessing the potential to bring people together to rally for a cause, overcome differences, and bring people from all walks of life together during difficult times. Sports have an incredible unifying effect in the United States. Athletics is at its finest when it brings out the best in people with many great examples in sports history.

Throughout the history of sport there have been moments where individuals have risen to a higher standard and given thanks for the opportunities they have received to play the game they love. There have been many great athletes who have acknowledged the honor it was for them to have played with other individuals, to have been mentored and inspired by their coaches, been supported by their fans, and gave praise for having the opportunity to play on a TEAM. It is this humbleness and selflessness that raises the awareness for the development of character, integrity and sportsmanship through the participation of sports and an emphasis for participation and the core values that sports participation can inspire.

Establishing core values in an education based athletic program takes leadership and commitment to a set of ideals, standards and expectations that shall determine the purpose of your program and relationship to the schools purpose. Concepts of leadership, freedom, integrity, character, respect, truth, fairness, and service, all take on a valued meaning in representing the team and school when incorporated in your purpose and core values. Concepts of honor, pride, wisdom, excellence, perseverance, and personal sacrifice are achieved when core values are established and modeled for the team/students to observe and strive for.

Lou Gehrig, Rocky Bleier, Arthur Ashe, Billy Jean King, Cal Ripken Jr. are legendary when it came to character, integrity, commitment, and honoring the game by their actions in and out of their respective sports. It is these traits that carry a person’s judgement, decisions and behavior.

As an educator of 34 years and administrator with the CIF for the past 12 years, there have been far too many opportunities to witness coaches, players, parents and school leaders display less than an understanding of true character and integrity on the athletic field. Raising an awareness of the possibilities that exist to influence change and become a positive difference maker in the lives of children through sports programs.

I had the opportunity to experience many teachable moments with my students. I would like to share just one that will translate into a sports environment. As a PE teacher and football coach, I often enjoyed the privilege of teaching flag football classes, weight training and tennis. Football and weight training because I was very knowledgeable of the two. Tennis, because I had played the sport for many years and enjoyed teaching the skills to students that had never played the game.

One day after a flag football class had ended, I was walking with the class back to the locker room. As we passed by the tennis courts, I turned back to observe the students, as a teacher naturally does with high school students, and witnessed one young man picking up a tennis ball that was laying in the grass just over the fence adjacent to the tennis courts. As we reached the door to the locker room, I waited for the young man to return it to the ball basket for my next class. When I asked him for the ball, his response surprised me, as he said, “I found it... it is mine.” Thinking he was kidding, I smiled and repeated my request. He again indicated the ball was his because he found it.

Continued-
As we continued to walk into the locker room, I asked if he really believed anything he finds, becomes his without any consideration for whom may have lost it. Without hesitation he said, “Yes.” So if you found money on the floor or head phones in the locker room, you would keep them? He said, “Yes, everyone would.” If you paid for something and were given too much change in return, you would not say anything? “Of course not, they are the fool,” he responded.

In amazement I said, “Have you ever considered the consequence to the person that lost their head phones or the cashier that gave you too much money? You know the cashier may stand a chance to lose their job, and the person that lost their head phones may have consequences from his/her parents or the head phones may not even belong to them. Is there no regard for them?” My point is there are people that would choose a different path than the one my student indicated he would follow.

I would not bring up this story if I felt it was an isolated case, and many others may be worse. After almost 40 years in education-based athletics, I have witnessed the same thought process in one form or another from students, teachers, coaches, and school leaders. There have been those cases when someone has done something against the rules, so to speak, and doesn’t get caught. Or a rule is not enforced and they believe they have not done anything wrong.

As with the tennis ball story, there is a better choice, one where your conscience is clear, one where you can feel good about yourself because of the character and integrity you showed. Kirk Mango states in his book - *Becoming a True Champion*: “In today’s athletic culture, aspiring athletes have to work harder and be more dedicated than athletes of previous generations who did not have to contend with the messages of a popular culture that promotes winning at all cost and implicitly condones ‘shortcuts’ to winning. Whether it is off the field antics or on the field cheating typifying an athlete’s lack of personal values and control, the bad behaviors displayed by many in a broad range of sports is hard to escape in the modern sports culture influenced by college and professionals. The result is far too many negative role models diverting today’s young athletes down a path to disillusionment rather than upward to life lessons of excellence and lasting honest achievements."

The CIF Los Angeles City Section has launched a partnership in the past year with the Positive Coaching Alliance, which has led coaches’ workshops addressing Double-Goal Coaches. The Section has recently partnered with the NFL and Joe Ehrmann’s *Inside-Out Coaching* to provide a transformational based leadership within education-based athletics culture for Section member schools. This program will include: administrator and athletic director training to incorporate best practices and design of purpose based athletic programs.

It is these type of efforts that will allow the knowledge for developing effective and positive change in education-based athletics, but it is the willingness of the school leaders to become the change makers to cultivate an understanding of purpose lead coaching. Working together as school leaders to establish a paradigm shift in sports by emphasizing the CIF principles and core values to promote a platform for life changing experiences for youth through the development of purpose led athletic programs. What you do matters to the many lives you touch.

Have a joyous holiday season!

John Aguirre
BOYS WATER POLO
Palisades

CROSS COUNTRY
Division 1 Boys– El Camino Real
Division 1 Girls– Granada Hills
Division 2 Boys– Bravo
Division 2 Girls– Canoga Park
Division 3 Boys– Belmont
Division 3 Girls– Lincoln
Division 5 Boys– Central City Value
Division 5 Girls– USC MAE

FOOTBALL
Open Division– Narbonne
Division 1– San Fernando
Division 2– Huntington Park
Division 3– Marshall
8 Man– Animo Robinson

GIRLS GOLF
Cleveland

GIRLS TENNIS
Open Division– Palisades
Division 1– Eagle Rock
Division 2– Venice

GIRLS VOLLEYBALL
Open Division- Granada Hills
Division 1– Chatsworth
Division 2– Verdugo Hills
Division 3– Central City Value
Division 4– Maywood CES
Division 5– Lakeview Charter

Fall Champions’ Salute

Palisades Dolphins– Boys Water Polo

Cleveland Cavaliers– Girls Golf

Eagle Rock Eagles– Girls Tennis

Central City Value Jaguars– Girls Volleyball
Making History

El Camino Real’s Justin Hazell ran his way into the history books on November 25 becoming the first individual CIF State cross country champion in Los Angeles City Section history.

At the 31st annual CIF State Cross Country championships in Fresno, the University of Portland-bound senior won the Division I title with a time of 15:03.8, the fastest time of the day at Woodward Park regardless of division. Congrats to Justin!

Sophomore Angelina Kim of Fairfax became the first girls' golfer in City Section history to win the CIF/SCGA So Cal Regional Golf Championship on November 9 at Canyon Crest Country Club.

She shot a 4-under 69 and eventually won in a playoff. Kim won the City Section individual title, also in a playoff, on November 1, at Balboa Golf Course.

Achen & Oseguera Earn AD Honors

Palisades’ Athletic Director John Achen was named the 2017-18 AD of the Year winner while Jaime Oseguera of Lincoln was recognized as the 2017-18 Norm MacKenzie rookie AD of the Year recipient. Congratulations to John and Jaime on their well-deserved honor!

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
Fall Spirit of Sport Winners

Congratulations to Kaelyn Lee, Eagle Rock girls volleyball, and Javier Valencia, Diego Rivera cross country, as the recipients of the CIF Fall Spirit of Sport Award.

The Spirit of Sport award recognizes student-athletes who have demonstrated the 16 principles of Pursuing Victory with Honor, are active in the school and community service and exhibit leadership qualities. These recipients have exemplified the Spirit of Sport and reflect the positive elements of Pursuing Victory with Honor and reinforcing the value of education-based athletics.

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
CARBOHYDRATE: PREMIUM FUEL FOR ATHLETES

WHAT FOODS ARE CARBOHYDRATE?
Bagels, bread, pretzels, crackers, pasta, rice, potatoes, beans, vegetables, fruit, fruit juice, pancakes, waffles, cereal, granola bars, sports drinks, sports chews

WHAT FOODS AREN’T CARBOHYDRATE?
Meat, chicken, fish, eggs, bacon, tofu, nuts, peanut butter

HOW MUCH CARBOHYDRATE SHOULD I EAT EVERY DAY WHEN I’M TRAINING REGULARLY?
Eat some with every meal and snack. Make sure about 2/3 of each meal is carbohydrate.

PERFORMANCE CARBOHYDRATE TIMELINE

Eat a meal focusing on carbs several hours before game/practice time
Eat 30-60 g each hour of training or competition

For example, during a basketball game eat a pack of chews at halftime and drink a 20 oz. bottle of Gatorade throughout the game. Or drink a 32 oz. bottle (or larger squeeze bottle) of Gatorade throughout the game, sipping at every timeout and halftime.

The information in this document is grounded in sports nutrition science, translated for athletes.
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To obtain your team’s access code please email
coachsupport@maxpreps.com or call 800.329.7324x1
Student Central

Purpose: to promote student interest through written, verbal and visual expression on the CIF LA City Section website and social media. Our vision is to encourage and foster the creative minds of your students via sports coverage through journalism (creative writing), digital means (videos/livestream/YouTube) and photography (action photos/head shots). This would include high school game coverage and feature stories at your school.

The Section Office would also offer an internship to those who would be willing to participate in the above mentioned areas for our website on a frequent basis and share stories about individual student-athletes, coaches and teams as well as cover various sporting events as chosen by the student and school advisor.

It is our goal to encourage student participation in covering sports and providing feature stories, videos and photos on their athletic teams as much as possible. The student’s work will be displayed on the Section website under the heading “Student Central” this fall. Please contact SID Dick Dorman for info.