WELCOME to 2017-18!

The CIF LA City Section welcomes you to another exciting school year. The Section Office is located at 10660 White Oak Ave., Suite 216, Granada Hills, CA, 91344. Our phone number is 818-767-0800 and the FAX number is 818-923-5156.

Section Staff:

Commissioner John Aguirre  jaguirre@cif-la.org
Assistant Commissioner Vicky Lagos  vlagos@cif-la.org
Administrative Assistant Alexa Berg  aberg@cif-la.org
Sports Information Director Dick Dornan  ddornan@cif-la.org
Finance Manager Mayra Alapizco  malapizco@cif-la.org

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.

In This Issue

- Section Staff
- Commissioner’s Desk
- Recognition Banquet
- Commissioner’s Cup
- Section Bylaws
- Football TV Options
- Student Central
- Important Dates
Commissioner’s Desk

Welcome back to another year of opportunities to influence the lives of our youth and establish the standards and expectations that will launch your athletic program on a successful course. I know many of you encourage your student-athletes to reach the ultimate success within their competitive environments, assist them to compete for top grades in class and strive for championship play. This requires daily commitment to their studies and sport preparation, completing class assignments on time, seeking the academic assistance when necessary, and practice tirelessly to improve their sport skills. But, even if they do everything right, there is the mental focus that separates a champion’s focus from those that fall short. It is the ability to “Stay in the Moment,” which allows a player, coach and team to compete and perform at their ultimate best.

This focus allows one to not get ahead of themselves and provides the ability to breakdown their performance to each practice and individual plays, one play at a time without regard for past or future success. As we begin the 2017-2018 school year, every team begins with the same record and every player begins with the same dream of playing like a champion in the championship game. Without these dreams and focus, it is difficult to reach this level of competition and almost impossible to have a team of teenagers maintain their commitment, efforts, and sacrifice to compete at this level. The challenge is always there, every day, every class, every practice, and every night, “Stay in the Moment,” which will propel great success throughout life.

Let’s not forget about to “Stay in the Moment” and maintaining the focus and desire on a daily basis that will propel your student-athletes’ success and sustain their ambition and drive.

John Aguirre
2017 Recognition Banquet — Dodger Stadium

It was a day of thanks and appreciation as the CIF LA City Section recognized many individuals on their retirement as well as years of service in administration, coaching and volunteering. We came together in the Dugout Club at Dodger Stadium on June 12 to wish well several Athletic Directors who no longer serve in that role. Thank you to everyone for their dedication, selflessness and commitment to our schools and student-athletes!
Palisades Captures 2016-17 Commissioner’s Cup to ‘3-peat’ as Section Champions

Palisades Charter HS captured the 2016-17 Commissioner’s Cup. The Dolphins claimed nine Section championships to defend their Commissioner’s Cup crown for the third consecutive year.

These City championships included Girls Cross Country, Girls Tennis, Boys Water Polo, Boys Golf, Boys Lacrosse, Boys and Girls Swimming, Boys Volleyball and Boys Tennis.

Palisades accumulated 424 total points outdistancing runner-up Granada Hills who finished with 350 points. The Highlanders won four Section championships last year (Girls Golf, Girls Volleyball, Boys & Girls Soccer).

Birmingham took third place with 314 points and El Camino Real finished fourth with 280 points.

Points are awarded for success in the playoffs with an increment in value for each round.
Fall Sports Are Off & Running!

Good luck to all of our teams, coaches and student-athletes in boys water polo, cross country, football, girls golf, girls tennis and girls volleyball! Compete with pride, class and plenty of school spirit!

#CIFLACS
#CitySectionPride

New/Updated Section Bylaws

The following Articles and Bylaws were either adopted or revised by the Section Board of Managers or Executive Committee:

<table>
<thead>
<tr>
<th>Constitution Article Name</th>
<th>Article</th>
<th>Bylaw Name</th>
<th>Current Bylaw Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>Article III</td>
<td></td>
<td>Membership (revision)</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Bylaw</th>
<th>Bylaw Name</th>
<th>Current Bylaw Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>218.C</td>
<td>Required school policies for participation with standards of behavior (added)</td>
<td></td>
</tr>
<tr>
<td>220.E</td>
<td>Deleted (replaced by CIF bylaw 503.B.1)</td>
<td></td>
</tr>
<tr>
<td>1002-3</td>
<td>Open Division (added)</td>
<td></td>
</tr>
<tr>
<td>1013</td>
<td>Reimbursement for State Championship participation (revision)</td>
<td></td>
</tr>
<tr>
<td>1501</td>
<td>Pitch Limitation Rule – Pitch count (added)</td>
<td></td>
</tr>
<tr>
<td>1701</td>
<td>Competitive Cheer Divisions (added)</td>
<td></td>
</tr>
<tr>
<td>1323-2</td>
<td>Tie-Breakers (revision)</td>
<td></td>
</tr>
<tr>
<td>2510-1</td>
<td>Softball mercy rule revision (revision- 10 runs)</td>
<td></td>
</tr>
<tr>
<td>2803-3</td>
<td>Team Tennis Substitution (added)</td>
<td></td>
</tr>
</tbody>
</table>

Editorial Clarification

<table>
<thead>
<tr>
<th>Constitution Article Name</th>
<th>Bylaw Name</th>
<th>Current Bylaw Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>Article III</td>
<td>308-4</td>
<td>Dead Period (revision)</td>
</tr>
<tr>
<td></td>
<td>512-1</td>
<td>Who May Coach (language clarification)</td>
</tr>
<tr>
<td></td>
<td>512-2</td>
<td>Who May Coach (language clarification)</td>
</tr>
<tr>
<td></td>
<td>512-3</td>
<td>Who May Coach (eliminate ending of game on ejection of head coach)</td>
</tr>
<tr>
<td></td>
<td>512-3</td>
<td>Who May coach (former 512-4, language clarification)</td>
</tr>
<tr>
<td></td>
<td>512-4</td>
<td>Who May Coach (former 512-5, language clarification)</td>
</tr>
<tr>
<td></td>
<td>512-6. F &amp; H</td>
<td>Who May coach (former 512-7 F &amp; H, language clarification)</td>
</tr>
<tr>
<td></td>
<td>512-7</td>
<td>Who May Coach (former 512-8, language clarification)</td>
</tr>
<tr>
<td></td>
<td>600.E</td>
<td>Outside Season of Sport (revision)</td>
</tr>
<tr>
<td></td>
<td>1306-3</td>
<td>Officials (revision)</td>
</tr>
<tr>
<td></td>
<td>1307-9</td>
<td>Official’s Fees (update)</td>
</tr>
<tr>
<td></td>
<td>1308</td>
<td>Contest Supervision (revision)</td>
</tr>
<tr>
<td></td>
<td>1320-3</td>
<td>Rescheduling Rain-Out (clarification)</td>
</tr>
<tr>
<td></td>
<td>1510</td>
<td>Baseball Playoff (clarification)</td>
</tr>
<tr>
<td></td>
<td>2017</td>
<td>Football entry into playoffs (clarification)</td>
</tr>
<tr>
<td></td>
<td>2105-5</td>
<td>Golf All-City Tournament Tie-Breaker (clarification)</td>
</tr>
<tr>
<td></td>
<td>3205</td>
<td>Wrestling Championship Qualifying (clarification)</td>
</tr>
</tbody>
</table>
FOOTBALL TV OPPORTUNITIES: Multi-Camera show ($2500); Single Camera show ($1000)
LA36 play-by-play Randy Rosenbloom; Contact ccarlini@lachannel36.com if interested
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 Dornan for info.
5 TIPS TO HELP ATHLETES STAY SAFE IN INTENSE HEAT

1. ALLOW FOR ACCLIMATION

It takes about 10-14 days for an athlete’s body to adapt to the heat, so if possible acclimation should start about two weeks before team practices begin.

2. ADOPT A HYDRATION STRATEGY

Maintaining hydration (within ~2% body weight change) helps reduce an athlete’s risk of heat illness and can help the athlete maintain a high level of performance. Proactive steps athletes can take to stay hydrated include:

- Check urine color before practice. If it’s like pale lemonade, that’s a sign of good hydration.
- Weigh in and out before and after activity.
- Drink enough fluid to minimize weight loss during practice – for each pound that is lost, add an additional 16 oz. of fluid during the next practice.
- After practice, consume 20-24 oz. for each pound lost to rehydrate for the next training session.

ARE YOU HYDRATED?

NO

YES

3. DRINK 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 physiological desire to drink and helps retain the fluid consumed.

4. FIND TIME FOR RECOVERY

Rest and recovery are an essential part of avoiding heat illness. Athletes should work in times for breaks when active throughout the day, attempt to get six to eight hours of sleep a night and sleep in a cool environment, if possible.

5. MAINTAIN A HEALTHY DIET

Athletes need to think about fueling before, during and after physical activity. They should be fully hydrated with fluids and fueled with foods that contain electrolytes to maintain fluid levels. Fluids lost through sweat and breathing should be replaced by fluid consumption.

DON’T PUNT YOUR OFF SEASON
OFF SEASON TRAINING AND FUELING MUST COMPLEMENT EACH OTHER FOR MAXIMUM RESULTS. WHEN YOU CHANGE YOUR TRAINING, YOU NEED TO CHANGE YOUR FUELING.

BECCI TWOMBLEY, RD CSSD  |  KURTIS SHULTZ, CSCS

GOALS OF THE OFF SEASON

BUILDING MUSCLE AND STRENGTH
- Athletes should lift heavy weights until fatigue, and follow with active recovery to rebuild muscle tissue
- For muscle growth, athletes should aim to consistently eat at least 20g of protein after training, as soon as they can tolerate it

- Turkey Sandwich
- Greek Yogurt with Fruit and Granola
- Protein Shake

- Adequate sleep is essential for optimum recovery, as well

TISSUE RECOVERY
- Utilize recovery equipment such as bands, rollers and weighted balls to help rebuild tissue
- For optimized tissue recovery, focus on foods and beverages that rehydrate and limit inflammation

- Plenty of water
- Gatorade
- Tart Cherry Juice

OPTIMIZE POWER AND REACTION TIME
- Metabolic training (cardio) improves cells’ ability to utilize oxygen and clear out lactic acid, as well as improves efficiency of muscle contraction and power output
- While focusing on optimizing power and reaction times, eat foods that improve blood flow and maximize sleep quality

- Beets
- Greek Yogurt
- Beef Jerky

GATORADE THE SPORTS FUEL COMPANY™