WELCOME to 2016-17!

The CIF Los Angeles City Section welcomes you to another exciting school year. The Section Office is located in Granada Hills 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.

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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.

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USC AD Lynn Swann spoke at the 2016 AD Symposium (see page 3 for the story)
Commissioner’s Desk

CONTEST SUPERVISION

California Education Code 32280-32289 mandates that schools / districts maintain a safe environment for all students before, during, and after school, and all activities that may likely pose a risk to student safety.

The issues raised by many schools are:

With limited personnel available for supervision and numerous games played on the campus on any given date, they do not have the personnel to cover every game, but can roam from one game to the next to address any issues or problems.

Is Bylaw 1308 a policy that should be the responsibility of the school, district or both as required by the California Ed Code?

Is it required that contest supervision be in continuous attendance for the entire game, or would it be allowable for a contest supervisor to be assigned a zone or area where they have visual presence and are mobile with radio communication with all game officials and coaches?

It is therefore the recommendation of the Section Commissioner to have the Board of Managers review Bylaw 1308 and address the appropriate language for “Contest Supervision” and determine the need for revision of this rule to meet the needs of the school. Meanwhile, our schools and/or districts will be responsible for providing contest supervision at their games and officials will not start a contest without confirmation of a contest supervisor assigned to the game. The contest supervisor will acknowledge his/her assignment, and method of communication with the official (if necessary) during the contest. Schools are asked to provide supervision at athletic events as required by California Education Code, Section requirements and school or district policy.

Section Website: Portal of Information

Please check out the new and improved website. Through the help of our provider, Edlio, the website has been upgraded and updated to be more user friendly and allows for better efficiency with locating information.

www.cif-la.org
2016 AD Symposium: USC Athletic Director Lynn Swann Delivers Inspirational Message

The annual Symposium provides current LA City Section athletic directors the opportunity to identify the most compelling issues facing ADs today and to enhance their knowledge with up-to-date tools to address these issues.

The highlight of the day was the keynote address given by new USC Director of Athletics, Lynn Swann. The NFL Hall of Famer and All-American at USC delivered an inspirational talk to the crowd in attendance.

Swann reminisced on his high school days and expressed that the four years in high school are the most important in one’s life. He shared his experiences as a collegiate and professional athlete and how it helped mold him into the person he is today.

Walking around and personally engaging with the athletic directors, Swann’s wisdom and advice resonated with all of those who were fortunate enough to hear his insight into today’s sports society.

We would like to thank Tina Tamura and Neil LaSala for organizing a successful event and our guest speakers for taking the time to pass along knowledge and valuable information—Ron Nocetti, Vicky Lagos, Bobby Carr, Rich McKeon, Kyle Waterstone, Scott Simon, Scott King, Glenn Lowenberg, Neil La Sala, Tony Crittendon, Beverly Myers, Jim Perry, Wes Carty and Carol Cracchiolo.

Thank you to our sponsors Sport Up, Positive Coaching Alliance, Gatorade, Cramer Athletic Supplies, BSN Sports, M-F Athletic Performance, GTM Sports, Ken’s Sporting Goods, Alert Services, Clear Gear Sports Spray, Court Clean, High School Calendar, Universal Athletic Service and the Orthopedic Institute for Children (UCLA Center for Sports Medicine) for your presence and support.
CIFLACS Partners with the LA84 Foundation and Positive Coaches Alliance

PCA-LA will provide Double-Goal Coach® presentations – emphasizing the pursuit of winning, and the more important goal of teaching life lessons through sports – at select coaches meetings this year.

PCA-LA launched this series of presentations at the recent football coaches meeting and has planned future presentations at coaches meetings in the sports of basketball, soccer, baseball, softball and golf throughout 2016-17. In 2017-18, PCA-LA will address coaches at the volleyball, water polo, wrestling, and track & field meetings among others.

CIF State President-elect Jim Perry spoke at the recent AD/AP Meeting and the AD Symposium providing Section administrators with a vision for a positive culture at each school.

The LA84 Foundation has graciously supported the educational and character-building opportunities provided by this partnership.
Palisades Charter has captured the 2015-16 Commissioner’s Cup. For the second consecutive year, the Dolphins claimed 10 Section championships to defend their Commissioner’s Cup crown.

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

Palisades accumulated 380 total points outdistancing runner-up El Camino Real who finished with 303 points. The Conquistadores won six Section championships this year (Girls Volleyball, Wrestling, Wrestling Duals, Baseball, Boys Volleyball, Softball).

Granada Hills took third place with 286 points and Birmingham (250) and Cleveland (183) finished fourth and fifth, respectively.

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!

New/Updated Section Bylaws

Article VI C.3 PLAYOFF PROFIT SHARES—FOOTBALL & BASKETBALL
- Host schools will manage the expenses and income for the first round and second round playoff games in the sports of football and basketball.
- Host school and opponent will profit share 100% of game revenue at 60% / 40% splits respectively between each of the schools.
- Should there be a loss of revenue for the event, each school will be responsible for 50% of the expenses for the management of the event.
- The semifinal and final games will be managed by the Section Office. The Section will incur all expenses and/or revenue.

Bylaw 1307-9 OFFICIALS FEE SCHEDULE
The CIF LA City Section Board of Managers has passed the official fee increases for the 2016-17, 2017-18 and 2018-19 school years. There will be a $3 – $2 – $2 increase over the next three years, beginning with the $3 increase for the 2016-17 school year.

BLUE PAGES (at the end of the Gold Book)
The Blue Pages are intended to provide clarification for Section and State Bylaws, Policies, Timelines, Playoff and Championship events.
Time Warner Cable Releases 2016 Football Schedule

September 9  Palos Verdes at Narbonne  7 pm
October 7  Carson at Banning  7 pm
October 22  Crenshaw vs. Dorsey  (LA Memorial Coliseum—10 am)
October 22  Banning vs. San Pedro  (LA Memorial Coliseum—1:30 pm)
October 28  San Pedro at Narbonne  7 pm
November 4  Roosevelt vs. Garfield  7 pm  (82nd East LA Classic at ELAC)

Narbonne, the defending City Section D1 champion and State Division 1A champion, is currently ranked #5 by the LA Times and #7 in the state by Cal-Hi Sports.

Randy Rosenbloom returns as the lead announcer for the TWC broadcasts.
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.

Important Dates

Sept. 15 – Executive Committee Meeting
Sept. 26 – Board of Managers Meeting
Oct. 3 – Sit Out Period Ends
Oct. 5 – AD Regional Meeting
Oct. 8 – Wrestling Coaches Meeting
Oct. 11 – Basketball Coaches Meeting
Oct. 13 – Soccer Coaches Meeting
Oct. 19 – New AD Training Meeting
Oct. 28 – Fall Eligibility Rosters due on CIF Home
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 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.