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

In This Issue
- State Champs
- Commissioner’s Desk
- Model Coach Award
- GoFundMe Account
- Making History
- Champion’s Salute
- Gatorade AT Initiative

Canoga Park won its fourth consecutive City Section title. For a list of our winter champions, please see page four (Photo by Vince Pugliese, MaxPreps)
Commissioner's Desk

Education based athletics is an extension of the school curriculum, and should maintain the same high standards and expectations as set for the school day curriculum. It is therefore necessary that I remind school boards, superintendents, principals and other school administrators of their duty and responsibility to supervise, and enforce standards of behavior to participate in interscholastic athletic programs.

We must start with a culture that is founded on the three “B’s”: **BELIEVE, BEHAVE and BELONG.** **Believe** in what a well-designed athletic program can offer to the overall educational experience for high school students and the intervention it provides to allow students to successfully compete in the classroom on a daily basis and successfully completing the graduation requirements. **Athletics** should create a culture that requires students and adults to maintain their **behavior** by showing respect for others, and understand and experience the joy that true competition can create. **Develop** a school spirit when you **belong** to the league, Section and CIF which will encourage administrators and coaches to participate in the governance of the league and Section that will allow a voice in the design of the athletic experience for all students within the CIF Los Angeles City Section.

The winter season concluded with 12 schools experiencing either a boys or girls basketball championship, 10 schools experiencing a boys or girls soccer championship, two schools experiencing a boys or girls wrestling championship, 14 boys and 14 girls earning individual wrestling titles, and one school experienced a girls water polo championship. In our team sports, our competitive equity model has allowed many schools to experience playoffs for the first time with an opportunity to compete for a championship. Our data shows that schools which in the past were unable to experience success in playoffs, are now given the opportunity to compete on an equal level of competition for the division championship.

Congratulations to all the champions, and to all the schools that give their best to be their best in competition on the field and in the classroom. The State winter championships are coming to a conclusion, which elevates all competitors to a new height of competition. Congratulations to all the LA City Section schools and individuals who earned their moment to compete against the best in the State of California. Those experiences challenge yourself to new heights of success during the best of times and during times of struggle.
The winter sports season saw three individuals etch their names in LA City Section lore. Re-writing the record books were Coach Ed Azzam of Westchester, Canoga Park’s Ezequiel Quijada and Alex Castillo of Birmingham.

Azzam recently led the Comets to their 13th boys basketball championship with a 51-42 victory over Narbonne. Back on December 26, Azzam collected his 804th career win when his squad knocked off the same Gauchos team. He passed former coaching great Willie West of Crenshaw. Azzam, in his 37th season as coach, currently has 822 wins.

Quijada won four consecutive City Section titles and ended his prep career as the City Section’s all-time scoring leader in career goals (146) and goals in a season (45). GOOOOOOAALLL!!!

Castillo won her first Section championship and then made history by taking the 170-pound weight class title at the CIF State Girls Wrestling Championships. Birmingham placed fifth overall with 87 points, the highest finish by a local team in the tournament’s history.

FALL FLASHBACK—Narbonne Gauchos; CIF State Division 1A Champions! Gauchos 28 Clayton Valley 14

Making History

Ezequiel Quijada leaves as the LA City Section’s all-time scoring leader with 146 career goals (Photo by Tarek Fattal, Daily News)

State Champions! (Photo by Louis Lopez, MaxPreps)

Alex Castillo won a City Section championship and a State title to lead the Patriots (Photo by Dick Dorman)
**BASKETBALL**

Boys Open Division – Westchester
Boys Division 1 – Crenshaw
Boys Division 2 – Bernstein
Boys Division 3 – Lincoln
Boys Division 4 – Marquez
Boys Division 5 – Central City Value
Girls Open Division – Palisades
Girls Division 1 – Garfield
Girls Division 2 – North Hollywood
Girls Division 3 – South Gate
Girls Division 4 – Robert F. Kennedy
Girls Division 5 – Academia Avance

**SOCCER**

Boys Division 1 – Palisades
Boys Division 2 – Fremont
Boys Division 3 – Canoga Park
Boys Division 4 – Fulton
Boys Division 5 – Sun Valley
Girls Division 1 – Taft
Girls Division 2 – South East
Girls Division 3 – Verdugo Hills
Girls Division 4 – Northridge Academy
Girls Division 5 – Harbor Teacher

Lincoln Tigers (Photo by Marvin Jimenez, MaxPreps)
Academia Avance Jaguars (Photo by Marvin Jimenez, MaxPreps)
Fremont Pathfinders (Photo by Vince Pugliese, MaxPreps)
Taft Toreadors (Photo by Vince Pugliese, MaxPreps)
**Champion’s Salute!**

**GIRLS WATER POLO**

Birmingham

**WRESTLING**

Boys– El Camino Real

Girls– Birmingham

**WRESTLING (Duals)**

Boys Div. 1– El Camino Real

Boys Div. 2– Polytechnic

---

Birmingham Patriots (Photo by Dick Dornan)

El Camino Real (Photo by Dick Dornan)

Polytechnic Parrots (Photo by Dick Dornan)
SUGAR ENERGIZES
YOUR GAME

HERE ARE THE FACTS:

SUGAR = CARBS = ENERGY

To stay fueled and play your best, it’s recommended that you get 30-60g of sugar per hour of activity. Which is why Gatorade® Thirst Quencher is formulated with fast-absorbing carbs in the form of glucose and sucrose. Add in the electrolytes you need to replenish what you lose in sweat, and you’re ready to give it your all.

GATORADE
THE SPORTS FUEL COMPANY
Gatorade Provides Athletic Trainer Initiative Program

Need an AT? The Athletic Trainer Initiative gives you a chance to receive funding ($50K) to improve athlete safety: www.atinitiative.com. As a Section sponsor, Gatorade has been working with the NFL and NATA on an SSAT grant initiative to help schools get the funding they need for an Athletic Trainer program. What a great opportunity to pursue!