



Executive Director's Update

California Interscholastic Federation
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An Update from Roger L. Blake, Executive Director

August 2017

FREE ONLINE CLASS FOR COACHES, STUDENTS, PARENTS AND ADMINISTRATORS



A Guide to Heat Acclimatization and Heat Illness Prevention

In our ongoing effort to minimize the risk of participating in high school athletics, the National Federation of State High School Associations (NFHS) and the CIF continue to offer a **FREE** online course entitled "**A Guide to Heat Acclimatization and Heat Illness Prevention**."

The course, which provides critical information designed to minimize the risk of activity-related heat stroke among high school athletes, is a free course in the NFHS Coaching Education Program available online at www.nfhslearn.com.

UPCOMING AWARDS AND SCHOLARSHIPS

DEADLINE

The CIF State office offers several awards and scholarships throughout the school year. One with a deadline approaching includes:

Fall Spirit of Sport Award – Deadline: Monday, September 25, 2017

Please visit www.cifstate.org for more information on CIF Awards and Scholarships.

CIF JOINS NATIONAL “TEAM UP-SPEAK UP” DAY ON SEPT. 12 FOR INJURY AWARENESS

The CIF is joining the NFHS and the Concussion Legacy Foundation in making September 12, 2017 “Team Up – Speak Up Day.” Across the nation we are asking every coach & captain to give this short speech to their team. This is the message we want **all athletes** to hear.

1. WE’RE A TEAM

Teammates look out for one another on and off the field.

2. A TEAMMATE WITH A CONCUSSION IS A TEAMMATE THAT NEEDS YOUR HELP

They may not be able to recognize their own injury, putting them at risk, and an athlete with a concussion will be mistake-prone and ineffective. Getting them off the field is good for your teammate, and good for your team.

3. EXPECT YOU TO SPEAK UP IF YOU THINK YOUR TEAMMATE MIGHT BE HURT

A team leader’s attitude sets the tone for how the entire team responds to injuries and concussions. All members of the team are expected to speak up to the coach, team captain or athletic trainer if they see something.

Detailed information for schools, athletic directors and coaches is available:

<https://concussionfoundation.org/programs/team-up-speak-up>

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CIF STUDENT PARTICIPATION CONTINUES TO RISE

High school sports participation continues to increase in California and is at an all-time high for the fifth consecutive year according to the 2017 California Interscholastic Federation (CIF) Sports Participation Survey. Up by 0.78% since the previous survey in 2016, 785,357 student-athletes are competing in education-based athletic programs in California.

Along with the overall participation increase in high school athletics there were a few sports that saw noticeable increases across both genders. Lacrosse saw the largest percentage increase, a combined 7.40% or 1,245 more participants (12.44% or 940 increase for girls; 3.29% or 305 increase for boys), followed by cross country with a 4.91% increase or 2,688 more participants (1.95% or 490 increase for girls; 7.42% or 2,198 increase for boys).

Additionally, girls' wrestling participation continues to increase, this year by 9.47% as 400 more girls are competing in the sport for 4,505 total participants as of 2017.

Also, the 2017 census gathered information regarding unified teams with 2,315 student-athletes currently participating in education-based athletics in California.

The CIF's 1,587-member schools participated in the survey as part of the National Federation of State High School Associations (NFHS) nationwide survey that measures the number of students competing in sports in the country.

IMPORTANT SAT & ACT TEST DATES

Listed below are the test dates for this school year for the SAT and the ACT exams. Advance planning by schools, athletic directors, coaches and parents can help reduce conflicts for students with school athletic contests, sometimes as simple as moving the contest starting time to the afternoon.

Coaches and Athletic Directors are also encouraged to work with their students and families to plan in advance for testing dates that do not have a conflict with a contest as there are multiple test dates available. Advance planning by all involved will help reduce potential conflicts later in the year.

SAT Test Dates

August 26, 2017
October 7, 2017
November 4, 2017
December 2, 2017
March 10, 2018
May 5, 2018
June 2, 2018

ACT Test Dates

September 9, 2017
October 28, 2017
December 9, 2017
February 10, 2018
April 14, 2018
June 9, 2018