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
- Section Champs
- Commissioner’s Desk
- 2017 Hall of Fame Ceremony
- Scholar-Athletes Recognized
- Spring Champion’s Salute

San Pedro won its 17th City title in softball with a walk-off 2-1 victory over league rival Banning. It was the first championship for the Pirates since 2009 (Photo courtesy of Gregory Fiore, MaxPreps)

(below) SWEET 16! Dorsey runs its way to a 16th City title under Hall of Fame coach Ralph Tilley (Photo by Dick Dorman)
Commissioner’s Desk

I wish to congratulate the athletes and coaches for the accomplishments and success they have achieved this year. The sacrifices and obstacles they have overcome through hard work and perseverance have allowed these teams to experience the joys of victory and a day they will remember for many years. The parents and teachers should be recognized for their encouragement, mentorship and support which has served as a catalyst for the efforts and determination that propelled the individuals and teams to their success.

The California Interscholastic Federation (CIF) adopts the philosophy that all education based athletic programs are based on the development of character, good sportsmanship and designed with an educational foundation and values that provide students with a greater opportunity for academic achievement. The CIF operating principles establish the essential elements of character and ethics in sports. They’re an embodiment of the concept of sportsmanship through the six core principles of Pursuing Victory with Honor. It is with these principles and values that we establish that sport is not only the pursuit of excellence in the arena of sport, but also the pursuit of excellence in one’s life endeavors. We salute the coaches, teachers, and school administrators as they rely on these values as a framework for advocating, modeling, and teaching the principles and values of interscholastic athletics.

Have a great summer and enjoy your time with family and friends!

John Aguirre, Commissioner
The Class of 2017 welcomed 44 honorees into the CIF LA City Section Hall of Fame on April 23. Many of the Section’s greatest athletes and coaches convened to reminisce and reflect upon their storied careers in the City Section. Congratulations to all 44 inductees and their families!

Hall of Fame video (courtesy of Jorge Caridad)

https://www.youtube.com/watch?v=qc_XQIDk3lo

Hall of Fame photo gallery (courtesy of Ross Benson)


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

2017 Hall of Fame Induction

Induction Ceremony

SUNDAY, APRIL 23, 2017
5:00 P.M. - 8:00 P.M.

Doubletree by Hilton Hotel
Culver City, CA
Pacific Ballroom
Congratulations to the 18 scholar-athletes of the CIF LA City Section who were honored by the National Football Foundation! Recipients are listed on the next page. City Section Pride!
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2016 Fall Team GPA Winners

Boys Cross Country: Marshall High School – 3.44
Boys Water Polo: Santee High School – 2.80
Football: Sylmar High School – 2.97
Girls Golf: North Hollywood High School – 3.77
Girls Tennis: Granada Hills Charter High School – 3.72
Girls Volleyball: USC Hybrid High School – 3.49
2016-2017 Winter Team GPA Winners

Boys Basketball: Marshall High School – 3.4

Girls Basketball: Los Angeles International – 3.52

Boys Soccer: Palisades Charter High School – 3.37

Girls Soccer: USC Hybrid High School – 3.53
            Palisades Charter High School – 3.53

Boys Wrestling: Sylmar High School – 3.22

Girls Wrestling: Sylmar High School – 3.25

Girls Water Polo: Cleveland High School – 3.46
2017 Spring Team GPA Winners

Baseball: Palisades Charter High School – 3.25

Boys Golf: Palisades Charter High School – 3.4

Boys Lacrosse: Palisades Charter High School – 3.03

Girls Lacrosse: Palisades Charter High School – 3.33

Boys Swim/Dive: Marshall High School – 3.5


Boys Tennis: Chatsworth High School – 3.63

Boys Track & Field: Chatsworth High School – 3.42

Girls Track & Field: Belmont High School – 3.63

Boys Volleyball: Chatsworth High School – 3.22

Softball: Sylmar High School – 3.21
BASEBALL
Division 1 – Birmingham
Division 2 – LACES
Division 3 – VAAS

BOYS GOLF
Palisades

BOYS TENNIS
Division 1 – Palisades
Division 2 – Hamilton

BOYS VOLLEYBALL
Division 1 – Palisades
Division 2 – LACES
Division 3 – John F. Kennedy
Division 4 – Lincoln

LACROSSE
Boys – Palisades
Girls – Birmingham

SOFTBALL
Division 1 – San Pedro
Division 2 – King Drew
Division 3 – View Park
Division 4 – University

SWIM/DIVE
Boys – Palisades
Girls – Palisades

TRACK & FIELD
Boys – Dorsey
Girls – Carson

Spring Champion’s Salute!

Birmingham Baseball (Photo by Dick Dornan)

LACES Boys Volleyball (Photo courtesy of Samuel Mawanda)

Palisades B&G Swim (Photo courtesy of Steve Galluzzo)
KEEP THEM HYDRATED, KEEP THEM SAFE

5 TIPS TO HELP ATHLETES STAY HYDRATED

1. KEEP HYDRATION TOP OF MIND
   - Remind athletes to check their urine color before practice. If it’s the color of pale lemonade, that’s a sign of being hydrated.
   - Take weather into account and give athletes opportunities to drink during practice.
   - Teach athletes to pay attention to how they feel, including their thirst and energy levels.

2. KEEP FLUID LEVELS 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 athlete’s desire to drink and retain the fluid consumed.

3. KEEP THE BODY COOL
   - Remind athletes to drink cool fluids to help maintain their body temperature.
   - If your athletes experience heat illness, help them lower their body temperature by lying in a cool place with their legs elevated, applying cool, wet towels to their body and drinking cool fluids.

4. KEEP HYDRATED BEFORE, DURING AND AFTER ACTIVITY
   - Athletes need to think about their entire athletic schedule when it comes to fueling (not just when they are competing).
   - Encourage them to drink plenty of fluids throughout the day to replace the fluids lost through sweat.

5. KEEP A RECOVERY SCHEDULE
   - Rest and recovery are an essential part of avoiding heat illness.
   - Ensure your athletes have time for breaks during practices.
   - Encourage athletes to get 6-8 hours of sleep each night in a cool environment if possible.

THE EFFECTS OF DEHYDRATION:
- Decreased performance
- Decreased mental function
- Decreased motor skills
- Decreased fluid absorption
- Decreased tolerance to heat

THE SYMPTOMS OF DEHYDRATION:
- Nausea
- Headache
- Weakness
- Fatigue/exhaustion
- Loss of muscle coordination
- Decreased performance
- Light-headedness
- Vomiting
- Fainting
- Poor concentration/ altered mental status

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Important Dates

July 22 – Football Coaches Meeting

July 24 – First Allowable Practice – Football only

July 27 – League Commissioner’s Meeting at Section office

August 7 – AD/AP Meeting at Bravo Medical Magnet

August 7 – First Allowable Practice – all Fall sports

August 14 – Girls Volleyball Coaches Meeting

August 15 – Boys and Girls Water Polo Coaches Meeting

August 15 – Girls Tennis Coaches Meeting

August 17 – Cross Country Coaches Meeting

August 17 – First Allowable Fall Contest

August 29 – Board of Managers Training Meeting

September 11 – Executive Committee Meeting

September 25 – BOM Meeting

October 4 – AD Regional Meeting

THRILL OF VICTORY: Valley Academy of the Arts & Sciences celebrates the school’s first-ever baseball championship with a 4-3 win over Sherman Oaks CES (Photo by Dick Dornan)

G

MARINES

THE FEW. THE PROUD.

SPECTRUM SPORTSNET

CCPOA

California Correctional Peace Officers Association

Representing the men and women who walk the toughest beat in the state.

MAXPREPS

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