



# Executive Director's Update

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

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**August 2018**

**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 for student-athletes participating in education-based athletics, the National Federation of State High School Associations (NFHS) and the CIF continues 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 Coach Education Program available online at [www.nfhslern.com](http://www.nfhslern.com).

## **2018-19 AWARDS AND SCHOLARSHIPS DEADLINES**

The CIF State office offers several awards and scholarships throughout the school year. Deadlines include (*all applications must be postmarked by the respective deadline*):

- **Fall Spirit of Sport Award** – September 24, 2018
- **Winter Spirit of Sport Award** – January 21, 2019
- **Scholar-Athlete of the Year Award** – Feb. 11, 2019
- **Spring Spirit of Sport Award** – February 18, 2019

Please visit [www.cifstate.org](http://www.cifstate.org) for applications and 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, 2018, "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>

## **CIF STUDENT PARTICIPATION CONTINUES TO RISE FOR THE 6<sup>TH</sup> CONSECUTIVE YEAR**

High school sports participation continues to increase in California and is at an all-time high for the sixth consecutive year according to the 2018 California Interscholastic Federation (CIF) Sports Participation Survey. Up by 2.95% since the previous survey in 2017, 808,557 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. Of the top 10 sports, swimming and diving saw the largest percentage increase, a combined 4.46% or 2,307 more participants (4.84% or 1,439 participants increase for girls; 3.94% or 868 participants increase for boys), followed by golf with a 3.29% increase or 611 more participants (5.74% or 462 participants increase for girls; 1.41% or 149 participants increase for boys). Additionally, girls' wrestling participation continues to increase, this year by 17.33% as 781 more girls are competing in the sport for 5,286 total participants as of 2018.

Football (11-player) continues to lead the top 10 boys' sports with 94,286 participants which decreased, by 2.87% (2,793 participants). Track and field (56,606) is the second most popular sport, which increased participation by 1.02% since 2017 followed by soccer (53,262); basketball (47,584) and baseball (44,477) rounding out the top five boys' sports. Additionally, boys' swimming and diving participation increased (3.94%) and took over the seventh spot, surpassing wrestling, with 22,872 participants.

For girls, soccer captured the top spot for the third consecutive year with 47,186 participants, followed by former top 10 leader track and field (46,327 participants). Volleyball still trails a close third (45,139), which increased participation by 1.37% since 2017, followed by basketball (34,631) and softball (33,400). Additionally, traditional competitive cheer participation claimed the 10<sup>th</sup> spot, ousting lacrosse, with 9,212 participants in its first year as an approved CIF sport.

## **IMPORTANT 2018-19 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 25, 2018  
October 6, 2018  
November 3, 2018  
December 1, 2018  
March 9, 2019  
May 4, 2019  
June 1, 2019

### **ACT Test Dates**

September 8, 2018  
October 27, 2018  
December 8, 2018  
February 9, 2019  
April 13, 2019  
June 8, 2019  
July 13, 2019

## **NFHS / CIF EDUCATIONAL SERVICES UPDATE**

June Jolt: Nearly 30,000 more courses were delivered in June 2018 than June 2017 nation-wide. We appreciate your support. Let us know if there is anything else we can do for you to promote the NFHS Learning Center.

7,000,000th Course: In July, the NFHS Learning Center delivered its 7,000,000th course. To celebrate, we will post a short video to our social media channels and we hope you will celebrate with us and share it with your followers.

Busy Season is Here: As traffic increases on the NFHS Learning Center, please remember that the NFHS has a help desk available to assist your constituents. If you need assistance or have a question, please contact the NFHS office.