- End of an Era -

Thank You, John

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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John Aguirre officially ended his tenure as the CIF Los Angeles City Section commissioner on June 30. John will now begin retirement as he and his wife, Mary, begin the next chapter in their life. They are looking forward to their new house in the quiet and beautiful town of Huachuca, Arizona.

We would like to thank John for his years of service in education-based athletics. John worked for 40 years as an educator including 28 years as a teacher and 27 years as a coach. Additionally, he worked for seven years in the LAUSD athletics office and the last six years as the CIFLACS commissioner. Job well done, John!

John received congratulations and well wishes from our office, BOM President Neil La Sala, State CIF and CSADA. Thank you, John, for guiding our Section with your leadership and devotion to education-based athletics!
Congratulations to Alexa Berg who has been named the new Assistant Commissioner for the CIF LA City Section effective July 1!

Alexa has been with the Section office since its separation from LAUSD and has served as Senior Administrative Assistant for the past six years.
Recognition Banquet at Dodger Stadium

Thank You to everyone who made the 2018-19 athletic year a special one!

Thank You to those who are retiring for your service, commitment and dedication to your school and student-athletes!

Distinguished Service Award winner: Neil La Sala, Belmont

Distinguished Service Award winner: Ann Young, Sherman Oaks CES

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Distinguished Service Award winner: Ann Young, Sherman Oaks CES
The CIFLACS Board of Managers award committee recognized two student-athletes for their excellence in the classroom and in athletics. Congratulations to both recipients on their well-deserved recognition!!

**Gabriela Sophia Rodriguez, Hamilton**

A four-year varsity soccer player and team captain, Rodriguez has maintained a 3.941 GPA while earning All-Western League honors in 2019. Her community involvement includes LAUSD community service, Special Olympics and Voter Registration Drive. School activities include the Hamilton robotics team, Co-President of the Gender Equity Club, Student Planning Council and the WASC Accreditation Student Committee.

**Jimmy Hyun, Robert F. Kennedy Community**

A three-sport athlete competing in cross country, basketball and golf, Hyun has earned a 3.627 GPA during his four years at RFK. Captain of the varsity basketball team, he was named first-team all-league in basketball in 2019. His community involvement includes UCLA Art Auction, LA Vision Church, Kiwanis Key Club, and the LEAD Program. School activities include Peer Counseling and College Prep Training.
TEAM ACADEMIC AWARDS

Fall Academic Team Winners
Football: Granada Hills Charter High School
Girls Volleyball: Granada Hills Charter High School
Girls Cross Country: USC Hybrid High School
Boys Cross Country: USC Hybrid High School
Girls Tennis: Gardena High School
Girls Golf: Granada Hills Charter High School
Boys Water Polo: Granada Hills Charter High School

Winter Academic Team Winners
Boys Basketball: Belmont High School
Girls Basketball: Sylmar High School
Boys Soccer: Sylmar High School
Girls Soccer: New West Charter High School
Boys Wrestling: Granada Hills Charter High School
Girls Wrestling: Belmont High School
Girls Water Polo: Granada Hills Charter High School

Spring Academic Team Winner
Baseball: Chatsworth High School
Softball: Mendez High School
Boys Volleyball: New West Charter
Boys Tennis: Gardena High School
Girls Track & Field: New West Charter High School
Boys Track & Field: Granada Hills Charter High School
Cheer: Belmont High School
Boys Golf: Granada Hills Charter High School
Boys Swim & Dive: Palisades Charter High School
Girls Swim & Dive: Palisades Charter High School
Boys Lacrosse: Palisades Charter High School
Girls Lacrosse: Palisades Charter High School
Lincoln Varsity Football Team Recognized by the Los Angeles Rams

In addition to the Grant Lancers, the Los Angeles Rams honored the Lincoln Tigers varsity football team for winning the second annual Rams Academic Team Challenge. They were recognized at a ceremony on campus.

The Rams Academic Challenge featured LAUSD varsity high school football teams from across the Section. To begin the challenge, each varsity program submitted their team’s cumulative Grade Point Average (GPA) at the beginning of the fall semester in August and participated in a character development session in which the student-athletes discussed the power of choices and goal-setting.

At the end of the Fall semester in December, the teams re-submitted their cumulative GPA’s. Lincoln and Grant recorded the highest cumulative GPA for the first semester and were named the winners of the 2018 Rams Academic Challenge.

Congratulations to the Tigers!

State CIF Honors Section Scholar-Athletes

GIRLS- Diris Pineda, Central City Value

BOYS- Calvin Stephens, El Camino Real Charter

Congratulations to Diris and Calvin who were selected by the State CIF office as the CIFLACS Scholar-Athlete award winners for 2018-19.

They both earned a $1,000 scholarship award!!
BASEBALL
Open Division– Birmingham
Division 1– Narbonne
Division 2– VAAS
Division 3– Vaughn

BOYS GOLF
Granada Hills

BOYS TENNIS
Open Division– Palisades
Division 1– Cleveland
Division 2– Taft

BOYS VOLLEYBALL
Open Division– Palisades
Division 1– Carson
Division 2– Jordan
Division 3– Vaughn
Division 4– Lincoln
Division 5– Maywood CES

COMPETITIVE CHEER
Division 1– Birmingham
Division 2– South East
Division 3– John F. Kennedy
Division 4– Maya Angelou

LACROSSE
Boys– Palisades
Girls– Palisades
SOFTBALL
Open Division– El Camino Real
Division 1– Chavez
Division 2– Harbor Teacher
Division 3– Gardena
Division 4– Canoga Park

SWIM/DIVE
Boys– Palisades
Girls– Palisades

TRACK & FIELD
Boys– Palisades
Girls– Carson

South East Jaguars (Photo by Dick Dornan)

Harbor Teacher Monarchs (Photo courtesy MaxPreps)

Palisades Dolphins (Photo courtesy Jimmy Su)
It was a special evening at the Odyssey Restaurant in Granada Hills as 20 individuals and the first-ever Legacy Group were recognized and inducted into the illustrious CIF Los Angeles City Section Hall of Fame. It was the fifth class to be honored following 2011, 2013, 2015, and 2017. More than 550 people were in attendance to honor the very best from the LA City Section.

Please be sure to watch the video and view the photo gallery on our Section website under Hall of Fame / Home. Congratulations to all of our inductees!
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
- Fatigue/exhaustion
- Headache
- Loss of muscle coordination
- Weakness
- Decreased performance
- Light-headedness
- Vomiting
- Fainting
- Poor concentration/ altered mental status

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THE OFFICIAL ATHLETIC RETAIL PARTNER OF THE CIF
Important Dates

- **July 27**: Football Coaches Meeting
- **July 29**: First Allowable Practice - Football only
- **August 1**: League Commissioner’s Meeting
- **August 5**: First Allowable Practice - all Fall sports
- **August 6**: New AD Training Meeting
- **August 13**: AD/AP Meeting at Belmont High School
- **August 14**: Boys & Girls Tennis Coaches Meeting
- **August 14**: Boys & Girls Water Polo Coaches Meeting
- **August 15**: Boys & Girls Volleyball Coaches Meeting
- **August 16**: First Allowable Fall Contest
- **August 19**: Cross Country & Track Coaches Meeting
- **August 27**: Board of Managers Training Meeting
- **September 3**: Executive Committee Meeting
- **October 1**: BOM Meeting
- **October 2**: AD Regional Meetings