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

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As we close out the 2017-18 school year I would like to recognize some of the individuals, events, and teams that made the year truly special. I would like to recognize the Section staff- Vicky Lagos, Dick Dornan, Alexa Berg, Mayra Alapizco and Sarah Chaides (our intern), for the outstanding efforts throughout the year to get all the materials and meetings organized and delivered to the schools.

I would be remiss if I did not recognize our Board of Managers who instituted a new league governance to provide league representation with weighted league voting. Each league selected three representatives to bring league concerns and proposals to vote based on league majority decisions. This required a great amount of preparation by the representatives for which they were very prepared to represent their constituents and league wishes.

I wish to also recognize all those individuals who have been a part of the Section as coaches, athletic directors or administrators of athletic and board members who have decided to retire at the end of the 2018 school year. Thank you for the memories and all you did to support the success of the Section, your athletic teams and the students you served. With special recognition to Bob Schatz, Athletic Director at San Pedro High School, a member of the Board of Managers and Executive Committee. Thank you for the many years of service and dedication to uphold the guiding principles of character, integrity, sportsmanship, and respect for the game.

Lastly, thank you to all who dare to coach or be an athletic director, as you spend a great amount of time on doing things no one sees, and continue to show up for your athletes and school. I thank you for making the CIF LA City Section who we have become.

Wishing everyone a great summer, and an even better 2018-19 school year!

John Aguirre, Commissioner

CIF State Spirit of Sport Award Winner Announced

Natalie MacEwan of El Camino Real Charter High School (left) was named one of four recipients of the prestigious CIF Spirit of Sport Award for 2018 Winter and Spring respectively.

The four statewide winners, along with the two Fall recipients, received an award, a patch, a $1,000 scholarship and were recognized at the year-end CIF Federated Council dinner on April 6 in San Jose.

Commissioner’s Desk

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Kaelyn, a three-sport athlete competing in volleyball, basketball and track, possesses a 3.84 grade point average during her four years which includes 16 Advanced Placement courses taken. For her efforts, Kaelyn has earned the CIF LA City Section honor as female scholar-athlete of the year.

Ranked fourth in his senior class of 360 students and maintaining a 3.98 grade point average, Kais has earned the CIF LA City Section honor as male scholar-athlete of the year. He was an All-League and All-City offensive lineman for the Sheiks.
2018 Spring Team GPA Winners

Baseball: Granada Hills Charter High School – 3.27
Boys Golf: Granada Hills Charter High School – 3.43
Boys Lacrosse: Palisades Charter High School – 3.03
Girls Lacrosse: Palisades Charter High School – 3.37
Boys Swim & Dive: Marshall High School & Palisades High School – 3.44
Boys Tennis: Cleveland High School – 3.67
Boys Track & Field: Palisades Charter High School – 3.35
Girls Track & Field: USC Hybrid High School – 3.36
Boys Volleyball: Palisades Charter High School – 3.30
Competitive Cheer: Belmont High School – 3.36
Softball: USC Hybrid High School – 3.38

Congratulations to these schools and their student-athletes for representing the best in academics on and off the athletic field!
Recognition Banquet at Dodger Stadium:

Thank You to everyone who made the 2017-18 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: Kirsten Farrell, Venice

Distinguished Service Award winner: Rick Prizant, Birmingham
BASEBALL
Open Division – Birmingham
Division 1 – Verdugo Hills
Division 2 – Roybal
Division 3 – Vaughn

BOYS GOLF
Granada Hills

BOYS TENNIS
Open Division – Palisades
Division 1 – El Camino Real
Division 2 – Marshall

BOYS VOLLEYBALL
Open Division – Palisades
Division 1 – Sylmar
Division 2 – John F. Kennedy
Division 3 – West Adams
Division 4 – Triumph Charter
Division 5 – New West Charter

COMPETITIVE CHEER
Division 1 – Birmingham
Division 2 – Taft
Division 3 – VAAS
Division 4 – Port of Los Angeles

LACROSSE
Boys – Palisades
Girls – Birmingham

Spring Champions’ Salute!

Roybal Titans (Photo by Dick Dornan)

Marshall Barristers (Photo by Dick Dornan)

John F. Kennedy Golden Cougars (Photo by Dick Dornan)
**SOFTBALL**

Open Division– Chatsworth  
Division 1– Cleveland  
Division 2– View Park  
Division 3– Fairfax  
Division 4– Bright Star  

**SWIM/DIVE**

Boys– Palisades  
Girls– Palisades  

**TRACK & FIELD**

Boys– Dorsey  
Girls– Carson

Port of Los Angeles Polar Bears (Photo by Dick Dornan)

Fairfax Lions (Photo courtesy of Gregory Fiore, MaxPreps)

Carson Colts (Photo courtesy of Jimmy Su)
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.

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**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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Important Dates

July 21 – Football Coaches Meeting
July 23 – First Allowable Practice – Football only
July 26 – League Commissioner’s Meeting at Section office
July 30 – First Allowable Practice – all Fall sports
August 1 – AD/AP Meeting at Bravo Medical Magnet
August 10 – First Allowable Fall Contest
August 13 – Girls Volleyball Coaches Meeting
August TBD – Boys and Girls Water Polo Coaches Meeting
August TBD – Girls Tennis Coaches Meeting
August TBD – Cross Country Coaches Meeting
August 28 – Board of Managers Training Meeting
September 5 – Executive Committee Meeting
September 25 – BOM Meeting
October 3 – AD Regional Meeting

Birmingham celebrates back-to-back titles in baseball. The Patriots defeated El Camino Real, 4-3, at Dodger Stadium to capture their sixth City championship (Photo by Dick Dornan)