WELCOME to 2018-19!
The CIF LA City Section welcomes you to another exciting school year. The Section Office is located at 10660 White Oak Ave., Suite 216, Granada Hills, CA., 91344. Our phone number is 818-767-0800 and the FAX number is 818-923-5156.

Section Staff:
Commissioner John Aguirre  jaguirre@cif-la.org
Assistant Commissioner Vicky Lagos  vlagos@cif-la.org
Administrative Assistant Alexa Berg  aberg@cif-la.org
Sports Information Director Dick Dornan  ddornan@cif-la.org
Finance Manager Mayra Alapizco  malapizco@cif-la.org

Fall Sports: Good luck to all schools!

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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Commissioner’s Desk

Where does time go? After 40 years involved with high school athletics, as a coach, administrator, Section staff member and now Commissioner, I see the end of the trail in sight. This will be the last year of my tenure as the Section Commissioner as I plan to retire this coming June 2019. But before I do, I look forward to the great games, teams and accomplishments to come in the 2018-2019 school year. Every year is an opportunity for a school and their students to do big and wonderful things that will set them apart from the rest. The fall season kicks off with football, girls’ volleyball, girls’ tennis & golf, cross country and boys’ water polo.

Parents, it is your time to shine as a supporter of your child and appreciate their achievements through the year. I wish every student-athlete, parent and coach the greatest success on the field / court / course, and more importantly in the challenges they face in the classrooms. Competition is contagious and can be the motivator to achievement beyond expectations. So let’s all jump on board to be a positive support to our children and their school teams to motivate them to greater accomplishments and fulfillment of their dreams. This can only be done with positive reinforcement and becoming a positive role model by our behaviors, speech, and use of good judgement. Set high standards and expectations for ourselves and our children, and allow for growth and understanding as our children maneuver through the obstacles of life and education. But continue your support for their competitive nature and desire for improvement. Let us celebrate their greatness, and be patient with their efforts to overcome the challenges. As failure will always come before success, we need to foster the desire to continue to challenge ourselves to becoming better.

John Aguirre

Section Website: Portal of Information

Please check out the new and improved website. Through the help of our provider, Edlio, the website has been upgraded and updated to be more user friendly and allows for better efficiency with locating information.

www.cif-la.org
Summer in Chicago: 2018 NFHS Conference

The Section staff and members of the Board of Managers traveled to the Windy City for the annual summer meeting hosted by the National Federation of State High School Associations. The NFHS Annual Summer Meeting is the exclusive conference for NFHS membership - state high school athletic/activities associations' staffs and boards of directors. This event allows state associations from across the country an opportunity to network and participate in professional development programs.

During the 2018-19 year, the NFHS will celebrate 100 years as an organization and its 100th Summer Meeting in July, 2019, at its headquarters in Indianapolis, Indiana.

Throughout the year, the NFHS will highlight and celebrate its extensive history from its formation in 1920 to today. Each month, [www.nfhs.org/100years](http://www.nfhs.org/100years) will feature a new video highlighting a part of the NFHS' past.
Palisades Captures 2017-18 Commissioner’s Cup to ‘4-Peat’ as Section Champions

Palisades Charter claimed the 2017-18 Commissioner’s Cup. The Dolphins won seven Section championships to defend their Commissioner’s Cup crown for the fourth consecutive year.

City championships included Girls Tennis, Boys Water Polo, Boys Lacrosse, Boys and Girls Swimming, Boys Volleyball and Boys Tennis.

Palisades accumulated 384 total points narrowly defeating runner-up Granada Hills Charter who finished with 360 points. The Highlanders won three Section championships last year (Girls Cross Country, Girls Volleyball, Boys Golf).

El Camino Real took third place with 323 points and Birmingham finished fourth with 310 points.

Points are awarded for success in the playoffs with an increment in value for each round as schools advance.

Palisades athletic director John Achen receives the Commissioner’s Cup plaque from Commissioner John Aguirre during the AD/AP meeting on August 1 at Belmont HS.
Good luck to all of our teams, coaches and student-athletes in boys water polo, cross country, football, girls golf, girls tennis and girls volleyball! Compete with pride, class and plenty of school spirit!

#CIFLACS
#CitySectionPride

## New/Updated Section Bylaws

The following Articles and Bylaws were either adopted or revised by the Section Board of Managers or Executive Committee:

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<thead>
<tr>
<th>Bylaw</th>
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<tr>
<td>201.A.(4)</td>
<td>Enrollment Standards for Purposes of Bylaw 510 (Removed and updated language, added Q&amp;A, re-lettered)</td>
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<tr>
<td>207.B. NOTE &amp; (3).e</td>
<td>Q&amp;A Added pg. 21 (3).e Transfers to a CIF Member School (Updated language)</td>
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<td>207.B.(4)</td>
<td>International Transfers (Updated language) pg.</td>
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<tr>
<td>207.B.(4)c.(iv)</td>
<td>Added exception (New language)</td>
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<td>207.B.(5) NOTE</td>
<td>Removed NOTE</td>
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<td>207.B.(5)b.(ix)</td>
<td>Sit Out Period (SOP) (Removed and updated language)</td>
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<tr>
<td>207.B.(5)c.(viii)(e)</td>
<td>Return to Previous School of Eligibility [Removed and re-lettered (f)-(i)]</td>
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<tr>
<td>207.C.</td>
<td>International Transfers (Updated language)</td>
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<tr>
<td>208.A(4)</td>
<td>Foreign Exchange (Removed and updated language)</td>
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<tr>
<td>502.</td>
<td>Non-CIF Member School/Club Teams (Added language and re-lettered)</td>
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<tr>
<td>504.M</td>
<td>Sundays (Removed and updated language)</td>
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<tr>
<td>1206.</td>
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<td>1605.</td>
<td>Basketball: Coaches’ Box (Removed Bylaw)</td>
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<td>State Championship Division Placement of schools (Re-numbered from 1606.)</td>
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<td>1606.</td>
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<td>2001.B.</td>
<td>Football Full Contact (Revised)</td>
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### Editorial Clarification

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<tr>
<td>12.N.</td>
<td>CIF Operating Principles/PVH (Added Vaping Q&amp;A)</td>
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<tr>
<td>Bylaw</td>
<td>Updated wording to clarify reference</td>
<td>Updated word - game to contest</td>
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<tr>
<td>207.B.(5)b.</td>
<td>Sit Out Period (SOP) (Added Traditional Competitive Cheer Q&amp;A)</td>
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<td>207.B.(5)b.(ix)</td>
<td>Removed repeated word – participated</td>
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<tr>
<td>207.C.(4)</td>
<td>Foreign Exchange Students (Updated date)</td>
<td>Added reference (Bylaws 600.G. and 702.)</td>
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<tr>
<td>208.A.(1) NOTE</td>
<td>Added word to clarify – exchange</td>
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<td>215.</td>
<td>Added reference (Bylaw 207.A)</td>
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<tr>
<td>208.C.</td>
<td>Added Outside Teams Q&amp;A’s</td>
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<tr>
<td>510.C.</td>
<td>Unattached Competition in Individual Sports added (see also Bylaw 215)</td>
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<tr>
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<td>Appeals (Revised from 601.A.(3))</td>
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<td>Olympic Development Programs (Added an example)</td>
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<td>603.E.</td>
<td>Participation (Revised Bylaw reference)</td>
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<td>702.</td>
<td>All-Star Competition Participation (Added language and updated dates)</td>
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<td>900.A. &amp; C. NOTE</td>
<td>Pitch Count Q&amp;A (Added three additional Q&amp;A’s)</td>
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<tr>
<td>1501.</td>
<td>Track and Field At-Large Entries (Updated wording)</td>
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SCHOOL FOOTBALL TV OPPORTUNITIES: Multi-Camera show ($2500); Single Camera show ($1000). Great for publicity and community support!

LA36 veteran play-by-play announcer Randy Rosenbloom on the mic!

Contact Carla at ccarlini@lachannel36.com if interested
**Student Central**

Purpose: to promote student interest through written, verbal and visual expression on the CIF LA City Section website and social media. Our vision is to encourage and foster the creative minds of your students via sports coverage through journalism (creative writing), digital means (videos/livestream/YouTube) and photography (action photos/head shots). This would include high school game coverage and feature stories at your school.

The Section Office would also offer an internship to those who would be willing to participate in the above mentioned areas for our website on a frequent basis and share stories about individual student-athletes, coaches and teams as well as cover various sporting events as chosen by the student and school advisor.

It is our goal to encourage student participation in covering sports and providing feature stories, videos and photos on their athletic teams as much as possible. The student’s work will be displayed on the Section website under the heading “Student Central” this fall. Please contact SID Dick Dornan for info.
5 TIPS TO HELP ATHLETES STAY SAFE IN INTENSE HEAT

1. ALLOW FOR ACCLIMATION

It takes about 10-14 days for an athlete's body to adapt to the heat, so if possible acclimation should start about two weeks before team practices begin.

2. ADOPT A HYDRATION STRATEGY

Maintaining hydration (within ~2% body weight change) helps reduce an athlete's risk of heat illness and can help the athlete maintain a high level of performance. Proactive steps athletes can take to stay hydrated include:

- Check urine color before practice. If it's like pale lemonade, that's a sign of good hydration.
- Weigh in and out before and after activity.
- Drink enough fluid to minimize weight loss during practice — for each pound that is lost, add an additional 16 oz. of fluid during the next practice.
- After practice, consume 20-24 oz. for each pound lost to rehydrate for the next training session.

3. DRINK 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 physiological desire to drink and helps retain the fluid consumed.

4. FIND TIME FOR RECOVERY

Rest and recovery are an essential part of avoiding heat illness. Athletes should work in times for breaks when active throughout the day, attempt to get six to eight hours of sleep a night and sleep in a cool environment, if possible.

5. MAINTAIN A HEALTHY DIET

Athletes need to think about fueling before, during and after physical activity. They should be fully hydrated with fluids and fueled with foods that contain electrolytes to maintain fluid levels. Fluids lost through sweat and breathing should be replaced by fluid consumption.

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DON’T PUNT YOUR OFF SEASON
OFF SEASON TRAINING AND FUELING MUST COMPLEMENT EACH OTHER FOR MAXIMUM RESULTS. WHEN YOU CHANGE YOUR TRAINING, YOU NEED TO CHANGE YOUR FUELING.

BECCI TWOMBLEY, RD CSSD | KURTIS SHULTZ, CSCS

GOALS OF THE OFF SEASON

BUILDING MUSCLE AND STRENGTH
• Athletes should lift heavy weights until fatigue, and follow with active recovery to rebuild muscle tissue
• For muscle growth, athletes should aim to consistently eat at least 20g of protein after training, as soon as they can tolerate it
  • Turkey Sandwich
  • Greek Yogurt with Fruit and Granola
  • Protein Shake
• Adequate sleep is essential for optimum recovery, as well

TISSUE RECOVERY
• Utilize recovery equipment such as bands, rollers and weighted balls to help rebuild tissue
• For optimized tissue recovery, focus on foods and beverages that rehydrate and limit inflammation
  • Plenty of water
  • Gatorade
  • Tart Cherry Juice

OPTIMIZE POWER AND REACTION TIME
• Metabolic training (cardio) improves cells’ ability to utilize oxygen and clear out lactic acid, as well as improves efficiency of muscle contraction and power output
• While focusing on optimizing power and reaction times, eat foods that improve blood flow and maximize sleep quality
  • Beets
  • Greek Yogurt
  • Beef Jerky