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
Dear CIF Los Angeles City Section Member Schools,

We are thinking of each one of you during this difficult time.

The CIF State office has provided a Coronavirus (COVID-19) Advisory.

Please see the link below in regard to safety protocols and recommendations-
https://www.cifstate.org/sports-medicine/coronavirus

We remind everyone to continue to take preventative actions advised by the CDC to help stop the spread of germs, including washing hands frequently, for at least 20 seconds, containing coughs into a tissue or sleeve and staying home if you are sick, especially if you have a respiratory illness and fever.

Additionally, limit non-essential personnel in the locker rooms pre and post-game. Also, student-athletes should refrain from handshakes throughout athletic contests including pre, post, and in-event, instead utilize the fist bump.

The following resources are available for further information:

California Department of Education:
https://www.cde.ca.gov/re/di/nl/cdecurrents2020february.asp

Center for Disease Control and Prevention (CDC):

California Department of Public Health:
https://www.cdph.ca.gov/Programs/CID/DCDC/ Pages/Immunization/nCOV2019.aspx
https://www.cde.ca.gov/nr/el/le/documents/coronavirusguidance.pdf

The health and safety of all of our community members is our priority. Please let our office know if we can be of assistance to you. Thank you for your patience, flexibility, and support of one another.

Sincerely,

Vicky Lagos
Congratulations to Lori Chandler of El Camino Real and Angelo Gasca of Venice! They have been recognized as this year's CIF LA City Section’s Model Coaches of the Year presented by the CIF State office.

A model coach demonstrates and teaches the six core ethical values: trustworthiness, respect, responsibility, fairness, caring, and good citizenship (the “Six Pillars of Character”). The CIF believes that the highest potential of sports is achieved when teachers/coaches consciously Teach, Enforce, Advocate and Model (T.E.A.M.) these values and are committed to the ideal of Pursuing Victory with Honor.

**Lori Chandler: Basketball/Softball/Tennis**

Chandler’s coaching spans 30 years with the unique ability to teach and build skills while instilling character in her students. Coaching is not only her passion but it is also her calling. Her actions, words, and motivational techniques are all centered around doing better; not just for you, but for the team, the game, and the standards you should live by. She has inspired hundreds of students through her daily actions at El Camino Real Charter High School.

**Angelo Gasca: Football**

Gasca has coached football at Venice High School for more than 20 years. He uses football as a channel to engage and teach his student-athletes, not only about the sport but about life and the skills necessary to become a successful community member. One of his favorite things to say is “next play.” He teaches his players that you can’t live in the past; you have to let go of mistakes and make things better. He has been a mentor to many student-athletes at Venice High School.

**NFHS Coach of the Year Award Winners**

Congratulations to the following LA City Section coaches who have been recognized with the following NFHS awards:

- **Maria Teresa Frias, Cleveland:** 2018-19 NFHS West Section Boys Swimming & Diving Coach of the Year
- **Maria Teresa Frias, Cleveland:** 2018-19 NFHS California Boys Swimming & Diving Coach of the Year
- **Chris Ancheta, Granada Hills:** 2018-19 NFHS California Boys Golf Coach of the Year
- **Bud Kling, Palisades:** 2018-19 NFHS California Boys Tennis Coach of the Year
Congratulations to the Palisades Dolphins who won the CIF State Division II So Cal Regionals!

In front of a boisterous home crowd, the Dolphins defeated Santa Monica, 51-36. Palisades won the CIF LA City Section Open Division championship and finished the season 26-9 overall.
Champions’ Salute!

**BASKETBALL**

Boys Open Division– Westchester
Boys Division 1– Palisades
Boys Division 2– Roosevelt
Boys Division 3– San Fernando
Boys Division 4– Maywood Academy
Boys Division 5– Dymally
Girls Open Division– Palisades
Girls Division 1– Westchester
Girls Division 2– Los Angeles CES
Girls Division 3– Central City Value
Girls Division 4– Verdugo Hills
Girls Division 5– Monroe

**SOCCER**

Boys Division 1– El Camino Real
Boys Division 2– Polytechnic
Boys Division 3– Hamilton
Boys Division 4– Garfield
Boys Division 5– Bravo
Girls Division 1– Granada Hills
Girls Division 2– North Hollywood
Girls Division 3– Los Angeles CES
Girls Division 4– Venice
Girls Division 5– Gardena
Champions’ Salute!

**GIRLS WATER POLO**

Birmingham

**WRESTLING**

Boys– Birmingham  
Girls– San Fernando

**WRESTLING (Duals)**

Boys– Sylmar  
Girls– San Fernando

Birmingham Patriots — girls water polo

Sylmar Spartans — boys wrestling duals

San Fernando Tigers — girls wrestling
Winter Academic Team Award Winners

BOYS BASKETBALL- Belmont  3.42
GIRLS BASKETBALL- Granada Hills Charter  3.43
BOYS SOCCER- Granada Hills Charter  3.29
GIRLS SOCCER- New West Charter  3.79
BOYS WRESTLING- Granada Hills Charter  3.29
GIRLS WRESTLING- Belmont  3.55
GIRLS WATER POLO- Palisades Charter  3.69
SUGAR ENERGIZES YOUR GAME

SUGAR = CARBS FOR FUEL

And that's exactly why Gatorade® Thirst Quencher is specially formulated with 21g of fast-absorbing carbs per 12 ounces of fluid. It's the boost your body needs when you need to give it your all.

WHY
The glucose and sucrose fuel your muscles and mind.

WHEN
From start to finish, sugar helps you stay energized throughout activity so you can play your best.

HOW MUCH
The recommended amount of sugar for athletes is 30-60g per hour of activity. That's why every bottle of Gatorade® Thirst Quencher is formulated to help deliver the proper carb intake, plus the fluids to help support hydration.

Learn more about how SUGAR & CARBS FUEL YOUR PERFORMANCE @ GATORADE.COM

GATORADE
THE SPORTS FUEL COMPANY

Gatorade and G Design are registered trademarks of S-VIC, Inc. ©2015 S-VIC, Inc.
FIND AN UNRIVALLED SELECTION OF ATHLETIC GEAR AT EASTBAY.COM

THE OFFICIAL ATHLETIC RETAIL PARTNER OF THE CIF
Follow your teams, get live updates, share with your friends.
All in one place.

Real-time stats & scores
Follow your favorite high school teams just like you follow the pros with real-time stats, play-by-play, and more.

A profile for every player
Scorebook Live celebrates every player with unique and customizable profiles.

Automated game recaps
Once the game has ended, Scorebook Live writes a recap story so you’re always close to the action.

Tray Meeks
Bishop Alemany Varsity Boys Basketball Coach

“We have used Scorebook Live for the last four years and it has become a product that we trust and our fans rely on.”

Head to scorebooklive.com to get started!
Important Dates
March 10– Executive Committee Meeting
March 24– Board of Managers Meeting
April 15– Athletic Directors Regional Meetings
April 17– Eligibility Rosters
April 21– New AD Training
April 30, May 4, 7– Boys Tennis Championships
May 1– Lacrosse Championships
May 5– Diving Finals
May 8– Swim Championships
May 9– Competitive Cheer Championships
May 15, 16– Boys Volleyball Championships
May 15, 16– Softball Championships
May 20– Boys Golf Championship
May 22– Track & Field Championships
May 29, 30– Baseball Championships