CIF-LACS NEWS
Official Los Angeles City Section Newsletter

December 2018

SANTEE & LOCKE WIN FIRST
FOOTBALL CHAMPIONSHIP!!

In This Issue
- Commissioner’s Desk
- SoCal Regional Champions
- Honor and Character Medals
- Fall Champions’ Salute
- AD Recognition Honors
CIF Members,

With the approaching realistic threat of a LAUSD teacher’s work stoppage, I wish to offer all school administrators the following information to assist with your decisions to maintain a safe environment for your students during your athletic activities.

This communication is to provide an outline of the options for the school site administration to determine if their teams will be permitted to practice and/or compete in athletic competition should the school be affected by a teacher’s work stoppage lockout affecting the ability for a school to continue programs as planned.

The following information shall identify the options you should consider to determine if your athletic teams will practice and/or compete as scheduled.

- Given the potential for limited staffing during a teacher lockout, each school site administration must evaluate if their staff would be able to monitor and supervise athletic practices and/or events to maintain a safe educational environment for the participating students and coaches. It would be the site administration’s decision to allow or to cancel practice / contest should a teacher lockout occur.

- Administrators would have the following options for contest:
  - Play as scheduled.
  - Move the game location and/or time as necessary to avoid potential safety concerns. Official assigners will be notified that no official fees will be required of cancelled contest or game changes. League Commissioner must be notified about all changes.
  - Postpone contest and reschedule for a future date (time permitting).
  - Cancel as a “No Game”, which would not be counted toward the win/loss record. Forfeits will NOT be considered.

- Administrative oversight
  - If the decision by the principal is to cancel practice and or contest, it would be the responsibility of the administration to ensure that coaches comply with this policy and understand they do not have the option to relocate a practice, practice with another school or participate in competition without administrative consent.
  - If teams participate in practice or contest without the principal’s approval, they would be in violation of several Section bylaws that may affect the eligibility of the players and jeopardize the schools membership status.

- Charter schools that are not affected by the job action on their campus, would be required to accept the request for change of game site (if facility is available), reschedule, or accept the “No Game” request.

Should you have any questions or need further clarification, please contact the Section Office.

John Aguirre
El Camino Real became the first team from the CIF LA City Section since 1979 to win a So Cal Regional girls volleyball title when the Conquistadores defeated San Diego High Tech, 3-1, in Division V.

Palisades won the Division III title with a 12-5 victory over California. The first-ever CIF LA City Section championship in boys water polo!
Garfield defeated Kennedy of Delano, 42-10, to advance to the CIF State Division 4-A Bowl Championship game on December 15. It was the Bulldogs first-ever Regional title!
Fall Champions of Honor and Character

The CIF LA City Section recognizes student-athletes that have demonstrated the six pillars of character in their respective sports: caring, citizenship, fairness, respect, responsibility, trustworthiness. The following students received the “Champion of Honor and Character” medal:

Cross Country — Marcela Argueta, Canoga Park

Boys Water Polo – Jorge Lara, Birmingham

Football – Andrew Cox, Fairfax
The CIF LA City Section recognizes student-athletes that have demonstrated the six pillars of character in their respective sports: caring, citizenship, fairness, respect, responsibility, trustworthiness. The following students received the “Champion of Honor and Character” medal:

Girls Golf – Keo Howe, Cleveland

Girls Volleyball – Joanalyn DeLeon, Carson

Girls Tennis – Sophia Amato, Palisades
BOYS WATER POLO
Palisades

CROSS COUNTRY
Division 1 Boys– Granada Hills
Division 1 Girls– Granada Hills
Division 2 Boys– Venice
Division 2 Girls– Eagle Rock
Division 3 Boys– Canoga Park
Division 3 Girls– Canoga Park
Division 4 Boys– Sherman Oaks CES
Division 4 Girls– Belmont
Division 5 Boys– New West Charter
Division 5 Girls– Sun Valley Magnet

FOOTBALL
Open Division– Narbonne
Division 1– San Pedro
Division 2– Locke
Division 3– Santee
8 Man– Animo Robinson
GIRLS GOLF
Cleveland

GIRLS TENNIS
Open Division– Palisades
Division 1– Eagle Rock
Division 2– Taft

GIRLS VOLLEYBALL
Open Division– Palisades
Division 1– San Pedro
Division 2– Elizabeth
Division 3– Birmingham
Division 4– Lincoln
Division 5– Aspire Ollin

Fall Champions

Cleveland – Girls Golf

Taft – Girls Tennis

Aspire Ollin – Girls Volleyball
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

SAVE THE DATE!
April 28, 2019

Sportsmen's Lodge Events Center, Studio City

Dinner 5:00 pm / Induction Ceremony 6:00 pm
Ticket prices - $80 per person
RSVP by April 12, 2019

For more information, visit www.cif-la.org / Hall of Fame

David Richard & Shane Cox Earn AD Honors

Arleta athletic director David Richard was named the 2018-19 AD of the Year winner while Shane Cox of Fairfax was recognized as the 2018-19 Norm MacKenzie rookie AD of the Year recipient. Congratulations to David and Shane on their well-deserved honors!!

Facebook.com/CIFLACS

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www.cif-la.org
## 2019 Hall of Fame Class

<table>
<thead>
<tr>
<th>Name</th>
<th>School, Year</th>
<th>Sport</th>
</tr>
</thead>
<tbody>
<tr>
<td>Don Buford</td>
<td>Dorsey, 1955</td>
<td>Baseball</td>
</tr>
<tr>
<td>Willie Crawford</td>
<td>Fremont, 1964</td>
<td>Baseball</td>
</tr>
<tr>
<td>Anthony Davis</td>
<td>San Fernando, 1971</td>
<td>Football</td>
</tr>
<tr>
<td>Tony Dobra</td>
<td>San Pedro, 1974</td>
<td>Softball Coach</td>
</tr>
<tr>
<td>Marv Dunphy</td>
<td>Taft, 1966</td>
<td>Volleyball Coach</td>
</tr>
<tr>
<td>Chris Ferragamo</td>
<td>Banning, 1958</td>
<td>Football Coach</td>
</tr>
<tr>
<td>Vince Ferragamo</td>
<td>Banning, 1972</td>
<td>Football</td>
</tr>
<tr>
<td>Hal Harkness</td>
<td>North Hollywood, 1956</td>
<td>Contributor - Commissioner</td>
</tr>
<tr>
<td>Lucious Harris</td>
<td>Cleveland, 1989</td>
<td>Basketball</td>
</tr>
<tr>
<td>Toya DeCree Holiday</td>
<td>John F. Kennedy, 1981</td>
<td>Basketball</td>
</tr>
<tr>
<td>Carolyn House Helmuth</td>
<td>Marshall, 1963</td>
<td>Aquatics</td>
</tr>
<tr>
<td>Sue Kamiyama</td>
<td>Dorsey, 1967</td>
<td>Contributor - AD &amp; Coach</td>
</tr>
<tr>
<td>Paul Knox</td>
<td>Hamilton, 1970</td>
<td>Football/Track Coach</td>
</tr>
<tr>
<td>Freeman McNeil</td>
<td>Banning, 1977</td>
<td>Football</td>
</tr>
<tr>
<td>Loree Moore</td>
<td>Narbonne, 2001</td>
<td>Basketball</td>
</tr>
<tr>
<td>Randy Rosenbloom</td>
<td>North Hollywood, 1969</td>
<td>Contributor - Broadcast TV</td>
</tr>
<tr>
<td>Julie Rousseau</td>
<td>Dorsey, 1983</td>
<td>Basketball Coach</td>
</tr>
<tr>
<td>John Smith</td>
<td>Fremont, 1968</td>
<td>Track and Field</td>
</tr>
<tr>
<td>Eric Sondheimer</td>
<td>Polytechnic, 1976</td>
<td>Contributor - Journalism</td>
</tr>
<tr>
<td>Jim Tunney</td>
<td>LAUSD 1951-1975</td>
<td>Contributor - Principal - NFL</td>
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## Legacy Group

<table>
<thead>
<tr>
<th>Name</th>
<th>School, Year</th>
<th>Sport</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nate Barrager</td>
<td>San Fernando, 1925</td>
<td>Football</td>
</tr>
<tr>
<td>Motts Blair</td>
<td>Polytechnic, 1908</td>
<td>Basketball</td>
</tr>
<tr>
<td>Milt Davis</td>
<td>Jefferson, 1947</td>
<td>Football</td>
</tr>
<tr>
<td>Fred Haney</td>
<td>Polytechnic, 1918</td>
<td>Baseball</td>
</tr>
<tr>
<td>Jeanne Hoffman</td>
<td>Los Angeles, 1934</td>
<td>Contributor - Journalism</td>
</tr>
<tr>
<td>Joe Jares</td>
<td>Hamilton, 1955</td>
<td>Contributor - Journalism</td>
</tr>
<tr>
<td>Mickey Riley</td>
<td>Roosevelt, 1927</td>
<td>Aquatics</td>
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<tr>
<td>Woody Strode</td>
<td>Jefferson, 1934</td>
<td>Football</td>
</tr>
<tr>
<td>Charlie Toney</td>
<td>Manual Arts, 1917</td>
<td>Track and Field</td>
</tr>
<tr>
<td>Adam Walsh</td>
<td>Hollywood, 1921</td>
<td>Football</td>
</tr>
<tr>
<td>Louis Zamperini</td>
<td>Torrance, 1935</td>
<td>Track and Field</td>
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CARBOHYDRATE: PREMIUM FUEL FOR ATHLETES

WHAT FOODS ARE CARBOHYDRATE?
Bagels, bread, pretzels, crackers, pasta, rice, potatoes, beans, vegetables, fruit, fruit juice, pancakes, waffles, cereal, granola bars, sports drinks, sports chews

WHAT FOODS AREN'T CARBOHYDRATE?
Meat, chicken, fish, eggs, bacon, tofu, nuts, peanut butter

HOW MUCH CARBOHYDRATE SHOULD I EAT EVERY DAY WHEN I'M TRAINING REGULARLY?
Eat some with every meal and snack. Make sure about 2/3 of each meal is carbohydrate.

PERFORMANCE CARBOHYDRATE TIMELINE
If you're hungry or want to start getting your during exercise fuel, eat a small amount of carbohydrate before you start. Include carbs in your recovery snack.

Eat a meal focusing on carbs several hours before game/practice time.
Eat 30-60 g each hour of training or competition.

For example, during a basketball game eat a pack of chews at halftime and drink a 20 oz. bottle of Gatorade throughout the game. Or drink a 32 oz. bottle (or larger squeeze bottle) of Gatorade throughout the game, sipping at every timeout and halftime.

The information in this document is grounded in sports nutrition science, translated for athletes.

FUELING ATHLETIC PERFORMANCE
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GET PERSONALIZED: First-class customization with your team colors & mascot in the app
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MAXPREPS.COM/TEAMS

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THE OFFICIAL ATHLETIC RETAIL PARTNER OF THE CIF

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## 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 Dorman for information.

### Important Dates

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>Dec. 21 to Jan. 2</td>
<td>Section Office closed for holidays</td>
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<tr>
<td>Jan. 11</td>
<td>Winter Eligibility Rosters due on CIF Home</td>
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<td>Jan. 15</td>
<td>Executive Committee Meeting</td>
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<td>Jan. 28</td>
<td>First Allowable Spring Practice</td>
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<td>Jan. 29</td>
<td>Board of Managers Meeting</td>
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<td>Feb. 6</td>
<td>Athletic Directors Regional Meeting</td>
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<td>Feb. 8</td>
<td>First Allowable Spring Contest</td>
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<td>Feb. 13</td>
<td>New AD Training</td>
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<td>April 28</td>
<td>2019 Hall of Fame Induction Ceremony</td>
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