HAPPY HOLIDAYS from US to YOU!

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As we end the fall season and begin the winter sports season, we should take the time to reflect on all of the time and commitment that our student-athletes, parents, coaches and school personnel put in to make our athletic teams a success both on and off the competition field. Thank you for all that you do! Congratulations to all of our fall participants and best of luck to our winter teams!

This fall has been very busy, as our office personnel has changed, some in new positions, and some brand new. We want to thank all of you for helping us to acclimate. I would like to introduce you to Kim Boardingham (left), our new office administrative assistant. Please know we are open to any new ideas and suggestions. We look forward to hearing from you!

We are committed to helping make our Section the most successful it can be!

This year we introduced our inaugural youth sportsmanship essay contest that is open to K-5th graders. We had great entries! Our inaugural winners were fifth grader, Victoria Alamillo from Mayall Academy of Arts & Technology, and fourth grader Josue Guerra from Beachy Avenue Elementary School. Victoria read her speech (see below) at our Open Division football championship game at El Camino College and participated in the pre-game coin toss. We look forward to our next batch of essays this winter.

The best to you and your loved ones this Holiday Season!

**Commissioner Vicky Lagos**

Victoria Alamillo, a fifth grader at Mayall Academy of Arts and Technology Magnet, read her essay at the Open Division Football Championship on November 29 in front of a large crowd from Banning and Birmingham High Schools.

Victoria (right) also participated in the coin toss with the referees and team captains on the field before the game. Here’s a short excerpt from her winning essay:

“We often think we have a few seconds or minutes to show the world how good we are, but I strongly believe that this is not entirely true! You have a lifetime to inspire and show greatness in many other ways. I know my greatest accomplishment in life will not be determined by a 2 minute race or the number of medals and trophies I can collect over the years, but rather in how many people’s lives I can make a difference on my time here on earth.”

Victoria is a swimmer at Canyons Swimming Club and trains every day to accomplish her dream to represent the USA at the 2028 Summer Olympics.

Congratulations to Victoria!
Thrill of Victory!

[Image of football players celebrating with a trophy]

[Image of volleyball players celebrating with a coach]

[Images of Los Angeles City Section High School Sports]

[Images of various high school sports events]
GIRLS VOLLEYBALL: University defeated Mammoth 3-2 (15-25, 25-23, 23-25, 25-21, 15-13) to win the CIF SoCal Division 5 Regional Championship. Congratulations to Coach Emilio Alvarado and the Lady Wildcats!
FOOTBALL: Reseda defeated Esperanza, 28-0, to win the CIF SoCal Division 5-A Bowl. Congratulations to Coach Alonso Arreola and the Regents!
FOOTBALL: Gardena defeated Francis Parker, 27-13, to win the CIF SoCal Division 7-AA Bowl. Congratulations to Coach Jim McElroy and the Panthers!
Fall Champions

**BOYS WATER POLO**
Palisades

**CROSS COUNTRY**
Division 1 Boys– San Pedro
Division 1 Girls– Granada Hills
Division 2 Boys– Venice
Division 2 Girls– Monroe
Division 3 Boys– Verdugo Hills
Division 3 Girls– Verdugo Hills
Division 4 Boys– Mendez
Division 4 Girls– Mendez
Division 5 Boys– New West
Division 5 Girls– USC MAE

**FOOTBALL**
Open Division– Birmingham
Division 1– Reseda
Division 2– Canoga Park
Division 3– Gardena
8 Man– Animo Robinson

Palisades – Boys Water Polo

San Pedro – Boys Cross Country

Birmingham – Football
Fall Champions

GIRLS GOLF
Granada Hills

GIRLS TENNIS
Open Division– Granada Hills
Division 1– El Camino Real
Division 2– San Fernando

GIRLS VOLLEYBALL
Open Division– Eagle Rock
Division 1– Chatsworth
Division 2– University
Division 3– Grant
Division 4– Port of Los Angeles
Division 5– Rancho Dominguez

Granada Hills – Girls Golf
San Fernando – Girls Tennis
Eagle Rock – Girls Volleyball
Palisades Coach Bud Kling is the New California Tennis King of Swing

Steve Galluzzo, Palisadian Post

There is a new “King of Swing” in California prep annals. Bud Kling entered the CIF record book Saturday morning by becoming the winningest high school tennis coach in state history with the Palisades girls’ 6-0 victory over host Sage Hill in the third round of the Lightning Invitational in Newport Beach.

According to Cal-Hi Sports records it was Kling’s 1,246th win—one more than the career total accumulated by previous record holder Robbin Adair, who coached the Coronado boys for 40 seasons and the girls for 33 before retiring in 2007 with 1,222 dual match victories and 1,245 overall.

Kling, who started coaching at Palisades in 1977 as an assistant to Bud Ware before taking over the boys program when Ware stepped down prior to the City Section playoffs in 1979. The boys have been recognized as national champions in 1979, 1980, 1997 and 2017.

Still going strong at age 72, Kling is the school’s longest-tenured coach, having piloted the boys to 37 league titles and 27 City titles (all in the top division) in 40 seasons and leading the girls to 27 league titles and 19 City championships in 28 seasons. He coached the girls for all but one season from 1984-2007 before stepping down. Since returning in 2015 he has led the girls to four section titles in the last five years. The boys have won City 11 straight times.

While Kling’s 46 CIF titles are the gold standard in the City they are not the state record—that belongs to Larry Rogers, who coached swimming and water polo at Cupertino Monta Vista and San Jose Bellarmine Prep for almost 50 years. The state mark for wins in all sports (1,666) is held by swimming and water polo coach Brent Bohlender, who had stints at three public schools—Beyer, Davis and Johansen—in Modesto.

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
Fall Academic Team Award Winners

BOYS CROSS COUNTRY- New West Charter 3.52
GIRLS CROSS COUNTRY- New West Charter 3.88
BOYS WATER POLO- Palisades Charter 3.13
     FOOTBALL- Belmont 3.11
GIRLS GOLF- Cleveland 3.40
GIRLS TENNIS- Gardena 3.72
GIRLS VOLLEYBALL- Episcopal School of LA 3.86
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!
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

TOTAL CARBOHYDRATE 25 G 25 G 35 G 56 G 60 G

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
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 more information.

Important Dates

Dec. 21 to Jan. 5 – Section Office closed for holidays
Jan. 14 – Executive Committee Meeting
Jan. 15, 21, 23 – Spring Coaches Meetings (Swim, Softball, Baseball)
Jan. 24 – Winter Eligibility Rosters due on CIF Home
Jan. 28 – Board of Managers Meeting
Jan. 29 – Spring Coaches Make-Up Meeting
Feb. 3 – First Allowable Spring Practice
Feb. 5 – Athletic Directors Regional Meetings
Feb. 11 – New AD Training
Feb. 14 – First Allowable Spring Contest