Southern Section
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TO: CIF-SS GIRLS WRESTLING COACHES

FROM: GLENN MARTINEZ: ASSISTANT COMMISSIONER
ROB FROH: CIF-SS GIRLS INDIVIDUALS CHAMPIONSHIP SERIES TOURNAMENT DIRECTOR

RE: 2017 CIF SOUTHERN SECTION CENTRAL QUALIFING TOURNAMENT FEBRUARY 4, 2017
PIONEER VALLEY HIGH SCHOOL

DATE: JANUARY 16, 2017

TOURNAMENT MANAGERS

Region	Site	Meet Manager
Southern Division	Tustin HS	Donald Apodaca, Tustin HS
Eastern Division	Hillcrest HS	Ryan DeJournett, Hillcrest HS
Northern Division	Pioneer Valley HS	Kevin Ilac, Pioneer Valley HS
Central Division	Upland HS	Leonard Bumpus, Upland HS

RULES

National Federation Rules will govern the conduct of this tournament except where modified by the CIF-SS Blue Book. We will wrestle straight through to the conclusion.

The top 8 wrestlers from each weight class at each site, qualify for the CIF – Southern Section Girl's Individual Wrestling Championship Tournament.

DATES AND TIMES

SATURDAY, FEBRUARY 4, 2017

Coaches and Wrestlers Check in (Mandatory)	7:30 a.m.
Weigh-in and grooming check	8:00 a.m.
(NOTE: All wrestlers must be present at 8:00 a.m. to weigh-in.)	
Officials/coaches meeting	9:30 a.m.
Wrestling begins	10:00 a.m.
1st Championship Round	10:00 a.m. – 1:00 p.m.
2nd Championship Round/1st Consolation Round	1:00 p.m. – 4:00 p.m.
2nd Consolation Round	4:00 p.m. – 5:00 p.m.
Championship Semi-Finals/3rd Consolation Round	5:00 p.m. – 6:00 p.m.
Consolation Semi-Finals	6:00 p.m. – 7:00 p.m.
Finals	7:15 p.m.

Approximate times listed. Each succeeding round will begin at the conclusion of the previous round, providing wrestlers have the required amount of rest time between matches. Coaches and wrestlers should remain in close proximity to the gym in order to be ready for each match.

OFFICIAL CIFSS WRESTLING CHAMPIONSHIPS T-SHIRTS

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SPORTS PATCH (INDICATE SPORT)						
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SUBTOTAL: Sales Tax 7.75% =
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TOTAL

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Security Code | *Expiration Date*

*Signature*_____

LEAGUES PARTICIPATING IN REGIONAL QUALIFYING TOURNAMENT

The following divisions are primarily based on region. Given that the CIF Qualifying Tournament is a one day event, The CIF office and the Girl's Wrestling Committee has tried to keep schools close enough to the host site to minimize travel and overnight accommodations.

Northern Region **Pioneer Valley HS**	**Southern Region** **Tustin HS**	**Eastern Region** **Hillcrest HS**	**Central Region** **Upland HS**
Camino Del Rey	Academy	Agape Valley	Almont
Channel	Bay	Ambassador	Baseline
Coast Valley	Century	Arrowhead	Del Rio
Coastal Canyon	Coast View	Big VIII	Hacienda
Condor	Empire	Citrus Belt	Miramonte
Foothill	Freeway	De Anza	Mission Valley
Gold Coast	Garden Grove	Desert Mt	Montview
Golden	Golden West	Desert Sky	Mt Baldy
Hi-Ho	Moore	Desert Valley	Palomares
Liberty	Ocean	Inland Valley	Rio Hondo
Los Padres	Orange	Mojave River	Suburban
Marmonte	Orange Coast	Mountain Pass	Valle Vista
Mission	Pacific Coast	Mountain Valley	
Olympic	Pioneer	River Valley	
Pac 8	San Gabriel	San Andreas	
Pacific	Sunset	South Valley	
Pacific View	Trinity	Southwestern	
Sunshine		Sunbelt	
Tri-Valley		Sunkist	

WEIGH-IN AND GROOMING CHECK

Each coach is expected to be present to identify his or her wrestlers at the beginning of weigh-ins to prevent misunderstandings and/or mistakes. Grooming will be checked prior to weigh-ins. Weigh-ins will be conducted by female weight masters. They will check conformance as required by the National Federation 2016-2017 Rule Book. **All wrestlers must be present in the weigh-in area at the beginning of weigh-ins and are not allowed to leave until their weigh-in is completed.** All weigh-ins will begin with the 101 lb. weight class and proceed in order up to the 235 lb. class. When all wrestlers for a weight class have had the opportunity to weigh-in and the next class is called, that weight class is closed. The two-pound growth allowance will be in effect.

It is the responsibility of the head coach to verify that his wrestlers are properly groomed and equipped to wrestle. Before they arrive at the tournament they should examine their wrestlers and their equipment to make sure of the following things:

1. Their nails are clipped short and smooth
2. Their hair is cut properly or they bring a hair cover (NFHS Rule 4-3-1a)
3. They bring a mouthpiece to protect both their top and bottom teeth if they have braces
4. Their laces are properly tied, secured in an acceptable fashion (velcro strap, tape).
5. Headgear should provide adequate protection and have no tape or crossed straps.
6. If there are any questionable skin conditions they should start treatment and bring the correct form signed by a doctor. ...Final decision on skin questions will be made by designated Tournament Doctor/Meet Director.

WEIGH-IN ATTIRE

The CIF Southern Section mandates that all female wrestlers weigh-in wearing suitable undergarments that completely cover the buttock and groin area. Female contestants must also wear a suitable undergarment that covers their breasts.

NFHS Case Book 4-5-7: Comment Examples of suitable undergarments covering the buttocks and groin area include: briefs, boxers, and shorts. Examples of suitable undergarments that cover the breasts include: a t-shirt or sports bra.

A reminder that the NWCA Management Program is different for girls in reference to minimum body fat of 12% for females.

WEIGHT CLASSES

The following weight classes will be in effect for the CIF Girl's Championship Meet:

101 Pounds	106 Pounds	111 Pounds	116 Pounds	121 Pounds	126 Pounds	131 Pounds
137 Pounds	143 Pounds	150 Pounds	160 Pounds	170 Pounds	189 Pounds	235 Pounds

Note: The 2 pound growth allowance will be used in accordance with the National Federation Wrestling Rules.

ENTRIES PER WEIGHT CLASS

A 16 person bracket will be used with no more than one entry per weight class per school. Should more than 16 wrestlers in a given weight class register, tournament management will expand selected weight class brackets to a 24 person bracket.

This Southern Section Girl's Regional Wrestling Tournament is a qualifying tournament for the CIF Southern Section Girl's Wrestling Championship Tournament, which will take place on Friday, February 10th and Saturday, February 11th at Eleanor Roosevelt High School in Eastvale, CA.

The top 8 wrestlers in each weight class will qualify from the Regional Tournament to the CIF-SS Championship.

The top 8 wrestlers from each weight class of the CIF Southern Section Championship will qualify for the Girl's State Invitational Tournament.

PRE-REGISTRATION

Wrestlers must be pre-registered online.
Coaches are responsible for providing accurate seeding information.

- Go to www.tmi.0catch.com
- Click on *2016-2017 Tournaments*.
- Go to the CIF SS GIRLS (select your region) and click on *Pre-Registration*. This is the last column on the right.
- Please only register one female wrestler per weight class.
- Please register your wrestler in only ONE weight class. Decide what that is before registering them on TMI.
- Complete the Registration Form.
- Verify that your registration was received by clicking on *Participants* in the column to the left of *Pre-Registration*.

REGISTRATION DEADLINE: Wednesday, February 1st, 2017 at 11:00 pm.
*****THERE WILL BE NO WALK-UP REGISTRATION ALLOWED.*****
*****WRESTLERS WILL NOT BE ALLOWED TO CHANGE WEIGHT CLASSES IF THEY DO NOT MAKE WEIGHT.*****

SEEDING MEETING

A seeding meeting will be conducted on Thursday, February 2nd, 2017 by each regional meet manager and CIF Girl's Advisory Board members to determine the top 4 wrestlers in each weight class for each region. The rest of the bracket will be filled in by computer generated random draw. ONLY TOURNAMENTS WITH POSTED RESULTS WILL BE CONSIDERED FOR SEEDING.

PAIRINGS

Pairings for the Girl's Qualifying Meet will be done utilizing a computer program which includes a random number generator that will select a formula for each weight class. This is a 16 person (24 person if needed) double elimination tournament. Byes for the first round will be determined by a random draw. Please do not call the CIF-SS office for the draw; it will be available Saturday at the Qualifying Meet or on TMI.

MATCH COUNT

NFHS Rule 1-4-3 states that "No wrestler shall . . . wrestle in more than five matches excluding forfeits in any one day of competition."

If a wrestler has reached their respective match limit before a final placing has been determined, the wrestlers will tie for that place. It will not affect the draw for the CIF Southern Section Championships, as wrestlers not seeded are a random draw into the bracket.

There are no individual or team awards for the Regional Qualifying Tournaments, so placement points will not matter.

ENTRY

There will be no entry fee charged for the Southern Section Qualifying Meet.
ALL WRESTLERS MUST HAVE PROOF OF CIF WRESTLING MANAGEMENT WEIGHT ASSESSMENT (TRACK WRESTLING ALPHA MASTER REPORT).

COACHES

During the tournament competition, a maximum of two team coaches will be permitted to sit in the restricted area. Facilities permitting, coaches shall be seated at least ten feet from the official's table and the edge of the mat.

AWARDS

There will NOT be any individual or team awards presented. This is a regional qualifying tournament only.

ALTERNATES

Only one female wrestler may be registered in each weight class from a particular school. Schools will be allowed to bring an alternate wrestler from their school if one of their registered wrestlers is unable to wrestle. The alternate will take the place of the entered wrestler should she be unable to compete. Alternates can only replace an injured wrestler and remain in the same weight class. They cannot move up or down once they are assigned to that weight. There will be no replacements if the registered wrestler doesn't make weight.

ADMISSION

The ticket booths will be open at 9:00 a.m. on Saturday, February 4th. Please let your spectators know. This is a CIF-SS sponsored event. Registered Participants will be provided admission free of charge.

Any high school athlete/teammate, not competing will have to pay ticket price to gain entry.

Saturday, February 4th, 2017
Adults - $10.00
Students - $5.00 (with valid student I.D.)
Children - $5.00 (Ages 3-13)

LOCKER ROOMS
Locker rooms will not be provided. Valuables should NOT be left in the gymnasium. Teams should make arrangements for their protection.

PHOTOGRAPHERS
No photographers are allowed on the floor during the competition.

LOCATION OF REGIONAL TOURNAMENT (SEE ENCLOSED MAP)

PIONEER VALLEY HIGH SCHOOL
675 Panther Drive
Santa Maria, CA 93454

PARKING
Take the 101 Fwy Exit, Turn Left on Panther Drive, Left into the football stadium parking lot. Any larger RV type vehicles or buses should park closest to the baseball field. There will be no overnight parking allowed.
.

CIF PASSES HONORED
2016-2017 CIF Southern Section Courtesy Cards and CIF Southern Section Life Passes will be honored. They should be presented at the gate for admission. No CIF State, other section office, faculty or student passes will be honored at the regional meet.

OFFICIAL CIF GIRL'S WRESTLING MERCHANDISE
CIF will have a concession stand open where CIF Wrestling shirts and other wrestling materials will be available for purchase while supplies last. Website www.CIFtshirts.com (See attached flyer)

CIF SOUTHERN SECTION GIRL'S INDIVIDUAL CHAMPIONSHIPS
The CIF Southern Section Girl's Individual Wrestling Championships will be held on February 10th and 11th, 2016 at Eleanor Roosevelt High School, 7447 Scholar Way, Eastvale, CA 92880. The top 8 wrestlers at each Regional Qualifying Meet will advance to the CIF-SS Championships. There will be no alternates. Please refer to the Playoff Bulleting posted at www.cifss.org for detailed information about this meet.

POST SEASON WORKOUTS
Female wrestlers who qualify for CIF post-season championship competition will be permitted to workout with female students from other high schools who have also qualified for the Girl's Southern Section Individual Championships following the close of the Regional Girl's Wrestling Qualifying Tournament (Monday, February 6th, 2017).

. *Question: Would it be permissible for a wrestler who has qualified for the CIF Southern Section Individual Championships to practice with another wrestler who is a member of the high school team but not qualified for post-season individual competition?*

Answer: Wrestlers who qualify for post-season individual championship competition will be permitted to workout following the close of the Regional Girl's Wrestling Qualifying Tournament with students from other schools who have qualified for individual championship competition

CIF STATE WRESTLING CHAMPIONSHIPS

This 2016-17 CIF State Championship will be a 24 person double elimination tournament. The CIF Southern Section will have EIGHT (8) entries. Therefore, the top EIGHT (8) qualifiers from the Southern Section Girl's Individual Championships will be entered in the State Tournament. The CIF State Wrestling Championships will be held at VISALIA CONVENTION CENTER, VISALIA, CA on Friday, February 24th and Saturday, February 25th, 2017.

2016-2017 *CIFSSHOME*

Playoff Requirements & Due Dates

FALL DUE DATES		WINTER DUE DATES		SPRING DUE DATES	
8-man Football		Basketball	**Wed., Feb. 8**	Baseball	
11-man Football		Soccer	**Tues., Feb. 7**	Softball	
Girls Tennis		Girls Water Polo	**Tues., Feb. 7**	Boys Tennis	
Girls Volleyball		Wrestling	**Mon., Jan. 30**	Boys Volleyball	
Boys Water Polo					

VARSITY TEAM INFORMATION (ROSTER)

Attention Athletic Directors/Coaches: It is very important that you enter your entire Varsity roster into CIFSSHome
Log in to **www.cifsshome.org** (If you do not have a log in & password as a coach, check with your Athletic Director).
Once you are logged in:
-On the left panel, Click on the **"Teams"** tab, select your sport

Here are the instructions for using the sample file.

- Download the sample file **and** delete the "**contents only**". Copy and paste or type your roster information into the file as the contents and save the file to your computer. You can only upload an excel file (xls) that is the exact same format as the sample file. Columns for information not required for your sport may be left blank, but the **HEADER INFORMATION MUST REMAIN EXACTLY AS THE SAMPLE.**

- Next - click "Choose File", find your file, then click the check box "Resolve Birthdate" and then click "Import Student".

To confirm your roster has been uploaded, your roster will appear in the roster section.

Roster Requirements for each sport

	Name (First/Last)	Birthdate	Year	Eligibility	Number	Height	Weight	Position	Bats	Throws
Baseball	X	X	X	X	X	X		X	X	X
Basketball	X	X	X	X	X	X		X		
Football	X	X	X	X	X	X	X	X		
Soccer	X	X	X	X	X			X		
Softball	X	X	X	X	X			X	X	X
Tennis	X	X	X	X						
Volleyball	X	X	X	X	X	X		X		
Water Polo	X	X	X	X	X	X		X		
Wrestling	X	X	X	X		X	X			

Cross Country, Golf, Tennis, Swimming/Diving & Track and Field ***require eligibility for ALL athletes competing prior to their first playoff competition.*** Eligibility confirmation must include First Name, Last Name, Birthdate, Year & Eligibility .

VARSITY COACHES

Attention Athletic Directors/Coaches: It is very important that you enter your Varsity coaches (Head & Assistants) into CIFSSHome (www.cifsshome.org)
Log in to **www.cifsshome.org** (If you do not have a log in & password as a coach, check with your Athletic Director).
Once you are logged in:
-Click on the **"Teams"** tab on the left navigation bar. Click on the corresponding varsity team .
-Click on "**Add/Edit Coaches**", select the information to add both your HEAD & ASSISTANT coaches

VARSITY TEAM PHOTO DUE

Attention Athletic Directors/Coaches: It is very important that your Varsity Team Photo is uploaded to CIFSSHome (www.cifsshome.org)
Log in to www.cifsshome.org (If you do not have a log in & password as a coach, check with your Athletic Director).
-On the left panel, click "**Teams**" tab on the left navigation bar. Click on the corresponding varsity team.
-Under Team Picture, click **Add/Edit picture**, click Browse, find your file and click "**Upload Picture**" –
Team Photo can be no larger than 672 pixels x 480 pixels (2MB) and 300 dpi

SCHEDULES & SCORES **Complete your schedule in CIFSSHome prior to your season as well as update scores following each contest.**
Attention Athletic Directors/Coaches: It is very important that you enter your entire season schedule into CIFSSHome (www.cifsshome.org) as well as update the scores immediately following your contests.
Log in to www.cifsshome.org (If you do not have a log in & password as a coach, check with your Athletic Director).
Once you are logged in:
-On the left panel, click on "**Teams**", select "**YOUR SPORT**"
-To **Add a game**, click "**Add Game**" at the top right and fill out all of the required fields which are marked by a red (*) to complete your schedule.
-To **Submit your score**, click on the "**Teams**", select "**YOUR SPORT**" Scroll through your schedule and click on the green "**Post Result**" button.
-Make sure that your overall and team records are correct on your team page.

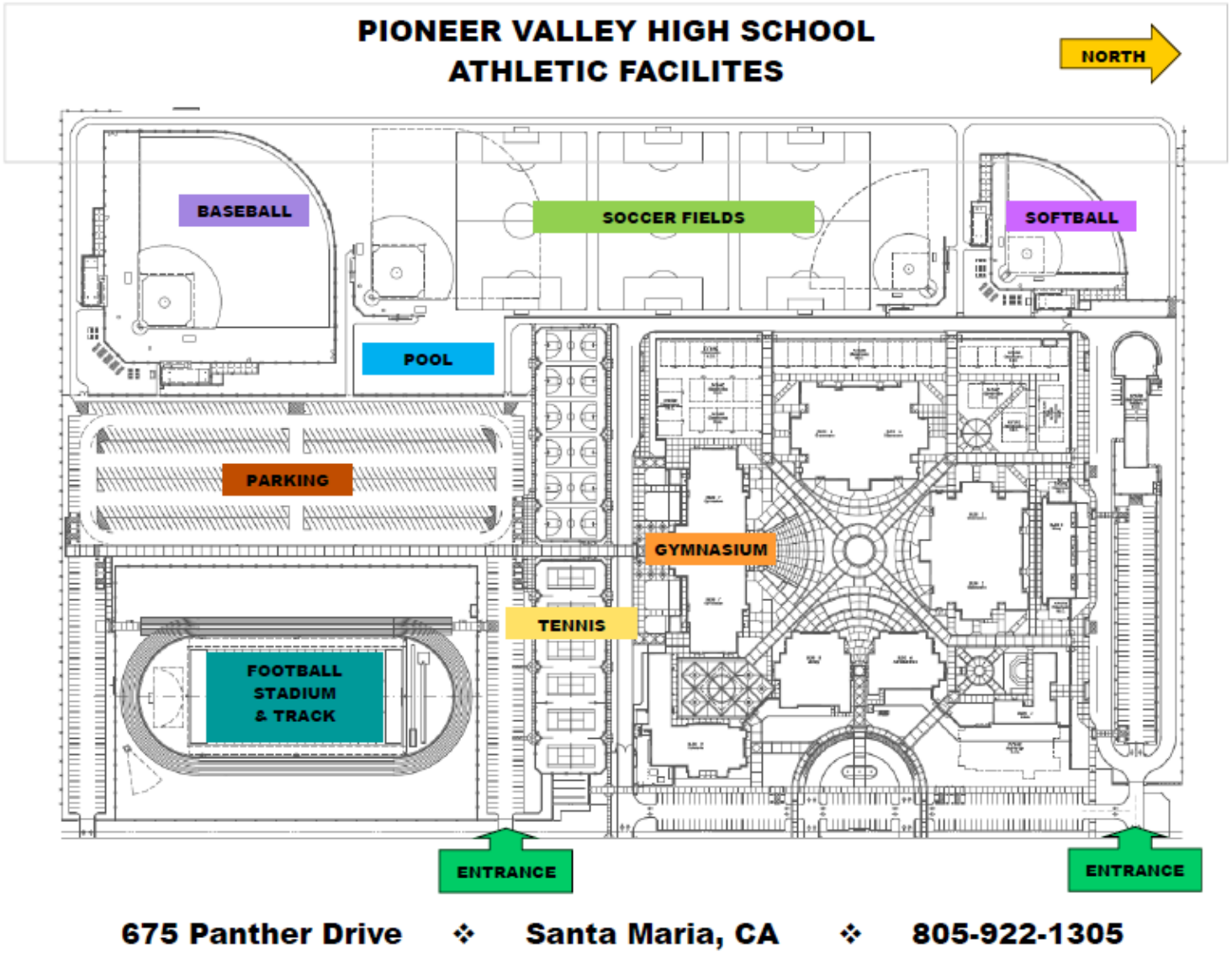
AT LARGE APPLICATION -
Attention Athletic Directors/ Coaches: Please follow the instructions below to enter your school as an At Large Entry. The At Large Application is to be submitted by your school no later than due date in your Playoff Bulletin.
Log in to www.cifsshome.org (If you do not have a log in & password as a coach, check with your Athletic Director).
Once you are logged in:
-On the left panel, Hover over the "**Forms**" tab
- Then select "**At Large Petition**"
-Select "**YOUR SPORT**" then click "**Add**"
Please be sure that your Schedule is updated in CIFSSHome as this is where the information for the At Large

GAME MANAGEMENT FORMS FOR REVENUE SPORTS **– (FOOTBALL, VOLLEYBALL, & BASKETBALL)**
Must be submitted through CIFSSHome.

PLAYOFF FINANCES FOR REVENUE SPORTS **– (FOOTBALL, VOLLEYBALL, & BASKETBALL)**
Must be accessed through www.cifsshome.org site for reporting ticket sales, etc. Click on "**PLAYOFF FINANCES**" input is the same as last year.

Updated 1/5/17

Check out the Help videos under the Help tab on the bottom left, "Be CIF Prepared!"



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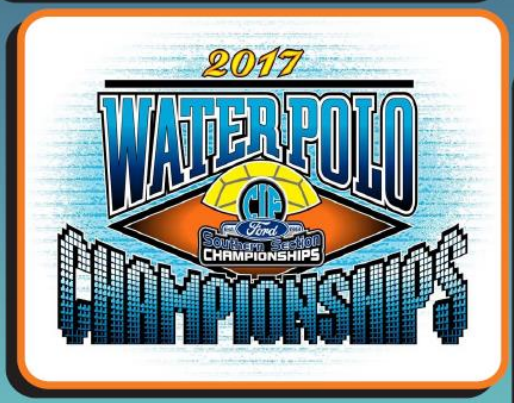

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Official Source of Scores and Stats for the CIF Southern Section

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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

HELPS IMPROVE PERFORMANCE & RECOVERY

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.

GATORADE SPORTS SCIENCE INSTITUTE

PROTEIN FOR RECOVERY

PROTEIN STRUCTURES

Protein structures in the body are constantly **turning over, breaking down and rebuilding** with new amino acids from the diet.

EXERCISE

Exercise accelerates this process and promotes the creation of new muscle proteins, a process that is most effective when the athlete eats protein to deliver new amino acids.

RECOVERY

Consuming protein to start the recovery process **as soon as possible** after practice and competition helps to **rebuild muscle tissue** as well as promote training adaptations.

TYPES OF PROTEIN

Consume high-quality, complete protein sources that are rapidly absorbed and rich in leucine.

WHEY AND MILK PROTEIN ARE GREAT CHOICES

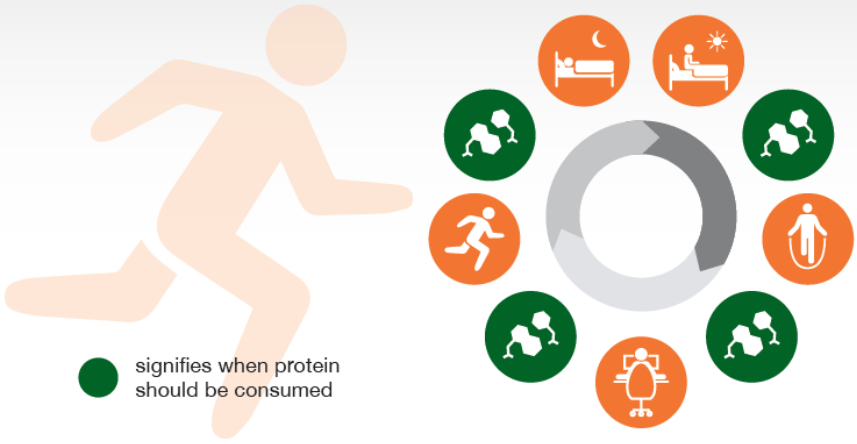
WHEY AND MILK PROTEIN

- meet all the criteria
- have been shown to be effective for recovery

LEUCINE

- one of the amino acid building blocks for new muscle
- acts as a signal for the muscle to start the process of assembling new muscle proteins

EXAMPLE PROTEIN CONSUMPTION CYCLE



● signifies when protein should be consumed

To get the most out of their workout, athletes should consume protein **regularly throughout the day.**

RECOMMENDED AMOUNT

MORE ISN'T BETTER.

Research shows that **~20 g of protein** is the right amount to stimulate post-exercise muscle protein synthesis for most athletes.

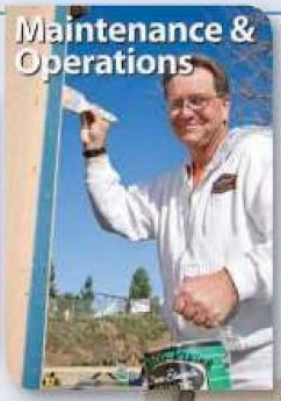
If you want to get specific for your athlete, calculate 0.25 g/kg.

Check out www.GSSIweb.org for more information on this topic and additional resources.

UNITED WE STAND

Together, for California.

California Correctional Peace Officers Association



The California School Employees Association is honored to partner with the CIF Southern Section in this important venture.

Our missions are similar. Whether through interscholastic sporting events, academic activities or building the communities that support our public schools, CSEA members are determined to enhance the lives of all California students.

essential work | extraordinary workers

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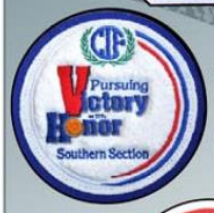

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