

C. I. F., SOUTHERN SECTION MONTHLY BULLETIN

Vol. 3

DECEMBER, 1939

No. 4

MINUTES OF EXECUTIVE MEETING

Held at El Monte High School,
Wednesday, November 29, at 3:00 P. M.

Those present were—

Mr. Fischer—Chairman
Mr. Alman
Mr. Burnight
Mr. McIntosh
Mr. Van Patten—Commissioner of Athletics
Mr. Bergstrom—President of the Council.

Minutes

1. The minutes of the meeting of August 26 were approved as printed in the September Bulletin.

Treasurer's Report

2. Mr. Alman, Treasurer of the C.I.F., Southern Section, reported a balance on hand November 29 of \$3,047.11, with about 50 of our 133 schools having not paid dues for 1939-1940. Mr. Fischer suggested that the names of League in which dues have all been paid be printed in these minutes and that each League Representative be notified of schools in his League that are now delinquent. There being no objection, the recommendation was ruled approved.

Moved by Mr. Burnight, seconded by Mr. McIntosh, that we recommend to the Council an amendment to our rules to the effect that if a school has not paid its dues by January 1 of any year that said school be ruled ineligible for any competition until dues are paid. Carried.

Leagues That Are All Paid-Up

Schools of the following named Leagues have all paid dues for 1939-1940:

Imperial League	Inyo League
Metropolitan League	Riverside League
San Gabriel Valley League	Southern League
Tri-County League	

Basketball Committee Report

Mr. E. Ray Root, Principal Burbank High School, reported for a basketball committee appointed a few months ago to study the effects of basketball playing under present rules on boys' physical condition, and especially the heart.

Mr. Root's report was as follows:

November 29, 1939

Executive Committee
California Interscholastic Federation
Southern Section

Gentlemen:

The committee, which was appointed last year

by your group to investigate the possible injuries which were occurring in basketball, has had two meetings. At the first meeting, Mr. Means, Mr. Douglas, Mr. Van Patten, and the chairman were present. The discussion resolved itself into more or less personal opinions concerning possible approaches to investigation of the problems involved. The decision was finally reached that a physician should be called into conference with this committee in order that he might express an opinion on the recognized procedures in making the investigation. Consequently, a second meeting was held on November 16 from which came the following recommendations:

First, that if possible, several different schools be asked to take the responsibility of having a physician check the basketball squad approximately every two weeks. A uniform procedure would be used by all of the physicians, such as: a card would be made up for each athlete indicating his age, height and weight. His pulse and blood-structure. The athlete would then be required to jump, and exercise in some manner prescribed in a way sufficient to create the possible heart reaction. Immediately following this the physician would again check the pulse, re-examine the heart and note any peculiarities which might exist. It is felt that if this procedure was followed with several different squads during the basketball season, and a check was made every two weeks, that we might have a background of data with which we might answer any queries concerning possible overstrain of the heart.

Second, an interesting comment was made during this meeting which the committee feels is significant. There seems to be a general agreement among physicians that if a heart is normal before exercise is taken that the amount of exercise usually received in basketball, football or other activities, will not create a bad heart condition. As a matter of fact, it was indicated that it usually strengthens a heart and does not weaken it. However, another significant thing was noted and that was there are a great many diseases and ailments which contribute to a weakness in a heart and probably out of this whole study will come definite recommendations which should be placed in the hands of coaches and team physicians. It seems that there should be a more definite check-up of every athlete upon his return to school following an illness. Such things as tonsillitis, measles, pneumonia and any number of similar ailments all have an effect upon a heart and before a boy is allowed

CALIFORNIA INTERSCHOLASTIC FEDERATION, SOUTHERN SECTION

SOUTH PASADENA HIGH SCHOOL
South Pasadena, California PYramid 1-1707

Executive Committee

Ernest W. Fischer, Principal Chaffey High School,
President.

John E. Alman, Principal South Pasadena High
School.

Ralph Burnight, Principal Excelsior High School.
Kinter Hamilton, Principal, Harvard High School.

S. Chester McIntosh, Principal Puente High
School.

B. L. Bergstrom, Principal El Monte High School,
President of the Council.

Seth F. Van Patten, Commissioner of Athletics.

to re-enter the squad for actual competition, there is a feeling that he should be very definitely checked.

This is the report to date with the recommendations that the council give consideration to possible expenditure of money which may be necessary to carry on this work. Since Mr. Van Patten was present when this group met he may have added recommendations or comments to make either in writing or orally to the committee.

The committee awaits your further instructions as to procedures.

Sincerely yours,
E. R. Root, Chairman.

The doctors who attended the meeting on November 16 were Dr. Layton Rogers of Whittier, Dr. F. W. Weston of Tustin, and Dr. Lorenzo D. Whiting of South Pasadena. These doctors gave their time to attend this meeting because of their interest in boys and their interest in high school athletic problems.

Moved by Mr. Alman, seconded by Mr. McIntosh, that we accept the report with thanks and ask the committee to continue any further study it thinks advisable, and that schools that are willing to undertake the recommended check of basketball players so notify Mr. Van Patten as soon as possible. Carried.

Mr. Van Patten reported orally that the doctors at the November 16 meeting had discussed at length the advisability of examining boys' hearts by means of an electro-cardiograph. The conclusion reached was that such an examination would give much more definite and accurate information where bad heart conditions exist than it is possible to get by the usual heart examination.

Mr. Van Patten reported that Dr. Whiting had told him on November 29 that there is now a stethograph attachment which can be used in connection with an electro-cardiograph that will

transmute heart sounds into lines on paper. With these modern appliances it is possible to get a very perfect, scientific, picture of the heart and its actions.

The chief drawback to the use of these instruments is that the cardiograph costs about \$450.00 and the stethographic attachment costs an additional \$400.00.

Postseason Practice Football Games

4. A request was presented from the Anaheim High School to meet Santa Barbara in a post-season practice game of football, December 2. Anaheim won the championship of the Sunset League but had not chosen to enter the play-off. Santa Barbara had qualified as a freelance for the play-off but had a bye date on December 2.

Moved by Mr. Alman, seconded by Mr. McIntosh, that the request be denied as both teams were eligible for the play-off but in different groups and Anaheim had not cared for a play-off game. Carried.

Mr. Van Patten called attention to the fact that last spring Covina and Pomona had scheduled a practice game for Thursday, November 30, and that the Executive Council had approved an interleague game between Long Beach Poly and Woodrow Wilson for the same date. When the change in the Thanksgiving Day date occurred, it was not possible to change the date of these games and to play them on Thursday, November 30, a midweek school day, would interfere with the school program of the schools concerned and also cause the schools financial loss. Mr. Van Patten said he had told the schools concerned that the games could be played either on December 1 or December 2, and be within the meaning and intent of our rules governing the close of the football season.

Moved by Mr. McIntosh, seconded by Mr. Bergstrom, that the games be formally approved. Covina at Pomona Friday, December 1, and Woodrow Wilson at Long Beach Poly Saturday, December 2. Carried.

Key Pins for Councilmen

5. Moved by Mr. Burnight, seconded by Mr. McIntosh, that Mr. Van Patten be directed to get C. I. F., Southern Section key pins for all councilmen eligible to receive the pin and have them for formal presentation at the Council meeting on February 3, 1940. Carried.

Basketball at Alhambra

6. Alhambra will open its new Mark Kepple High School at the start of next semester. The present basketball coach and part of the team will be transferred to the new high school. The Foothill League, to which these two school will belong, recommended that boys on the Alhambra team, though transferred to Mark Kepple High School, be allowed to finish out the basketball

season on the Alhambra team.

Moved by Mr. Bergstrom, seconded by Mr. Burnight, that the recommendation be approved. Carried.

Working Committees

7. Mr. Van Patten recommended that three committees be appointed to advise the C. I. F. Office and the Executive Committee and Council of certain phases of our work. The committees recommended were—

1. A releguing committee,
2. A football problems committee,
3. A track committee.

Moved by Mr. Alman, seconded by Mr. Burnight, that the recommendations be approved. Carried.

The following men were appointed by the Chairman to the committees:

Releguing—Mr. Earl Chapman, Mr. Earl Thompson, Mr. Ralph Burnight.

Football—Mr. Harry Moore, Mr. Shorty Smith, Mr. Ed Lawrenson.

Track—Mr. Kinter Hamilton, Mr. Art Badenoch, Mr. Harry Sheue.

The first named in each case to act as chairman.

STATE COUNCIL MEETING

The State Council of the C. I. F. met at the Los Angeles Athletic Club on Saturday, December 2, at 9:30 A. M. All the Section Representatives were present as was also Mr. W. H. Orion, Chief of the Division of Health and Physical Education, from the State Office of Education. Mr. C. L. Gear, former Superintendent of Coalinga, and an honorary member of the Federated Council, was present. No State Council meeting would seem official without "Pop" Gear present.

Some of the more important items of business passed upon by the Council were—

1. Setting the State Track Meet of next season for Saturday, May 24, 1940, at Visalia. It was announced by the Representatives of the Northern Section that their Section would not enter boys in the State Meet.

2. In football, boxing, wrestling, and water polo, which are considered bodily contact sports, that no practice games, or matches be permitted with teams, members of which do not comply with the 19 year age rule. In other sports the managers of each section may approve practice games or matches with non-C. I. F. groups even though the 19 year rule is not enforced.

3. C. I. F. Athletic Federation Fund will apply to contests with C. I. F. schools only.

4. Los Angeles City Section of the C. I. F. was voted the same representation on the State Council and in the State Track Meet as the other C. I. F. Sections.

5. Mr. R. D. Lightner, Principal and football coach at the Strathmore High School, was named

to represent the C. I. F. on the National Interscholastic Football Rules Committee which meets in Chicago January 5 and 6 to consider possible changes in the football rules for next year.

DR. LORENZO D. WHITING RECOMMENDS CAREFUL CHECK OF ALL ATHLETES

"Athletic Directors are confronted with the problem of providing not only better and faster teams but also providing increased protection for the boys engaged in athletics. Faster teams mean better and more accurate muscle and joint coordination. The most frequent injuries are to the muscles of the legs and the knee and ankle joints. Previous injuries, either slight or severe, may lead to adhesions which only slightly effect the action of the joint but may in time of great strain so throw the joint out of coordination that the player would suffer a severe injury. This is particularly true of the knee joint. In this joint there is a combination of a bending and a sliding motion. To accomplish this nature introduced two semilunar cartilages between the bone making the joint. These cartilages are held in place by the ligaments of the knee joint. Even slight injuries may result in slight displacement or adhesions affecting the normal range of motion of this joint. In walking or running these restrictions may not show up but in the severe tests of rapid play they make the difference of perfect coordination in which the player is successful and the slip which may result in severe injury. Testing of players before games is a comparatively simple matter that should receive the careful attention of all athletic coaches."

C. I. F. KODACHROME FILMS AVAILABLE

Numerous dates for booking the C. I. F. kodachrome films taken during the past two years are still open. The films are 16 millimeter, silent, in color. There are three reels, each of which take about ten minutes to run. One reel shows the 1938 Southern California Meet at Los Angeles Coliseum. Another reel shows some of the Pomona Baseball Tournament of 1938, also part of the Dudley Cup Tennis Tournament and the 1938 Tennis Finals at Fullerton. The third reel shows the 1939 Southern California Swimming Finals at the Mayo Pool at the Compton Jr. College, the 1939 State Track Meet at the Los Angeles Coliseum, and part of the 1939 Final high school golf match at Montebello Park Golf Club.

TAFT HIGH SCHOOL IN COUNTRY

The Taft High School has requested to be allowed to compete in the Crosscountry Championship on December 16 as a non-scoring contestant. The request has been approved.

FOOTBALL RULES QUESTIONNAIRE RESULTS

On November 1st a conference on football rules was held in the C. I. F. Office and a questionnaire was sent to all school of the C. I. F., Southern Section as well as those in the Los Angeles City Section of the C. I. F.

Sixty-nine of the questionnaires have been returned to the C. I. F., Southern Section, Office. The results of a tabulation of the replies received is given below.

1. Shall we return to the inter-collegiate football code as a basis? No 22, Yes 47.
2. Shall we follow the present Federation rules relating to substitutions and communications? No 2, Yes 67.
3. Shall we follow the Federation forward pass rule and the rule for protecting the man out of bounds? No 3, Yes 66.
4. Shall we follow Federation rules as to the length of time of quarters and intermissions? No 1, Yes 65.
5. Shall the rule regarding substitutions be so stated as to prevent unnecessary delay of the game? No 1, Yes 67.

A large portion of the No vote on question No. 1 came from the small schools where the coaches have no interest in officiating junior college or college games. This may not explain anything in regard to the No vote, but we cannot help but wonder why the line seems to have been drawn as it has.

FOOTBALL PLAY-OFF

As this Bulletin goes to press the football play-off is nearing completion.

In the northern section San Luis Obispo High School, winner in the San Luis Obispo League, and Carpinteria, winner in the Ventura Minor League, did not wish to enter a play-off in that section so none has been held.

In the Southern Section, Point Loma, winner in the Metropolitan League, and Vista, winner in the Southern League, did not care to continue and no play-off has been held in that section.

In the Eastern Section, Barstow and Hemet met and Hemet won the championship.

In the Central Section, Colton and Covina meet in the final game at Covina, December 8 at 2:15.

In the Western Section, Inglewood and Santa Barbara meet at Inglewood Friday, December 8 at 7:00 P. M., and the winner of that game will meet Alhambra the week of December 16 for the championship of that Section.

The purpose of the Council in dividing the C. I. F., Southern Section, into five sections for play-offs was to de-emphasize championships beyond the leagues. It seems to be accomplishing that purpose to a reasonable degree.

BARSTOW-HEMET PLAY-OFF GAME

The Commissioner of Athletics attended the Barstow-Hemet play-off game of football on Saturday, November 25, which was staged at the Hemet High School Field. A crowd of several hundred people witnessed the game. The score was Hemet 25, Barstow 0.

We do not pose as an expert in judging football play. We do however have no hesitancy in stating that the two teams in this play-off game were well coached in the fundamentals of football. They knew how to block, tackle, pass, punt, charge, run interference, etc. The Hemet team was considerable heavier than the Barstow group. The Barstow boys deserved great credit for the spirit and fight they showed right up to the last play of the game.

The game was splendidly officiated by Jess Hill and Jess Mortensen, two former U. S. C. greats, assisted by George Mosher of the Riverside Junior College.

Coach Pete Clentzos of Barstow, and Kendall Arnett of Hemet deserve much credit for the teams they have developed.

Even the "wide, open spaces" have fine football games.

C. I. F. ATHLETIC PROTECTION FUND FACTS

When the State Council had finished routine C. I. F. matters it adjourned as the Council and reconvened as the Board of Directors of the C. I. F. A. P. F.

Mr. Moore was elected President,

Mr. McIntosh was elected Vice-President,

Mr. Ingham was elected Secretary-Treasurer.

Mr Ingham, General Manager of the C. I. F. A. P. F., reported that 7300 athletes have enrolled in the organization. \$2,2456.36 has been aid into the administrative fund by member schools in the way of dues, and \$8,207.75 has been paid into the protection fund to care for athletic injuries.

The Board set the meeting to considering payment of the first semester injuries for Saturday, February 10, 1940, at the Pacific Grove High School in Mr. Ingham's Office.

CROSSCOUNTRY CHAMPIONSHIP

The crosscountry championship will be run again this year over the U.C.L.A. course. The date is Saturday, December 16, at 10:30 A. M. There will be three races the same as for the past several years. Schools of less than 1000 will compete in one class, schools of 1000 to 2000 in another class, and those of over 2000 in a third class. Medals will be given to the first five boys in each race, and a C.I.F. plaque to each school whose team wins one of the races. An entry blank is enclosed with this Bulletin. Entries must reach the C.I.F. Office by Wednesday, November 13.