

Coach Hortmann

C. I. F., SOUTHERN SECTION MONTHLY BULLETIN

Vol. 7

DECEMBER, 1943

No. 3

EXECUTIVE COMMITTEE MEETING

The Executive Committee met Saturday, November 20, at 10:00 A. M. in the Helm Athletic Foundation Office, 117 West Ninth Street, Los Angeles.

Present were:

Mr. Hamilton, President
Mr. Bergstrom
Mr. Fischer
Mr. Hayhurst
Mr. Veenker
Mr. Van Patten

Financial Report

The financial statement printed below was presented by Mr. Van Patten.

It was moved by Mr. Bergstrom, and seconded by Mr. Fischer that the report be approved and printed. Carried.

Downey High School Basketball Schedule

Mr. Van Patten reported that Group 9, to which Downey was assigned, objected to Downey being included in the Group's basketball schedule because the distance from Downey to Capistrano (50 miles) and to Laguna Beach (47 miles) is too great.

The matter was discussed at great length and no solution was presented. It was moved by Mr. Hayhurst and seconded by Mr. Veenker that a committee consisting of Mr. Hamilton and Mr. Van Patten of the Executive Committee and Mr. Ralph Burnight, Principal of Excelsior High School, be made a special committee with power to act in providing Downey High School with a basketball schedule. Carried.

Basketball Scrimmages

Mr. Van Patten asked the Executive Committee to define a basketball scrimmage. He stated that it had been reported to the C.I.F., Southern Section, Office that some schools were having so called basketball scrimmages which would not be counted in the fifteen games allowed to each school for this basketball season.

It was pointed out that the only object in the C.I.F. limiting the number of games of basketball for the current season was to conserve gas and rubber and thus aid in the National war effort.

It was moved by Mr. Fischer and seconded by Mr. Bergstrom that the ruling given below be approved and sent by Special Bulletin to all member schools at the earliest possible date. Carried.

Ruling

"Any basketball workout, practice or scrimmage, had with a group or team from off the campus of any school (whether the game is at home or away) shall count as one of the fifteen games allowed to teams of C.I.F. Southern Section, schools for the season of 1943-1944."

The Special Bulletin was mailed to all C.I.F., Southern Section, schools on Monday, November 22, 1943.

Gymnastics Plans

Mr. Van Patten stated that plans for expanding the Interscholastic Gymnastics program for C.I.F., Southern Section, schools was going forward. He stated that a copy of a Manual on Gymnastic Work put out by the Fred Medart Company had been sent to each of our member schools. He stated also that Mr. Cecil Hollinsworth, Gymnastics Coach at the University of California, at Los Angeles, had prepared a brief discussion on judging gymnastic events for publication in our December Bulletin.

Mr. Hamilton called attention to a manual on managing and judging gymnastic meets which has been written and published by the Gymnastics Committee of the Southern Pacific Association of the A.A.U. This publication can be had by writing to Mr. Gerald Russom, Chairman of the A.A.U. Gymnastics Committee. He is at the Lincoln High School in Los Angeles. The price of the publication is ten cents. Mr. Hollinsworth gave it as his opinion that every coach entering a team in a gymnastics meet should have a copy of the A.A.U. manual.

Mr. Van Patten asked that a gymnastics committee be appointed with power to act on gymnastic questions, and to function for the rest of this year. There being no objections, the President appointed Mr. Floyd Mishler of Santa Monica High School; Mr. Ed Laursen of the Pasadena Junior College, Lower Division; and Mr. Van Patten.

Ventura Major League Football Schedule

Mr. Van Patten recommended that the Ventura Major League's football schedule be formally approved even though it extends to December 10, which is beyond the official date for closing of all league football schedules. The Ventura Major League played no league football games until November 5, owing to agricultural work being carried on by the high school boys.

**CALIFORNIA INTERSCHOLASTIC
FEDERATION, SOUTHERN SECTION**

THE ONEONTA SCHOOL

1955 Fremont Avenue South Pasadena, Calif.
Telephone CLevland 6-2336

Earl Thompson, Principal Claremont High School
President of the Council

Executive Committee

Kinter Hamilton, Principal Harvard School,
President.

B. L. Bergstrom, Principal El Monte High School

Ernest W. Fischer, Principal Chaffey High School

Normal C. Hayhurst, Principal Herbert Hoover
High School (Glendale)

A. R. Veenker, Vice-Principal, Santa Monica
High School

Seth F. Van Patten, Commissioner of Athletics

There being no objection, the President ruled the schedule approved under the circumstances.

February Meeting of the Council

The question of a meeting of the Council the first Saturday in February was considered at length by the Executive Committee. It was the unanimous opinion of the Executive Committee and the President of the Council that the February meeting should be held. It was also unanimously agreed that prior to the February meeting a survey of the athletic conditions in every school, every permanent league, and every temporary group should be made. This survey is to be set up so as to give the Council as much information as possible on which to make plans for the year 1944-1945.

Contacts Between Schools and C.I.F. Office

Mr. Veenker suggested that during these critical times every member school of our organization should be kept as fully and as quickly informed as possible regarding all actions taken by our Executive Committee and our Council.

There being no objections, the President directed that this topic be included in the agenda for the February meeting of the Council. He asked that Mr. Veenker be present at the meeting and lead in the discussion of the subject.

The meeting adjourned at 12:30 P. M. The Executive Committee will next meet at the call of its President.

MEETING OF SWIMMING COACHES

A meeting of swimming coaches is being called for Friday, January 7, at 3:30 P. M. at the swimming pool at the Compton Jr. College. The purpose of the meeting is to agree upon time and place for the Invitational Relays and the Invitational Meet and the place for the Southern California Swimming Finals.

**NEWEST MEMBER OF THE C. I. F.,
SOUTHERN SECTION**

The Stephen W. Kearney Junior-Senior High School in the San Diego City High School District has been made a member of the Victory League in San Diego county. The school is located at Linda Vista in San Diego county. The Principal of the Kearney High School in Edward C. Taylor, formerly Vice Principal of San Diego Senior High School. A hearty welcome is extended to Mr. Taylor and his school by the C.I.F., Southern Section.

FINANCIAL STATEMENT

November 18, 1943

Balance October 1, 1943:		
In savings account.....	\$1,000.00	
In checking account.....	962.00	
		\$1,962.00
Receipts:		
Track	2.75	
Tennis	3.00	
Dues	1,388.94	
		1,394.69
		\$3,356.69
Expenses:		
Telephone	10.82	
Printing	22.96	
U. S. Internal Revenue.....	45.60	
Salary (S.F.V.P.).....	164.80	
Office Help	30.00	
Office supplies	7.64	
Postage	26.30	
Mileage	3.40	
		311.52
Balance November 18, 1943.....	\$3,045.17	
In savings account.....	1,000.00	
In checking account.....	2,045.17	

**FUNDAMENTALS IN JUDGING
GYMNASTICS**

By Cecil W Hollinsworth, Gymnastics
Coach, University of California
at Los Angeles

Fundamentally judging gymnastics and coaching the team to be judged in competition have much in common. If a team is to be judged highly, the coaching must be conducted according to standards by which the gymnast is to be judged. This discussion has first the point of the judge and secondly basic coaching designed to aid in attaining gymnastic proficiency.

Judging is based 50% on difficulty and 50% on form and beauty of sequence. Innumerable combinations are possible according to the stunts the gymnast can perform. It is imperative that a careful selection of stunts be made and that these be arranged in the best sequence to demonstrate the ability of the gymnast. All exercises should be written down and memorized. Only stunts which can be performed with regularity should be put into competitive exercise. Stunts in which the performer is apt to fall occasionally should be included only when adequate sequence has been added to permit the performer to return promptly and gracefully to the originally designated sequence. Every competitive exercise should be designed to flow in movement throughout and should have no awkward stops, counter direction swings, or intermediate swings. Stunts should flow immediately into others from the mount through the exercise to the dismount. Obviously one must not sacrifice form and beauty of sequence to show stunts of great difficulty poorly executed.

Competitive exercises should show the all round ability of the performer. Ability should be demonstrated in stunts involving the components of balance, agility, flexibility of body, strength, timing, coordination and control, variety, originality, and endurance. Repetitious moves should be used sparingly. It must be remembered that some like moves executed in an opposite or other direction indicate variety as for instance a back flip, a sid flip and front flip in tumbling. Exercise should be designed to include stunts involving all components. One-sided exercises showing all strength, all balance, all free swinging moves, etc., should be avoided. Such exercises should be evaluated less highly, even though well executed, than exercises involving well rounded design of like execution in form.

A minimum of three judges whose scores are totaled to obtain the performer's score is highly desirable. The use of five judges with discarding the top and bottom extreme scores is recommended. Exercises on two apparatuses may be in progress at one time. Contestants may go from one to another upon call. The Southern Pacific A.A.U. order of events and rules are recommended as judging standards and teaching guides for evaluation.

An exercise should be designed to permit demonstration of maximum ability. It should include an approach and retreat in good form demonstrating poise and control from start to finish. The exercise should demand attention with a spectacular stunt as a mount. It should include versatile moves executed in good form with balance positions spaced to permit momentary recovery from dizziness or fatigue and to emphasize control. Difficult stunts are often placed early in the exercise to permit their exe-

cutation before fatigue sets in. An exercise should include sufficient moves, positions, and stunts to demonstrate endurance on the part of the performer. The exercise should be climaxed with a few outstanding moves including the dismount. The general level of performance should be maintained as high as possible throughout the exercise. Design of an exercise should avoid inclusion of elementary stunts and advanced stunts in the same exercise. For example, forward somersaults should not be included, generally speaking, with an exercise involving front flips, back flips, and twisting movements.

Exercises should characterize the apparatus. An exercise should be an expression of the character of stunts enabled by virtue of the design of the apparatus. Thus, handstands are used in the free exercise, on the parallel bars, and on the rings. Not usually on the side horse, horizontal bar or in tumbling. Livers are used on the rings and parallels inasmuch as this type of power is demonstrated best on these apparatuses, not on the side horse or horizontal bar or long horse, etc.

Gymnastics is an exhibition sport in which appearance plays a major role. Consequently it is imperative that the gymnast appear in complete gymnastic costume including a gym shirt, trunks or long tailored pants, and gym shoes. Street shoes should not be allowed under any circumstances.

Some helpful reference in this sport are:

McClaw, L. L., *Tumbling Illustrated*, 1931

This is a good book on tumbling stunts analyzed in illustration with stick men diagrams.

McCulloch, J. H., *Gymnastics, Tumbling, and Pyramids*, Philadelphia: W. B. Saunders Company, 1934

Apparatus exercises are analyzed in illustrations in this very helpful volume.

West, Wilbur D., *The Gymnasts' Manual*, New York: Prentiss-Hall, 1942

Extensive description and illustrations of the execution of stunts in this volume are a great aid to the beginner or seasoned coach. The nomenclature used is confusing.

Wettech, A. B. and Reuter, S. C., *Exercises on the Apparatus*, New York, A. S. Barnes Company, 1925

In this volume combinations of stunts of like difficulty are arranged into exercises. Excellent examples of the proper way to write an exercise and the grouping of stunts of like difficulty are to be found. The nomenclature is sound.

Zwarg, L. F., *Apparatus and Tumbling Exercises*, Philadelphia: John Joseph McVey, 1928

This is one of the best books published in this

field for the gymnastics coach. Elementary to advanced stunts are illustrated, exercises are graded, nomenclature is sound, teaching aids are pertinent.

Gymnastic Committee Southern Pacific A.A.U.,
Gymnastic Rules and Instruction, Los Angeles: So. Pacific A.A.U. Gymnastics Committee, 1938.

GYMNASTICS COMMITTEE MEETS

The gymnastics committee, composed of Mr. Ed Laurenson, of Pasadena Junior College, Mr. Floyd Mishler of Santa Monica High School, and Mr. Van Patten, met in Helms Athletic Foundation Office Monday, November 27, at 12:00 noon.

The following points covering our gymnastic program for the year were agreed upon:

1. The events for the C.I.F., Southern Section, Gymnastic Meet will be: A twenty-foot rope climb, Free exercises, Horizontal bar, Parallel bars, Side horse, Long horse, Rings, Tumbling, Indian clubs.

If enough schools drill boys in the swinging of Indian Clubs to make it a contest, it will be included in events in the Final Meet.

2. In all events except the Rope climb, Indian clubs, and Free exercises, at least one required activity will be specified. These required exercises will be announced later.

3. The date for the Final Meet was set for the week end of April 21.

4. Mr. Van Patten was directed to arrange for at least four league or invitational meets. Mr. Laurenson and Mr. Mishler each stated that he would be glad to put on a meet at his school.

5. Mr. Van Patten is trying to arrange with the A.A.U. Gymnastics Committee for two or three instructional meetings for gymnastic judges and coaches. These meetings will be held after the holidays and probably at the Mark Keppel High School in Alhambra.

STATE COUNCIL MEETS

The State Council of the C.I.F. met at the Los Angeles Athletic Club at 5:00 P. M. on December 4. A major part of the time of the meeting was given to consideration of problems of the C.I.F. Athletic Protection Fund.

The Council voted to have no State Track Meet this year because of transportation difficulties.

A permit was granted to the C.I.F., Southern Section, to invite Los Angeles City high schools to take part in a Relay Swimming Meet and in a regular swimming meet.

The High School Division of the West Coast Relays held at Fresno each year was limited this season to the schools of the Central Section of the C.I.F.

SANCTIONED EVENTS

Four invitational basketball tournaments have been approved for this season:

Pasadena Junior College—December 9, 10, 11
Flintridge Boys' School—December 11
Huntington Beach—December 15, 16, 17, 18
Beverly Hills—February 25, 26.

A crosscountry meet for San Diego County schools on December 11 has been sanctioned. The meet is sponsored by the Herbert Hoover High School and details are being handled by Dean Petersen of the San Diego State College.

C.I.F. ATHLETIC PROTECTION FUND FLOURISHING

In September, 1939, the C.I.F. Athletics Protection Fund started from scratch. It had neither funds nor experience. By September, 1943, it had handled over \$100,000.00 for its subscribers. It had paid all claims according to schedule. It had pursued a very liberal policy in dealing with all border line cases. In four years it had built up a reserve of \$25,881.23.

Since September 1, 1943, subscribers have paid into the fund \$49,207.63 which includes \$8,292.50 for the new department, the Pupil Protection Fund. To date this is the banner year.

The C.I.F. Athletic Protection Fund has rendered a splendid service to the high schools of California. The administration of all details has been sound and conservative. The Board of Directors and the General Manager, Mr. Arthur Ingham, have done a very fine piece of work. We predict a great future for the organization.

SAFETY IN INTERSCHOLASTIC FOOTBALL RULES

Mr. David P. Snyder, who represents the Oakland schools on the State Council of the C.I.F., stated to the Council at its meeting on December 4 that he is making an extended study of injuries received by high school football players as related to playing rules. The Oakland schools have used the National High School Federation Football Rules for the last four years.

Mr. Snyder thinks he can demonstrate that as his coaches and officials have come to understand and apply the Interscholastic Rules that the number and severity of injuries have decreased.

He warned the Council that if his studies indicate what he thinks they will expect to apply to the C.I.F.A.P.F. for a lowering of its rates to the Oakland high schools.

We hold no briefs for the Interscholastic Football Rules but we are for anything that will reduce injuries received by our high school football players so long as the game is kept virile and rugged.

We hope Mr. Snyder has "got something".