



SOUTHERN SECTION

# MONTHLY BULLETIN

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No. 4

## Season's Greetings



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## COMMISSIONER'S CORNER



T. E. BYRNES

### Responsibility of League Representatives

The purpose of this month's article is to point out to administrators, coaches and students some of the functions that most properly should be handled by your league representative.

Article III of the CIF Southern Section By-Laws indicates the following regarding these duties:

1. Shall see that the CIF Southern Section rules and regulations are understood and enforced by the individual schools of the league. (Note: this does not relieve the principal of the responsibility for acts due to lack of knowledge of CIF Southern Section rules). All CIF Southern Section eligibility rules apply in all games, including practice, scrimmage, league, tournaments and playoff games.

2. Shall see that all protests within the league are properly investigated and tried by the league.

3. Shall attend all meetings of the CIF Southern Section Council and remain in attendance at all Council meetings until adjournment, unless excused by the President in case of emergency. Traveling expenses shall be paid to those who are in such attendance.

4. Shall give notice to the Commissioner of Athletics at the beginning of each season whether his league will enter the playoff of any sport.

5. Shall inform the Commissioner of Athletics of the names of the schools from the league which have qualified to enter teams in CIF-SS team championship playoffs and the names of the students from the league who qualify for entrance into CIF-SS competition in individual sports.

6. Shall be responsible to see that all schools in the league submit their annual dues to the CIF Southern Section.

As you can see, representatives have a broad base of authority to act on behalf of their league.

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## MINUTES OF THE CIF-SS EXECUTIVE COMMITTEE MEETING October 30, 1976

The October Executive Committee meeting of the Southern Section of the California Interscholastic Federation was called to order by Chairman Lou Joseph at 8 a.m., Saturday, October 30, 1976 at the Los Angeles Hilton Hotel. All members, including guest Dr. John Klumb of the State Department, were present with the exception of Ted Gossard.

**1. APPROVAL OF MINUTES:** It was moved, seconded and passed to approve the Executive Committee minutes of September 18, 1976 as published in the October issue of the "Monthly Bulletin."

**2. SOCIAL SECURITY CONSIDERATION:** It was moved and passed to drop the CIF-SS Office Employees — as per their request — from the Social Security System, due to their choice of maintaining the Public Employees System.

**3. INQUIRY COMMITTEE REPORT:** Dr. Hanford Rants, chairman of the Inquiry Committee, apprised the committee of its findings relative to a violation by La Quinta H.S. Following discussion, it was moved, seconded and passed to support the Garden Grove League's recommended action.

**4. TRACK QUESTION:** Mr. Dean Crowley, Administrative Assistant, apprised the committee of a question regarding the spacing of hurdles for Girls' competition. Following discussion, it was moved, seconded and passed that the CIF-SS Council recommend to the State Track Committee, the retention of the NAGWS hurdle spacing for Girls' competition in the 110-yard lows.

**5. ANTELOPE VALLEY JHS PETITION:** It was moved, seconded and passed to grant approval for the freshman reserve teams from the Antelope Valley Union District to conduct basketball competition with the local junior high schools due to a scheduling problem and isolated area.

**6. HEMET JHS REPORT:** It was moved, seconded and passed to permit Hemet JHS to conduct its seasons of sports outside the approved calendar dates for the 1976-77 school year, due to scheduling problems brought about by its isolated location and inability to schedule games.

**7. GIRLS' SOFTBALL CLEATS:** It was moved, seconded and passed to maintain the policy currently in effect, which bans metal cleats in Girls softball competition.

**8. LOS PINOS REQUEST:** It was moved, seconded and passed to approve the annual request of Los Pinos

High School to play Lincoln Continuation School in basketball for 1976-77, due to scheduling difficulties.

**9. STATE RULE #602:** Following background material from the Commissioner, it was moved, seconded and passed to recommend to the Council, adoption of State Rule #602 which states, "A student or a high school team becomes ineligible if the student plays on an outside team, in the same sport, during the student's high school season of the sport. A relay team in track or swimming is considered a team activity. Under certain conditions beyond a student's control or in certain hardship cases, the Commissioner may waive the outside team rule. Such cases must be presented in writing to the Commissioner by the principal of the school in which the student is enrolled. Such a request will have added weight if it has league approval."

**10. AWARD INQUIRY:** Mr. Gene Hartley, principal of San Marcos High School, apprised the committee of an individual award presented at a recent Girls' Volleyball Invitational. Following discussion, it was moved, seconded and passed the award did not constitute a violation by the host school.

**11. RIM OF THE WORLD REQUEST:** It was moved, seconded and passed to approve the request of Rim of the World H.S. for a one-day volleyball marathon in December on an experimental basis only for the 1976-77 school year.

**12. CLUB ATHLETICOS REPORT:** It was moved, seconded and passed to grant approval to Club Athleticos of Mexico to play Southern Section schools during the 1977 baseball season. The club has received National Federation and State approval.

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Southern Section  
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**Officers**  
Louie Joseph, Ass't Superintendent  
Orange USD, President  
Tony Balsamo, Principal, Apple Valley HS, President-Elect  
Dr. Richard Cordano, Principal, Arcadia HS, Past-President  
Dr. Hanford Rants, Principal, Gahr HS, Treasurer  
Thomas E. Byrnes, Commissioner of Athletics

**Bulletin Editor**  
Dean Crowley, Administrative Assistant

## EXECUTIVE COMMITTEE MINUTES

(Continued from Page Two)

**13. WRESTLING QUESTION:** It was moved, seconded and passed to adopt State Rule 444, which permits a one-pound weight allowance for the second day of dual meet competition held on two consecutive days.

**14. PALMDALE GOLF REQUEST:** It was moved, seconded and passed to approve an early start to the Annual Palmdale High School Golf Tournament due to the availability of the course.

**15. ANAHEIM JHS REQUEST:** It was moved, seconded and passed to approve the request of the junior high schools from the Anaheim District to conduct a four-sport season as a District League, with the basketball starting November 15, 1976. It was also moved, seconded and passed to permit the District League to conduct its seasons of sports for Girls on dates other than those prescribed by the CIF-SS for the 1976-77 school year.

**16. CLAREMONT TRACK REQUEST:** It was moved, seconded and passed to DENY the request of Claremont High School to add a 400-meters hurdle event to its Girls' Invitational Track and Field Meet for 1976-77.

**17. BLUE BOOK COMMITTEE:** Mr. Tony Balsamo, chairman of the Blue Book Committee, provided background material on suggested Blue Book changes in the area of the 10-day tryout period, Form #99, Badminton Regulations, Swimming Regulations and rules applying to summer activities by the schools. These were discussion items only, with no specific proposals or action taken.

**18. SUPERINTENDENT'S UPDATE:** Dr. Lowell Jackson, representative for superintendents on the Executive Committee, provided background information of communication received, with the two major areas of concern expressed with attendance in school the day of a contest and relegating.

**19. WATER POLO VIOLATIONS:** The Commissioner apprised the committee of the varsity water polo coach at Chino High School removing his team from the pool, prior to the conclusion of the match. Following discussion, it was moved, seconded and passed to recommend to Chino High School that it relieve the coach of all further coaching duties for the balance of the season.

**20. MONROVIA HS APPEAL:** Mr. Richard Hill, principal and Mr. Byron Greer, athletic director, appeared before the committee to appeal Monrovia High School's relegating placement for 1977-78 and to inquire as to

the proper appeals procedure. Following discussion, the Commissioner was instructed to inform Monrovia of the procedures if an appeal to the Council is desired; to inform Monrovia that the correct procedures have been followed to date.

**21. MONO COUNTY PROBATION APPEAL:** Mr. Jeff Glover, probation officer for Mono County, appeared before the committee to provide background information for students from the Mono County Probation Camp, who attend Mammoth High School on a full-time basis. Following discussion, it was moved, seconded and passed to grant residence eligibility to said students as previously approved by Mammoth High School, the Mammoth School Board and the Desert Inyo League.

**22. STATE DEPARTMENT REPORT:** Dr. John Klumb, representative from the State Department of Education, provided background material to the Executive Committee on new and pending legislation pertaining to high school interscholastic athletics at the state level.

**23. CIF STATE REPORT:** Mr. Tony Balsamo and Mr. Ferren Christensen, representatives to the State CIF Federated Council, provided background material on the areas of state representation from sections and State Rule 200.

**24. BURROUGHS HS STATUS:** It was moved, seconded and passed that the Commissioner forward to the State CIF Office, the background material concerning Burroughs High School of Ridgecrest and its geography placement relative to the Southern and Central sections.

**25. ATHLETIC INJURIES:** Mr. Ferren Christensen, chairman of the Athletic Injuries Committee, provided a capsule review of the highly successful Athletic Injury Symposium conducted by the CIF-SS and the continued growth of communication to the member schools in the area.

**26. GIRLS' ATHLETIC DIRECTORS REPORT:** Mrs. Barbara Wilson, representative to the committee for Girls' athletic directors presented an overview of her area, covering points of publicity, league coordinators, playoffs, advisory committees, officials, length of season, growing interest in soccer, State Rule #200, and the seasons of sports.

**27. BOYS' ATHLETIC DIRECTOR'S REPORT:** Mr. Clare Van Hoorbeke, representative to the committee for Boys' athletic directors, expressed concerns of relegating and seasons of sports as conveyed by the respective area A.D. organizations.

## '77 FOOTBALL DATE CLARIFICATION

Earlier this school year, the CIF Southern Section Council approved the calendar dates for the 1977 football season, a proposal developed by the So. Cal. Football Coaches Association and sponsored by the Pacific League.

The plan as submitted by the Coaches Association and sponsored by the Pacific League specified the initial date on which an interscholastic contest could take place is Friday, September 16, 1977. This was so noted in the calendar dates sent to you and in the November "Monthly Bulletin".

However, our Office has uncovered the fact that the proposal as passed, failed to count the scrimmage date as one of the 14 days required before an interscholastic contest can be played, thus permitting a school to play its first game on Thursday, September 15, 1977 — provided it has the necessary 14 days of required team practice.

## COMMISSIONER'S CORNER

(Continued from Page Two)

In conclusion, one should be advised, however, that the average league representative is a fulltime administrator and obviously will need to call upon the assistance of other professionals within the league to fulfill the aforementioned responsibilities. These dedicated people who voluntarily contribute many hours of their time to develop a successful program within the Southern Section and their league, vitally need the support of their constituency.

**28. TREASURER'S REPORT:** Dr. Hanford Rants, treasurer, presented an up-to-date overview of the 1976-77 budget and projected income and expenses based on the new fees assignment.

**29. EXCHANGE PROGRAM:** It was moved, seconded and passed to add the "Youth Exchange Service" to the approved list of exchange programs recognized by the CIF Southern Section.

There being no further business to come before the Executive Committee, the meeting was adjourned at 12:06 p.m.

Respectfully submitted,  
Ray Plutko  
Administrative Assistant

Approved by:  
Thomas E. Byrnes  
Commissioner of Athletics



# FEMININE FOCUS



## AWARDS MAY AFFECT AMATEUR STATUS

The CIF-SS governs high school athletics for the physical, mental, and social benefits which the student can gain by participation in a sports program. The high school athlete is an amateur. Section 3 of By Law XVI states that "an amateur does not benefit, directly, or indirectly, from receipt of any pay of financial benefits in consideration of, or as a reward for, participation of any CIF-SS approved sport in any public competition or exhibition, or disposing of prizes for personal gain."

Likewise, Section 3 of By Law XXII states that "a high school student may not receive from any source an athletic award for CIF-SS high school competition of more than ten dollars in value." If so, the student "Becomes ineligible for further high school athletics and shall automatically be barred from competition during the remainder of that sport's season and for one full year thereafter," until reinstated. To sum

## RESULTS OF GIRLS' AD SURVEY

As the CIF-SS begins its third year in spearheading girls' sports, it is appropriate to make note of what has been accomplished those last two years. The results of an end of the year survey of the girls' athletic directors shows an overwhelming approval and appreciation of services and opportunities offered to girls' sports by the CIF.

A monthly "Athletic Director Newsletter" was sent out last year. 83% of our women athletic directors found this publication timely and helpful in assisting their programs.

up, if your athletes have received awards or are in the process of some outside competition for awards, she may be in violation of her amateur standing as a participant in the CIF. Likewise, coaches and athletic directors are reminded that a \$10.00 limit is placed on any awards given. Awards for a CIF-SS championship team may not exceed \$25.00.

### COMITTEES SERVE CIF-SS

STANDING COMMITTEES 19  
MEMBERS 94

COACHES ADVISORY  
COMMITTEES 19

MEMBERS 101

The 195 dedicated members serving on 38 committees are an integral part of the successful operation of the CIF-Southern Section.

The playoff opportunities for girls' sports have been increased and refined in the two years of their existence. The major sports of volleyball, basketball, softball and tennis have playoffs in three divisions. 85% of the women athletic directors were pleased with the playoff format and the opportunities it offered their teams and programs.

The CIF-SS strives to provide better communication and better organization of the girls' prep sports in the Southern Section. 81% of the women athletic directors feel that their membership in the CIF has brought greater advantages and prestige to their programs than in previous years as non-members.

Presently, the principals of the member schools have final responsibility for both boys and girls sports. 84% of women athletic directors feel that this organizational structure is adequate.

The existing means of communication within the girls' leagues to the CIF-SS are the leagues' coordinators and the leagues' representatives. 90% of the women athletic directors feel that they have had a greater opportunity for input to their leagues and to the CIF than in previous years.

The results of the survey prove that the women in charge of girls' sports in the Southern Section are pleased with the present program and are encouraged by the increased assistance the CIF-SS offers them in organizing and improving their programs.

## INFORMATION ON CIF-SS GIRLS CHAMPIONSHIP EVENTS

SPORT	MANAGER	DIVISIONS	DATES	LOCATION
FIELD HOCKEY	Janet Green	None	Sat., Jan. 22	Neutral Field TBA
BASKETBALL		4A, 3A, 2A	Fri., Apr. 29 Fri., Apr. 29	Cal State Fullerton Neutral Ct. TBA
BADMINTON				
Individual	Vicki Toutz	Prelims Finals	Tues., May 24 Sat., May 28	TBA Manhattan Beach Badminton Club
Team	Vicki Toutz	Prelims Finals	Thurs., May 19 Sat., May 21	TBA TBA
GYMNASTICS				
Individual	Bruce Coulter Charlotte Schwartz Liz Holey	Prelim Prelim Finals Finals	Sat., May 21 Sat., May 21 Fri., May 27 Thurs., June 2	TBA Cal State Fullerton Westminster H.S. Neutral Ct. TBA
Team				
SOFTBALL	Earlene Skinner	4A, 3A, 2A	Tues., June 7	Santa Ana Bowl Neutral Field TBA
SWIMMING				
Free Lance	Darol Roundy		Thurs., May 19	Millikan HS
Diving	Hans Schiff	Prelims & Finals	Mon., May 23	East Los Angeles
Swimming		Prelims Finals	Tues., May 24 Thurs., May 26	East Los Angeles East Los Angeles

## COACHES CORNER



## BASEBALL RULE CHANGES FOR 77 SEASON

In revising the rules for the 1977 season the rules makers dealt primarily with bench and field conduct. Three of the six changes will deal with ejection of players for such things as throwing helmets, maliciously running over a fielder that is attempting a put-out, and faking a tag without the ball.

Listed below are the revisions for this season:

1. Substitute must be reported to the Umpire-in-chief. (3-1-1) Penalty: The illegal substitute shall be disqualified for the remainder of the game.
2. Player will be banished from the game if he throws the helmet. (3-3-1-a)
3. Player will be banished from the game if he maliciously runs over the fielder that is holding the ball. (3-3-1-f)
4. Player will be banished from the game if he fakes a tag without the ball. (3-3-1-e)
5. In extra inning games each team will have one time-out per inning. Time-outs not used during the regular innings cannot be carried over to extra innings. (3-4-1)
6. The runner will be called out if he does not slide or attempt to get around a fielder that has the ball and is waiting to make the tag. (4-2-L)

## PITY THE REFERREE

I think that I shall never see  
A satisfactory referee,  
About whose head a halo shines  
Whose merits rate reporters' lines,  
One who calls them as they are  
And not as I should wish by far,  
A ref who leans not either way  
But lets the players decide the  
play,  
Poems are made by fools like me  
But only God could referee.  
C.Y.O. Booklet

## SOUTHLAND COACHING CLINICS ANNOUNCED

Clinics have become popular items in the coaching ranks throughout the CIF-Southern Section over the past few years and this office has had a number of inquiries as to the dates and sites of upcoming programs.

To date, three have listed their programs with the CIF-SS Office and the information as follows:

**CENTRAL CALIF. FOOTBALL CLINIC** — set for December 11 and 12 at the Sheraton Inn in Fresno featuring Mike White and the Golden Bear Coaching Staff. For further information, contact Gil Awalt, Clinic Director, 1625 Scott Circle, Clovis, California 93612.

**WILDCAT COACHING CLINIC** — set to go at El Camino High School on Saturday, January 8, 1977, featuring Vic Cuccia highly successful football coach of L.A. Wilson in Los Angeles, the 1975 City AAA Football Cham-

pions and Bob Roeder, coach at Madison High School in San Diego, the 1976 CIF-San Diego Section Baseball Champion. This clinic is primarily designed for the high school level in the areas of football, baseball, track, and girls' gymnastics. Coaches interested in more information should direct inquiries to Herb Meyer, Clinic Director at El Camino High School, 400 Rancho Del Oro Drive, Oceanside, California 92054.

**STOVALL'S ALL SPORTS CLINIC** — billed for January 22 and 23, 1977, at the Anaheim Convention Center. This outstanding clinic will offer something for your entire Athletic Department. Over 20 different sports topics are being offered this year, with many outstanding speakers. For further information contact Jack Stovall, 1110 West Katella Ave., Anaheim, California 92802.

## NEW VOLLEYBALL TEXT AVAILABLE

The most comprehensive and authoritative text on volleyball released during 1976 is Allen E. Scates' **Winning Volleyball** (second edition).

Mr. Scates has coached UCLA to National Collegiate Athletic Association volleyball championships in six of the last seven years while serving as an elementary physical education specialist for the Beverly Hills, California school district. He therefore understands the full range of skills which players bring to the game of volleyball and is able to write a text which is applicable to all coaches, regardless of the age with which they work.

The 298-page text, which is generously supplemented with photographs and charts, is divided into four parts: fundamentals, team play, special groups, and organization. Fundamen-

tals of serving, passing, setting, blocking an individual defense techniques are discussed in the first part. Various offensive attacks and defensive strategies are discussed under team play. The third section includes a brief discussion of adaptations and coaching techniques for junior high school volleyball. Coaching, conditioning and training are the focuses of the section on organization.

Because of Mr. Scates experience in intercollegiate and international volleyball, there are some discrepancies with the rules of high school volleyball; but this is the only major fault, and an understandable one, in an excellent book.

**Winning Volleyball** is published by Allyn and Bacon, Incorporated of Boston.

## AD CONFERENCE ON TAP IN SAN DIEGO PLUTKO TO SPEAK

The Town & Country Hotel in San Diego will be the site of the Seventh National Conference of High School Directors of Athletics on December 12-15.

The conference activity fee, which includes a tour, banquet and luncheon is \$25. Room rates, for the conference, at the Town & Country are \$22 and \$24 (single) and \$26 and \$28 (double).

Nationally known speakers including Ray Plutko of the CIF-Southern Section Office, many workshops, a comprehensive exhibit area, and the Medalist Management Seminar will be featured this year.



RAY PLUTKO CIF STAFF

Conference registration materials have been sent to all athletic directors in the Southern Section. SEE YOU IN SAN DIEGO.



## BOYS' COACHES ADVISORY COMMITTEES FOR 76-77

In the continuing effort to provide for input from member schools, the CIF, Southern Section has formed advisory committees in 10 boys sports for the 1976-77 school year.

The committees are comprised principally of coaches in the respective sports and their chief responsibility is to serve as a liaison between the coaching fraternity and the CIF-SS Office.

By this means, the coaches have an avenue to channel their suggestions in such areas as procedural changes, recommendations for rule changes, evaluation of sport season and to provide assistance to their fellow colleagues and officials' organizations. If you have a suggestion in your sport, contact one of the following committee members:

### BASEBALL

Don Terranova (Huntington Beach), Matt Kolodge (Damien), Bud Heavner (La Canada), Tom Caffrey (Whittier Christian)

### CROSS COUNTRY

Dave Herman (Hoover), Vern Gambetta (Santa Barbara), Brad Bennett (West Covina), Steve Terry (Schurr)

### GOLF

Lynn McCarroll (Bellflower), Bob Minier (Mission Viejo), John Stoney (San Marcos), Paul Campbell (Norte Vista), Bill Brady (Los Amigos)

### GYMNASTICS

Scott Nettles (Arroyo), Fred Bellmar (Millikan), Les Armstrong (Fountain Valley)

### SOCCER

John Wilde (San Gabriel), Br. Gerry O'Brien (Alemany), Roger Bryant (South Torrance), Fred Wind (Valley Christian)

### SWIMMING & DIVING

Kane Waggoner (Glendora), Tom De Long (Foothill), Burt Kanner (San Marino), Larry Brennan (Edison), Darol Roundy (CIF-SS Office)

### TRACK & FIELD

Earl Engman (Santa Ana), Glen Hastings (El Dorado), Mike Cummins (Valencia), Doug Smith (Arcadia), Ernie Hartman (Retired), Walter Smith (Glendale City College), Brian Springer (Palos Verdes)

### VOLLEYBALL

Rolf Tanner (Monte Vista), Jim Cherniss (South Pasadena), John Weyhrauch (Corona del Mar)

### WATER POLO

Bill Barnett (Newport Harbor), Jim Sprague (Sunny Hills), Ralph Hahn (La Serna), Mike Schiesel (Los Amigos)

### WRESTLING

Paul Breit (Edgewood), Bob Fischer (Simi Valley), Wayne Michaelin (Fountain Valley), John Dahlem (Loara), Skip Fazio (Fontana), Mike Henry (Los Alamitos)

## SELECTED REPRINT

# WHEN DO WE PLAY FOR FUN

(NOTE: The following article was written by John Crubaugh, former principal of Pulaski High School in Wisconsin. The article appeared first in the Pulaski NEWS and then in the BULLETIN of the Wisconsin Interscholastic Athletic Association. We do not agree with all the points raised by Mr. Crubaugh, but we do share the author's overall point of view that school sports must be fun. Our principal disagreement with Mr. Crubaugh is his opinion (#10) that the athletic program belongs to the parents. In fact, the program is not for coaches OR parents; it's for KIDS. And only when coaches AND parents realize this fact will the program be as fun as it can be for the kids. Clifford B. Fagan - Editor, National Federation Publications)

A theater in Green Bay recently showed a movie entitled "The Bad News Bears". Three of my kids went with me and thoroughly enjoyed the many capers of a mismatched, mismanaged group of untalented juvenile delinquents disguised as baseball players. While the kids laughed at their foul balls, foul language and total lack of dedication—I squirmed wondering while my mind wandered. What I wondered was—did I ever coach athletes as they were "coached". My mind wandered as I placed myself in the role of the kid-athlete and recalled many instances of mishandling. As a result, I can easily understand why an athlete might prefer to spear suckers, skip rocks off the water, watch clouds, or do anything other than play baseball, basketball, football, marbles, or throw darts. Especially if adults are looking on carefully as in c-o-a-c-h-i-n-g.

I strongly urge all coaches to see "The Bad News Bears". It is not a cinema giant bound to surpass legendary films the likes of "One Flew Over the Cuckoo Nest". On the other hand coaches, if you fail to see the moral after viewing the film, see me—I have

a resignation blank in need of your signature. You owe it to yourself and my kids to sign it.

As a frustrated former coach whose mastery is in second guessing on Monday and whose C.C.R. (career coaching record) improves each year I am out of the sweaty, analgesic smelling gym, I've got ten "thou shalt nots" for you. I offer them as a parent in behalf of all parents whose son or daughter VOLUNTARILY participates in OUR athletic program.

1. Thou shalt not establish depth charts. They may be necessary on a submarine, but they are demeaning to my kid who arrives psyched up for practice only to find he is a ninth string "way back".

2. Thou shalt not set idiotic and unreasonable rules. It isn't necessary for my sixth grader to run forty touchdown drills or thirty minutes of suicide drills. Find me a sixth grader who is not in shape day one of a practice and I will show you a sixth grader who is in need of a carefully prescribed program issued by a doctor to insure a safe and healthy way to a better body.

3. Thou shalt not talk about your high school heroics. You are wasting my kid's time, valuable practice time, and he's liable to be an avid historian who will trace your background, find out your first place was a fifth place earned not in Montreal, but in Montfort (Pop. 538).

4. Thou shalt not swear in public "my son is a quitter" or that "kids don't have the desire or commitment kids used to have". Help athletes! Don't degrade them, defend them. No kid has ever wanted to make an error, miss a shot, drop a pass, or get pinned. He has volunteered to compete. Support him in public and he will support you.

5. Thou shalt not use false signs or cliches. "Winning isn't everything, it's the only thing! Winners never quit!" You wanna bet? Lombardi worked with high priced athletes called professionals. They are paid! Save your "win at all costs" signs for the pro. When the time runs out and the contest is over, every kid has the right to smile, think of having a pizza, going to a movie, or simply humming because he has done his best and lost.

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## MEDICAL COMMENT

# EYE ANOMALIES AND INJURIES

(A comment by the Committee on the Medical Aspects of Sports of the American Medical Association and the National Federation.)

Good vision in sports is more than the identification of objects and opponents. It involves discrimination of speed, distance, and detail that makes for effective interactions during competition. Moreover, visual perceptions must be made from the fringe of one's field of awareness as well as in the direct line of central acuity.

Obviously, such "tracking" of objects and opponents contributes to successful performance. The flanker's perception of the thrown ball results in modification of speed and direction, so that the football and flanker are on a "Collision course." The linebacker's perception of a subtle change of opponent's stance, glance, or movement may give clues as to the "Collision courses" of the oncoming blockers, receivers and ballcarriers.

Equally important, good vision safeguards the athlete from injury. The unexpected poses far more risk to the athlete than the expected. The athlete who is unaware of, or does not identify, an upcoming hazard cannot use the defense of anticipation. An unexpected block in football is an example of such a hazard.

One can appreciate the intricate structure and mechanism of the normal eye, especially when compared with the abnormalities that can occur. In the normal eye, the image is transposed onto millions of retina cells with enormous reduction in size. The term 20/20 for central or straight ahead vision indicates that at a test distance (numerator) of 20 feet, you see what the average normal eye should see (denominator).

With a number of conditions, a distortion of the light rays occurs before they reach the retina. Thus, in myopia (clear vision of close objects), the eyeball is too long. When looking at far objects the light rays are focused before reaching the retina. Buried distant vision results.

With hyperopia (clear vision of far objects), the reverse occurs. When looking at near objects the image focuses beyond the retina, since the eyeball is too short.

Astigmatism is a cylindrical defect of focusing in which the light rays entering the eye do not end properly to a point (stigma) on the retina but rather form a blurred line. Strabismus (cross-eyedness) can usually be remedied with

corrective glasses, surgery, or medical care.

Many athletes with vision defects are now able to play even vigorous sports because glasses have resulted in sufficient improvement in vision to make this possible. Specifically, glasses or corrective treatment have raised their level of distance acuity, nearpoint vision, depth perception, peripheral vision, binocular coordination or glare recovery. Since glasses now may be made highly shatter resistant, even vigorous sports participation is possible for these individuals. There is one exception.

The AMA Committee on the Medical Aspects of Sports recommends that those with only one serviceable eye not participate in contact sports. The loss of the remaining eye is too great a risk. Instead, a host of non-contact sports is available for these individuals. The use of glasses or safety goggles further reduces the slight risk of injury to the functional eye inherent in these sports.

Actually, the most common injury to the eye is abrasion (scratching) of the cornea. Dust particles entering the eye are rubbed back and forth over the cornea in a futile attempt to reduce the eye irritation they cause. No scarring will occur if only the outer layer of the cornea is scratched. Deep layer irritation usually involves scarring. These complications can be avoided often by simply sloshing the eye with clean water from the cupped hand or removing the particle with a sterile swab.

Because the eyeball is surrounded by a framework of bones, and its placement in a cavity, it is seldom injured by objects with a radius of curvature greater than two inches. When the eye does receive a blow, followed by any lingering visual disturbance, it should be examined by an ophthalmologist. Contusions can cause: displacement of the pupil or eyeball, serious hemorrhage in front of the colored iris, and detachment of the retina.

In addition to these, there exists a great range of eye injuries, each one attributable to a direct or indirect blow. They are: Black eye—This is due to rupture of small blood vessels in the subcutaneous tissue. Swelling of the eyelid frequently makes it difficult to open the eye. Dislocation of the lens, bleeding into the anterior chamber of the eye, swelling of the retina, bleeding of the retina, retinal tears, perforation of the eyeball by an object, or rupture of the globe. Meaningful indications of

eye injury are: Persistent pain, disfigurement, alteration of visual acuity, loss of visual field or double vision.

The athlete himself can do much to prevent eye injury of course, or perform minor first aid when mishaps do occur. However, it is really up to an ophthalmologist to differentiate the type and extent of injury to the eye when serious injury does occur.

## WHEN DO WE PLAY FOR FUN

(Continued from Page Six)

6. Remember to keep holy the sabbath day—and others—OPEN—so my kid can have time to ski, be with his family, date (I think), or be by himself.

7. Thou shalt not lock my kid into one position. Who says, but you, that my kid is a center, a catcher, or a cornerback. Have you honestly ever considered the possibility that regardless of his height, weight, or lack of it, he may be able to play other positions at given times other than the one he has been designated to play ever since fifth grade.

8. Thou shalt not bow and worship only perfectly built specimens. Measure my kid's heart, not his height. Given a chance, he is liable to disassemble the specimen like Joshua tumbled walls of Jericho.

9. Thou shalt not covet an athlete because of his brothers. If everyone is to be given an equal chance (You've all said every year, "fellas, no one has a spot in my line-up sewed up"), then forget about "gene pools". All kids, even within the same family, are significantly different. If you are wondering why some kids have decided not to tryout for a sport, it just may be he already knows the starting line-up.

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## STATE RULE 200 REVISION

Please be advised that the October Minutes of the CIF Federated Council Meeting which were sent to all principals in the State contained some basic changes in State Rule #200. Principals should be aware of these changes as they relate to CIF Southern Section By-Laws Article VII. All schools in the Southern Section should have received copies from the State Office. Principals are asked to review the revisions as stated in the minutes.



# CIF-SS BOYS' PLAYOFF CALENDAR FOR 1976-77

SPORT	EVENT	DATE	CHAMPIONSHIP SITE
FOOTBALL	4A,3A,2A finals	December 17	Anaheim Stadium (4A) others @ neutral sites
	1A	December 10	Neutral site
WATER POLO	3A Quarterfinals	December 4	Newport Harbor
	3A Semifinals	December 8	East Los Angeles College
	3A Finals	December 10	East Los Angeles College
	4A Quarterfinals	December 4	Independence Park — Fullerton
	4A Semifinals	December 8	East Los Angeles College
	4A Finals	December 10	East Los Angeles College
BASKETBALL	4A Semifinals	March 11	Long Beach Arena
	4A Finals	March 12	Long Beach Arena
	3A Finals	March 12	Long Beach Arena
	2A Finals	March 12	Long Beach Arena
	1A Finals	March 12	Long Beach Arena
	Small School Finals	March 12	Long Beach Arena
SOCCER	4A Finals	March 11	Neutral site
	3A Finals	March 11	Neutral site
WRESTLING	Northern Sectional	February 19	Simi Valley High School
	Southern Sectional	February 19	Cypress College
	Eastern Sectional	February 19	Fontana High School
	Western Sectional	February 19	Edgewood High School
	Finals	February 26	Fountain Valley High School
SWIMMING & DIVING	Swimming Relay Prelims	January 29	East Los Angeles College
	Swimming Relay Finals	February 4	East Los Angeles College
	3A-4A Diving Prelims	March 29	East Los Angeles College
	3A-4A Diving Finals	March 29	East Los Angeles College
	3A Swim Prelims	March 30	East Los Angeles College
	3A Swim Finals	April 1	East Los Angeles College
	4A Swim Prelims	March 31	East Los Angeles College
	4A Swim Finals	April 2	East Los Angeles College
BASEBALL	4A Finals	June 1	Dodger Stadium
	3A Finals	June 1	Dodger Stadium
	2A Finals	June 1	Neutral site
	1A Finals	May 27	Neutral site
GOLF	Southern Team Regional	May 16	Mission Viejo
	Central Team Regional	May 16	Glendora Country Club
	Northern Team Regional	May 16	Sandpiper
	Team Finals	May 31	Indian Hills
	Individual Finals	May 31	Indian Hills
	SCGA	June 6	Stockdale Country Club
GYMNASTICS	Team Finals	May 31	tba
	Individual Prelims	May 27	tba
	Individual Finals	June 3	tba
TENNIS	4A Team Finals	May 27	tba
	3A Team Finals	May 27	tba
	2A Team Finals	May 24	tba
	Individual Prelims	May 28	Buena, Redlands, Pasadena, UCI
	Individual Finals	June 4	Balboa Bay Club
TRACK & FIELD	4A Prelims	May 13	Cerritos College
	4A Finals	May 20	Cerritos College
	3A Prelims	May 14	El Modena High School
	3A Finals	May 21	El Modena High School
	2A Prelims	May 14	Valencia High School
	2A Finals	May 21	Valencia High School
	1A Prelims	May 14	Redondo Beach High School
	1A Finals	May 21	Redondo Beach High School
	State Qualifying	May 27	Cerritos College
	State Meet	June 3 & 4	UCLA
VOLLEYBALL	Finals	May 27	tba

## WHEN DO WE PLAY FOR FUN (Continued from Page Seven)

How would he find out? You've probably done nothing but talked about a certain group of athletically talented kindergarten kids for ten years.

10. Thou shalt not be covetous of the athletic program to the point you

think the program is yours. The program is OURS as parents. Treat my kid tactfully and with respect. Tomorrow it will be their turn to decide — do I want my child to play, particularly under my old coach? Think of the insights my kids (as in parent) will have.

One final note. It appears I've overlooked parents by addressing coaches specifically. I don't mean to bypass us. You and I have committed gross errors as well. Though the Bears in the movie were kids, the coaches and we are "the bad news".