CIF SOUTHERN SECTION NAMES STAUNTON AS NEW COMMISSIONER

The CIF Southern Section Executive Committee named Dr. James T. Staunton, Principal of Huntington Beach High School, the organizations eighth Commissioner of Athletics.

Dr. Staunton replaces retiring Commissioner, Dean Crowley, and will begin his tenure as Commissioner September 1.

"I am delighted to be able to follow in the footsteps of someone like Dean Crowley," Staunton said, "and to work for an organization like the CIF. I am grateful to the organization for choosing me."

Dr. Staunton has been an educator for more than 25 years, the majority of that time spent in the Huntington Beach Unified School District.

After receiving his Bachelor of Arts degree from Whittier College in 1971, Dr. Staunton began his teaching career at Bushard Elementary School in Fountain Valley. While at Bushard, Dr. Staunton earned a Masters of Arts degree from California State University at Fullerton in 1978. In 1978, he moved to Fountain Valley High School where he taught speech therapy.

Dr. Staunton began his administrative career in 1988 when he was named Dean of Students at Ocean View High School. He became Assistant Principal at Fountain Valley High School in 1989. He was named to his current post as Principal of Huntington Beach High School in 1991. While at Huntington Beach, Dr. Staunton completed his doctoral program in Education Policy through the University of Southern California in 1997. Under his guidance, Huntington Beach High School was recognized as a California Distinguished School.

Dr. Staunton has been very involved in the CIF Southern Section during his tenure at Huntington Beach. He has worked as both league director and league President and as the league representative. Most recently, Dr. Staunton served as the Chairperson of the Orange County Re-leaguing Committee.

Dr. Staunton’s leadership has resulted in numerous citations and recognition. He is seen in STAUPTON page 23.

CIF Interscholastic Federation Southern Section
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Cerritos, California
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OFFICERS
Marjie Godfrey, Assistant Superintendent
Lucia Mar USD, President
Clark Stephens, Principal
Liberty Christian High School, President-Elect

Dr. Ken Gunn, Principal
Walnut High School, Past-President

Dr. Jack Clement, Principal
El Toro High School, Treasurer/Orange County Rep.

James Staunton, Ed.D., Commissioner of Athletics

24 HOUR FITNESS – "ENRICHING THE STUDENT-ATHLETE EXPERIENCE"

24 Hour Fitness is entering its second year as a CIF Southern Section partner as the "Official Fitness Center." At 24 Hour Fitness, they know first-hand the importance of engaging students in physical activity to ensure their athletic and intramural programs are as successful as possible.

24 Hour Fitness has donated a total of $10,000 to the CIF Southern Section to support the "Enriching the Student-Athlete Experience" program. The funds will be used to support the various activities and programs offered by the CIF Southern Section to benefit student-athletes.

The partnership with 24 Hour Fitness has been a tremendous success, providing valuable resources and opportunities for students to improve their athletic performance. The CIF Southern Section is grateful for the support and commitment of 24 Hour Fitness, and looks forward to continuing this partnership in the future.
The April meeting of the CIF-SS Council was called to order by Margie Godfrey, President, at 9:30 a.m. on Thursday, April 29, 1999, at the Sequoia Club. All leagues were present with the exception of Condor, De Anza, Delta, Delphi, Desert Mountain, Golden, Heritage, Liberty, Metro, Prep and South Coast.

1. ADOPT AGENDA - It was moved, seconded and passed to adopt the agenda.

2. MINUTES - It was moved, seconded and passed to approve the minutes of the CIF-SS Council meeting of March 29, 1999. Additionally, the minutes of the CIF-SS Executive meeting of April 14, 1999, were submitted as an informational item.

3. GOLD LIFE PASS PRESENTATION - Gary Tabler, Chairperson of the Life Pass Committee, introduced those receiving Life Passes in recognition of their long standing service to the CIF-SS. Recipients were Frank Caro, Alhambra High School, Dr. Tom Jacobson, Newport-Mesa Unified School District and executive committee member; Scott McGattager, Garden Grove Unified School District; Bob Stand, San Gavino High School; Tom Trigo, Buena Park High School and executive committee member; Vicki Tetzlaff, Garden Grove High School. Additionally, names of Fame honorees were Jim Parker, Ventura County Star News and Paul Wierock, Football Coach, Redlands High School.

4. PUBLIC HEARING SESSION - Ben Cottler, Fountain Valley High School parent, Mr. Thompson, lawyer and Nancy Trippati, Fountain Valley High School Booster Club parent reviewed concerns regarding Division I and II football playoff grouping proposals.

5. PLAYOFF GROUPINGS - Dr. John Dahmen, chairman of the Playoff Groupings Committee, presented the Playoff Groupings Committee's recommendations for the 1999-2000 season. A motion to amend the Playoff Groupings Committee's proposal in football and returns to the original proposal was made. Matt Callis, Principal, L.B. Poly High School, Roger Raper, Citrus Belt Conference Representative, Doug Ageold, Principal, Wood Covia High School and Earl Haugen, San Gabriel Valley League Representative, spoke in favor of the amendment. Speaking in opposition to the amendment and in favor of the playoff groupings proposals was Carol Osbrien, S Unsure League President. Following discussion, a motion to approve the amendment was approved. Following further discussion, a motion to approve the Playoff Groupings Committee's recommendations as amended was approved.

6. BLUE BOOK COMMITTEE PROPOSAL - Nancy Billinger, Blue Book Committee member, reviewed the following items from the Blue Book Committee.

   A. Trend Restrictions (Blue Book Rule 702.1) - A recommendation to delete all trend restrictions under Rule 702.1 (second paragraph) was approved.

   B. Eligibility and Forfeitures (Rule 500.2) - Recommended Amendment (Rule 500.3) - A recommendation to add to the Blue Book Rule 500.3 the amendment "in the case where it is determined that an ineligible player competed due to the failure of the school administration to adhere to the proper paper work which would have granted immediate eligibility with no restrictions, i.e., open enrollment and transfer eligibility with no restrictions, the school would only be forced to forfeit the initial game won that the student in question played in" was approved.

   C. Dismissal and Transfer for Disciplinary Reasons (Rule 217) - A recommendation to add the following wording to Rule 217.1, Dismissal Return to Previous School/Transfer to New School to read, "the eligibility of a student who is expelled and at a later date returns to the same school shall be determined by the local administration. If the student is expelled to transfer from any public or private school, that student could have restricted eligibility in all sports and be ineligible for all levels of competition for a period of one year following the initial transfer" was approved.

   7. FOOTBALL SCRIMMAGE PROPOSAL - James Christianson, President of the Frontier League, reviewed a proposal which calls for an interscholastic scrimmage at the varsity level only, in addition to a tenth game. Following discussion, it was moved, seconded and passed to approve the proposal.

   8. FOOTBALL SPRING AND SUMMER RULES - Joseph Passick, representing the Memphis League and Jim Binkert, Football Coach, Woodlake High School, reviewed a proposal which would allow specific spring football rules to be applicable for summer time practice. Following discussion, a motion to approve the proposal was passed.

   9. WATER POLO PLAYOFFS BY ENROLLMENT - Jeff Thornton, Mission League Coordinator, reviewed a proposal calling for boys and girls water polo playoffs to be conducted by enrollment beginning with the 1999-2000 school year. Following discussion, a motion to approve the proposal was denied.

10. OFFICIALS' FEES COMMITTEE RECOMMENDATIONS - Susana Ace, Chairperson of the Officials' Fees Committee, reviewed the proposed 1999/2000 Officials' Fees Committee recommendations. Following discussion, a motion to approve the recommendations was passed.

11. EXECUTIVE COUNCIL ELECTIONS - Marge Godfrey, Chairperson, noted the report of the Nominating Committee as it relates to the CIF-SS Executive Committee. Following a vote by the Council those elected were: Northern Area Representative - Susana Ace, Assistant Principal, Northridge High School and Superintendent Representative - Dr. David Long, Superintendent, Riverside County. In addition, Bob Nero, Principal, Citrus High School, will continue as At-Large Representative and Terry Speir, Activities Director at Long Beach Poly High School will continue as Activities Director Representative.

12. CIF-SS 1999-2000 BUDGET PROPOSAL - Dr. Jack Clement, Treasurer, reviewed the 1999-2000 CIF-SS budget. Following discussion, it was moved, seconded and passed to adopt the budget as presented.

13. CIF-STATE FEDERATED COUNCIL MAY ACTION ITEMS - Dr. Van Gunn, Past-President, presented the following agenda items for the May CIF State-Federated Council meeting in order to give Southern Section delegates voting direction.

   See COUNCIL MINUTES page 23.
SYNOPSIS OF CHANGES TO 1999-2000 BLUE BOOK

The following is designed for the benefit and convenience of athletic administrators and coaches in an effort to provide a capsule summary of the changes in the State CIF and Southern Section Constitution and Bylaws. These changes have been enacted by the State CIF Federated Council and the Southern Section council throughout the course of the 1998-99 school term.

STATE REVISIONS
30.E.B: Add California Association Director of Activities.
34.J: Establishes appeals committee.
40: Criteria for Federated Council Meetings.
70: Selection and Role of State Executive Committee.
200.E: Clarifies penalties for false or fraudulent information.
212: Moved foreign students to Bylaw 214. Also requires paper work for student eligibility in foreign exchange programs.
214.1: List approved foreign exchange programs.
225: Clarifies eligibility rules for independent and home study as well as home schooling students.
303.B: Defines alternative school.
310: Requires National Federation authenticating mark for all balls. This has also been added to all Southern Section sport sections.
511.C: Season of sport for State Championships.
110.3.B.1,b,c,d,e: Protocol for arbitration hearing appeals.
2001: Designated season of sport for boys and girls golf.
2702: Outlines landing section for discuss and shot put.
2703: School colors on uniform for the year 2000-01.
3002.B: Requires wrestlers to have one half weigh in during state tournament series.
Page 186: A Model for Athletic Gender Equity Grievance Procedure.

SOUTHERN SECTION REVISIONS
201.1,201.2: Establish June 15th as birth date deadline.
212: New rule number.
214.2: Requires section eligibility approval for foreign students not in an approved program.
214.3-214.10: Changes rule numbers.
217.1: Establishes the initial transfer as the ineligibility date for expelled students.
311.1: Date change.
500.2: Modifies forfeiture rule.
510, Q & A: Clarifies sports camps.
528: Provides for “Principals Statement of Compliance”.
701: Changes approval process for some sanctioned events.
1000: Changes approval process for some sanctioned events.
1203: Summer camp clarification, also added to summertime rules in all sports sections.
1413, Q & A: Penalty for player ejection also added to all other sports sections.
1906: Requires the Southern Section tie breaker for those leagues adopting to use an on field tie breaker.
1915: Provides for football scrimmage.
1922.3: Allows soft protective equipment for the ears and heads for summertime rules.
1932.2: Adds “primary health provider designated by the home team”.
3105: Expanded to all sports.

Refueling for Stop-and-Go Sports
Craig A. Horswill, Ph.D., Gatorade Exercise Physiology Lab

Carbs, sugar, glucol polymers and starch are the buzzwords when it comes to fueling athletes. For years, sports nutritionists have told swimmers, marathon runners and cyclists that carbohydrate was the nutrient for endurance sports. Scientific research now shows that athletes in stop-and-go or “power” sports, such as football, hockey, basketball and wrestling can benefit from “carbo-loading” as well. Let’s take a look at the importance of refueling for play in these stop-and-go, sprint sport and dietary recommendations.

Fuel Up the Day Before the Game
Should athletes who play football, field hockey or soccer consume diets high in carbohydrate? Current research says “yes.” Two groups of athletes performed a 75-minute shuttle run test that consisted of a mix of walking, running and sprinting similar to that which occurs in a soccer match or football game. At the end of the test, participants were timed for how long they could perform a test of alternating sprinting and jogging. Subjects in both groups lasted about 15 minutes. Following the test, one group consumed a diet supplemented with carbohydrate (high-carbohydrate diet), while the other consumed a diet supplemented with fat or protein (normal carbohydrate). After 22 hours, participants performed the shuttle run and fatigue test again, as if they were competing in the second day of a tournament. This time, those on the high carbohydrate diet lasted eight minutes longer than those on the diet with normal intake of carbohydrate (21 minutes versus 13 minutes).

Recommendation: Athletes should consume foods high in carbohydrate such as bananas, baked potatoes, sports drinks (like Gatorade) or bagels before games and should avoid fat and protein between games. The high carbohydrate meal will help athletes go stronger and last longer.

Drink It Up During the Game
Scientists have examined performance activities that imitate football, soccer and hockey — explosive bursts of effort with short breaks in the action. Several recent studies indicate that if subjects consumed a sports drink that contained carbohydrate before and during intermittent sprinting exercise, they were able to perform more sprints compared to when they consumed only water.

Why did carbohydrate help? Research on hockey and soccer shows that athletes have higher stores of carbohydrate in the muscle at the end of the game if they had consumed a beverage that contained carbohydrate. By drinking the beverage before play and at the half-time or period break, the players were able to replace carbohydrate that was burned up during play. By replacing the energy at the rest periods, more energy — specifically, carbohydrate energy — would be present for late in the game. Additionally, carbohydrate from the beverage boosts blood glucose during play. Sustaining blood sugar levels might help players remain more attentive and focused, while the beverage also helps meet the fluid needs of swarming athletes during activity. Remember, not all beverages are created equal. Be sure to select a sports beverage with the optimal mix of carbohydrate (sucrose, glucose and fructose) and amount of sodium and potassium.

Benefits of a High Carbohydrate Recovery Diet on the 2nd Day of a Tournament-like Event

Moderate Carbohydrate Diet
High Carbohydrate Diet

<table>
<thead>
<tr>
<th>Sugar Level</th>
<th>0</th>
<th>5</th>
<th>10</th>
<th>15</th>
<th>20</th>
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</thead>
<tbody>
<tr>
<td>Spirit &amp; Running Ability(min) at end of 75 min Shuttle Run Game</td>
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<td>Nichols et al JSEP 25:1260, '97</td>
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Recommendations: Drink about 8 oz. of a fluid that provides carbohydrates at 15-20 minutes during activity to enhance performance. To promote rapid absorption, select fluids with around 14 grams of carbohydrate per 8 oz. The energy will help you to keep the pressure on your opponent through the entire end of the game.

Types of Carbohydrate
There is a notion that “simple sugars” are bad, whereas complex carbohydrates and fiber are good. This is not correct. The muscle doesn’t know whether the carbohydrate used for energy (glucose) comes from a candy bar or a baked potato. Glucose from either source is burned the same way for energy.

The type of the carbohydrate consumed will determine how quickly the energy is absorbed. For example, the main sugar in honey, fructose, is absorbed slowly. Fructose must also be converted to glu- cose before the muscle can use it, so it is slower absorbed before this sugar can be burned. Glucose is absorbed more quickly and can be used sooner by the muscle. A slightly different type of carbohydrate, fiber, is never absorbed. Nevertheless, fiber, such as that in the skin of the baked potato or the peel of an apple, provides important health benefits.

The form of food supplying the carbohydrate determines the other types of nutrients that are delivered. For example, the baked potato including the skin will provide more vitamins and minerals than a Twinkie. For that reason, the baked potato is a good food during the week of training. As a snack between matches, the athlete would like sugar to be absorbed quickly, simple sugars are great. The notion of bad and good sugars is misleading. It has less to do with the sugar-energy and more to do with the overall nutrients provided by the food supplying the carbohydrate.

Recommendations: Foods and fluids with simple sugars are excellent as part of pre-event meals and snacks between games. Avoid foods that also contain fat, which slows digestion and produces heartburn. Eat foods high in fiber at the training table several hours after the game and during the week of training.

Summary
Fatigue is an athlete’s greatest opponent. A growing body of research demonstrates that athletes who maintain a high carbohydrate, low fat diet and drink sports drinks can overcome the fatigue factor and enhance performance. Dr. Craig Horswill Ph.D., is a Senior Research Scientist in the Gatorade Exercise Physiology Lab in Easton, MD.

For more information contact our Web sites: www.gsweb.com www.gatorade.com
GOOD SPORTSMANSHIP FOR ATHLETES AND OTHER HIGH SCHOOL STUDENTS

"Sportsmanship is that quality of honor that desires always to be courteous, fair, and respectful, and it is interpreted in the conduct of players, spectators, coaches, and school authorities." — Fielding H. Yost

Should set a good example in the matter of sportsmanship and quickly condemn un-sportsmanlike conduct on the part of other students or adults.

To this end they should:
- Remember that a student spectator represents his/her school the same as does the athlete.
- Recognize that the good name of the school is more valuable than any game won by unfair play.
- Respond with enthusiasm to the calls of the cheerleader for yells in support of the team, especially when it is losing.
- Learn the rules of the various athletic games so that either as spectators or critics they will be intelligent.
- Accept decisions of officials without question.
- Express disapproval of rough play or poor sportsmanship on the part of players representing the school.
- Express disapproval of any abusive re-marks from the side lines.
- Recognize and applaud an exhibition of the play or good sportsmanship on the part of the visiting team.
- Be considerate of the injured on the visiting team.
- Insist on the courteous treatment of the line team as it passes through the streets or visits the local school building and extend the members every possible courtesy.
- Acquaint the adults of the community and the pupils with the ideals of sportsmanship that are acceptable to the highschool.
- Impress upon the officials of the community the responsibility for the exercise of self-control and fair play at all athletic contests.
- Advocate with the state rules of eligibility and support their strict enforcement.
- Encourage the full discussion of fair play, sportsmanship, and school spirit through class work and auditorium programs in order to discover ways by which students and schools can develop and demonstrate good sportsmanship.

MINUTES OF THE EXECUTIVE COMMITTEE MEETING APRIL 14, 1999

The April meeting of the CIF-Ss Executive Committee was called to order by President Margie Godfrey at 1:06 p.m. on Wednesday, April 14, 1999 at the CIF-Ss Office. All members were present with the exception of Paul Bred, Sharon Caperton, Dr. Jack Clement, Dr. Lisa Daniels, Fr. Robert Gallagher, Dr. David Long and Tony Ortho.

1. ADOPT AGENDA - It was moved, seconded and passed to approve the agenda.

2. MINUTES - It was moved, seconded and passed to approve the minutes of the February 10, 1999 CIF-Ss Committee meeting.

3. STATE DISTINGUISHED SERVICE AWARD - Margie Godfrey, President, reviewed the State CIF Distinguished Service Award. Following discussion, a motion to recommend Dean Crowley and Margaret Davis was approved.

4. COURTESY CARD QUESTION - Dr. Harold Cahnman, Assistant Commissioner reviewed a proposal regarding regulations pertaining to Courtesy Cards. Following discussion, it was moved, seconded and passed to approve the distribution process of Courtesy Cards for the 1999-2000 school year. Members of the committee are Paul Bred, Terry Spier, Bobo Neri and Dr. Harold Cahnman.

5. 1999-2000 CIF-Ss MEETING DATES - Dean Crowley, Commissioner, presented the 1999-2000 proposed CIF-Ss meeting dates. Following discussion, a motion to approve the meeting dates was passed.

6. NEW SCHOOL MEMBERSHIP - It was moved, seconded and passed to approve the membership of Capistrano Christian School (San Juan Capistrano) and Aliso Niguel High School and College Prep Academy (Anaheim) high schools for the 1999-2000 school year on condition they attend an orientation meeting at the CIF-Ss Office.

7. COMMISSIONER’S REPORT - Dean Crowely reported on the hearing process within the Section, National Federation badminton meetings for the 1999-2000 school year, playoff guidelines, and playoff entry deadlines. Additionally, new temporary hydraulic scissors were introduced.

8. ATHLETIC DIRECTORS’ REPORT - Don Cockrell, Boy’s Athletic Director Representative, reported on championships awards presentation and a proposed Athletic Directors’ Mentor Program.

9. ACTIVITIES DIRECTORS’ REPORT - Terry Spier, Activities Director Representative, reported on pre-sale tickets and playoff ticket pricing.

10. AREA REPRESENTATIVES’ REPORT - Exec-utive Committee Area Representatives discussed alternate sites for playoff and requalifying sites:

11. MARKETING REPORT - Danielle Reason, Sports Marketing Coordinator, reported on playoff awards, corporate sponsors and the 1999 Academic Awards. He presented the names of the award winners and their achievements in their respective sports. The meeting adjourned at 4:05 p.m.

Submitted By: KAREN HELLYER
ASSISTANT COMMISSIONER

Approved By: DEAN CROWLEY
COMMISSIONER OF ATHLETICS

MINUTES OF THE EXECUTIVE COMMITTEE MEETING JUNE 2, 1999

The June meeting of the CIF-Ss Executive Committee was called to order by President Margie Godfrey at 1:31 p.m. on Wednesday, June 2, 1999, at the CIF-Ss Office. All members were present with the exceptions of Fr. Robert Gallagher and Bobo Neri.

1. ADOPT AGENDA - It was moved, seconded and passed to adopt the agenda.

2. MINUTES - It was moved, seconded and passed to approve the minutes of the April 14, 1999, CIF-Ss Executive Committee meeting.

3. CHANNEL LEAGUE PLAYOFF REQUEST - Dean Crowley, Commissioner, reviewed a request from the Channel League to allow league playoff contests on Saturday to determine entry into CIF playoffs. Following discussion, a motion to sustain the office position of extending the playoff entry deadline to 12:00 noon on Saturday due to special circumstances was approved.

4. MONROVIA FOOTBALL ISSUE - BB Clark, Assistant Commissioner, reviewed the report from the Monrovia High School principal regarding football playoff concerns. Following discussion, a motion to accept the report was approved.

5. NEW SCHOOL MEMBERSHIP - It was moved, seconded and passed to approve membership of Desert Chapal High School (Palmdale) Springs, Nelsen El High School (Los Angeles), Oxford Academy (Cypress) and South Bay High School (Torrance) for the 1999-2000 school year on condition they attend an orientation meeting in the CIF-Ss Office.

6. COMMISSIONER’S REPORT - Dean Crowley, Commissioner, reviewed spring championships, Fox Football game, and the summer Executive Committee workshop.

7. TREASURER’S REPORT - Dr. Jack Clement, Treasurer, reported on the winter sports, the July audit and the status of spring sports.

8. PERSONNEL SESSION - The Executive committee went to closed session at 2:20 p.m. to discuss personnel issues. At 3:30 p.m. the Committee reconvened and returned to the open session.

9. REPORT OF CLOSED SESSION - It was the decision of the Executive Committee, by unanimous vote, to reopen the search for a new Commissioner and employ an Executive Search Firm to increase the pool of qualified candidates. The Search Committee has been empowered to employ a firm at a cost not to exceed $10,000. The Executive Committee will conduct interviews of the three final candidates that were recommended by the initial screening committee and interview panels, as well as any additional qualified persons identified during the search process. There being no further business the meeting was adjourned at 5:30 p.m.

Submitted By: KAREN HELLYER
ASSISTANT COMMISSIONER

Approved By: DEAN CROWLEY
COMMISSIONER OF ATHLETICS
LONG BEACH POLY AND SANTA MARUGTA CLAIM TITLES IN EIGHTH ANNUAL CAVALECADE OF CHAMPIONS

The CIF Southern Section is pleased to announce the top ten boys and girls athletic programs in the Eighth Annual Cavalcade of Champions.

On the boys’side, Long Beach Poly took top honors scoring 21 points on the strength of championships in cross-country, soccer and track. The Jackrabbits have repeatedly shown up to the plate, finishing in football and basketball. The Jackrabbits won the top spot with Hart, Corona del Mar and Seniva all finishing with 16 points. Hart claimed titles in football and basketball. Corona del Mar took home firsts in baseball and tennis. Seniva had a tie in volleyball and tennis. Round out the top three were Woodbridge and Harvard-Westlake, who both finished with 13 points. Woodbridge scored their points based on championships in football and soccer and a final appearance in tennis. Harvard-Westlake claimed one title in tennis and had final appearances in football and volleyball. Long Beach Poly’s claim of the Cavalcade Championship knotted Santa Margarita out of the top-spot for the first time in four years. The Eagles finished with 10 points.

Santa Margarita took the girls title for 1998-99. The Eagles scored 18 points, second in archery and CIF-SS titles in softball, tennis, soccer and volleyball. Additionally, Santa Margarita’s basketball team took third place in CIF-SS titles, second in track.

The winners are determined by a point system that provides: five points for a Division I championship; three points for a Division II championship; two points for advancing to the semifinals or third place in a Division III championship; one point for advancing to the quarterfinals or third place in a Division IV championship; or one point for advancing to the second round of a Division V championship. The winners included the following: 1. Santa Margarita (Division I); 2. Long Beach Poly (Division II); 3. Woodbridge (Division III); 4. Harvard-Westlake (Division IV); 5. Poly (Division V).

The CIF-SS developed this recognition program based upon comprehensive excellence in intercollegiate sports.

The purpose of this program is to enhance the spirit of competition, sportsmanship, and good will among the student athletes and their school communities.

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The California Interscholastic Federation, Southern Section honored six longtime contributors to the cause of high school athletics and CIF-SS activities with the prestigious Gold Life Pass Awards at the April 29 Council Meeting in Buena Park.

The Gold Life Pass Award, emblematic of the highest service honor the organization can bestow upon individuals, celebrates its 47th year this spring. The award was initiated in 1952, with the first presentation being to Seth Van Patten, generally regarded as the "Father of the CIF."

Congratulations to these fine schools for outstanding athletic programs. They are proud of the accomplishments of their entire athletic programs.

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J.W. NORTH CLAIMS 1999 GIRLS CIF STATE TRACK AND FIELD CHAMPIONSHIPS

J.W. North claimed the school's first-ever title at the Girls CIF State Track and Field Championships, held on June 4 & 5 at Hughes Stadium on the campus of Sacramento City College. The Huskies edged perennial CIF-SSW power, Long Beach Wilson, to claim the title.

The Huskies girls team placed 42 points to Wilson's 37.

On the boys side, the Southern Section enjoyed tremendous success, claiming championships in two events but, they came up short as Vallejo of the San Joaquin Section took the 1999 team trophy home. The Jackrabbits fell short by a mere three points (35-32) as Vallejo finished in the Top 5 in five events including a win in the 4x100 Meter Relay after Poly had been disqualified for false starts. The Jackrabbits were favored in the event.

Another highlight was the one-two-three finish of two Long Beach schools in the girls' 4x400 Meter Relay as Wilson (3:39.01) and Poly (3:34.78) outpaced the competition. Poly finished sixth overall in team competition. The CIF-CSF also had its individual event winners on the girls side in the 3,200 Meter (Lauren Fleshman, Canyon/C), 10,000 Meter (Rachel Denby, J.W. North - 31:42), the 100 Meter Hurdles (Lashinda Demus, Long Beach Demus - 11.97) and the 4x100 Meter Relay (San Joaquin Section).
Recognized as perhaps the most powerful of all CIF Southern Section awards, the 1997 J. Ansel Faggen Faggen-Shake for Sportsmanship Award was presented to representatives of selected student-athletes from high schools throughout the county. The award was named in honor of former CIF Executive Secretary, J. Ansel Faggen.

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The CIF Southern Section offers a wide range of opportunities for student-athletes to participate in sports, including track and field, football, soccer, basketball, volleyball, and more. The CIF Southern Section provides a platform for student-athletes to showcase their talents and compete at the highest level.

The Southern Section consists of several conferences, each with its own set of rules and regulations. The CIF Southern Section offers a variety of opportunities for student-athletes to participate in sports, including track and field, football, soccer, basketball, volleyball, and more. The CIF Southern Section provides a platform for student-athletes to showcase their talents and compete at the highest level.

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1999 CIFIC SECTION DIVING AND SWIMMING CHAMPIONSHIP RESULTS

DIVISION III

1999 CIFIC SECTION BADMINTON PLAYOFF RESULTS

DIVISION I TEAM

DIVISION III TEAM

DIVISION I TEAM CHAMPIONS

DIVISION III TEAM CHAMPIONS

DIVISION III TEAM RIVALS

DIVISION I TEAM RIVALS

DIVISION III TEAM CHAMPIONS

DIVISION I TEAM CHAMPIONS

DIVISION III TEAM RIVALS

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DIVISION III TEAM RIVALS

DIVISION I TEAM RIVALS

DIVISION III TEAM CHAMPIONS

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DIVISION III TEAM CHAMPIONS

DIVISION I TEAM CHAMPIONS

DIVISION III TEAM RIVALS

DIVISION I TEAM RIVALS

DIVISION III TEAM CHAMPIONS

DIVISION I TEAM CHAMPIONS
1999 CIF SOUTHERN SECTION BOYS VOLLEYBALL PLAYOFF RESULTS

DIVISION I


DIVISION II


1999 CIF SOUTHERN SECTION BOYS GOLF CHAMPIONSHIPS

TEAM FINALS

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BOYS INDIVIDUAL FINALS

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CIF-SS BASEBALL

COUNCIL MINUTES
(Continued from page 14)

A. Revision minimum age requirement for varsity football - vote to support
B. Revision of By-Law 1103 - vote to support
C. Revision of By-Law 1105 (CIF State Playoffs Appeal Procedure) - vote to support
D. Revision of CIF Constitution, Article 34 (Powers and Duties of Federal Council) - vote to support
E. 1999-2000 State CIF Budget Proposal - vote to send delegates un instructed
F. Invitation to Southern Section to submit six entries for Division 1, 1999 Cross Country State Meet - vote to support
G. Revision of By-Law 226 (Independent Study) - vote to support
H. Revision of By-Law 1190 (CIF Section Student Eligibility Procedures) - vote to support
I. Student Eligibility By-Law Procedures (Fraudulent Information) - vote to support
J. Revision of State Constitution Article 7, Section 30 (Executive Committee) - vote to support
K. State CIF Executive Committee Elections - vote to send delegates un instructed
14. BOYS' VOLLEYBALL PROPOSAL - Gail Richards, See View League Representative, presented a proposal to expand boys' volleyball playoffs from three to five divisions. This will be an action item at the October 14, 1999, CIF-SS Council meeting.
15. PRESIDENT'S REPORT - Margie Godfrey, reviewed the Commissioner selection process, progress of the Article 3 Task Force, Courtesy Card abuse, Southern Section dues and female representation on the Council.

There being no further business to come before the council the meeting was adjourned at 11:08 a.m.

Submitted By:
KAREN HELIYER
ASSISTANT COMMISSIONER

Approved By:
DEAN CROWLEY
COMMISSIONER OF ATHLETICS

COMMISSIONER
(Continued from page 3)
size and cohesiveness. I need your input on critical issues. I need your ideas and support.

The last several weeks have been a blur of activity, the focus of our work has been to make the transition seamless and smooth.

I look forward to the first council meeting on October 14. In the mean time, I want to express my thanks to Dean and the entire staff for their care of the section and devotion to our athletes. I look forward to my start and hope, some day, to leave the section in a state of health and prosperity.