



**LAKEMOOD HIGH SCHOOL
1976 4A BASEBALL CHAMPION**

PLANS FOR SYMPOSIUM ON ATHLETIC INJURIES SET FALL TARGET DATE

Plans for the inaugural Athletic Injury Prevention Symposium in the CIF Southern Section are well under way, billed as a major workshop for the member schools on the 1976-77 calendar year.

Target date for the one-day workshop is October 14th, with final confirmation and invitations being extended to the CIF-SS membership in the fall.

The workshop is an outgrowth of the Athletic Injuries Committee, a special group formed a year back under the direction of the Executive Committee and the Council.

This Committee is charged with the responsibility of investigating the possibility of more active participation by the Southern Section in the care and prevention of athletic injuries.

Additionally, this Committee is currently coordinating its efforts with a similar Committee at the State CIF level.

Current members of the Committee are Ferren Christensen of the Huntington Beach High School District, L. Cena Rice of Redondo High School, Joe Borland of the Arcadia High School District and Tom Hamilton of Pasadena High School.

Tentative agenda will include presentations by Frank Jones (chairman of the State Committee on Athletic Injuries) regarding developing plans for prevention of athletic injuries; Bob Steuart (representative of the State CIF Office and Protection Fund) regarding insurance; and a representative from the State Department of Education's legal services division, regarding legal implications.

Additional details will follow, with final registration packet being forwarded to all member schools early in the fall.

VAULTING BOARD GAINS APPROVAL FOR GYMNASTICS

Coaches of Boys' gymnastics teams may wish to order the new "super-board" (vaulting board) for the 1977 season.

At its recent meeting, the Boys' Gymnastics Rules Committee of the National Federation approved the board for interscholastic competition.

Representing the Western States on the Committee was Fred Bellmar of Long Beach Millikan H.S.

MINUTES OF THE CIF-SS COUNCIL MEETING MAY 6, 1976

The May Council Meeting of the Southern Section of the California Interscholastic Federation was called to order by Chairman Dr. Richard Cordano at 9:03 a.m., Thursday, May 6, 1976 at the Saddleback Inn, Norwalk. All leagues were represented, with the exception of the Prep, Los Padres and Academy.

1. APPROVAL OF MINUTES: It was moved, seconded and passed to approve the minutes of the Council Meeting of March 18, 1976 as published in the April issue of the "Monthly Bulletin." It was also moved, seconded and passed to approve the minutes of the Executive Committee Meeting of April 22, 1976, as mailed to the Council.

2. TREASURER'S REPORT: Dr. Hanford Rants, Treasurer, gave his updated progress report on the 1975-76 budget to the Council.

3. SWIMMING DISTANCES: Commissioner Byrnes reported on an informational item relating to frosh-soph swimming distances as mailed to the member schools.

4. NOCSAE HELMET CONCERN: Mr. Ron Waldrum, Suburban League representative, addressed the Council on areas of financial and safety guarantee concerns under the NOCSAE football helmet guidelines. Following discussion, the State Representatives were instructed to carry an inquiry on the areas of concern to the State Federated Council.

5. FOOTBALL PROPOSAL: Mr. James Ellis, representing the Southern California Football Coaches Association, addressed the Council on a possible calendar adoption for the starting and ending dates of the football season over a 10-year period. Following discussion, representatives were instructed to take the proposal back to their respective leagues for study.

6. GIRLS' GYMNASTICS RULES: Mrs. Barbara Wilson, representative of the Executive Committee, provided background information of a study being conducted for possible adoption of National Federation Rules in Girls' gymnastics on the 1976-77 season. This will become an action item at the September Council meeting.

7. FOOTBALL CARNIVALS: Mr. Blinn Tenney, representative of the Desert-Valley League, provided background information on a possible change in the football carnival format for the 1977-78 season. League representatives are asked to study a proposal that would increase the number of allowable 12-minute quarters from two to four and if implemented, be

conducted on an experimental basis only for 1977-78 season.

8. WRESTLING PROPOSAL: Mr. Blinn Tenney, representative of the Desert-Valley League, urged that the Southern Section consider supporting the State CIF rule for 18 allowable contests in wrestling, effective the 1977-78 season.

9. COMBINED SEASON OF SPORT: Mr. Steve Miletich, chairman of the Combined Season of Sport Committee, introduced a report for study on combining the Boys and Girls' seasons of sport, effective the 1977-78 season.

10. TRIPLE JUMP ADOPTION: Mr. Jack Rankin, representative for the Rio Hondo League, provided background information on the triple jump event in Boys' track and field. Following discussion, it was moved, seconded and passed to adopt the triple jump as a scoring event in all Boys' dual and team championships, effective the 1977 season.

11. STATE RULE #200: Mr. Ferren Christensen, representative to the State Federated Council, provided background information on State Rule #200 now under consideration. Following discussion, it was moved, seconded and passed that the Southern Section support a change in the State CIF Constitution and By-Laws Rule #200, where Girls may try out for a Boys' sport team, only if the school did not field a Girls' team in that same sport.

12. FEES COMMITTEE REPORT: Following presentation of the Fees Committee proposal for 1976-77, a motion to accept the proposal as submitted was defeated.

13. INTERNATIONAL SCHOOL-SPORTS FEDERATION: Mr. J. Ken-

California Interscholastic Federation,
Southern Section
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Gahr High School, Treasurer

Thomas E. Byrnes
Commissioner of Athletics

Bulletin Editor

Ray Plutko, Administrative
Assistant

SURPRISE TEAMS WIN CIF SOFTBALL CROWNS

TOUTED CLUBS UNABLE TO SURVIVE RECORD GIRLS' PLAYOFF FIELD

Expansion was the theme to the CIF Southern Section's softball playoffs in 1976 and there were a like number of surprises as a trio of darkhorses walked away with the coveted Girls' titles.

No less than 96 teams graced this year's field—the largest on record—with El Segundo (4A), Cabrillo (3A) and South Pasadena (2A) winning top honors in the respective divisions.

El Segundo completed its season with an impressive 8-4 win over Villa Park as Coach Barbara Bernlohr's club finished the year with a 20-1 record.

Cabrillo, although finishing as the runnerup in the Northern League, won the 3A title with a thrilling 1-0 decision over league rival and regular-season champion Lompoc.

South Pasadena won a wild 7-6 contest over Bonita for 2A honors as Coach Bill Hoffman's team finished its campaign with a 16-3 mark.

4A DIVISION RESULTS

First Round—Warren 7 St. Paul 0; Westminster 1 San Geronio 0; Villa Park 2 Mater Dei 1; Chaffey 3 Glendora 0; North Torrance 16 Bishop Montgomery 0; Anaheim 2 Alhambra 1; Thousand Oaks 9 Alemany 2; Burroughs 4 Covina 1; Los Altos 5 Eisenhower 3; Fountain Valley 6 Paramount 1; Kennedy (L.P.) 5 Rolling Hills 2; Burbank 14 St. Genevieve 4; Pasadena 9 Mary Star 7; Hueneme 9 Royal 6; Rosary 8 Tustin 0; El Segundo 5 Bellflower 4.

Second Round—Warren 1 Westminster 0; Villa Park 3 Chaffey 0; North Torrance 2 Anaheim 0; Burroughs 7 Thousand Oaks 1; Los Altos 1 Fountain Valley 0; Kennedy 13 Burbank 2; Hueneme 16 Pasadena 14; El Segundo 6 Rosary 1.

Quarterfinals—Villa Park 4 Warren 3; Burroughs 6 North Torrance 1; Kennedy 5 Los Altos 4; El Segundo 11 Hueneme 6.

Semifinals—Villa Park 2 Burroughs 0; El Segundo 6 Kennedy 0.

Finals—El Segundo 8 Villa Park 4.

3A DIVISION RESULTS

First Round—Lompoc 6 El Monte 0; Charter Oak 5 Monte Vista 2; Buena Park 8 Pomona Catholic 0; Pacifica 3 Palos Verdes 2; Corona 9 Rosemead 6; Apple Valley 7 La Serna 6; Gahr 4 El Dorado 3; University 4 Valley Christian 3; Mission Viejo 8 Bassett 2; La Quinta 1 Mayfair 0; Esperanza 6 La Habra 5; Quartz Hill 9 Arroyo 6; California 19 Brethren 2; Upland 6 Rowland 1; Colton 6 Los Amigos 5; Cabrillo 13 Hawthorne 2.

Second Round—Lompoc 5 Charter Oak 0; Buena Park 5 Pacifica 1; Apple Valley 9

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4A champion El Segundo team after winning coveted CIF-SS title



3A titlist Cabrillo celebrates after winning top honors



2A champion South Pasadena caps brilliant softball season

MARKS FALL IN CIF-SS TRACK & FIELD CHAMPIONSHIPS

There were no back-to-back titles in the 1976 CIF Southern Section record pace track and field championships as Santa Monica (4A), Pomona (3A) and Gahr (2A) claimed varsity honors in the Boys' division, while Arcadia duplicated that feat in the Girls' segment.

And it was another banner year for records, with one being equalled in the 4A, three broken and one tied in the 3A and four new marks and two others equalled in the 2A of the Boys' competition.

In the Girls' finals, three marks were broken and two others tied.

4A VARSITY RESULTS

100 — Ball (Blair) 9.9; 220 — A. Sanford (Pasadena) 22.0; 440 — Chambers (Santa Monica) 48.1; 880 — Christenson (Edison) 1:56.1; Mile — Moses (Crescenta Valley) 4:10.9; Two Mile — McConnell (Edison) 8:58.4, ties record; 120 HH — Lewis (Muir) 14.5; 330 LH — Chambers (Santa Monica) 37.1; 440 Relay — Blair 42.5; Mile Relay — Pasadena 3:20.3.

4A Field Events

PV — Anthony (Tustin) 14-6; LJ — Wilson (Fontana) 24-1½; HJ — McCall (Domiguez) 6-8; SP — McKenzie (Hart) 67-9.

4A Varsity Scoring

Santa Monica 34; Pasadena 32; Centennial 28; Fontana 27; Blair 26; Edison and San Geronio 24; Muir 22; Millikan 17; Crescenta Valley and Santa Barbara 16; Thousand Oaks 12½; Estancia 12; Hart, Tustin and Dominguez 10; Newport Harbor 9; Villa Park, Newbury Park, Eisenhower, Santa Fe and Morningside 8; Rolling Hills, L.B. Poly, Foothill, Burbank and Compton 6; Saddleback 5; Dos Pueblos, L.B. Jordan, West Covina and L.B. Wilson 4; West Torrance 2½; Royal, Santa Ana and Orange 2; La Puente and Glendale 1½; Palos Verdes, Burroughs (Burbank) and El Modena 1; Cypress ¼.

4A FROSH-SOPH RESULTS

100 — Cleveland (Pasadena) 10.1; 220 — Cleveland (Pasadena) 22.5; 440 — Corum (Newport Harbor) 50.6; 880 — Young (Costa Mesa) 2:00.3; Mile — Gifford (Huntington Beach) 4:25.2; Two Mile — Young (Costa Mesa) 9:26.8; 120 HH — Stewart (West Covina) 15.4; 330 LH — Perkins (Muir) 39.2; 440 Relay — Pasadena 43.9, new record; Mile Relay — Newport Harbor 3:26.6, new record.

4A F-S Field Events

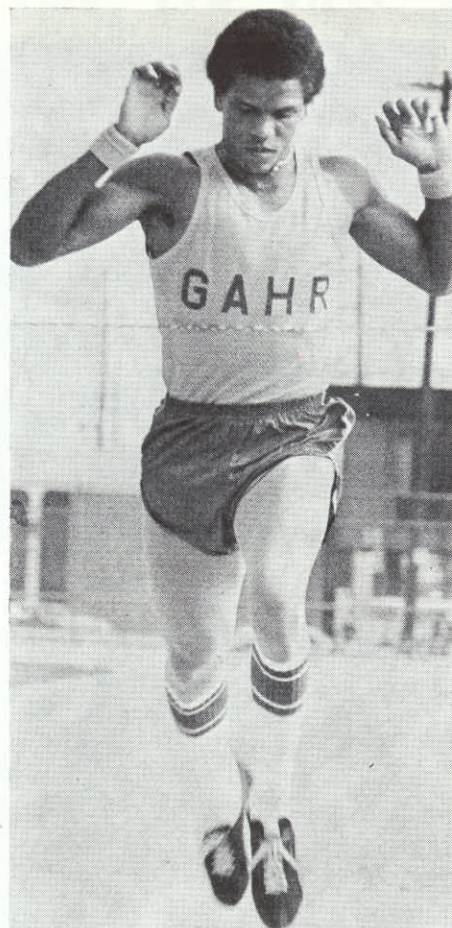
HJ — Burt (Huntington Beach) 6-7, new record; SP — Faul (West Covina) 58-3¼; LJ — Stewart (West Covina), 21-6¾; PV — Sciarra (Alhambra) 13-6, new record.

4A F-S Scoring

Muir 42; Pasadena 41; Costa Mesa 38; Huntington Beach 33; West Covina 32; Inglewood and L.B. Poly 25; Royal 16; Redlands and Alhambra 10; Hart and El Rancho 9; Canyon (Saugus), California, Fontana, Sierra, Blair and Fountain Valley 8; Villa Park, South Hills, L.B. Jordan and Corona del Mar 6; Burbank, Compton and Santa Ana 5; Westminster 4½; Los Alamitos, Edison and Fontana 4; Eisenhower, Whittier and Rolling Hills 2; Glendale, Buena, Santa Monica, Camarillo and Thousand Oaks 1; Marina, Estancia and San Geronio ½.

3A VARSITY RESULTS

100 — N. Jones (Kennedy, Barstow), 9.5w;



Donn Thompson of Gahr H.S. breaks tape for new 440-yard relay mark of 42.3.

220 — Branch (Barstow) 21.0w; 440 — Andrews (Pomona) 49.0; 880 — Cox (Upland) 1:54.3; Mile — Boettcher (Pomona) 4:17.8; Two Mile — St. John (Mater Dei) 9:07.8; 120 HH — Sanford (Loyola) 14.1, ties record; 330 LH — Webster (Garey) 37.3, new record; 440 Relay — Kennedy (Barstow) 41.4, new record; Mile Relay — San Bernardino 3:18.7.

3A Field Events

HJ — Gordien (Claremont) 6-8; PV — A. Curran (Crespi) 15-6, new record; LJ — Forrest (Santa Maria) 22-11½; SP — Silverman (La Mirada) 58-11¾.

3A Varsity Scoring

Pomona 60; Kennedy (Barstow) 46; Notre Dame 35; Crespi 32; San Bernardino 28; Ganesha and Loyola 20; Garey 19; Upland 18½; Barstow and Santa Maria 14; Bishop Amat 12; Claremont, Fullerton, La Mirada and Mater Dei 10; Azusa, Monrovia and Sunny Hills 9; Santa Ana Valley 8; Buena Park and North Torrance 6; Mountain View 5½; Arroyo Grande 5; Hawthorne and Workman 4; Arroyo, Lynwood and Righetti 2; Bellflower, Lompoc, Palm Springs and Savanna 1.

3A FROSH-SOPH RESULTS

100 — Robin (Bassett) 10.1w; 220 — Howard (San Bernardino) 22.3; 440 — Johnston (Santa Ana Valley) 49.7; 880 — Todd (Corona) 1:58.2; Mile — Benavidez (Bassett) 4:27.2; Two Mile — Eddy (Mater Dei) 9:44.6; 120 HH — Reid (Antelope Valley) 15.2; 330 LH — Valverde (Montclair) 39.3; 440 Relay — Garey 43.8; Mile Relay — St. Paul 3:29.5.

3A F-S Field Events

PV — Lewen (Upland) 13-0; LJ — Asami (Sunny Hills) 21-3; HJ — Sparks (Pius X) 6-4; SP — Newman (Victor Valley) 57-2.

3A F-S Scoring

Bassett 40; Garey 30; Pius X 28; Upland 26; Downey 23; Kolb JHS 22; Antelope Valley 20; St. Paul 19; Monrovia, Sunny Hills and Victory Valley 18; Corona and San Bernardino 16; Montclair 12; Chino and Santa Ana Valley 11; Mater Dei, Notre Dame (S.O.), San Gabriel and Goddard JHS 10; Lowell, Paramount and Schurr 8; Lompoc 7; Bishop Amat, La Quinta, Rubidoux, St. Francis and Warren 6; Apple Valley and Arroyo 5; Bellflower, Keppel, Lawndale, Savanna and Ball JHS 4; Los Amigos and Workman 3; Arroyo Grande, Burroughs (Ridgecrest) and Mira Costa 2; Colton, Pomona and Torrance 1.

2A VARSITY RESULTS

100 — Yates (Duarte) 10.0; 220 — Thompson (Gahr) 21.9, new record; 440 — Thompson (Gahr) 47.5, ties record; 880 — Francis (Yucaipa) 1:53.6, new record; Mile — Hulst (Laguna Beach) 4:11.3, new record; Two Mile — Hulst (Laguna Beach) 8:53, new record; 120 HH — Hunt (El Dorado) 14.4; 330 LH — Hunt (El Dorado) 37.4; 440 Relay — Gahr 42.3, new record; Mile Relay — Gahr 3:20.5.

2A Field Events

HJ — Good (Rio Mesa) 6-6; PV — Hintnaus (Aviation) 16-4½, ties record; LJ — Yates (Duarte) 24-0¾; SP — Johnson (Brea) 60-2¼.

2A Varsity Scoring

Gahr 56; Duarte 46; El Dorado and Laguna Beach 28; Moreno Valley 23¾; Rio Mesa and Yucaipa 20; San Clemente 19; L.A. Lutheran 18; Hemet 14½; Aviation 12; Perris 11; Alta Loma and Brea 10; Cantwell, Banning, Channel Islands and Santa Ynez 8; Cajon, La Canada and Mission Viejo 7; Brawley, Crescenta Valley, Desert 6, La Sierra 6, Mayfair, Sierra Vista and Walnut 6; Esperanza 5; St. Bernard 4; Sonora and University 3; Bell Gardens 1¾; Dana Hills, Gladstone and San Marino 1; Atascadero ½.

2A FROSH-SOPH RESULTS

100 — Lawler (Verbum Dei) 9.9; 220 — Lawler (Verbum Dei) 22.3; 440 — Martin (Goddard JHS) 50.6; 880 — Stillings (Artesia) 1:56.5; Mile — Fricker (Hemet) 4:16.5; Two Mile — Fricker (Hemet) 9:15.5; 120 HH — Berger (Canyon, Anaheim) 15.5; 330 LH — Strauss (Mission Viejo) 39.7; 440 Relay — Ontario 44.6; Mile Relay — Perris 3:27.7.

2A F-S Field Events

HJ — Davis (Miraleste) 6-2; LJ — Evans (Imperial) 21-9½; PV — Foss (Santa Ynez) 13-6; SP — Romero (Indio) 53-9½.

2A F-S Scoring

Artesia 45; Verbum Dei 42; Canyon (Anaheim) and Hemet 20; Ontario 19; La Canada 17; Sonora 16; Indio 14; Mission Viejo 12; Channel Islands and Perris 11; Culver City, Mayfair, Miraleste, Paraclete and Santa Ynez 10; Central, El Dorado, El Segundo, Laguna Beach and Palo Verde 8; Aviation and Valencia 7; Royal Oak, Dana Hills, Duarte, Paso Robles and Rio Mesa 6; Cajon and Lutheran (Orange) 5; Agoura, Esperanza, Kern Valley and San Jacinto 4; Cantwell and El Toro 2; Bishop, Pater Noster, St. Bernard and St. Genevieve 1; Excelsior and Morro Bay ½.

GIRLS' VARSITY RESULTS

100 — Loud (L.A. Lutheran) 10.9, new record; 220 — Loud (L.A. Lutheran) 25.2;

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FIVE RECORDS AT GIRLS' SWIM FINALS

MISSION VIEJO PARLAYS DEPTH INTO TOP HONORS

Although claiming just one blue ribbon in the individual events, Mission Viejo High School parlayed its depth to capture top team honors in the 1976 CIF Southern Section Girls' swimming and diving championships.

Mission Viejo compiled 127 points, with Miraleste finishing as the runner-up team with 94.

Needless to say, records were also a part of the meet and five new standards were established.

Those were recorded by Diane Johnson (Walnut) in the 200 individual medley, Jill Sterkel (H.H. Wilson) in the 50 freestyle, Lelei Fonoimoana (Mira Costa) in the 100 butterfly, Erin Greer (Edison) in the 500 freestyle and the Mission Viejo 400 freestyle relay team.

VARSITY RESULTS

200 Medley Relay — Miraleste 1:54.6; Tustin 1:56.2; Alhambra 1:56.5.

200 Freestyle — Erin Greer (Edison) 1:54.1; Kim Black (Alta Loma) 1:55.5; Valorie Seyfert (Los Altos) 1:56.1.

SAN CLEMENTE STUNS BOYS' VOLLEYBALL FIELD BY CAPTURING CROWN

There's nothing like an underdog winning it all!

That was the script for San Clemente High School on the 1976 Boys' volleyball season as the Tritons walked off with the CIF Southern Section championship.

Coach Jack Iverson's clubs completed the regular season as the No. 2 team in the South Coast League, but its efforts in the post-season tournament were first class indeed.

San Clemente capped its drive with a three-game sweep in the finale — posting 15-9, 15-6 and 15-8 decisions over another darkhorse in Santa Barbara.

However, earlier, San Clemente had disposed of the No. 1 teams from the Sunset and Central leagues, then knocked off the top-seeded entry from Santa Monica in the semifinals.

Ironically, just one year back, San Clemente had also finished as the No. 2 team in the South Coast League and was eliminated in the first round.

This marks the third year for Boys' volleyball, with Santa Monica and Laguna Beach the previous winners.

200 Individual Medley — Diane Johnson (Walnut) 2:09.4, new record; Becki McCafferty (Mission Viejo) 2:11.5; Judy Terhor (St. Genevieve) 2:11.5.

50 Freestyle — Jill Sterkel (H.H. Wilson) 23.4, new record; Tracey Cook (Estancia) 24.5; Susan Gove (Miraleste) 24.6.

100 Butterfly — Lelei Fonoimoana (Mira Costa) 57.7, new record; Valorie Seyfert (Los Altos) 58.0; Judy Terhar (St. Genevieve) 58.5.

Diving — Nancy Brunet (Royal) 412.8; Sally Schiff (Rolling Hills) 374.9; Gail Usherwood (Edison) 368.9.

100 Freestyle — Jill Sterkel (H.H. Wilson) 50.8; Tracey Cook (Estancia) 52.5; Keely Beasecker (El Toro) 54.0.

500 Freestyle — Erin Greer (Edison) 4:57.6, new record; Kim Black (Alta Loma) 5:00.8; Julie Grey (Mission Viejo) 5:03.1.

100 Backstroke — Margaret Browne (Corona del Mar) 1:00.2; Susan Gove (Miraleste) 1:00.4; Claudia Noakes (Mission Viejo) 1:01.5.

100 Breaststroke — Barbara Hudson (El Toro) 1:08.9; Diane Johnson (Walnut) 1:08.9; Elaine Busby (Redondo) 1:09.5.

400 Freestyle Relay — Mission Viejo 3:40.7, new record; El Toro 3:42.2; Thousand Oaks 3:47.5.

Team Results

Mission Viejo 127, Miraleste 94, El Toro 75, Edison 54, Los Altos 50, Tustin 47, Alhambra 44, University 42, L. B. Wilson 41, Walnut 39, Mira Costa 38, Corona del Mar 36, Sunny Hills 34, Redlands 33, Alta Loma 30, Thousand Oaks 27, Estancia and San Marino 26, St. Genevieve 24; Fountain Valley 20; Burroughs 18 and Villa Park 18; Rolling Hills 17; Glendale and Royal 16; Redondo 15; South Pasadena, West Covina and Dos Pueblos 14; Righetti 13; Antelope Valley and Hueneme 11; Huntington Beach and San Bernardino 10; San Gabriel, Quartz Hill and Mayfair 9; California, Santa Ynez and Louisville 8; Monrovia 7; Blair and Cope JHS 5; Newport Harbor, Channel Islands and Downey 4; Newbury Park, Cabrillo, Lompoc and San Marcos 3; Aviation, Costa Mesa and Buena 2; San Clemente and Palos Verdes 1.

MARKS FALL IN TRACKFEST

(Continued from Page Four)

440 — Jones (Edison) 56.8, ties record; 880 — Meek (Palos Verdes) 2:14.8; Mile — Maltinski (Mira Costa) 4:56.4, new record; 80 LH — Mann (Kennedy, Barstow) 10.5w; 440 Relay — Centennial 47.9, ties record; Mile Relay — Arcadia 3:58.

GIRLS' Field Events

SP — Flynn (La Canada) 42-3½; HJ — Long (Gahr) 5-7; LJ — Gouridine (El Toro) 18-9½, new record.

GIRLS' Varsity Scoring

Arcadia 21; L.A. Lutheran 20; Centennial 19; La Canada and Muir 16; Santa Barbara 13; Riverside North 12; Kennedy (Barstow), Gahr, Palos Verdes, Chaffey, El Toro, Edison and Mira Costa 10; Royal 9; Esperanza, Costa Mesa, Bishop Diego, Morning-side, Corona del Mar, Troy, Canyon (Anaheim), Quartz Hill and West Torrance 8; Channel Islands 7; Upland, West Covina and Crescenta Valley 6; Dos Pueblos 5; Burbank 4, Western, Santa Ana Valley and Rolling Hills 4; Monrovia 3; Central, Ontario Christian, St. Bonaventure, Ventura, Beverly Hills and South Torrance 2; Los Alamitos, Redondo and Santa Ynez 1.

CIF-SS COUNCIL MINUTES

(Continued from Page Two)

neth Fagans, representative of the International SchoolSports Federation, provided the Council with background information on a growing interest in cultural exchange international high school competition. Following discussion, the Council directed the Southern Section to provide progressive leadership for the promotion of the new international competition.

14. **TITLE IX REPORT:** Mrs. Helen Walsh, representative of the Health, Education and Welfare Department, addressed the Council as a guest speaker on various areas of Title IX and its implementation.

15. **RELEAGUING COMMITTEE REPORT:** Mr. Walt Newland, chairman of the Releaguings Committee, provided background information on the new proposals. Following discussion, it was moved, seconded and passed to adopt the releaguings procedures as amended for the 1978-79 season.

It was further moved, seconded and passed to implement the 1978-79 procedures for the 1977-78 season, with a vote on area placement by area ensuing. As a result of the area vote, it was moved, seconded and passed to refer the area placement of Dominguez and Burroughs of Ridgecrest high schools to the Executive Committee.

16. **SPECIAL PRESENTATIONS:** Mr. Walt Newland, chairman of the Releaguings Committee, and Dr. Richard Cordano, chairman of the Executive Committee and Council, were presented with special recognition awards for their numerous contributions and services to the CIF Southern Section over the years.

17. **PLAYOFF GROUPINGS:** Mr. Vic Sherritt, chairman of the Playoff Groupings Committee, outlined his group's proposal to the Council. Following discussion, it was moved, seconded and passed to accept the playoff groupings for 1976-77 as presented.

18. **PLAYOFF CONCERNS:** Ray Plutko (administrative assistant), Fr. J. L. Cummings (representative of the Tri-Valley League) and Mr. Dick Jacobson (representative of the Ocean League) addressed the Council on various viewpoints surrounding post-season playoffs relative to the number of teams in the draw and costs incurred due to transportation.

There being no further business to come before the Council, the meeting was adjourned at 3:31 p.m.

Respectfully submitted,
Ray Plutko

Administrative Assistant

Approved by: Thomas E. Byrnes
Commissioner

TOUTED CLUBS UNABLE TO SURVIVE FIELD IN GIRLS' SOFTBALL

(Continued from Page Three)

Corona 7; University 5 Gahr 1; La Quinta 4 Mission Viejo 1; Quartz Hill 8 Esperanza 7; California 7 Upland 1; Cabrillo 9 Colton 5.

Quarterfinals—Lompoc 2 Buena Park 0; University 5 Apple Valley 4; Quartz Hill 9 La Quinta 5; Cabrillo 8 California 0.

Semifinals—Lompoc 6 University 0; Cabrillo 14 Quartz Hill 2.

Finals—Cabrillo 1 Lompoc 0.

2A DIVISION RESULTS

First Round—Temple City 14 Pasadena Poly 1; Bishop Diego 6 Nordhoff 5; Inglewood 8 Chaminade 7; South Pasadena 22 Marantha 12; Fillmore 5 Santa Clara 4; L.A. Baptist 7 Rio Hondo 1; Channel Islands 7 St. Bonaventure 6; Miraleste 2 Duarte 0; Bonita 10 Leuzinger 1; Rim of the World 3 Central 2; Big Bear 10 Cajon 3; Coachella Valley 18 Alta Loma 9; Aquinas 20 San Jacinto 7; Royal Oak 8 Norte Vista 0; Perris 7 Sherman 0 (forfeit); Norco 6 Indio 5.

Second Round—Temple City 10 Bishop Diego 4; South Pasadena 20 Inglewood 2; L.A. Baptist 6 Fillmore 5; Channel Islands 4 Miraleste 1; Bonita 10 Rim of the World 6; Big Bear 11 Coachella Valley 3; Royal Oak 5 Aquinas 2; Norco 13 Perris 7.

Quarterfinals—South Pasadena 17 Temple City 2; Channel Islands 8 L.A. Baptist 2; Bonita 13 Big Bear 1; Norco 10 Royal Oak 7.

Semifinals—South Pasadena 7 Channel Islands 4; Bonita 9 Norco 4.

Finals—South Pasadena 7 Bonita 6.

ORTHOPAEDIC HOSPITAL TO STAGE 6TH ANNUAL SPORTS MEDICINE CLINIC

Orthopaedic Hospital in Los Angeles will be offering its sixth annual Sports Medicine Symposium on July 23-24.

The symposium will cover conditioning, athletic stresses and the prevention and recognition of injuries to players competing in various sports.

The program will consist of lectures, slides, films and demonstrations presented by physicians who specialize in treating athletic injuries.

Graduate credit is optional and will be available at registration.

The clinic is under the direction of J. Harold LaBriola, M.D. and Sonny Cobble, M.D., who staff the hospital's special Sports Medicine Clinic.

Friday's opening session on July 23 will run from 8 a.m. to 4 p.m., with an 8 a.m. to 12:30 p.m. program Saturday.

Further information is available by contacting the Hospital at (213) 747-4481, Ext. 504.



Coach Arlo Gard (center) and Riverside Poly team display honors after capturing CIF Southern Section team golf title.

RIVERSIDE POLY, DUBOIS CAPTURE COVETED HONORS IN CIF-SS GOLF PLAY

Riverside Poly High School accounted for the team honors and Don DuBois of Glendora collected the top individual title to highlight the 1976 CIF Southern Section golf championships.

Coach Arlo Gard and his Riverside Poly team fashioned a seven-stroke advantage over runnerup and defending champion San Marcos at the Indian Hills Course.

DuBois logged quite an effort over his appearance in the finals the previous year as he fired a 72 card for a one-stroke edge and the individual title over Steve Ashton of Claremont. Just one year back, DuBois logged an 82 in the finals!

Steve Pate (Bishop Diego), Andy Wheeler (Glendale) and Howdy Doan (San Marino) tied for third at 74.

CIF-SS TOP INDIVIDUALS

72 Scores—Don DuBois (Glendora).

73 Scores—Steve Ashton (Claremont).

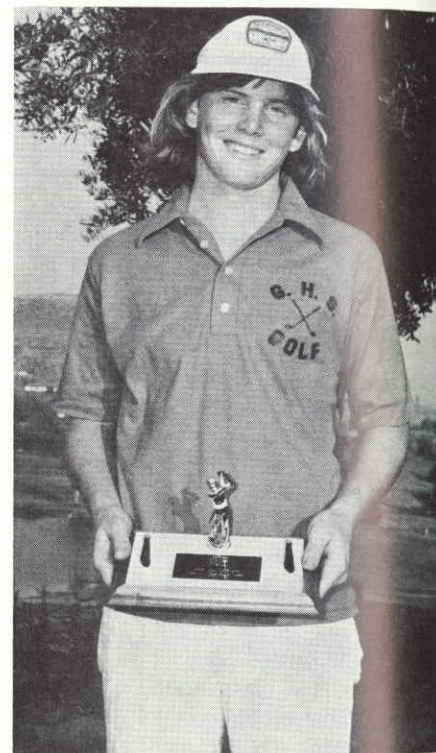
74 Scores—Andy Wheeler (Glendora), Steve Pate (Bishop Diego), Howdy Doan (San Marino).

75 Scores—Robert Daniels (Kennedy), Steve Titus (San Gabriel), Brian Conser (Agoura).

76 Scores—Ray Duffy (Rowland), John Pate (Bishop Diego), Tom Samaha (Holtville), Jim Boughner (Bellflower), Dave Hobby (Foothill), Eric Mills (Riv. Poly), John Cummings (Crespi), B. Spangenberg (Troy), John Cook (Miraleste).

TOP TEAM SCORES

1—Riverside Poly 388; 2—San Marcos 395; 3—Claremont 395; 4—Glendora 396; 5—Agoura 398; 6—Troy 399; 7—Foothill 404; 8—Crespi 404.



Don DuBois of Glendora H.S. nets CIF-SS Individual championship.

SCHOOL PACKETS READY FOR AUGUST PICKUP

League representatives, administrators and athletic directors are reminded to make plans for the picking up of their school packets for the start of the new term.

These packets will be available August 25th and will contain copies of the Blue Book, Directory of Member Schools, new informational material and forms for the 1976-77 year.



Fillmore H.S. repeats as the titlist in the 1A division



Top honors in 2A division go to El Dorado High School



Edgewood H.S. captures CIF-SS 3A baseball championship

NEW ATTENDANCE RECORD AS FOUR CLUBS CLAIM CIF-SS BASEBALL TITLES

Lakewood (4A), Edgewood (3A), El Dorado (2A) and Fillmore (1A) rank as the elite of the CIF Southern Section baseball arena for the 1976 campaign.

For Lakewood, it was a lengthy wait as the Lancers had lost in the championship finale the two previous campaigns, but the third time proved to be a charm with a 5-3 win over long-time rival Long Beach Jordan.

And in the other half of the twin bill at Anaheim Stadium, Edgewood claimed the 3A title with an impressive 2-0 triumph at the expense of West Torrance.

However, not to be overlooked in the championship finals at Anaheim Stadium was a record setting crowd—9,086 fans taking in the affair for the largest attendance mark to a CIF-SS baseball playoff contest.

In the 2A finale, El Dorado proved to be a surprise winner as the Golden Hawks logged a 2-1 decision over Mira Costa.

It was a repeat crown in the 1A ranks as Fillmore made it two straight with its 2-1 decision over Notre Dame of Riverside.

Final season records found Lakewood 21-4-1, Edgewood at 27-2, El Dorado compiling a 16-9-1 mark and Fillmore finishing at 19-3.

4A RESULTS

First Round—Eisenhower 4 Fountain Valley 3; Mater Dei 7 Orange 3; L.B. Jordan 1 Loara 0; El Modena 3 Bishop Amat 2; El Rancho 7 Fontana 2; L.B. Wilson 2 St. John Bosco 0; San Marcos 2 North Torrance 1; Camarillo 3 Hart 1; Santa Monica 3 Notre Dame 0; Chaffey 4 Foothill 2; Arcadia 2 Burroughs 1; Buena 6 Simi Valley 2; St. Paul 6 Tustin 5; El Segundo 5 Loyola 4; Los Alamitos 3 Magnolia 1; Lakewood 4 Alhambra 2.

Second Round—Eisenhower 4 Mater Dei 3; L.B. Jordan 1 El Modena 0; El Rancho 7 L.B. Wilson 0; Camarillo 5 San Marcos 4; Chaffey 9 Santa Monica 8; Arcadia 3 Buena 1; El Segundo 9 St. Paul 7; Lakewood 10 Los Alamitos 0.

Quarterfinals—L.B. Jordan 2 Eisenhower 0; Camarillo 6 El Rancho 2; Chaffey 13 Arcadia 2; Lakewood 9 El Segundo 2.

Semifinals—L.B. Jordan 10 Camarillo 3; Lakewood 7 Chaffey 0.

Finals—Lakewood 5 L.B. Jordan 3.

3A RESULTS

First Round—Edgewood 10 Antelope Valley 0; Riverside North 5 Northview 1; Cerritos 4 Bishop Montgomery 2; Savanna

(Continued on Page Eight)

MINUTES OF THE CIF-SS EXECUTIVE COMMITTEE MEETING JUNE 21, 1976

The June Executive Committee Meeting of the Southern Section of the California Interscholastic Federation was called to order by Chairman Lou Joseph at 8:59 a.m., Monday, June 21, 1976 at the Riviera Hotel in Palm Springs. All members were present with the exception of Steve Miletich.

1. APPROVAL OF MINUTES: It was moved, seconded and passed to approve the Executive Committee minutes of April 22, 1976 as published in the May issue of the "Monthly Bulletin."

2. SUPERINTENDENT'S UPDATE: Dr. Lowell Jackson, representative for superintendents, reported on concerns covering financial areas and the monitoring of bills in Sacramento which would affect interscholastic athletics at the member school level.

3. GIRLS' ATHLETIC DIRECTOR UPDATE: Mrs. Barbara Wilson, representative on the Executive Committee, reported on the areas of growth in Girls' athletics for the 1975-76 school term and major needs for the upcoming new year. Results of a recent survey were also reviewed, reflecting 82 per cent of the membership being pleased with the present status of principal representation and the CIF-SS Office handling of Girls' athletics.

4. BOYS' ATHLETIC DIRECTOR UPDATE: Mr. Clare Van Hoorebeke, representative on the Executive Committee, gave a general report on his area, including the study on starting dates of the football season from the Southern California Football Coaches Association.

5. ATHLETIC INJURIES COMMITTEE: Mr. Ferren Christensen, chairman of the Athletic Injuries Committee, reported on the upcoming Sports Injury Symposium, to be sponsored by the CIF Southern Section on October 14 at U.S.C.

6. ORANGE COUNTY SECTION REPORT: Mr. Ferren Christensen, chairman of the Orange County Sec-

tion study, submitted an overall report on the topic. Following discussion, it was moved, seconded and passed to accept the report and send a copy of the Committee's findings to Dr. Larry Lucas, principal of Huntington Beach High School, who inaugurated the initial inquiry.

7. OFFICIAL FEES REPORT: Mr. Ted Gossard, chairman of the Official Fees Committee, discussed an inquiry from the Los Angeles City Section and the recent proposal of his committee on fees for the 1976-77 school year. Following discussion, it was moved, seconded and passed to seek a \$2 increase in Girls' basketball and Boys' volleyball only, to be submitted at the September meeting of the CIF-SS Council.

8. P. E. PROBLEM: The Commissioner apprised the Committee of the growing specialization in physical education offerings and how they fit in line with the State CIF Constitution and By-Laws.

9. GIRLS' TENNIS PROBLEM: Following review of a petition from Wilson High School of Hacienda Heights, it was moved and seconded to deny the request for Girls who have competed on Boys' teams, to be able to continue such team association until graduation. (Note: decision based upon modification of State Rule #200.)

10. OUTSIDE SUMMER COMPETITION: The Commissioner apprised the Committee of the continued use of school equipment for outside summer competition. Following discussion, Dr. Lowell Jackson was appointed by the chair to conduct insights into this area and report back to the Executive Committee on his findings.

11. MEMBERSHIP REQUESTS: It was moved, seconded and passed to grant regular membership to Melodyland High School (Anaheim), Ramona Convent (Alhambra), Washington Center (Pasadena), St. Matthias (Huntington Park) and the Orange Unified junior high schools.

12. CENTRAL HIGH SCHOOL COMPETITION: It was moved, seconded and passed to approve the annual request of Central High School for competition with Cety's Mexicali, St. Vincent Memorial of Calexico and Imperial Valley Community College in order to solve scheduling problems.

13. COAST UNION GIRLS: It was moved, seconded and passed for the Commissioner to review the league placement request for Coast Union

(Continued on Page Nine)

NEW ATTENDANCE RECORD AS FOUR CLUBS CLAIM CIF-SS BASEBALL TITLES

(Continued from Page Seven)

6 La Puente 0; Hawthorne 5 Rancho Alamitos 3; Schurr 4 Montclair 3; La Serna 2 St. Genevieve 1; Lompoc 4 South Torrance 3; Fullerton 2 La Quinta 1; San Gabriel 3 Whittier 1; Glendora 8 Upland 2; Ramona 1 Nogales 0; Quartz Hill 4 Santa Maria 1; Bolsa Grande 2 La Mirada 1; West Torrance 2 Cabrillo 0; St. Bernard 6 Troy 3.

Second Round—Edgewood 5 Riverside North 4; Savanna 1 Cerritos 0; Schurr 5 Hawthorne 0; La Serna 7 Lompoc 5; Fullerton 4 San Gabriel 3; Ramona 5 Glendora 1; Bolsa Grande 9 Quartz Hill 0; West Torrance 4 St. Bernard 2.

Quarterfinals—Edgewood 7 Savanna 6; La Serna 5 Schurr 0; Fullerton 6 Ramona 1; West Torrance 1 Bolsa Grande 0.

Semifinals—Edgewood 9 La Serna 1; West Torrance 1 Fullerton 0.

Finals—Edgewood 2 West Torrance 0.

2A RESULTS

First Round—Sonora 6 Norte Vista 3; Coachella Valley 7 Beaumont 4; Cajon 3 Paraclete 2; Banning 1 Palo Verde 0; El Toro 2 Gahr 1; Walnut 10 Temple City 3; Agoura 7 St. Joseph 6; Mira Costa 8 Santa Ynez 0; Channel Islands 7 Leuzinger 1; Morro Bay 2 Rio Mesa 1; Bosco Tech 10 San Marino 9; El Dorado 1 Bonita 0; Norco 7 Yucca Valley 2; San Clemente 2 Brawley 1; Bell Gardens 3 Artesia 1; Lennox 12 Pater Noster 3.

Second Round—Coachella Valley 8 Sonora 2; Cajon 2 Banning 0; El Toro 6 Walnut 5; Mira Costa 5 Agoura 1; Channel Islands 4 Morro Bay 2; El Dorado 7 Bosco Tech 6; San Clemente 5 Norco 4; Bell Gardens 1 Lennox 0.

Quarterfinals—Coachella Valley 6 Cajon 5; Mira Costa 2 El Toro 1; El Dorado 4 Channel Islands 3; Bell Gardens 1 San Clemente 0.

Semifinals—Mira Costa 1 Coachella Valley 0; El Dorado 10 Bell Gardens 3.

Finals—El Dorado 2 Mira Costa 1.

1A DIVISION

First Round—Fillmore 12 Alpaugh 4; Kern Valley 20 Owens Valley 3; Avalon 12 Harbor Christian 5; Desert 9 Buckley 7; Whittier Christian 8 Mary Star 1; Rio Hondo 17 Cate 4; Notre Dame 9 American Christian 2; Imperial 36 Los Pinos 0.

Quarterfinals—Fillmore 4 Kern Valley 0; Avalon 6 Desert 4; Whittier Christian 15 Rio Hondo 1; Notre Dame 10 Imperial 2.

Semifinals—Fillmore 8 Avalon 0; Notre Dame 5 Whittier Christian 1.

Finals—Fillmore 2 Notre Dame 1.

'NATIONAL COACHES DAY' JUST AROUND THE CORNER

If you're looking for something different at your school, make plans now for the date of October 1st.

This is the date set aside as "National Coaches Day" across the country when administrators and student bodies are asked to pay special tribute to those in the coaching profession who give so much of their time.

Just what are you going to do on your campus?

EXECUTIVE COMMITTEE MINUTES

(Continued from Page Eight)

H.S. in Girls' interscholastic competition and to make placement of same for the 1976-77 season.

14. COAST UNION H.S. PROBLEMS: Following a review of scheduling problems in 11-man football for Coast Union H.S. due to its location and enrollment, it was moved, seconded and passed to submit the problem to the State CIF for assistance.

15. TRI-SEMESTER PROBLEM: Following review of an inquiry from University H.S., it was moved, seconded and passed to maintain the interpretation of a semester and/or tri-semester for establishing attendance eligibility as 20 weeks.

16. WORTHINGTON CONSIDERATION: Following a review of a letter from Mr. Bill Worthington regarding the "Life-Time Pass", it was moved and seconded to deny such consideration.

17. NORCO HIGH SCHOOL REQUEST: It was moved, seconded and passed to approve the annual program request for year-round school as submitted by Norco High School.

18. PROTEST PROCEDURES: The Commissioner apprised the Committee of the suggested handling of protests for rule interpretations by the National Federation. Following discussion, it was suggested a protest fee proposal be submitted to the Council at its September meeting for consideration.

19. FOOTBALL CONTEST: Dr. Richard Cordano, member of the Executive Committee, apprised the Committee of a request from the Los Angeles City Section for consideration of a post-season football game between representatives of the Los Angeles City and Southern sections. The Commissioner was directed to respond to the Los Angeles City Section that there is no further interest at this time on behalf of the Southern Section.

20. FIELD HOCKEY CAMP: Following review of an inquiry from Janie Dowling of Golden West College, it was moved and seconded to deny the request to conduct a field hockey camp during the school calendar year on the Golden West College campus, under college coaches.

21. CITRUS BELT LEAGUE CONCERN: On Monday, May 24, 1976, Dr. Hanford Rants, chairman of the Southern Section Inquiry Committee, Mr. Gene Knott, area representative and Commissioner Thomas E. Byrnes, met with Mr. James Brickley, principal of Pacific High School, Mr. Jim Hackleman, basketball coach at Pacific High School, Mr. Lorne Barg-



Coach Fred Bellmar (back row, center) and Millikan H.S. team display CIF-SS trophy after capturing Boys' gymnastics title.

LIVINGSTON PACES MILLIKAN TO GYMNASTICS TITLE

With Matt Livingston doing the major share of the work, Millikan High School of Long Beach captured the 1976 CIF Southern Section Boys' gymnastics team title.

Livingston logged quite an individual feat by claiming the blue ribbon in five of the six individual events and easily claimed the all-around category as well.

Only Rick Deluca of Westminster was able to snap the streak by winning the rings.

INDIVIDUAL FINALS

Vaulting—Matt Livingston (Millikan) 9.15; Sam Gaye (West Covina) 8.90; Randy Weaver (Huntington Beach) 8.90.

Floor Exercise—Matt Livingston (Milli-

kan) 8.95; Ron Gallegos (Montebello) 8.90; Bruce McGregor (Westminster) 8.75.

Pommel Horse—Matt Livingston (Millikan) 8.25; Andy Valdez (Pasadena) 7.80; Jorge Cazares (L.B. Wilson) 7.80.

Horizontal Bar—Matt Livingston (Millikan) 8.65; Dan Austin (Rowland) 8.45; Jeff Colburn (South Hills) 8.35.

Parallel Bars—Matt Livingston (Millikan) 8.55; Jeff Colburn (South Hills) 8.15; Randy Weaver (Huntington Beach) 8.10.

Rings—Rick Deluca (Westminster) 9.20; Mike Eng (Alhambra) 8.80; Matt Livingston (Millikan) 8.80.

All Around—Matt Livingston (Millikan) 52.35; Randy Weaver (Huntington Beach) 44.00; Tom Lopez (Pasadena) 42.75.

Team Scores

1 — Millikan 149.77; 2 — Lakewood 146.65; 3 — Westminster 145.34.

mann, principal at San Geronio High School, Mr. John Powell, basketball coach at San Geronio High School, Mr. John Grenfell, Citrus Belt League Representative and Dr. Philip A. Allred, assistant superintendent of the San Bernardino Unified School District.

The purpose of this meeting was to inquire as to certain statements made in a series of articles by a local newspaper which, if correct, raised serious questions regarding possible violations of the CIF Undue Influence Rule, Article XVII of the Blue Book.

The statements included in the newspaper were reviewed with the coaches and administrators present. Both coaches denied each of the allegations alluded to in the article, which would indicate undue influence.

Additionally, the administrators present substantiated the fact that they had

no knowledge that the allegations made in the article were correct.

Also, since this meeting, correspondence had been received from Mr. Bargmann, as president of the League, showing a summary of the results of a Citrus Belt League meeting concerning these recent articles.

After a careful review by the Executive Committee, it was moved, seconded and passed to make the following recommendations:

(a) That the Citrus Belt League representative and the league continue in this matter to exercise its responsibilities under By-Law Article III, Sections 1 and 2 of the Blue Book.

(b) That questions or evidence regarding violations of our rules in this matter, be submitted to the office of

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FILM LIBRARY EXAMPLE OF CIF-SS SERVICES

Take advantage of the numerous services offered by the CIF Southern Section Office, including its enlarged film library.

Films are available — both instructional and historical — in virtually all sports and there is no charge to member schools.

Drop by and browse around.

EXECUTIVE COMMITTEE MINUTES

(Continued from Page Nine)

the league representative in order that he would have an opportunity to investigate any alleged violations.

(c) That the Citrus Belt League make a special effort to advise any member of the league dissatisfied with any league decision of their rights under Article XX, (Protests and Appeals), Section 3, of the Blue Book which would permit a decision of the league to be appealed.

In conclusion, the Executive Committee wished to point out that it continues to have the utmost confidence in the ability and determination of the Citrus Belt League to vigorously investigate and enforce the rules of this organization.

22. ELIGIBILITY APPEAL: Following review of an appeal on behalf of student Tim Otters of Monte Vista H.S., it was moved and seconded to deny the request for a waiver of the transfer eligibility rule and to sustain the ruling of the Commissioner.

23. CROSS COUNTRY PROPOSAL: Mr. Ray Plutko, administrative assistant, presented a proposal that would bring cross country in line with wrestling and track and field in reference to the number of charged contests per team/individual. Following discussion, it was moved, seconded and passed to change Section 6 of the cross country regulations so that it reads, "effective with the 1977-78 season, an individual will be permitted to participate in no more than a total of 11 dual, triangular or invitational (sanctioned) meets during the regular season."

24. COSTA MESA WRESTLING REQUEST: Following review of a request from Costa Mesa High School, it was moved, seconded and passed to approve the proposed dual wrestling match with Highland High School in Salt Lake City and an invitational tournament during the same Dec. 1-5 weekend of 1976, and recommend same to the State CIF Office.

25. COSTA MESA CROSS COUNTRY REQUEST: Following review of a request from Costa Mesa High School, it was moved and seconded to deny the proposed cross country competition with the South African team from Wandsbeck. It was further moved, seconded and passed to grant permission to the CIF-SS 4A and 3A champions, if they so desire, to extend their respective cross country seasons a maximum of 10 days in order to conduct competition with the South African team.

26. GIRLS' DISTANCE MODIFI-

MIRA COSTA, CENTRAL JOIN ELITE

CORONA DEL MAR REPEATS 4A TENNIS HONORS

Corona del Mar High School, which had never won a CIF Southern Section tennis title until one year back, made it two straight on the 1976 campaign by capturing the Boys' crown.

Corona del Mar claimed the 4A title with an 18½-7 victory over Sunny Hills.

However, not to be overlooked are Mira Costa and Central, which also came up with respective honors.

Mira Costa gained the 3A title with a narrow 15¼-12¾ over Laguna Beach, while Central came through with a 17-11 decision over Agoura.

4A TEAM RESULTS

First Round: Corona del Mar 28 Orange 0; Loyola 16½ Burroughs (Bur.) 11½; Beverly Hills 22 Alhambra 6; Santa Barbara 20½ Newbury Park 7½; Foothill 26 Edison 2; Redlands 18 La Puente 10; L.B. Wilson 24¼ Dos Pueblos 3¾; Palos Verdes 25 San Marcos 3; Newport Harbor 22½ Costa Mesa 5½; Troy 16½ Los Altos 11½; Hoover 15¾ La Habra 20½; Arcadia 7½; Harvard 17½ Thousand Oaks 10½; Notre Dame (SO) 16½ Pacific 11½; Estancia 21¼ Huntington Beach 6¼; Sunny Hills 26 Blair 2.

Second Round: Corona del Mar 23 Loyola 5; Santa Barbara 22 Beverly Hills 6; Foothill 21 Redlands 7; L.B. Wilson 20 Palos Verdes 7¼; Newport Harbor 25 Troy 3; Hoover 15¾ La Habra 12¼; Harvard 24½ Pacific 3½; Estancia 21 Sunny Hills 7.

Quarterfinals: Corona del Mar 26¼ Santa Barbara 1¾; Palos Verdes 20½ Foothill 7½; Newport Harbor 24¼ Hoover 3¾; Sunny Hills 22½ Harvard 5½.

Semifinals: Corona del Mar 16½ Palos Verdes 11½; Newport Harbor 17 Sunny Hills 10.

Finals: Corona del Mar 18½ Sunny Hills 7.

3A TEAM RESULTS

First Round: Mira Costa 16½ San Luis Obispo 1; Charter Oak 14¼ Schurr 13¾; Righetti 19¼ La Canada 8¾; Rosemead

CATIONS: Following review of a request from Claremont H.S., it was moved and seconded to deny the proposal to run its Girls' invitational track and field meet in meters as opposed to yards.

27. SOFTBALL EQUIPMENT: Miss Margaret Davis, administrative assistant, reviewed the softball rule changes under National Federation Rules for 1976-77, including the required safety head protection for batters as currently used in Boys' baseball.

28. SANTA FE PROBLEMS: Following review of the needed placement for the Girls' gymnastics team from Santa Fe H.S., it was moved, seconded and passed to place Santa Fe in the Freeway League for Girls' gymnastics only for 1976-77 school year.

29. ADMINISTRATIVE ASSISTANT: The Commissioner apprised the

24 Lompoc 1; Montebello 25 Keppel 2; Aviation 18 Bellflower 10; Miraleste 21 Workman 6½; San Marino 21 Paramount 3; Claremont 22½ Nogales 5½; San Clemente 21 Los Amigos 7; Riverside Poly 15½ Victor Valley 4; University 22½ Mayfair 5½; La Quinta 26¼ Gahr 1½; Barstow 21 Riv. North 7; Whittier 15¼ Upland 12¼; Laguna Beach 18½ Palm Springs 9½.

Second Round: Mira Costa 26 Charter Oak 2; Rosemead 19 Righetti 9; Montebello 15½ Aviation 13½; San Marino 18 Miraleste 10; San Clemente 15 Claremont 2; Riverside Poly 14¼ University 12¼; La Quinta 28 Barstow 0; Laguna Beach 17½ Whittier 10½.

Quarterfinals: Mira Costa 17½ Rosemead 0; Montebello 18 San Marino 10; Riverside Poly 16¾ San Clemente 11¼; Laguna Beach 20¼ La Quinta 7¾.

Semifinals: Mira Costa 14 Montebello 14 (113-91); Laguna Beach 18½ Riverside Poly 9½.

Finals: Mira Costa 15¼ Laguna Beach 12¾.

2A TEAM RESULTS

First Round: Bishop Diego 27 St. Joseph 1; Cate 19 Villanova 9; Morro Bay 22¼ Coast Union 4¼; Agoura 19 Santa Ynez 9; Inglewood 15¼ Cantwell 12¼; Santa Clara 14½ Fillmore 13½; Culver City 19½ L.A. Lutheran 8½; Rio Mesa 18 El Segundo 6; Webb 21½ Moreno Valley 6½; Walnut 17½ Esperanza 7½; Brawley 22¼ Rim of World 5¼; El Dorado 15 Gladstone 13; San Dimas 27 Trona 1; Pasadena Poly 18½ Canyon (Ana.) 9½; Hemet 22¼ Elsinore 5¼; Central 22 San Jacinto 6.

Second Round: Cate 14 Bishop Diego 14 (101-100); Agoura 25 Morro Bay 3; Inglewood 18½ Santa Clara 7½; Rio Mesa 18 Culver City 10; Webb 14¼ Walnut 13¼; Brawley 16¼ El Dorado 11¼; Pasadena Poly 14½ San Dimas 13½; Central 18 Hemet 10.

Quarterfinals: Agoura 15½ Cate 12½; Rio Mesa 15 Inglewood 14; Webb 20 Brawley 8; Central 23½ Pasadena Poly 4¾.

Semifinals: Agoura 16 Rio Mesa 12; Central 16¼ Webb 11¼.

Finals: Central 17 Agoura 11.

Committee of the search currently being conducted for a new administrative assistant to replace Mr. Kendall Webb, who will assume the duties as Commissioner of the San Diego Section effective July 1.

30. STARTING TIME WAIVERS: Following discussion, it was moved, seconded and passed to approve the annual requests for early tournament starting times to the Edison, Mission Viejo, Agoura and Raney JHS golf invitational, plus the Bolsa Grande Girls' tennis invitational.

31. RIGHETTI H.S. REQUEST: Following discussion, it was moved, seconded and passed to approve the request of Righetti H.S. for an alumni baseball game on the 1976-77 season, with the game counting toward the allowable number of contests.

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EXECUTIVE COMMITTEE MINUTES

(Continued from Page Ten)

32. AREA REPRESENTATION: The Commissioner apprised the Committee of the status on the area representation, which is slated to go into operation for the 1977-78 season. Following discussion, the chair was authorized to appoint a three-man committee to compile the final proposal.

33. BUDGET: Dr. Hanford Rants, treasurer, reviewed the budget proposals for 1976-77 with the Committee which will receive final review in August.

34. LOMPOC ALL-STARS: The Commissioner apprised the Committee of the Lompoc All-Star wrestling competition held earlier this year against a cultural exchange team from Japan and of its violation status. Following discussion, it was moved, seconded and passed to contact all principals and coaches from participating schools, calling attention to such violations.

35. SIMI VALLEY APPEAL: Following a review of an eight-semester interpretation for student Bjarne Routh Nielsen of Simi Valley H.S., it was moved, seconded and passed to support the interpretation.

36. NEEDLES REQUEST: Following discussion, it was moved, seconded and passed to approve the annual request for competition with Arizona schools in order to fill out schedules for the 1976-77 season.

37. CATHOLIC GIRLS' LEAGUES: Miss Margaret Davis, administrative assistant, provided background information on representation of all-girls schools in the Santa Fe and Camino Real leagues on the CIF-SS Council.

38. RULES VIOLATIONS: Miss Margaret Davis, administrative assistant, provided background information on rules violations by member Girls teams in basketball and softball. Following discussion, it was moved, seconded and passed to support the respective league actions of Girls' basketball violations for Monrovia, South Hills and Alhambra high schools. It was further moved, seconded and passed to support the league action in

INSURANCE INQUIRIES SHOULD BE DIRECTED TO STATE CIF

School administrators, athletic directors and coaches are reminded that all questions dealing with insurance are to be directed to the State CIF Office in Santa Barbara.

Each week, the Southern Section Office receives a number of inquiries on insurance, forms, etc. Please advise your staff and parents as to the proper office to contact.

Girls' softball violation for El Rancho High School, with a followup to be made on California H.S. and its failure to respond.

39. MULTI-CAMPUS REQUEST: Following discussion, it was moved, seconded and passed to approve the annual multi-campus request for Notre Dame High School of Riverside and Divine Word Seminary for 1976-77 and submit same to the State Federated Council.

40. CAL YOUTH HOME REQUEST: Following discussion, it was moved, seconded and passed to approve an early starting date in football for the 1976 season for the Cal Youth Home in order that it may complete scheduling problems in 8-man football.

41. SOCCER REQUEST: Mr. Ted Gossard, member of the Executive Committee, apprised the Committee of a request from Palos Verdes H.S. to monitor interest in Girls' soccer as a possible future sanctioned sport.

42. MIRA COSTA REQUEST: Mr. Ted Gossard, member of the Executive Committee, apprised the group of the calendar dates for the annual basketball tournament of Mira Costa H.S. Following discussion, it was moved, seconded and passed to approve a Nov. 30, 1976 starting date for the varsity tournament in order to prevent a calendar conflict.

43. AREA RELEAGUING: The Commissioner apprised the Committee of its charge regarding the area placement of Dominguez and Burroughs of Ridgecrest high schools for 1977-78. Following discussion, it was moved, seconded and passed by a majority vote to maintain Dominguez H.S. in the San Gabriel Valley Area. It was further moved, seconded and passed by a majority vote to place Burroughs of Ridgecrest H.S. in the Foothill Area. It was also moved, seconded and passed to make inquiries as to the feasibility of Burroughs of Ridgecrest being placed in the Central Section, due to its location to member schools in both the Central and Southern sections.

44. ALTERNATIVE SCHOOLS: Following discussion, it was directed that a study be conducted on alternative schools in reference to interscholastic competition eligibility of its student bodies. The chair will set the guidelines for this study.

There being no further business to come before the Executive Committee, the meeting was adjourned at 4:15 p.m.

Respectfully submitted,
Ray Plutko
Administrative Assistant

Approved by:
Thomas E. Byrnes
Commissioner



Margaret Davis of CIF-SS presents All-Around gymnast award to Leanne Karasick of Huntington Beach H.S.

WESTMINSTER, KARASICK HIGHLIGHT CIF-SS ACTION IN GIRLS' GYMNASTICS

Westminster High School accounted for the team honors and Leanne Karasick the individual award to highlight the 1976 CIF Southern Section Girls' gymnastics championships.

Westminster made it two straight titles as it supported its top seed role of a 32-team playoff bracket — defeating Crescenta Valley in the finals by a 301.60-299.70 margin.

Karasick, who competed under the Huntington Beach H.S. banner, copped the All-Around individual crown with a combined 66.73 score to runnerup Terry Thomas' 64.57 of Edison.

Karasick won top honors in the uneven bars, the floor exercise and the balance beam.

Final results:

INDIVIDUAL FINALS

Uneven Bars — Leanne Karasick (Huntington Beach) 17.15; Terry Thomas (Edison) 17.10; Eileen Caulfield (Crescenta Valley) 16.90.

Vaulting — Patty Parks (Burroughs, Ridgecrest) 16.73; Leanne Karasick (Huntington Beach) 16.13; Sue Whitaker (Thousand Oaks) 16.06.

Floor Exercise — Leanne Karasick (Huntington Beach) 17.05; Kathy Volz (Thousand Oaks) 17.00; Karen Stephens (Los Alamitos) 16.90.

Beam — Leanne Karasick (Huntington Beach) 16.40; Cindy Adrig (University) 16.30; Karen Stephens (Los Alamitos) 16.20.

All-Around — Leanne Karasick (Huntington Beach) 66.73; Terry Thomas (Edison) 66.57; Karen Stephens (Los Alamitos) 64.23.

Team Scores

1 — Westminster 301.60; 2 — Crescenta Valley 299.70.

Football Coaches Beware of Hot Weather!

Early fall football practice frequently is conducted in very warm and highly humid weather in many parts of the CIF Southern Section. Under such conditions, special precautions should be observed. Otherwise, the athlete is subject to:

1. Heat cramps — depletion of electrolytes
2. Heat fatigue — depletion of salt and water due to sweating
3. Heat exhaustion — excessive depletion of salt and water
4. Heat stroke — overheating from breakdown of the sweating mechanism

Each of these symptoms is a separate clinical entity. But the development of heat stroke is progressive and definite symptoms and signs will be manifested before it occurs. If these early warning signs are ignored, the failure of the body to dispose of excess internal heat could progress from heat fatigue to heat exhaustion to heat stroke.

Heat cramps are only temporarily disabling, but the moment of occurrence may be significant.

Heat fatigue dulls the athlete's skillful alertness and makes him more vulnerable to injury. The other two heat illnesses can result in serious physical harm and even death; both are preventable.

Heat exhaustion and heat stroke are preventable only by careful control of various factors in the conditioning program of the athlete. Basic, of course, is an adequate health history and health examination prior to participation in practice. With the start of fall practice, it is essential to provide for gradual acclimation to hot weather activity. Equally important is the need to adjust salt and water intake to weather conditions.

As the athlete becomes accustomed to hot weather activity, he perspires more freely (thus dissipating body heat) and excretes less salt (thus conserving sodium). With a graduated training regimen, such acclimation can be expected to take place over a period of about one week.

The old idea that water should be withheld from athletes during workouts has no scientific foundation. In fact, such restrictions, by depleting water in the body, can lead to heat fatigue and serious heat illness. During exercise in the heat, it is essential to replace — at least hourly — the water lost by perspiration.

Salt also needs to be replaced daily, particularly during the acclimation period. Extra salting of the athlete's food within the bounds of taste will accomplish this purpose. Salt tablets, particularly on an empty stomach, can be irritating and may be poorly absorbed.

Even after acclimation, it is advisable to alternate periods of strenuous exercise with periods of rest during hot weather. Also, it is important for the coach to observe his athletes carefully for signs of lethargy, inattention, stupor, awkwardness or unusual fatigue. Symptoms of water and salt depletion may include sluggishness, headache, nausea, hallucinations and/or weak and rapid pulse. If heat illness is suspected, prompt attention to these recommended emergency procedures may have vital importance:

HEAT STROKE: Collapse — with dry warm skin and rapid weak pulse — indicates sweating mechanism failure and rising body temperature. **THIS IS AN EMERGENCY: DELAY COULD BE FATAL.** Immediately cool athlete by the most expedient means (spraying or sponging with cool water is a good method). **OBTAIN MEDICAL CARE AT ONCE.**

HEAT EXHAUSTION: Weakness — with profuse sweating and rapid pulse — indicates state of shock due to depletion of salt and water. Place person flat on his back in the shade with head on the ground, level or lower than body. Give sips of diluted salt water if conscious. **OBTAIN MEDICAL CARE AT ONCE.**

BE PREPARED THIS SEASON!