M. Robert H. Crowley, M.D., F.A.C.S.

KOREA FOR

BASKETBALL OFFICiating CLINIC

CROWLEY HAS BEEN WITH THE CIF AS AN ADMINISTRATIVE ASSISTANT TWO YEARS AND IS RESPONSIBLE FOR VARIOUS BOYS AND GIRLS ATHLETIC PROGRAMS AND DIRECTS 476 SECONDARY SCHOOLS IN SOUTHERN CALIFORNIA. CROWLEY, HOWEVER, HAS BEEN WITH THE CIF IN OTHER CAPACITIES FOR OVER 14 YEARS, INCLUDING DUTIES AS A REFEREE FOR MANY YEARS AND THIS SPANS THE ENTIRE HISTORY OF THE CIF SOUTHERN SECTION CHAMPIONSHIP FUTSAL TOURNAMENT.

Other Conferences

The CIF has officiated for the Southern California Inter-Collegiate Athletic Conference, the California Coliseum Athletic Association, the Independent College Athletic Association of California and most of the major Southern California Junior College Conferences.

Currently, I am the chairman for the Long Beach State University Southern California Intercollegiate Officials Association." This means that Crowley be responsible for the total planning and organization of the entire institutional program for over 300 basketball officials and a staff of over 1000 instructors.

14. WATER POLO PROBLEM: Discussion was held relative to a proposal by the California Interscholastic Federation to implement a water polo program at all CIF schools. The proposal was moved, seconded and passed to waive the new requirement of the new water polo caps with specific numbering and color designating the 1969-70 season and to forward same to the State Federation Council for final approval.

15. COFFMAN AND CREE JUNIOR HIGH SCHOOL REQUEST: Mr. Coffman moved, seconded and passed to grant approval to Coffman and Cree Junior High Schools of the Palm Springs School District to form one athletic team and the Faye league to assist in scheduling for the upcoming 1978-79 season.

16. NEW MEMBERSHIP: It was moved, seconded and passed to allow a full regular membership for Herzel School of Los Angeles effective this date.

There being no further business to come before the Executive Committee, the meeting was adjourned at 5:06 p.m.

Respectfully Submitted,

R. S. E. BYRNE

ASSOCIATE ADMINISTRATIVE OFFICER

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JESSE VASALLO, KING OF WORLD'S INDIVIDUAL MEDLEY

The new member has had much experience with CIF as Head Football Coach for Long Beach Poly, Junior and Senior High School Principal in the Orange Unified School District, a superintendent's position with the Norwalk-La Mirada Unified School District and his present superintendency representative.

Ross is also Chairman of the State Finance Committee for the Association of California School Administrators, and with a wife and three children of his own, you know he's got to be good with money.

MINUTES OF CIF-SS COUNCIL MEETING
September 28, 1978

The September Council meeting of the Southern Section of the California Interscholastic Federation was called to order by Chairman Tony Balsamo, at 9 a.m. on Thursday, September 28, 1978, at the Radisson Inn, Norwalk. All deleges were represented, with the exceptions of Channel and Omega districts.

1. APPROVAL OF MINUTES: It was moved, seconded and passed to approve the minutes of the Council Meeting of May 4, 1978, as published in the latest issue of the CIF Bulletin; the minutes of the Executive Committee meeting of August 21, 1978; and the Executive Committee minutes of September 21, 1978 as amended and distributed to the Council. (It was moved, seconded and passed to amend the implementation of the softball ruling with reference to the number of potential athletes playing on an outside team outside the season to be limited to three per season.)

2. REPORT OF THE EXECUTIVE COMMITTEE: (Continued on Page Two)

DR. MAURICE ROSS

A member of the Rotary Club, Ross is the past district chair for the Frontier District Boy Scouts of America, and was a U.S. Naval Officer from 1953-55 and did his undergraduate and master's work at Western Illinois University before attending UCLA for his Doctorate in Education.

DID YOU KNOW?

Women now outnumber men in three of the most widely practiced sports in society: basketball, swimming and gymnastics. And they're closing in fast in tennis.

President's Council on Physical Fitness & Sports
CIF-SSF Ray Plutko NAMED TO NATIONAL RECORDS COMMITTEE

A National Records Committee has been appointed by the Executive Committee of the National Federation of State High School Officials to assist in the development of an expanding national records program.

The Committee's functions will include establishing, maintaining, and interpreting records in the various sports. The Committee will also recommend new sports to be added to the official high school programs.

Ray Plutko, one of three administrative assistants in the CIF Southern Section Office, was named to the Committee. Mr. Plutko is looking forward to his duties as a member of the Committee.

COUNCIL MEETING MINUTES, Continued from Page 1

2. BADMINTON PROPOSAL: Roger Evers, representative from the Garden Grove League, reviewed with the Council a proposal on co-ed badminton. The proposal was moved, seconded and passed. The executive director has been consulted on the matter. A badminton program for the 1979-80 school year will be approved by the Board of Directors at its meeting in August.

3. TENTH FOOTBALL CONTEST: Commissioner Thomas E. Byrnes reviewed the background information relative to a proposed tenth game which was moved, seconded and passed. The tenth game will be played at the conclusion of the 1979 season. The tentative date for the tenth game is December 17, 1979.

4. STATE WRESTLING PROPOSAL: Dr. Russ Reynolds, representative from the De Anza League, reviewed with the Council a proposal which was moved, seconded and passed. The proposal included the following provisions: 1) All states are to have a minimum of six matches in the annual wrestling tournament. 2) A provision for the inclusion of a new sport, e.g., freestyle wrestling, was included in the proposal.

5. GIRLS STATE VOLUME 2971: The Commissioner, in his capacity as the chairperson of the Southern Section, presented the following information relative to the question of the Southern Section participating in the Girls' State Volleyball Tournament for the 1979-80 school year. Following discussions, the proposal was moved, seconded and passed. The proposal was presented as the citrus proposal for the 1979-80 season.

A SPORTSMAN WHO REALLY EARNED HIS LETTER

They say sportsmanship begins at home, but it sure is cultivated and nurtured by coaches who are willing to share with you a letter from such a coach.

This letter was addressed to the Booster Club president at Antelope Valley High School, in care of the head coach, and it was received by the Booster Club during the recent holiday season opening game between Foothill High of Bakersfield and AVHS.

Dear Sir,

Please excuse this informal letter, but I wanted to promptly thank you and the Booster Club for making our trip to Antelope Valley such a rewarding experience.

The after-game dinner was excellent, and you once again proved to be a gracious host. Our players were totally impressed with your hospitality and I can't begin to tell you the impact this has on formulating good will and proper concepts in the minds of our youth. It is also rewarding to know you are involved in promoting your youth as your booster club, I can't help but feel this would be a benefit to the entire community.

I have always felt your coaching staff has done a remarkable job of preparing your area for winter sports. You have been more impressed with the attitude, discipline and manners they have instilled in the players. This I feel, is probably more important than a high score, as you know, having the opportunity to meet the boosters and parents of these fine young people. I know the coaches' job has been made much easier because of the support, discipline, love and concern these players have already received at home.

I think your entire program is one which the Southern Section can make full high schools to achieve. It is rare when a booster club president will take time to see that their athletes are adequately taken care of in terms of their physical health. Once again, please accept this letter as a truly wonderful dinner. You will never know what a positive memorable experience this was to the girls of our Section.

(Cewed Page Six)

MINUTES OF THE CIF-SSF EXECUTIVE COMMITTEE SEPTEMBER 21, 1978

The Executive Committee met at the Southern Section of the California Interscholastic Federation headquarters to order called by Chairman Tony Basilo at 1:30 p.m., Thursday, September 21, 1978 in the CIF Southern Section Office. All members were present with the exception of Steve Milesich and Barbara Williams.

1. APPROVAL OF MINUTES: It was moved, seconded and passed to approve the minutes of the Executive Committee meeting of April 21, 1978 as mailed to the Committee.

2. BOYS' ATHLETIC DIRECTOR UPDATE: Mr. Clyde Francisco, representative to the Executive Committee, highlighted areas dealing with Boys' athletics, noting a high degree of interest in the upcoming Athletic Administrators Symposium: the possibility of a study for wrestling allotments on a two-year basis rather than the present one-year allotment; and reports that the 1979-80 budgets surrounding Proposition 13 are now on an individual school basis as opposed to the Southern Section at large.

3. TREASURER'S REPORT: Mr. James Faul, treasurer, presented a general overview of the 1978-79 financial operations and answered questions relating to same.

4. AWARDS PROGRAM: Commissioner Thomas E. Byrnes, reported on the cooperation of the Dr. Pepper Bottling Company and the National Interscholastic Federation in continuing policy over a number of years of supporting high school awards programs, and its cooperation in sponsoring the CIF Southern Section for the 1978-79 school term to offset the cost of post-season play award programs previously borne by our member schools.

5. BOOSTER CLUB AWARDS PROGRAM: It was moved, seconded and passed to support the concept of a combined school and community booster club awards recognition. Details to be developed by the CIF-SSF Office.

6. ARCADIA HIGH SCHOOL MULTI-CAMPUS REQUEST: It was moved, seconded and passed to approve a multi-campus request between Arcadia High School and Dana and Foothills joint high schools for the 1979-80 school year.

7. BUENA HIGH SCHOOL REQUEST: It was moved, seconded and passed to approve a waiver of residency rule, Article XI, Section 11 for students from Canoga Park.

FOREIGN EXCHANGE PROGRAM: Dr. Harford Rants, chairman of the Foreign Exchange Review Program Committee, presented the following areas: that the American Scandinavian Student Exchange Program be added to the Foreign Exchange Programs now noted under Article XI, Section 1c of the CIF-SSF Blue Book; to grant annual approval for the English Speaking Union, and the Uwara Japan program to the Lomandra High School and Orange for the 1979-80 school year.

VOLEYBALL AND SOFTBALL COMPLIANCE: It was moved, seconded and passed that CIF-SSF shall continue its present policies with respect to the current rulings bringing into line Boys' volleyball and Girls' volleyball plus Girls' softball and Boys' baseball with reference to the number of potential players allowing for more teams playing on outside fields, outside the season of sport, during the school year.

10. MARMONTE LEAGUE REQUEST: It was moved, seconded and passed to deny the appeal of the Marmonte League with reference to a minimum scholastic requirement for the initial grading period of the 1979-80 school year.

11. HEALTH PROPOSAL: Commissioner Byrnes reviewed with the Committee a proposal from Dr. Sam Kimball, Karen County Medical Director with the Health Department, to establish a Health Advisory Committee with the intent of informing the Kalas Kaghales Foundation with reference to the banning of smoking in athletic facilities.

Following discussion it was moved, seconded and passed in principle with the proposal, but to call to the attention of Dr. Lee and Mr. Lawrence that the matter is a district decision as currently governed by State law and that further development may be expected to the respective district levels.

12. CIF-SSF PROPOSALS: The following items related to the upcoming meeting of the State Federated Council.

(a) Girls' Basketball -- It was moved, seconded and passed to support deletion of CIF By-Law 408 which would allow girls' basketball membership to include girls' interscholastic sports competition.
The Baseball Rules Committee of the National Federation met August 2-3 at the headquarters office in Elgin, Illinois.

Director, Bailey Marshall, of the Texas University Intercollegiate League, directed the eight-member committee through the two-day meeting. Rule decisions made by the Baseball Rules Committee affect over 400,000 participants representing 14,000 schools.

Several rule changes were passed. Base runners deliberately removing their protective helmet while play is in progress will be called out immediately.

**BASEBALL RULE CHANGES FOR 1979**

The designator's role can never be eliminated as a force play situation. However, the designator's designated role has been modified for 1979. The previous rule stated that the role of the designated designator was assumed upon the use of a pinch hitter or pinch runner. The new rule will now allow the designated designator to exist until the end of the half inning. The role of the designated designator is then terminated for the duration of the game.

Any batter who hits the ball fair or foul while using an illegal bat will be declared out. The previous rule did not allow the batter to enter the batter's box with an illegal bat.

**SOFTBALL UMPIRE CLINICS TO BEGIN IN NOVEMBER**

The dates for the beginning Softball Umpires' Clinics are listed below as announced by Bonnie Mohsen. Softball President of the Southern California Board of Officials for Girls and Women in Sports.

**ORANGE COUNTY** — Eunice Pickett

Dates: Nov. 4, 11, 18; Dec. 2, 9

Time: 9 a.m. to 12:30 p.m.

Location: Orange County Fairgrounds

Bldg. 13A

**POMONA** — Mike Thomas

Dates: Jan. 2, 9, 16, 23, 30

Time: 7 p.m. to 10 p.m.

Location: Ontario Christian

**LOS ANGELES** — Joyce Hill

Dates: Jan. 6, 13, 20, 27; Feb. 3

Time: 7 p.m. to 3 p.m.

Location: South Gate Park

**SAN FERNANDO VALLEY** — Bonnie Mohsen

Dates: Jan. 3, 10, 17, 24; Feb. 21

Time: 7 p.m. to 10 p.m.

Location: Kennedy High School

**EXECUTIVE COMMITTEE MINUTES, Continued from Page 3**

(b) Wrestling Recommendation — It was moved, seconded and passed to send the Southern Section representatives uninterested in the proposal dealing with 404-1603 and the official weigh-in procedures for wrestling.

(c) CIF Administrative Committee — It was moved, seconded and passed to demand a re-election of the board for a change in articles of the CIF.

(d) State Track Meet — It was moved and seconded to send the Southern Section representatives uninterested with reference to the three-year scheduling format of the State track and field meet.

13. THOUSAND OAKS HIGH SCHOOL APPEAL: Mrs. Don Burch, parent, and Mr. Ron Barney, principal of Thousand Oaks High School, appeared before the Committee to make a case of his daughter's suspension from school by the Committee relative to a waiver of appeal, and to request that the Committee rule in favor of the appeal.

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**COACHES**

**CORNER**

**BASEBALL RULE CHANGES FOR 1979**

The Baseball Rules Committee of the National Federation met August 2-3 at the headquarters office in Elgin, Illinois.

Director, Bailey Marshall, of the Texas University Intercollegiate League, directed the eight-member committee through the two-day meeting. Rule decisions made by the Baseball Rules Committee affect over 400,000 participants representing 14,000 schools.

Several rule changes were passed. Base runners deliberately removing their protective helmet while play is in progress will be called out immediately.

**MAJOR SOFTBALL RULE CHANGES FOR 1979**

Walter Smith, Executive Secretary of the New Hampshire Intercollegiate Athletic Association and Chairman of the National Federation Softball Rules Committee, guided the committee in its duties and responsibilities at its two-day August meeting, producing several rule changes of significance over 8,000 schools nation-wide.

A runner deliberately removing his or her protective helmet while play is in progress will be called out immediately.

A revolutionary concept, three balls — two strikes, was discarded by the committee. Although this concept was not adopted, it will be used on an experimental basis by some teams during the 1979 season.

**EXECUTIVE COMMITTEE MINUTES, Continued from Page 3**

(b) Wrestling Recommendation — It was moved, seconded and passed to send the Southern Section representatives uninterested in the proposal dealing with By-Law 1603 and the official weigh-in procedures for wrestling.

(c) CIF Administrative Committee — It was moved, seconded and passed to demand a re-election for a change in Articles I, Section 11 of the State Constitution dealing with a change in wording as it relates to aims and objectives of the CIF.

(d) State Track Meet — It was moved and seconded to send the Southern Section representatives uninterested with reference to the three-year scheduling format of the State track and field meet.

13. THOUSAND OAKS HIGH SCHOOL APPEAL: Mrs. Don Burch, parent, and Mr. Ron Barney, principal of Thousand Oaks High School, appeared before the Committee to make a case of his daughter's suspension from school by the Committee relative to a waiver of appeal, and to request that the Committee rule in favor of the appeal.

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**GYNMASTICS INJURIES: RECOGNITION AND MANAGEMENT**

By Charles J. Redmond, M.D.

6. When "hot spots" develop limit workout on certain pieces of equipment.

**TENDONITIS AND FOREARM SPLINTS**

Activities such as vaulting, floor exercise, and side horse, where repeated stress is placed in the wrists and forearms, may lead to one or two problems which have similar characteristics: 1) "tendonitis" of the musculature crossing the dorsal aspect of the wrist moving up the forearm toward the elbow and 2) "forearm splints" — an irritation of the interosseous membrane between the radius and ulna. The signs and symptoms include varying degrees of discomfort and pain both on active movement and palpation. The athlete may also experience weakness in wrist and hand movements.

When a problem does develop there seems to be no guaranteed management. Success has been shown using some or all of the following:

1. Extended rest until all active movements are pain free.
2. The use of cryotherapy and/or thermotherapy may supplement the period of inactivity.
3. Gradual return to the apparatus, emphasizing flexibility and progression of the work-out using pain as an indicator of when to let up.
4. Development of good muscular endurance.
5. Ice or cold application after the workout may assist in controlling further inflammation in tendons and associated injuries.
6. Some, suggest strapping the forearms with tape which may allow limited participation. Our experiences indicate, as with "hot spots," this may cause some of the discomfort but does not deal directly with the problem. A conservative approach, encouraging a period of rest and gradual retraining is likely to show the most consistent results.

**SHOULDER INJURIES: TENDONITIS AND BURSITIS**

The shoulder is prone to the same type of tendon injuries as the wrist and as we will see in the foot and leg.

Inflammation of any of the tendons and bursae of the shoulder is possible. These conditions are manifested by varying levels of discomfort, marked limitation of motion, weakness, and lack of endurance.

Ideas on prevention and management include:

1. Gradual individualized presesason training including flexibility, strength, and muscular endurance.
2. If stiffness develops: ice applications and limited participation on associated pieces of equipment.
3. Extended rest supplemented with cryotherapy and thermotherapy and rehabilitation as necessary.

**TENDONITIS AND ARCH INJURIES**

Injuries to the tendons and arches of the gymnast's foot occur in vaulting, floor exercise, and a result of hard and repetitive displacements.

Most instances of tendonitis and arch strains result from repetitious actions where muscular endurance was not sufficient. Occasionally on some of the softer mats a tendon(s) may be strained. As with other tendon and related problems they are characterized by pain on active motion (with or without... (Continued on Page Six)
GYMNASTICS INJURIES,
Continued from Page 5

out resistance, point tenderness, fever, and weakness. Management includes:
1. Examining the arches of both feet for possible problems.
2. A period of rest avoiding painful activities supplemented with cryotherapy or thermotherapy.
3. Proper reconditioning.

4. Appropriate strapping has proved useful as a supplement to rehabilitation.
5. Remember problems to the lower extremity will not respond as quickly as similar injuries to the upper extremity because of the weight-bearing factor.

ANKLE
The common problem here is the traditional inversion sprain where the ligaments on the lateral side of the ankle are injured. This type of sprain is usually associated with dismounts into hard or soft mats. It is difficult to distinguish a sprain from a fracture so be conservative and when in doubt, get it x-rayed. During the interim ice, compression and elevation are important to control the swelling.

LEG
The structure of the leg, like the arm, is susceptible to repetitious activities such as those involved in vault approaches, the actual takeoff, and the landing following the various aerial moves in floor exercise, balance beam and other events. Typical injuries include tendinitis of the anterior group of muscles, injury to the Achilles tendon, “true shin splints” (irritation of the membrane between the tibia and fibula), and tibial stress fractures. Prevention and management include:
1. Proper individualized conditioning.
2. Recognition of the problem developing pain, fever, weakness, lack of endurance.
3. Rest, cryotherapy, and/or thermotherapy with gradual reconditioning.
4. Although strapping may allow some temporary relief it is too often used as a replacement for proper management, rest and rehabilitation. This may result in the development of a chronic problem.

LOW BACK
Dismounts and landing from the various aerial stunts can be quite stressful to the low back. Most of the problems will be simple sprains from a single stress or fatigue. Sprains will respond very well to a short period of rest, thermotherapy, flexibility training and controlled workouts.

Spasm, however, may be a symptom of more serious problems, nerve injury, disc injury, or stress fractures of a lumbar vertebrae. Anytime one or more of the following are present refer to the appropriate specialist is indicated:
1. Pain and disability persisting despite a period of extended rest.
2. Point tenderness along the spine.
3. Pain radiating down one or both thighs.
4. Weakness and limited range of motion.

SPORTSMAN’S LETTER,
Continued from Page 3

ness and hospitality will yield some big dividends in the lives of these young men.

We never like to lose, but if we must I hope it is always to those who have dignity and class such as you.

We will continue to try to upgrade our program and hope that we might be considered a worthy opponent in years to come.

I wish you and your team a very successful year. I hope your efforts to reestablish your other football team prove fruitful.

Your school, team and booster club are truly champions on and off the field. Kindly convey this message and thanks to all who made our stay so enjoyable.

Football High School salutes you.

Sincerely,

Ned Permenter
Head Football Coach

EXECUTIVE COMMITTEE MINUTES,
(Continued from Page Four)

ence to a waiver of Article XI, Section 12 of the By-Laws.

15. CRESCENTA VALLEY HIGH SCHOOL APPEAL: Student Tim Kadlitz, mother, Mrs. Saastar appeared before the Committee relative to a waiver of the residency rules. Following discussion, it was moved, seconded and passed to uphold the appeal as related to Article XI, Section 12 of the By-Laws.

16. LA QUNTA HIGH SCHOOL APPEAL: It was moved, seconded and passed to deny a waiver of the residency rules Article XI, Section 12 of the By-Laws with reference to student Kim Goldston.

17. JUNIOR HIGH SCHOOL REQUEST: It was moved, seconded and passed to approve the request of Roland’s-Rialto Athletic Association for member junior high schools with reference to the starting date for Boys and Girls’ basketball and Boys and Girls’ track to prevent an overlap of seasonal activities and facilities for the 1978-79 school year.

There being no further business to come before the Executive Committee, the meeting was adjourned at 5:01 P.M.

Respectfully Submitted,

Ray Plutko,
Administrative Assistant

Approved by:

Thomas E. Byrnes
Commissioner of Athletics

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Season’s Greetings to all Good Sports....