



MONTHLY BULLETIN

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No. 3



MAURICE ROSS

New Executive Committee Member for CIF-SS

Dr. Maurice Ross, Superintendent for the Tustin Unified School District, will be a new addition on the roster of the CIF Southern Section's Executive Committee.

Dr. Ross, replaced Dr. Lowell Jackson on the board, and he will assume the duties as the new superintendents' representative.

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 Saddleback Inn, Norwalk. All leagues were represented, with the exceptions of Channel and Omega leagues.

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 September issue of the Monthly Bulletin; the minutes of the Executive Committee meeting of August 21, 1978 as distributed; 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 of sport during the school year, to be effective January 1, 1979).

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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 superintendent position.

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.



DR. MAURICE ROSS

A member of the Rotary Club, Ross is the past district chair for the Frontier District Boy Scouts of America, 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.

JESSE VASSALLO, KING OF WORLD'S INDIVIDUAL MEDLEY

Jesse Vassallo, king of the World's Individual Medley Swimmers — the decathlon of the Aquatics World — was named Southern California's Athlete of the Month for August by members of the Citizens Savings Athletic Foundation's Awards Board.

Vassallo was singled out for this award for his performance in the "IM" at the world swimming and diving championships at Berlin in late August.

A Senior at Mission Viejo High School, the 5-8, 146-pounder twice broke the 400-meter individual medley world record during the month of August. He first churned the 400-meter distance in 4:23.29 at the National Championships in Texas. Then, at the world Championships in Berlin he defeated Sergei Fesenko of Russia by better than two seconds, lowering his own record to 4:20.05. Vassallo was the CIF-SS 4A Champion in the Individual Medley for the 1978 season.

For having been named the southland's top athlete for August, Jesse Vassallo will be recipient of the traditional bronze medallion award from the Citizens Savings Athletic Foundation. Presentation ceremonies are pending. The Foundation's Awards board, making the monthly selections, is headed by Elwood Teague, Board Chairman.

DID YOU KNOW??

Women now outnumber men in three of the most widely practiced fitness activities — cycling, calisthenics and swimming. And they're closing in fast in tennis.

—President's Council on Physical Fitness & Sports

CIF-SS' 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 Associations to assist in the development of an expanding national records program.

The Committee's functions will include establishment of record application forms, policies and procedures. It will help research and publicize record-breaking performances and will add prestige to the distinctions earned by national record holders.

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 com-



mittee and will be working with the following individuals:

Committee members are George Bates (Chairman, Ohio), Florence Pergallo (New Jersey), Mike Porter (Virginia), Bob Baldridge (Tennessee), Jim Flynn (Illinois), Conde Sargent (Nebraska), Bob Ottewill (Colorado), Ray Plutko (California) and Ralph Baynard (Washington).

The purpose of the National Federation records program is to bring recognition to outstanding individuals while promoting interscholastics in general. The National Federation's first-ever **National High School Sports Record Book** will be released in September, after approval by the new Executive Committee.

COUNCIL MEETING MINUTES,

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2. BADMINTON PROPOSAL: Roger Braash, representative from the Garden Grove League, reviewed with the Council a proposal on co-ed badminton. Following discussion it was moved, seconded and passed that the Garden Grove League conduct a pilot co-ed badminton program for the 1978-79 school year and report back to the Badminton Advisory Committee with results and recommendations.

3. TENTH FOOTBALL CONTEST: Commissioner Thomas E. Byrnes reviewed with the Council background information relative to a proposed tenth football game for the 1979 season. This will be an action item at the January meeting of the Council.

4. STATE WRESTLING PROPOSAL: Dr. Russ Reynolds, representative from the De Anza League, reviewed with the Council, background information relative to a proposal on the number of matches in wrestling. Upon discussion, it was moved, seconded and passed that the Southern Section follow the state CIF format with reference to the number of allowable contests, effective the 1978-79 school years.

5. GIRLS' STATE VOLLEYBALL CHAMPIONSHIP: The Commissioner provided background information relative to the question of the Southern Section participating in the proposed Girls' State Volleyball Tournament for the 1978-79 school year. Following dis-

cussion, it was moved, seconded, and passed that the Southern Section not participate in said tournament.

6. COUNCIL REPRESENTATION: It was moved, seconded and passed to adopt the concept of Council representation for any league comprised of five or more all Girls' schools, effective the 1978-79 school year.

7. RE-LEAGUING CONSIDERATIONS: The re-leaguings proposals for the 1979-80 school year were presented under the area concept for consideration. Following discussion, it was moved, seconded and passed to adopt the proposals as presented from the Citrus

Belt, Coast, Desert, Foothill, Northern, Orange, San Gabriel and San Antonio areas. Further, the vote on the Private-Parochial Area failed to carry the required majority and a proposal which reflects reconsideration will be voted upon at the January meeting of the CIF-SS Council.

8. SPORT LIMITATION QUESTION: The Commissioner reviewed with the Council background information relative to the philosophy of conducting post-season playoffs with reference to the number of schools participating in a given sport. Further information will be made available upon additional discussion by way of the Executive Committee.

9. FINES PROPOSAL: It was moved, seconded and passed to dissolve the Fines Committee and its development of a specific proposal as an alternate means for the formation of CIF-SS Rules and Regulations.

There being no further business to come before the Council, the meeting was adjourned at 11:37 a.m.

Respectfully Submitted,
Ray Plutko
Administrative Assistant

Approved by:
Thomas E. Byrnes
Commissioner of Athletics

California Interscholastic Federation,
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Officers

Tony Balsamo, Principal, Apple Valley HS, President
Dr. Hanford Rants, Principal, Gahr HS, President-Elect
Dr. Louie Joseph, Assistant Superintendent, Orange USD, Past-President
James Faul, Principal, Wilson HS (HH), Treasurer
Thomas E. Byrnes, Commissioner of Athletics

Bulletin Editor

Dean Crowley, Administrative Assistant
Cathy Connelly, Press Secretary

A SPORTSMAN WHO REALLY EARNED HIS "LETTER"

They say sportsmanship begins at home, but it sure is cultivated and nourished by good coaches . . . we'd like 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, Brent Newcomb, following the 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. If all America were as vitally involved in promoting our youth as your booster club, I can't help but feel this would be a better country to live in.

I have always felt your coaching staff has done a marvelous job of preparing your teams to play; but I have been more impressed with the attitude, discipline and manners they have instilled in the players. This, I feel, is probably more important than whether a team wins or loses a game. After having the opportunity to meet the boosters and parents of these fine young men, I can't help but feel 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 should serve as a goal for all high schools to achieve. It is rare when a booster club president will take time to show such a vital concern for an injured player at a hospital — this is certainly above and beyond the call of duty. However, it does so much to cement good relationships and will not be forgotten by our players or staff.

Once again, may I thank you for a truly wonderful dinner. You will never know what a positive memorable experience you are providing for Antelope Valley players and opponents as well. In years to come, your kind-

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

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

1. APPROVAL OF MINUTES: It was moved, seconded and passed to approve the minutes of the Executive Committee meeting of August 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 majority of questions 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 budget and answered questions relating to same.

4. AWARDS PROGRAM: Commissioner Thomas E. Byrnes, reported on the cooperation of the Dr. Pepper Bottling Company, consistent with its continuing policy over a number of years of supporting high school awards programs, and its stipend of \$30,000 to the CIF Southern Section for the 1978-79 school term to offset the cost of post-season playoff awards 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 awards recommendation program with details to be developed by the CIF-SS Office.

6. ARCADIA HIGH SCHOOL MULTI-CAMPUS REQUEST: It was moved, seconded and passed to recommend to the State Federated Council approval of a multi-campus request between Arcadia High School and Dana and Foothills junior high schools for the 1978-79 school year.

7. BUENA HIGH SCHOOL REQUEST: It was moved, seconded and

passed to approve a waiver of residence ruling, Article XI, Section 11 for student Allyson Brown.

8. FOREIGN EXCHANGE PROGRAM: Dr. Hanford Rants, chairman of the Foreign Exchange Review Programs, reported on the following areas: that the American Scandinavian Student Exchange Program be added to the list of recognized programs now noted under Article XI, Section 1c of the CIF-SS Blue Book; to grant annual approval for the English Speaking Union, and the Urawa Japan program in conjunction with Lutheran high school of Orange for the 1978-79 school year.

9. VOLLEYBALL AND SOFTBALL COMPLIANCE: It was moved, seconded and passed that CIF-SS schools comply immediately with the current rulings bringing into line Boys' volleyball and Girls' volleyball plus Girls' softball and Boys' baseball with reference to the number of potential athletes playing on outside teams, outside the season of sport, during the school year.

10. MARMONTE LEAGUE SCHOLASTIC APPEAL: It was moved and seconded to deny the appeal of the Marmonte League with reference to a waiver for the minimum scholastic requirement for the initial grading period of the 1978-79 school year.

11. HEALTH PROPOSAL: Commissioner Byrnes reviewed with the Committee a proposal from Dr. Sammy Lee and Mr. Bruce Hopping of the Kalos Kagathos Foundation with reference to the banning of smoking in the presence of athletes in all areas of competition. Following discussion it was moved and seconded to agree in principle with the proposal, but to call to the attention of Dr. Lee and Mr. Hopping that the matter is a district decision as currently governed by State law and that further development of the proposal be directed to the respective district levels.

12. STATE CIF PROPOSALS: The following items were discussed relative to the upcoming meeting of the State Federated Council.

(a) Girls; Officiating — It was moved, seconded and passed to support deletion of CIF By-Law 408 which would no longer allow high school students to officiate Girls' interscholastic sports contests.

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COACHES

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 Interscholastic 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 immediate-

ly, but this action in no way eliminates a force play situation.

The designated hitter rule has been moderately revised for 1979. The previous rule stated that the role of the designated hitter ceased upon the use of a pinch hitter or pinch runner. The new rule will now allow the designated hitter role to exist until the end of that half inning. The role of the designated hitter 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.

MAJOR SOFTBALL RULE CHANGES FOR 1979

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

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

ly, but this action in no way eliminates a force play situation.

Another rule change effective in 1979 for safety purposes states that a one-piece rubber bat grip and knob combination is illegal.

A revolutionary concept, three balls — two strikes, was discussed 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,

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(b) Wrestling Recommendation — It was moved, seconded and passed to send the Southern Section representatives uninstructed on 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 deny support for a change in Article 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 uninstructed 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 at Thousand Oaks High School, appeared before the Committee relative to a residence appeal on behalf of student Vic Burch. Following discussion it was moved and seconded to sustain

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SOFTBALL UMPIRE CLINICS TO BEGIN IN NOVEMBER

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

ORANGE COUNTY — Eunetta 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: 12 p.m. to 3 p.m.

Location: South Gate Park

SAN FERNANDO VALLEY — Bonnie Mohnsen

Dates: Jan. 3, 10, 17, 24 ; Feb. 21
Time: 7 p.m. to 10 p.m. (Wed. and 11 a.m. to 2 p.m. Sun.)

Location: Kennedy High School

the decision of the CIF-SS Office with reference to a waiver of Article XI, Section 12 of the By-Laws.

14. **WESTMINSTER HIGH SCHOOL APPEAL:** Mr. and Mrs. George McGowan, student John McGowan and Richard T. Olson, attorney, appeared before the Committee relative to a waiver of the residency rules. Following discussion, it was moved and seconded to sustain the decision of the CIF-SS Office with refer-

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CORNER

HEALTH TIPS

GYMNASTICS INJURIES: RECOGNITION AND MANAGEMENT

By Charles J. Redmond, ATC

With the increased media exposure from the Munich and Montreal Olympics, gymnastics, men's and women's, has grown in popularity both as a spectator activity as well as a recreation and competitive activity. As a result of this increased participation, injury incidence has increased.

This paper will attempt to identify both the standard injuries as well as those common to gymnastics. Examining the major body areas, this will give insight into: Prevention, Recognition and Management.

HAND INJURIES: BLISTERS AND CALLUSES

A problem seen in most gymnastics at one time or another is the torn blister or callus on the hand or fingers. If a blister, callus or skin tears, the result is a very painful open wound. After a tear occurs, it should be treated as a significant problem and cleansed thoroughly. Previous to the next workout, dead skin should be trimmed and the area covered with an astringent (skintoughner) to assist in further formation of callus. Any sign of infection should be treated appropriately.

Prevention of "tears" includes the following:

1. Gymnasts with chronic problems may find immersion in cold water during and/or after workouts helpful in minimizing primary or secondary blister and callus formation.
2. Wearing protective hand guards or taping the hands and fingers as needed.
3. Rubbing vaseline or skin lotion into tender areas after washing and drying the hands.
4. Trimming dead skin.
5. Keeping the apparatus clean and free of caked chalk.

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 palpitation. 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 most 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 progressive intensification 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 "shin splints," this may

ease 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 preseason 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 feet occur in vaulting, floor exercise, and a result of hard and repetitive dismounts.

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).

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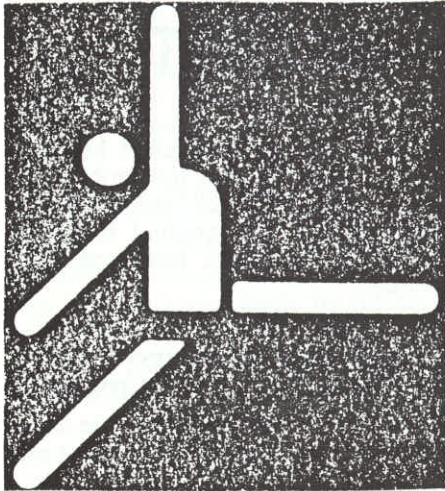
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GYMNASTICS INJURIES,

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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

SPORTSMAN'S LETTER,

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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 reinstate 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.

Foothill High School salutes you.

Sincerely,

Ned Permenter

Head Football Coach

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 take off, and the landing following the various aerial moves in floor exercise, balance beam and other events. Typical injuries include tendonitis 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 spasm from a single stress or fatigue. Spasms 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 referral 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.

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 Kadletz, mother, Mrs. Saatzer 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 QUINTA 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 Redlands-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