



NORM SCHACHTER

FEATURED SPEAKER

**SUPERINTENDENT'S SYMPOSIUM
WEDNESDAY, OCTOBER 26**



Dr. Louie Joseph

Welcome to the '77-78 CIF school year, and my best wishes for a successful athletic season to each of you. As the CIF-SS organization gets underway for our 64th year, we can be very proud of our past accomplishments and achievements and look ahead to the complexities and challenges which lie ahead of us. Many committees will continue to be formed of administrators, athletic directors and coaches to thoroughly discuss and make recommendations to the CIF Council for possible changes and implementations of their concerns.

With the success and growth of girls' athletics, a lack of capable coaches is becoming a serious matter, not only with the girls' but the boys' athletic program as well. Sharing of facilities, though still a concern, has brought about a mutual understanding of the need to cooperate and provide equal opportunities for both sexes.

I cannot emphasize sufficiently the importance that the building principal insist on Blue Book "knowledgeability" of your athletic staffs. I cannot oversimplify the fact that the CIF-SS is **you**, the coaches, the athletic directors, the building administrators. It is not a clandestine group of men in an office making capricious rulings and decisions. We have a democratic process, our structure at the present time is at its maximum efficiency, but we are still seeking ways to improve the process.

I would hope that the communication with leagues, the CIF Office, the Council and Executive Committee are utilized. To each of you, may I again wish the greatest success in the school year and especially your athletic program.

NORM SCHACHTER TO BE FEATURED SPEAKER AT SUPERINTENDENT'S SYMPOSIUM SET FOR OCTOBER

Norman (Norm) Schachter, the premier referee in the National Football League for more than a decade, Los Angeles City Schools District Area Superintendent and prominent educator, published author, and inimitable personality is one of the most interesting speakers in the world of athletics. Schachter was senior referee in the NFL until his retirement from active officiating at the close of the 1976 season. Quite appropriately, he closed his 22-year professional refereeing career by working the Super Bowl game in Pasadena's Rose Bowl. He had also received the distinction of refereeing the first Super Bowl (1966), as well as the fifth (1971).

In addition, Norm also achieved the honor of refereeing the 1962, 1963, 1964, 1965, 1973, and 1974 championship games.

Schachter has estimated that he travelled 110,000 miles a season and worked over 400 professional games, making an approximate total of 2,000,000 miles.

He is presently working out of NFL Commissioner Pete Rozelle's office, evaluating and observing officials at various professional games from a vantage point in the press box.

In addition, he is checking on prospective officials presently working at the college level and prepares weekly

tests and summaries for all the officials.

He crisscrosses the United States numerous times each year, speaking for sales, marketing, management, convention and sports groups of all kinds. Not only is Norm remarkably knowledgeable about the subjects he covers, but he never ceases to amuse — and delight — his audiences in all situations.

"You might say that I have, in my professional lifetime, been applauded by thousands and booed by millions," Norm says good-naturedly.

"Good-natured" actually serves well in describing a man who was a three-sport (basketball, baseball, and tennis — injured for football) athlete at Alfred University (N.Y.) He received his B.A. from Alfred, General Secondary Teaching Credential from UCLA, M.A. in General Administration from USC.

Alfred is so proud of him that he was awarded his Doctorate amidst quite a bit of ceremonies some years ago when he was Principal at Los Angeles High School and at the peak of his NFL refereeing.

He began his officiating in 1942 at a Redlands University scrimmage and went into active high school work in football and basketball in 1946 upon his return from World War II service (captain in the Marine Corps, 1942-46, stationed in the Marshall and Mari-

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CIF-SS SUPERINTENDENT'S SYMPOSIUM

9:00 A.M.

Wednesday, October 26, 1977

SADDLEBACK INN, NORWALK

AGENDA

- 8:30 - 9:00 Registration and distribution of materials.
- 9:00 - 9:10 Welcome — Dr. Lou Joseph, President of the CIF-SS Council.
- 9:10 - 9:20 Overview of the Purpose of the Day's Activities.
Dr. Lowell Jackson, Master of Ceremonies, Superintendents' Representative to the CIF-SS Executive Committee.
- 9:20 - 9:50 History, Organization and Administration of the CIF-SS.
Mr. Thomas E. Byrnes, Commissioner, CIF-SS.
- 9:50 - 10:20 Releaguings and How it Works.
Dr. Robert Packer, Releaguings Committee Chairman and Southern Section Executive Committee Member.
- 10:20 - 10:30 Break
- 10:35 - 11:05 Girls' Athletics Within the High School Program and the CIF.
Mrs. Barbara Wilson, Executive Committee Member for Girls' Athletics.
- 11:05 - 11:35 CIF-SS and the Law.
Mr. Andrew Patterson, CIF-SS Attorney.
- 11:35 - 11:45 Break
- 11:45 - 1:00 Lunch and Guest Speaker: Dr. Norman Schachter, speaking of his experiences within the National Football Professional League.

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anna Islands in the South Pacific). From there, he moved to junior college, college — and, finally, the pros in 1954.

Starting with his first job, at Redlands High in 1941, and transferring to Los Angeles' Washington High in 1947. His 1948 Washington team, led by two great All-City "Player of the Year" winners, Chet Noe and Don Eby, won the L.A. City Championship Tournament and has always been regarded as one of the strongest of the era following the war.

After going from teaching and coaching into administration on the junior high school level, Norm won recognition for his exceptional leadership at Los Angeles High, with faculty and staff, students, and the community. It was during his tenure that the school became recognized anew as a setting for the popular TV series, "Room 222".

He is now Superintendent of Area C, writes a weekly feature for "The Football News" on "How Would You Rule This?" (in which readers are given an opportunity to second-guess the referee by giving a controversial play to see how fans would rule). Schachter was formerly Chairman of the Los Angeles City Section's Men's Interscholastic Athletic Committee (M.I.A.C.), and is still one of the two CIF representatives on the State Executive Council for Los Angeles.

Norm is also author of eight English and Reading textbooks which are used nationally. Several, including "English the Easy Way", are used in Southern California schools. He co-authored "The Gladiators", a professional football book published in 1973, and has another book at the publisher on his experiences in the National Football League.

As if he were not already inundated with duties and projects, Norm edited the Official Playing Rules for Professional Football in the National Football League for the past three years and wrote the Officials' Manual for Professional Football.

Schachter, ever the tongue-in-check humorist, claims that a large part of his success lies in his charming wife, Charlotte, with whom he has shared 36 happy years. They have three grown sons — Tom (clinical psychologist at USC, Ph.D. degree), Bob (attorney, graduate of UC Santa Barbara and Loyola Law School), and Jim (graphic communications sales, graduate of Cal Poly SLO).

"Somebody asked me if my wife likes sports . . . after all these years, she'd better!" Norm cracked recently.

FOOT INFECTIONS

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

It is recognized that fungi thrive best under optimal conditions consisting of moisture and heat and are most troublesome clinically when these environmental conditions exist. Individual susceptibility to fungus infections is a recognized fact. Although it would seem reasonable that exposure of the feet to fungi while walking in contaminated areas would be a source of infections, individual resistance prevents most infections. This is particularly true when the skin of the feet is maintained in a healthy condition. The fungi may cause disease when local skin resistance is below normal. The following positive preventive measures are recommended:

1 — Thorough drying of the feet, particularly between the toes, after showering, bathing or swimming.

2 — In hot weather, wear perforated or ventilated shoes. Wearing properly fitted shoes designed to conform to the shape of the foot also prevents excessive heat build-up.

3 — Change socks frequently, particularly in warm weather. Cotton and wool combinations are preferred materials in comparison to those composed completely of pure synthetics because the former absorb moisture from the feet to a greater degree.

4 — Frequent bathing and careful drying of the feet maintains the epidermis intact. Talcum sprinkled on the feet and between the toes helps to keep them dry and free of cracks and fissures which might act as a portal of entry of infection.

Foot baths or other efforts to "sterilize" feet, shoes or socks are useless and may even be harmful. This is also true of attempts to disinfect floors in and around showers or swimming pools with strong chemicals. The use of soap and water at frequent intervals should replace such efforts. When actual fungous disease occurs, medical attention is essential. Self-treatment may aggravate the condition and can result in serious secondary infection.

The paronychia tissues is a site of some secondary infection. This is true particularly if an ingrown nail develops as inflammation and swelling around the toes then occurs. The best method to prevent ingrown toenails is to cut the nail straight across the free edge. One should avoid cutting the toenails ex-

cessively so the nailbed is not traumatized and will not act as an entry for infection.

Some facts about feet:

1 — Tired feet cause fatigue and reduce efficiency.

2 — Feet should be bathed daily and dried thoroughly.

3 — Toenails should be cut straight across.

4 — Blisters and skin eruptions require immediate attention.

5 — Clean dry socks should always be worn with shoes.

6 — Body weight is borne on three points of each foot and these are the most susceptible to infection.

7 — Appropriate shoes for growing feet support the arch with a strong counter and shank. This relieves the pressure on the three supporting structures of the feet.

8 — Improperly fitted shoes may cause joint malalignment.

9 — Foot exercises are most effective when done with bare feet.

DON'T FEAR CRITICISM

The galleries are full of critics. They play no ball. They fight no fights. They make no mistakes because they attempt nothing. Down in the arena are the doers. They make mistakes because they attempt many things.

The person who makes no mistakes lacks boldness and the spirit of adventure. They are the ones who never try anything.

And yet it cannot be truly said a person makes no mistakes because the biggest mistake they make is the very fact that they try nothing, do nothing except criticize those who do things.

THE NATURE OF RULES

EDITOR'S NOTE: The following statement was written for the May-June Washington Interscholastic published by the Washington Interscholastic Activities Association.

It has been said that very few people become concerned about rules and their interpretation until the rule, in its application, touches their lives personally and restricts something they want to do. Then it matters not whether the rule has a historical justification, a reasonable rationale, or a time-proven logic. If the rule does not accommodate the prejudice one has, then it is immediately thought that the rule should be changed or even scrapped. If this is not done, then the search is on to find in wording of the rule a twist

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COACHES

BULLETIN FEATURES NEW LOOK FOR COACHES

With the October issue of the Monthly Bulletin items of interest to Boys' and Girls' athletic directors and coaches will appear on the two pages under the banner COACHES CORNER.

REPORTING OF LEAGUE RECORDS SET FOR VOLLEYBALL

Three times during the Girls' volleyball season ALL SCHOOLS MUST compile their league and season records and report these to their league coordinator. She, in turn, will then call the CIF office and report the league and season records of the schools in her league. The dates are Wednesday, October 19, Wednesday, November 2, and final standings confirmed on Friday, November 11. It is important that all records are accurate! The coordinators are to please call between 8:30 A.M. and 9:30 A.M. and make their report.

Remember that this report must include each school's season record, not just their league competition. With the cooperation of all coaches and coordinators, the results of this poll will mean that the league standings which will be sent to the press and schools will be current and complete.

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. (805-964-4724)

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.

COACHES ADVISORY COMMITTEES FOR 77-78

In an effort to provide for input from member schools, the CIF-Southern Section has again formed advisory committees in 20 sports for the 1977-78 school year.

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

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

BADMINTON

Judy Balyeat (Nogales), Lyn Asaro (Mission Viejo), Nedra Soos (Loara), Vicki Toutz (Garden Grove), Pat Wells (Crescenta Valley), Mary Ann Lively (Artesia).

BASEBALL

Tom Bergeron (Gahr), Dan Karella (Lennox), Paul Frey (Marina), Walt Gurney (Azusa).

BOYS' BASKETBALL

Remi Trembley (Bonita), Jim Bashore (Carpenteria), William O'Dell (Millikan), Bill Ervin (El Modena).

GIRLS' BASKETBALL

Sharon King (Bishop Montgomery), Nadine Grass (Brawley), Marie Ishida (Artesia), Joanne Kellogg (Huntington Beach), Donna Wade (Pius X), Dina Haney (Western Christian).

BOYS' & GIRLS' CROSS COUNTRY

Bob Latham (Palos Verdes), Barry Tambara (Bassett), Gerry Whitaker (Foothill), Jean Wise (Buena).

FIELD HOCKEY

Janet Green (Lowell), Ginny Dottl (Sonora), Virginia Gross (Huntington Beach), Dar Woodward (Foothill), Karen Hellyer (University), Pat Hardin (Glendora).

FOOTBALL

Jack Friedman (St. Francis), Dwayne DeSpain (Los Altos), Larry Hilsabeck (Corona), Tom Bradbury (Pasadena Poly), Dick Salter (Arcadia).

GOLF

Bill Brady (Los Amigos), Paul Campbell (Norte Vista), John Stoney (San Marcos), Bob Minier (Mission Viejo), Al Thompson (Glendora).

BOYS' GYMNASTICS

Jack Eider (L. B. Wilson), Dave Martin (Rowland), Ira Tobin (Huntington Beach).

GIRLS' GYMNASTICS

Liz Holey (Westminster), Joanne Pasquale (Sonora), Charlotte Schwartz (University), Kim Martin (Marlborough), Millie Andress (Thousand Oaks), Paula Fennych (San Gabriel).

SOCCER

Roger Bryant (So. Torrance), Ed Saldivar (Montebello), Richard Onderdonk (Arcadia), Seiran Stepanian (Chaffey).

SOFTBALL

Eleanor Dykstra (Valley Christian), Carol Spanks (Norwalk), Mickey Davis (Cerritos), Earlene Skinner (Tustin), Emma Jones (Central), Judy Hartz (Buena).

BOYS' SWIMMING

Tom de Long (Foothill), Burt Kanner (San Marino), Kane Waggoner (Glendora), Mike Pelton (Mission Viejo), Larry Brennan (Edison), Darol Roundy (CIF-SS).

GIRLS' SWIMMING

Sheri Baie (Westminster), Pauline Bachakes (Edison), Barbara Hardesty (Rolling Hills), Lynn Ryerson (Burbank), Mary Richards (Rancho Alamitos), Brad Gilman (Marlborough).

GIRLS' TENNIS

Maureen Bryant (San Marino), Norreen Kistner (Chaffey), Diane Soldwedel (Arcadia), Floreen Frizioni (LaQuinta), Lee Hollander (Wilson HH), Ardis Bonoza (Santa Monica).

BOYS' & GIRLS' TRACK & FIELD

Walt Smith (Glendale CC), Earl Engman (Santa Ana), Glen Hastings (El Dorado), Doug Smith (Arcadia), Brian Springer (Palos Verdes), Sandy Williams (Royal).

BOYS' VOLLEYBALL

Jim Cherniss (So. Pasadena), Roy Miller (Huntington Beach), Rick Olmstead (Santa Barbara).

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CORNER

BASKETBALL RULES DIFFERENCES FOR 1977-78 SEASON

Listed below are the major basketball rule revisions for the 1977-78 season as released by the National Federation. Athletic Directors and coaches are asked to review details when new rule books are sent out with the Basketball Preview later this month.

1. Players may not wear jewelry. (2.2)

2. Strongly recommend hand to be raised after a foul has been called. (2.9a NOTE)

3. Provides full coverage for the correction of an error when more than one free throw is involved. (2-10)

4. Playing periods for girls and non-varsity games may be reduced by mutual agreement. (5-5 NOTE 2:)

5. Time extended to replace an injured player. (5-9 EXCEPTION a:)

6. On a try for field goal or free throw, the ball remains alive if a defensive player swings his or her arms or elbows. (6-7 EXCEPTION 1 d:)

7. It is a legal score if a tipped ball in the air prior to the expiration of time

or before a foul has been committed by an opponent. (6-7 EXCEPTION 2)

8. Clarifies when a coach may rise from his or her seat for communication purposes (10-10)

9. Officials' signal change to start clock. (Signal Change:)

10. There shall be no deviation from the rules unless approved by the rules research committee. (Comments:)

Editorial Revisions — 1-12: Channel width of ball clarified. 10-2 and 6: Places responsibility for delay of game upon a player. 10-B-11-4 (d): Includes coverage previously not provided for a double foul involving an intentional foul situation.

Points of Emphasis:

1. Clarification of the rule restricting dunking of a dead ball.

2. Illegal use of hands such as tagging or touching during post play.

3. Grasping the basket following a dunk.

4. Contact between the offensive and defensive player during a jump shot.

RECENT RULE CHANGES AFFECTING FACILITIES AND EQUIPMENT

Each year the National Federation by way of its rule books, requires a number of changes in the areas of facilities and equipment.

One of the main problems rests with keeping abreast of the new requirements — both to meet the rules and to make certain the new equipment and uniforms ordered will meet the standards for upcoming years.

BOYS' & GIRLS' BASKETBALL

The National Basketball Committee took action at its 1977 meeting to prohibit players from wearing jewelry. (Rule 2-2).

SOCCER

The National Federation Soccer Rules Committee made one equipment change, requiring in Rule 4-1-1 that female players wear shin guards and male players wear supporter and cup.

Athletic directors should be reminded, however, that beginning with the 1979-80 season, striped jerseys must have a number placed on a patch which

is of a color which contrasts with both the jersey and the number. The patch must extend at least 1 inch above, below and on either side of the number.

SWIMMING AND DIVING

There were no changes at the April, 1977 meeting of the National Federation Swimming and Diving Rules Committee that would affect facilities and equipment. However, athletic directors are reminded that as a result of Committee action in 1976, two equipment changes are effective after September 1, 1980: 1-5-1: Lane markers indicating the lateral limits of each lane are required for all meets, not just championship meets.

9-1-3: A movable diving board fulcrum is required for all meets, not just championship meets.

WRESTLING

The National Federation Wrestling Rules Committee has refrained from making changes which affect facilities (Continued on Page Six)

AREA ASSIGNMENT COMMISSIONER- JOB OPENING

The position of CIF-Southern Section Area Assignment Commissioner for the Inland Area is now open for interested applicants.

The new Commissioner will be responsible for assignment of officials to all girls' sports contests for the DeAnza, Arrowhead, Citrus Belt, Sunkist, Ivy and San Andreas leagues.

For information please contact the CIF-Southern Section Office (213) 860-2414.

CONDITIONING IMPORTANT FOR GIRLS

Girls, the word is that you can expect to get hurt in sports, but no more so than the boys. That's the good news from Christine Haycock, the first female physician member of the American Medical Association's National Committee on the Medical Aspect of Sports.

Says Dr. Haycock: "With either sex the incidence of injury is reduced if the athlete is properly preconditioned. The problem is that boys who participate in seasonal or team sports are taught to exercise, to keep their muscles in shape through the off-season. Girls don't do this, so they suffer a lot of unnecessary injuries when the season begins."

RULE FILMS AVAILABLE

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.



WHAT'S HAPPENIN' IN THE OTHER 49 STATES

(EDITOR'S NOTE: This is another in a series of monthly articles covering items of interest from throughout California and other State Associations in their administration of high school athletics.)

ITEM: Discipline in Athletics and life situations important . . .

COMMENT: In 34 years of coaching high school baseball in Connecticut, Whitney Piurek has seen his teams win 484 games, lose 94 and tie 2. That's a winning percentage of .828. Interviewed in the **New Haven Register** Coach Piurek says: "I've tried to adjust to the tempo of the times, but I can't help but feel that sports is the last bastion, the last barrier between order and chaos. It's the last area in American life where discipline and self-control still count for something good and positive. To me, teaching sports to young people is the last form of instilling good character and a sense of right and wrong. It's the last opportunity to teach kids that life is going to be a big fight and that nothing is ever accomplished without good old sweat and hard work, plus self-discipline and soundness of body and mind."

ITEM: No pay no play !!!

COMMENT: The preseason football schedule for six high schools in the Mt. Diablo Unified School District in Northern California has been cancelled because of a strike by the Teachers' Union, which is demanding an 18 per cent pay increase. The coaches also are asking \$10 extra for every hour they spend coaching.

Teachers in the district now earn \$9,138 to \$19,008 annually.

ITEM: Can you top this ? ? ?

COMMENT: The Colton High School girls' field hockey team is claiming the best won-loss record for any team — male or female — for any sport in the CIF-Southern Section.

The girls have an 82-2 record for the past six seasons.

ITEM: Records Are Made to be Broken . . .

COMMENT: Old Track and Field Records were shattered and erased as new national interscholastic track and field records were recently approved for 15 girls' events and four boys events by the Track and Field Rules Commit-

tee of the National Federation of State High School Associations.

Girl athletes all but rewrote the record book, breaking 13 of 18 existing records and tying two; while high school boys managed five records.

ITEM: Not as large as CIF-SS . . .

COMMENT: Membership of the New Jersey State Interscholastic Athletic Association reached 453 schools during 1976-77. The total included 322 public high schools, 82 parochial schools, 28 private schools and 21 junior high schools.

ITEM: Knowing the Rules Important . . .

COMMENT: Rule Interpretation clinics are sponsored by at least 41 states each year to discuss recent rule changes for interscholastic athletics. Twenty-seven state associations also conduct or supervise clinics which emphasize officiating mechanics and rules interpretations in addition to rule changes. Thirty-three state associations supervise the administration of the National Federation rules examinations.

ITEM: Physicals required . . .

COMMENT: Physical examinations are required by at least 40 state high school associations as a requirement for eligibility in interscholastic athletics. At least 34 state associations require the pre-participation physical examination annually.

RECENT RULE CHANGES

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and equipment; but it has, in each of the last two years, placed restrictions on the devices which may be used for weight reduction.

Rule 4-3-6 now prohibits the use of a sweat box, hot showers, whirlpools and other artificial heat devices for weight reduction, as well as diuretics and other drugs for weight reduction.

This rule can not be enforced by match officials. It must be enforced by the administrators of athletic programs at the local school level.

COACHES ADVISORY COMMITTEE

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GIRLS' VOLLEYBALL

Ann Corlett (Marlborough), Ninya Jorgensen (Glendale), Kathy Bulmer (Corona del Mar), Karen Timmer (Mayfair), Rae Marie Obie (Buckley), Judy Fogt (Newport), Jim Cherniss (So. Pasadena).

WATER POLO

Bill Barnett (Newport Harbor), Jim Spague (Sunny Hills), Rick Jones (L. B. Wilson), Ralph Hahn (La Serna), Mike Schiesel (Los Amigos).

WRESTLING

Bill Boswell (Westminster), Paul Briet (Edgewood), Bob Fischer (Simi Valley), John Dahlem (Loara), Jeff Kremer (Eisenhower).

THE NATURE OF RULES

(Continued from Page Three)

of convenience that will permit doing their thing.

This is all done without consideration of others that could be affected by a subtle infraction of the rule. The old adage that rules are made to be broken is an anomaly used to discredit enforcement.

Rules are made for guidance, direction, organization, and control, and those that attempt to rupture a rule are those who are generally parochial in their thinking.

Rules that are designated to control a statewide program of interscholastic events must be as rigid as flexibility will support and as flexible as rigidity will allow. Agreed that no one rule should overdominate the cause for the rules, but certainly the tenets of the rule should be tantamount to its enforcement. It has, also, been said that the best way to destroy or get rid of a bad rule is to enforce it — so why not enforce the rules and if they do not stand up against those that are governed by the rule, or those who must endure the rule, then the rules should be sacked and others written.

California Interscholastic Federation, Southern Section

11011 Artesia Blvd.—P.O. Box 488
Artesia, Ca. 90701
(213) 860-2414

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Dr. Louie Joseph,
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