

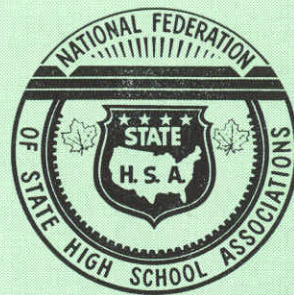


MONTHLY BULLETIN

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OCTOBER, 1979

No. 2



COMMISSIONER WILLIAM RUSSELL
CONGRATULATES THOMAS BYRNES,
NEXT CIF STATE COMMISSIONER
OF ATHLETICS

COMMISSIONER'S CORNER



THOMAS E. BYRNES

THE MEANING OF ATHLETICS

From time to time it's good to take a moment from our busy schedules and review the meaning of our work with students and the subsequent benefits of our athletic endeavors.

Interscholastic athletics is the program which helps determine the climate of a school. Pride is built by the success of the interscholastic athletic program and by the men and women teachers and coaches working with young people. The won-loss aspect of success is helpful, but not as important as the quality of the program and of the men and women coaches working with it. Principals report that without the interscholastic athletic program their schools would not achieve as high as they now do academically, attendance would be down and the general appearance of schools would likely deteriorate. Most principals report that athletics keeps their young people in school and keeps them active in constructive educational programs. Athletics is the keystone of a school's extra-curricular activity.

Interscholastic athletics offers both a direct and an indirect value to participants. It helps prepare an individual to be a better citizen in the community. Students are taught that they must learn the rules of the game and play by them. They must accept the decision of officials. They must learn to interact in a controlled, governed situation. The individual learns to adjust to losing as well as winning, testing his or her inner balance, objectivity, and lack of anger in the face of defeat. It teaches you humility as well as self-confidence. Through athletics the individual learns to set aside personal gains for the interest of the group, even though the individual is afforded an opportunity for self-expression and a chance to excel in a competitive situation. Athletic experiences provide an increase in muscle strength and motor ability which enhances self-confidence which carries over into adult life. Each individual of an athletic team learns to get along with their

teammates and work for the common goal; only the individual's skill, determination and attitude set him or her apart from the others. Through athletics individuals are given opportunity to develop leadership as well as learning to follow instructions. Interscholastic athletics provide opportunities for students to begin to enjoy the benefits of recreation, and interest which is carried throughout life. In some cases athletics provides an opportunity for individuals to escape from poverty, rejection and alien status.

The CIF-SS is proud to administer high school sports programs. Programs which do give students opportunities to learn through competitive activities beginning at each local school site, progressing through CIF Southern Section Championships and culminating in various state championship competitions.

GROWING WITH SPORTS A Book Review

"A PARENT'S GUIDE TO THE YOUNG ATHLETE" is the subtitle of this valuable addition to the sports library of athletic administrators and the "how to" library of all who are parents of athletic youth.

Growing with sports is as multifaceted in contents as its principal author is in interests. Ernest M. Vandeweghe practices pediatrics and he is a member of the UCLA Medical School instructional staff. He is a former professional basketball player and a collegiate all-American in both basketball and soccer. He is now the parent of athletes, including a son who is an outstanding basketball player and a daughter who is a world-class swimmer.

Dr. Vandeweghe discusses the value of athletic participation in his personal life and to his entire family. He offers advice for sustaining youth's interest in sports. He examines exercises, injuries and nutrition. He writes sensibly about alcohol, drugs and smoking.

Portraits of successful athletes and glimpses of the lives of Dr. Vandeweghe and his family combine with otherwise clinical material to make a most readable publication.

Growing With Sports is a Prentice-Hall publication, selling for \$9.95. It is 207 pages long and is illustrated. Co-author is **George L. Flynn**.

BASKETBALL TOURNAMENT PLANS FIRM UP

Basketball fans are urged to take advantage now and purchase a "Boys' & Girls' Tournament week 1980 Pass" to reserve your priority seat.

Long Beach arena is the designated site for the event, a five-day (six sessions) agenda that will bring together the Southern Section's finest Boys' &



Girls' basketball teams under one common roof — for the first time — and culminate with nine championships!

Availability of tickets will no longer be a concern to the faithful fan though, as the CIF-SS Office is now offering to the general public the opportunity to purchase a "Tournament Week 1980 Pass" on a priority reserved-seat basis.

These 15 games — on a reserved priority basis — are available at \$22.50 which includes postage and all handling.

Tickets are now on sale by mail or in person at the CIF-SS Office.

Requests for "Tournament Week 1980" colorful brochures, displaying the loge priority reserved seats and the total package, are available by writing:

"Tournament Week 1980"
CIF-SS Office
P. O. Box 488
Cerritos, Calif. 90701

California Interscholastic Federation, Southern Section

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

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COVER STORY

STATE COMMISSIONER OF 26 YEARS TO HAND OVER REINS

At a special press conference held at the Los Angeles Press Club retiring State Commissioner William W. Russell announced the selection of Thomas E. Byrnes as the new State Commissioner. Byrnes, the present CIF-Southern Section Commissioner, will assume the position at the State Office effective July 1, 1980.

Originally from Nebraska, Byrnes continued his education at Eagle Rock High School in Los Angeles and at Occidental College where he received his B.A. in Physical Education in 1959. As an athlete, he distinguished himself in both football and baseball at the secondary and collegiate levels. Graduate work followed at California State University at Los Angeles and at Chapman College where both an M.A. in Educational Administration and a Secondary Administrative credential were earned.

A high school teacher for 15 years in physical education, history, geography and physiology, Byrnes also has been successful coaching at the interscholastic level in football, baseball and swimming at Moorpark, Valencia and El Dorado High Schools.

Byrnes has had extensive athletic administrative experience, serving as Athletic Director and Physical Education Chairman at El Dorado High School in Placentia as well as two years as Administrative Assistant in the CIF-Southern Section office prior to heading the Southern Section as Commissioner from 1974 to present. Sandwiched in were six years of service in the Air National Guard.

Byrnes has been President of the Orange County Chapter of the California Association for Health, Physical Education and Recreation and a State Vice-President of the same organization. He was also President and a prime mover in the formation of the Orange County Athletic Directors Association. In addition, he has been a member of the California Athletic Directors Association, member of the Board of Directors of the California Tennis Association. He has served on the planning committee of the Watts Summer Games. Other affiliations include the California Coaches Association, Southern California Football Coaches Association, California Activity Directors Association and Phi Epsilon Kappa. Service Club associations have been the Y.M.C.A., International Lions Club, and the National Junior Chamber of Commerce.

The State Commissioner designee is a resident of Fullerton where he and his wife Joyce live with their 14-year-old daughter and their two sons, ages 12 and 17.

William W. Russell who served as Commissioner of Athletics of the California Interscholastic Federation as well as Executive Secretary of the CIF Protection Fund since 1954, will be retiring his post as of June 1980.

Mr. Russell is a graduate of Santa Barbara High School and Santa Barbara State College (now UCSB). He captained the 1940 Conference Championship Basketball team as well as competed in varsity baseball, subsequently being elected to the UCSB Hall of Fame.

From 1941 until 1950, Mr. Russell was employed in the Graduate department at UCSB taking time out for service in the war.

He came to work for the Southern Section in February of 1950 and served as its 2nd Commissioner until his appointment to the State CIF Office in 1954.

Mr. Russell has served on numerous National Federation of State High School Association Committees. He has been an advisory member to the voting representatives on the National Football Committee since 1954, as well as serving as a member of the Executive Committee of the National Federation from 1973 to 1976.

The National Federation recently honored Mr. Russell's 26 years of service to the Federation's Track & Field Rules Committee, presenting a special award acknowledging his 22 years as Committee Chairman. He was also the first president of the US Track & Field Federation when formed in 1962, serving as its president for three years.

Through William Russell's guidance and foresight, impetus was given to the formation of the first committee which drafted CIF rules for girls' competition.

Mr. Russell's initiative began a series of committee meetings in which representatives from administrators' organizations, school boards, elementary and secondary administrative associations and members from the Division of Girls' and Women's Sports assisted the State CIF in drafting girls sports guidelines.

Mr. Russell has been an inspiring leader in California for the past 26 years. His contributions to young people in this State through CIF activities cannot be measured.



Steve Miletich, past president of the State CIF Federated Council introduces William Russell, State CIF Commissioner at the L.A. Press Club.



Thomas Byrnes (left) addresses members of press and well wishers.



Members of the press and the CIF-SS Executive Committee at L.A. Press Conference.



Three Southern Section Commissioners (left) William Russell 1950 to 1954, (middle) Thomas Byrnes 1975-1979 and (right) Kenneth Fagans 1954 to 1975.

CIF-SS HONORS TWO PROFESSIONALS



MARGARET RAYMONDETTI

October 5, 1979 has been designated National Coaches Day. It is an opportunity to draw attention to the interscholastic program, to recognize our best coaches, and to motivate all coaches to do the best possible job of educating boys and girls through interscholastic programs.

National Coaches Day was first authorized by Public Law 92-409 and passed by Congress in 1972. The principal promoters of the event have been the National Sporting Goods Association, the National Federation of State High School Associations and various coaches organizations.

With this October Bulletin, the Southern Section has chosen to highlight two very special coaches whose combined span of service totals nearly 60 years. Through the story on these two coaches we honor every coach, for the two of them and each of YOU are what October 5 is all about.

* * *

"Mind of a Champion = Concentration + Positive Attitude + Self Confidence."

This is the framed motto hanging on the office wall of Coach Margaret Ramondetti, Physical Education Department Chairman at Tustin High School. From all apparent signs, she lives, and coaches, by this motto.

"High school athletes work under a great deal of pressure when they compete," said Margaret; "These are young kids, and the pressures are really there when they go into competition, even more so in championships." And Margaret thinks that this pressure, in the proper doses and in the right perspective, is good. "Life's made up of a lot of pressures," she said, and the stu-

dents learn a great deal in sports which can help them in later life. They acquire that "mind of a champion," and a sample of life's pressures.

Margaret, a devoted trout fisherman who makes an annual pilgrimage to Montana to satisfy her addiction, has been coaching at Tustin High for 29 years. And as she said, "I set a plan when I started coaching. I was going to retire at age 35 . . . well, I've stayed 15 years longer than planned."

But that's 15 extra years of sharing her philosophies and experience in sports with Tustin High students, and even with Margaret's noted coaching accomplishments, obviously reflecting a champion's guidance, she admitted with a short laugh, "I never really competed in sports before I began coaching."

Attending UCLA from 1947 to 1951, Margaret was a physical education major. "I just never wanted to be anything but a coach," she said. But all UCLA offered women students at the time in the way of sport competition was intramural athletics. You just couldn't get first hand competition experience with top women athletes from other schools. Margaret did play intramural softball, featured at first base, while at UCLA, but when it came to coaching, "that wasn't much", she said. "It was a lot of hard work — studying, going to clinics, talking with other coaches. I had to learn everything as a coach because I'd never competed."

And Margaret was not just coaching one or two sports — "Women coaches, at the time I began at Tustin High, had to teach all sports, all year long," she said. When Margaret began her duties at the high school, there were only 275 students, and she watched this figure grow, with four high schools in the area subsequently built.

These four schools, plus others, finally became involved in a GAA program. However, she said "In GAA, I felt the girls were being cheated. They could perform beyond what it offered in the way of competition." So, Margaret went on to push to get them into a situation which would allow them to exercise their potential. When the girls entered CIF, the opportunity arrived.

Margaret has coached swimming and basketball only, recently becoming a one sport coach focusing now

on girls' basketball.

After these 29 years of coaching, Margaret said her advice to young coaches just entering the coaching arena is, "not to take the job too lightly." "The field is wide open right now for coaches," said Margaret, "and they can certainly have a fine experience. But they just shouldn't take the whole thing too lightly. It's not a play time."

As she said of coaching students, "If you expect nothing, that's what you get — nothing. If you expect the best, well then, you get it."

* * *

Pete Lanzi, football coach at Riverside's School for the Deaf, is another coach who expects, and gets, the best.

"Today coaching is not just x and o game plans. It's all become a psychological game. You might be coaching kids with really rough family situations, and that affects their attitude; the way they perform. Problems take their toll. You really have to be more than what's usually conceived of as a coach — you have to discipline and love those kids." And this year "those kids" for Pete Lanzi are 15 dedicated, talented, but totally deaf boys.

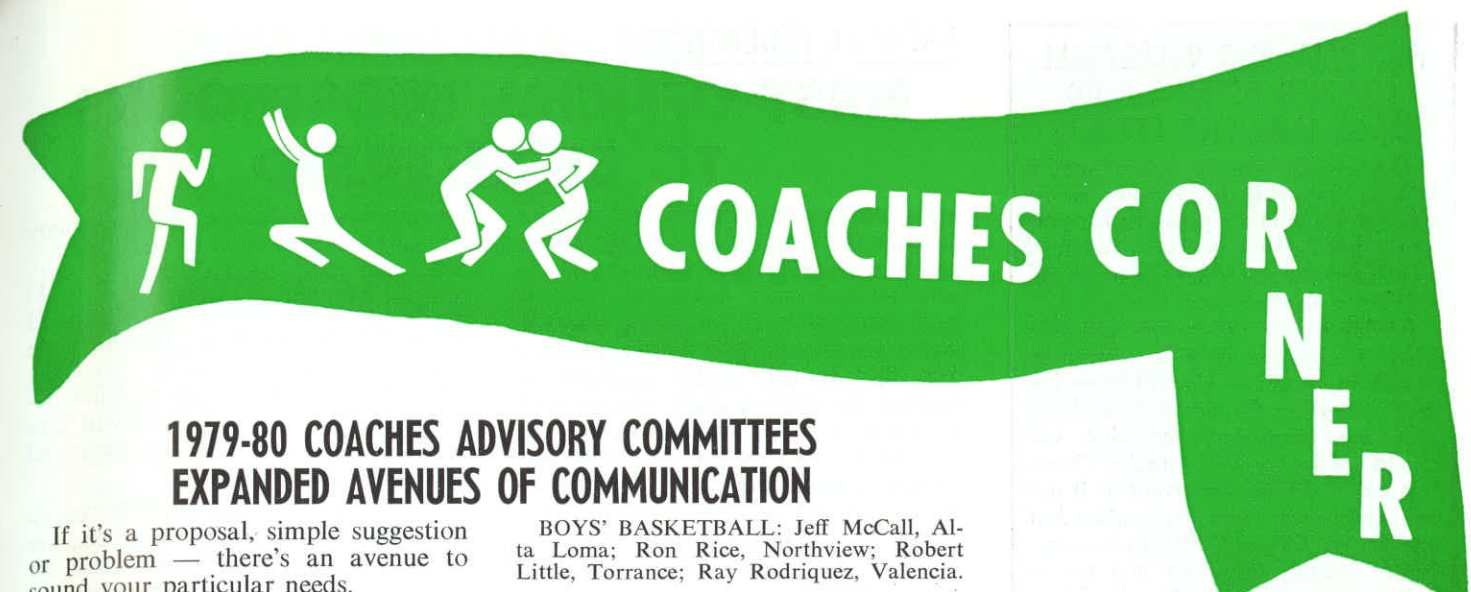
"It's been a challenge, but I wouldn't trade this job for anything," said Pete, a coach for the past 30 years. These same 15 boys also compete in all other sports the school offers, he said. School enrollment range approximately 500 and only around 40 of those 500 are high school level, so Pete counts himself lucky to have those 15.

So how does one coach deaf athletes in the game of football? How are calls made? How do they know when to snap the ball?

(Continued on Page Five)



PETE LANZI



1979-80 COACHES ADVISORY COMMITTEES EXPANDED AVENUES OF COMMUNICATION

If it's a proposal, simple suggestion or problem — there's an avenue to sound your particular needs.

The CIF Southern Section has formulated Advisory Committees in each sport of our 23 sports.

Coaches, as well as administrators, of any member school are asked to contact any of the committee members listed below for particulars in a specified area:

WATER POLO: Jim Sprague, Sunny Hills; Bill Barnett, Newport; Rick Jones, L. B. Wilson; Dave Almquist, Riv. Poly; Don Abshear, Crescenta Valley; Ken Bonaly, Mission Viejo; Mike Schiesel, Los Amigos; Larry Naeye, La Canada; John McNeil, Charter Oak.

CROSS COUNTRY: Bill Harvey, Canyon (S); Barry Tambara, Bassett; Bob Loney, Upland; Don Crimin, Quartz Hill; Bob Messina, University; Mike Kennedy.

SOCCER: Roger Bryant, So. Torrance; Richard Onderdonk, Arcadia; George Terlaak, Pacifica; Al Mistri, Damien.

WRESTLING: Bill Boswell, Westminster; Nick Caputo, El Rancho; John Dahlem, Loara; Jeff Kremer, Eisenhower; Dallas Yost, Redondo; Bob Fischer, Simi Valley; Tom Drulius, Tracy High.

BOYS' & GIRLS' TRACK: Earl Engman, Santa Ana; Glen Hastings, El Dorado; Brian Springer, Palos Verdes; Tom White, Capistrano Valley; Sandy Williams, Royal; Walt Smith, Glendale College; Doug Smith, Arcadia; Marge Fulton, West Torrance; Bob McGuire, Neff; Mike Cummins, Valencia.

BOYS' & GIRLS' SWIMMING: Larry Brennan, Edison; Tom DeLong, Foothill; Burt Kanner, San Marino; Kane Waggoner, Glendora; Ann Warfle, Miraleste; Lynda Seppanen, Redondo; Doug Glaeser, Azusa Pacific.

BADMINTON: Judy Balyeat, Nogales; Judy Manthorne, Walnut; June Mies, Arcadia; Pat Wells, Crescenta Valley; Vicki Toutz, Garden Grove.

GOLF: Bill Brady, Los Amigos; Paul Campbell, Norte Vista; Bob Minier, Mission Viejo; John Stoney, San Marcos; Carl Sweet, El Dorado; Mike Andonian, Ventura.

FOOTBALL: Bob Hitchcock, Temple City; Dick Larson, Damien; Mike Moropoulos, Santa Barbara; Glen Hastings, El Dorado; Tom Bradbury, Pasadena Poly.

BASEBALL: Karl Major, Edgewood; Mickey McNamee, San Marino; Nick Fuscardo, Troy; Mike Duckworth, La Sierra.

BOYS' BASKETBALL: Jeff McCall, Alta Loma; Ron Rice, Northview; Robert Little, Torrance; Ray Rodriguez, Valencia.

GIRLS' BASKETBALL: Marie Upton, Cypress; Nori Parvin, Newbury Park; Margaret Ramondetti, Tustin; Ray Halle, Riverside Poly; Eleanor Dykstra, Valley Christian.

FIELD HOCKEY: Karen Hellyer, University; Emilie Redmon, Charter Oak; Alene Shore, Colton; Carol Esemann, Westminster; Ro Cossarek, Edison.

SOFTBALL: Cathy Mohr, La Reina; Sue Boyette, Walnut; Diana Fagan, Maranatha; Cynthia Watson, El Dorado; David Bench-off, Lompoc.

GIRLS' GYMNASTICS: Joanne Pasquale, Sonora; Janis Romo, Rolling Hills; Charlotte Wolfe, Irvine; Laree Martin, Crescenta Valley; Carol Strausburg, Fountain Valley.

GIRLS' TENNIS: Mariana McMullen, Rolling Hills; Maureen Bryant, San Marino; Floreen Francioni, La Quinta; Rita Darling, Ventura.

BOYS' VOLLEYBALL: Jack Iverson, San Clemente; Larry Vranish, Dos Pueblos; Dan Morrison, Santa Monica; Mike Pomerooy, Estancia; Charlie Brande, Newport Beach.

BOYS' GYMNASTICS: Les Armstrong, Fountain Valley; Dave Martin, Rowland; Dick Flood, Lakewood.

GIRLS' VOLLEYBALL: Kathy Bianchi, Rolling Hills; Jim Cherniss, South Pasadena; Sue Derr, Santa Clara; Mollie Kavanagh, Santa Fe; Rae Brasmagian, Buckley; Sandy Simich, Mary Star; Dave Lindquist, Westminster.

BOYS' TENNIS COMMITTEE: Bob Blake, Pasadena H.S.; Steve Lende, Redlands H.S.; Neal Machander, Santa Ana H.S.; Arnie Saul, Buena H.S.

NATIONAL COACHES DAY

(Continued from Page Four)

"It's all timing and conditioning," he said, "They get a cadence down. They snap the ball by 'a hit of the butt.' We practice hours and hours so they can get that split second timing, feel the movement and feel the vibrations." Pete explained that for them, more than for the hearing, it's a game

of "anticipation." "Watch the movement every second, I tell them," he said.

Pete "signs" his calls from the sidelines during games, the same as he "signs" and simultaneously talks out his instructions during practice.

His practices consist of drill after drill, and his conditioning of running, running and more running. "I keep them in constant movement at practices," he said, "but we do no heavy scrimmaging, no 2 on 1, I don't believe in 'psychological' taping and I make sure they get adequate breaks and lots of water while we're out there." "I don't want a player hurt by a teammate in practice, or by me making 'push it to the limit' demands," said Pete. "That's just not the point of the whole thing."

Pete feels that coaches have to be careful to keep in mind that the "athletic experience" is what is important. "Sure we play to win, but driving students physically to 'separate the men from the boys' is the wrong approach," said Pete.

"My advice for new coaches is to get to know your students," he said, "and try to help them learn through sports. I try to make solid gentlemen out of my athletes above all else."

Pete feels that young men can truly benefit from sports in many unexpected ways, "they can take with them a sense of poise, confidence and ability to work with others that makes successes in this world of ours," he said. Coaching is not just the gridiron or court statistics or scores, for Pete, it's the **athletes** that make sports worthwhile.

As he said so simply, "It's just great to be a coach". And **that** is what National Coaches Day is all about.

NATIONAL COACHES DAY, OCTOBER 5, 1979

FOOTBALL AND VOLLEYBALL COACHES ASKED TO AID CIF-SS PUBLICITY EFFORTS

The CIF-SS Publicity Department is actively pursuing all avenues in an attempt to stimulate publicity for your sports and to keep you well informed of other programs within your playoff division or conferences.

To this end, we are requesting that coaches assign a specific person to telephone results — win or lose — immediately after the game. Two phone calls are necessary. The first call should be to the Los Angeles Times. This call is doubly important as it not only gains your team recognition but enables the CIF-SS Office to keep accurate league standings and up to date records. The Los Angeles Times number is (213) 972-7000. There are other toll free numbers for specific geographical locations and we urge you to seek these from the sports department of the LA Times. Your second call of course is to your local media. Remember to place your call immediately after the game. If you have an away game, call before boarding the bus and not after arriving home. Keep in mind, the earlier the call the better your chance for improved coverage.

THE STRESS OF COACHING

It is generally agreed that the coaches of all professional and major college teams have pressure-packed jobs. The stress sometimes becomes too much for them and they develop high blood pressure, heart trouble, bleeding ulcers and other "coaches' diseases."

Two Canadian researchers recently monitored the heart rate of a 35-year-old university basketball coach before, during and after a game. The afternoon before the game, his resting heart beat was 58 per minute, but it rose to 136 at the start of the game. During the contest, the coach's heart rate fluctuated between 122 and 180 beats per minute with the average rate being 141.

"That's a phenomenal increase in cardiac output for a man who is not doing heavy physical work," Dr. Rainer Martens reported. "And these results are not unusual. In another study of college football and basketball coaches, the responses to the stress of their games were heart rates averaging 63 beats per minute above their resting rates."

The stress of college coaching is not confined to the major sports — football and basketball — where the pressure to win appears to be greatest. Three researchers at the University of

NATIONAL FEDERATION

FIRST OFFICIAL SCOREBOOKS TO BE RELEASED

IN A CONTINUING ATTEMPT to provide the modern-day high school athletic administrator and coach the services and tools needed to conduct and publicize their programs, the National Federation of State High School Associations will make available in August the first of eight official high school scorebooks to be released during the 1979-80 school year. The new service, culminating over 20 years of discussion and requests for a program of this kind, will point directly toward meeting the specific needs of high school athletics.

HEADING THE LIST of new releases will be scorebooks for volleyball and cross country, two long-time problem areas in scoring. Developed with the cooperation of some of the nation's finest experts, the scorebooks are designed to conform to National Federation playing rules and to provide simple yet accurate scoring.

FUTURE RELEASES include scorebooks for basketball, gymnastics, swimming and diving (all to be released in October), as well as baseball,

California - Santa Barbara also found heart rate changes among coaches of such minor sports as swimming, water polo, volleyball and cross-country running.

There's stress, too, it now appears, among the coaches of youth sports — and the parents of the youngsters.

Dr. Martens is a sports psychologist who is the director of the Youth Sports Center on the Urbana campus of the University of Illinois. Speaking at a coaches' clinic, he reported that his research indicated that most young athletes do not appear to be overly stressed when participating in organized competitive sports.

"In fact," he reported, "when we compared athletes from seven different sports with youngsters who participate in musical solo competition, we found that the young musicians were substantially higher in anxiety than the athletes."

A coach in the audience spoke up and said, "You're worrying about the wrong group. It's not the kids that are suffering from stress, it's the adults — the parents and coaches!"

Dr. Martens as yet has not conducted an investigation into the stress factors that affect parents, but he did have

(Continued on Page Seven)

softball, and track and field (January release).

EACH SCOREBOOK WILL FEATURE generous space for scoring and a colored "Season Log" section in the rear of the publication to provide a visual barometer of team and individual performances. Each book will have a sturdy cover to take the wear and tear of a long season.

ALREADY ACCLAIMED "excellent" by several of the finest coaches in the country, the books will retail for a nominal \$2.50 each. Developed in conjunction with the National Federation's National High School Records program, the scorebooks will offer "a uniform scoring vehicle for high schools, something that has been needed and frequently requested," according to **Brice B. Durbin**, Executive Director of the Federation.

"WE POINTED THE PROGRAM in the direction of solving the many problems of scoring and statistic keeping at the high school level, such as books which are out of touch with the high school program or do not allow coaches the desired comprehension. We feel these will be the perfect scorebooks for interscholastic athletic programs," related Durbin.

THESE SCOREBOOKS may be purchased exclusively through the National Federation headquarters office, located at 11724 Plaza Circle, (P. O. Box 20626), Kansas City, Missouri 64195.

TEAM PARTICIPATION RULE CLARIFIED

The Southern Section has a rule which specifies a given number of students only may compete at any one time on an outside team outside the season of sport during the school year. This particular rule applies to boys' and girls' basketball, volleyball, baseball and softball. (No more than 4 students may compete from a given school in baseball and softball and no more than 2 students may compete in volleyball and basketball). However, this rule as currently interpreted applies only to students who have previously competed on one of their school's teams. For instance in softball, girls who have not yet competed on one of their high school softball teams are not affected by this rule.

CITIZENS SAVINGS ATHLETIC BOARD NAMES CYNTHIA WOODHEAD, RIVERSIDE POLY, ATHLETE OF THE MONTH

Cynthia "Sippy" Woodhead, winner of five gold medals at the recently concluded Pan American games at San Juan, Puerto Rico has been voted Athlete of Month as announced by Citizens Savings. The 15-year-old Riverside Poly sophomore received a gold medal in every event she entered at San Juan, establishing a new world record for the 200 meter freestyle in the bargain.

Cynthia has a brother (Jack) and sister (Nancy) who preceded her in the swim (so to speak) at Riverside. "Someone had to watch me and they were my babysitters. All I did and was allowed to do was watch them swim. I wasn't allowed in the pool 'cause they said I was too young. So, of course I

wanted to".

One of "Sippy's" strengths is her strength. She stands in stark contrast to other swimmers who are taller and lankier, being 5-5, 120 pounds and extremely strong in her arms and shoulders. It is interesting to note that Olympic coaches found that for her weight she had as much strength as some of the men and more than any of the women.

Another plus factor in Cynthia's development is the fact that she still considers swimming and the workouts fun.

Miss Woodhead will receive the Athletic Foundation's traditional bronze medallion award for having been named July Athlete of the Month honors.

THE STRESS

(Continued from Page Six)

some words for coaches who constantly find themselves "uptight."

"First," he warned, "stress may jeopardize a coach's health, especially if he or she possesses the characteristics associated with higher risk of coronary heart disease. The second reason is that stress is contagious. In youth sports, the anxious coach may transfer apprehensions to young athletes, affecting their performance negatively and detracting from the fun of playing."

Dr. Martens had some advice for coaches that was applicable at every level of sports. He suggested:

1. Many coaches need to change their attitude toward winning. Coaches who believe that winning is everything are more likely to be victims of stress.

2. Some coaches can alleviate stress by being better organized.

3. Coaches also can remove much of the pressure on themselves and their players by setting realistic expectations for their teams. "Nothing is more frustrating for coach and athlete," Dr. Martens asserted, "than to aspire to goals well beyond the team's reach."

4. And a lot of coaches could release their stress through exercise and sports activities of their own. "It is amazing," he said, "to see the large number of coaches who constantly emphasize the importance of physical fitness, but never engage in any activity."

Dr. Martens' chief area of interest is youth sports and he issues a quarterly called "Sportsline" for coaches and parents. If you would like to be on his mailing list, write "Sportsline," Dept. TSN, 117 Freer Gym, Urbana, Ill. 61801.

COLOR CODE IS KEY

To make your job easier, the CIF-SS Office has devised a new system for communication to principals, athletic directors and coaches.

For swift identification all our mailings will be color coded. We will be using WHITE for all correspondence which goes to the PRINCIPAL; YELLOW for all correspondence mailed to the ATHLETIC DIRECTORS; and BEIGE for any mailing to any coach.

Additionally, if a particular communication is intended for both the Athletic Director and a specific Coach, we will note same in the following manner: TO: ATHLETIC DIRECTOR/FOOTBALL COACH. Our Office — in the process of running the material — will simply run one-half of the number of copies in yellow and the other half in beige, place a copy of each in one envelope and mail to the Athletic Director. Thus, we will have the same communication in one envelope, but easily recognizable that the additional copy is intended for another person. Needless to say, this will trim our mailing costs and assist with the overall budget of the CIF-SS.

Another innovation is the adoption of a different logo for each sport in the top corner of the beige paper, enabling Athletic Directors to note at one glance which specific coach the bulletin should be directed.

Please note that the monthly Athletic Directors' Newsletter when mailed to the schools will have two copies of each item in the envelope, one for the Boys' department and one for the Girls' department, stamped "ATTN: ATHLETIC DIRECTOR".

HIGH SCHOOL MAPS ON SALE

In cooperation with Gene Smith of the Southern California Officials' Association, the CIF-SS Office will have on sale for \$1.50 including postage, a map of high schools, local park and and recreational fields in the greater Los Angeles County area. These maps are of great value to coaches, fans and parents who frequently need an easy reference source to schools in other locales.

Check or money order must accompany all written requests for these maps. Direct orders to:

MAPS
CIF-SS Office
P.O. Box 488
Cerritos, Calif. 90701

IN MEMORIAM HARRY J. MOORE

HARRY J. MOORE, long-time educator and President of the CIF for 34 years, passed away after a brief illness at his home in Long Beach. Private services were conducted and his ashes scattered at sea.

Harry was one of the founders of the CIF and he was honored by having the Moore League of Long Beach named after him.

He is survived by his wife, Caroline; a son, Harry J. Moore of New York; and two grandsons.

Mr. Moore was born in 1891 in Los Angeles, was graduated from the University of Southern California and became a math teacher-coach at Long Beach Poly High School in 1919. He was Vice Principal at the school from 1920 to 1930, Principal of Lindbergh Junior High School from 1930 to 1932, Principal of Long Beach Wilson High School from 1932 to 1947, and Assistant Superintendent of the Long Beach Unified School District from 1947 to 1957.

Harry retired in 1957, and since that time up to his death, served as a resource person for the Southern Section. Having been so closely associated with our organization for so many years, and possessing a most remarkable memory, we have gone to him over the years to learn more about how certain rules were initiated, and other pertinent facts concerning the early history of the CIF.

Harry never failed us, and his passing removes one of the last links to the early history of the CIF. His many friends mourn his passing.

PROFESSIONALISM NOT ALWAYS GOOD ESPECIALLY IN HIGH SCHOOL ATHLETICS

The long shadows of professional athletics are gradually extending their tentacles into the philosophy of many school and lay personnel. The very foundation and philosophy of amateur educational athletics are being confused by the constant barrage of publicity dispersed by mass media on professional athletics.

Different Attitudes

The attitude of professional athletes towards game officials is well known. All one has to do is turn the television set on and watch the physical and emotional expressions of dismay and disbelief at calls made by the officials. There is seldom a professional football, basketball, or baseball game where there are not some undesirable words spoken, some fisticuffs between players and eviction of players from games because of unsportsman-like conduct. The professional viewpoint is to make the game interesting in order to attract paying customers, and promoters seem to feel that allegations between game officials and players create fan interest.

There can be no place in educational amateur athletics for such conduct on the part of players, coaches, or fans, as the purpose of educational athletics is to train athletes to control their tempers, to accept decisions of game officials without protest, to be good citizens and to demonstrate good sportsmanship. These are traits which, if lost in the high school program, will leave

a void to the extent that it will be difficult to justify athletics in high school as an educational activity.

High school administrators and coaches must not lose sight of the fact that our games should be played for the student, the school and the community in such a way as to develop in the players, desirable, ethical character traits.

Spectacles

The principle of producing a commercial athletic production which will sell tickets is a primary requirement of professional athletics. The main function of a high school amateur educational program should never be promoted and developed as a commercial production. The main focus always must be the welfare of the student, the student body and the educational program of the school.

Educational vs Commercial

Professional teams are fast selling their very "soul" to television and other media in order to secure money. The mass media have insisted that schedules and game breaks be rearranged for their convenience. Exorbitant salaries are paid to attract players to join specific league teams in order to gain greater viewer prestige.

The professional teams have no limitations on sponsors. These programs are fed into the homes throughout America, where the youth of our

country are besieged with the propaganda that beer is essential to the good life. The correlation is left in the youth's mind that beer is inductive to enjoying athletics, and that it is not detrimental to good health and athletic training habits. This is subtle propaganda which is having its effect and which should receive serious consideration by all coaches and school administrators so that it can be countermanded by their counsel and instruction.

The high school associations have never allowed sponsors of athletic contests to advertise cigarettes or alcoholic beverages as it is not in keeping with the philosophy of the high school educational program.

Work Constantly

It is the sincere hope of this column that all school administrators, coaches and teachers will do everything in their power to offset the philosophy of professional athletics which is currently permeating our lay people.

If the time ever comes when we have to adopt the same practices as the professionals in promoting our athletic activities in high school, then we should discontinue athletics, as they would no longer be educational.

The main purpose must always be to educate the student through athletic activities so that they become a healthy citizen of the very highest personal ethical character traits.

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