

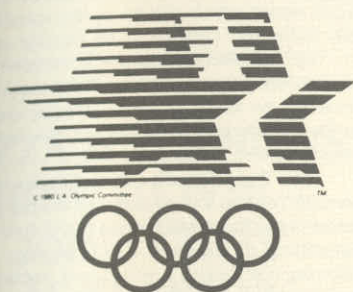


# CIF-SS BULLETIN



VOL 46 NO. 2

OCTOBER 1984



## CIF-SS ATHLETES COLLECT 44 MEDALS IN XXIIIrd OLYMPIAD

Athletes who attended CIF Southern Section schools played a key role on the various United States Olympic Teams during the recent games of the XXIIIrd Olympiad at Los Angeles, bringing home a total of 44 medals to contribute heavily in the U.S. team's overwhelming success.

CIF-SS schools are the alma mater of 70 U.S. athletes in all, including some of the most well known and successful participants in the games.

Six of the U.S. team members are currently enrolled at CIF-SS schools as well. Pam Bileck and Michelle Dusserre of Pacifica High each won silver medals as members of the women's gymnastics team; swimmer Jenna Johnson of Whittier Christian took the silver medal in the women's 200-meter backstroke; Dara Torres of Mission Viejo earned a gold as a member of the women's 400-meter freestyle relay team; and Mohammed Barakat of Moorpark High was a member of the men's field hockey team. Still another athlete who is currently enrolled in a CIF-SS school is Hector Lopez, who earned a silver medal in boxing in the 119 pound weight class for the Mexican Olympic team.

In addition, three other U.S. team members graduated from CIF-SS schools in June: swimmer Tiffany Cohen of Mission Viejo won

*(Continued on page 5)*



Dorothy E. McIntyre

## ATHLETICS IN THE 80'S

The CIF Southern Section proudly announces the Sixth Annual Symposium for our Athletic Administrators. You don't want to miss this year's program scheduled for the Anaheim Convention Center on November 6, 1984. We believe you will find the program to be not only dynamic, but informative and quite pertinent to issues we'll be dealing with this upcoming year.

Highlights of this 1984-85 Symposium include: Dorothy E. McIntyre, Assistant to the Executive Director of the Minne-

*(Continued on page 8)*



## FOCUS ON HIGH SCHOOL ACTIVITIES OCTOBER 15-19, 1984

Monday, Oct. 15

Officials Day

Tuesday, Oct. 16

Band and Pep Units

Wednesday, Oct. 17

Community Involvement Day

Thursday, Oct. 18

Scholar Athlete Day

Friday, Oct. 19

Coaches & Media Day



"SEE STORY ON  
PAGE 3"



## COMMISSIONER'S CORNER



### DISTANCE IS NO BARRIER

In some respects, that mileage between coast-to-coast is a relatively short distance.

Granted, versatility abounds when examining the more than 50 interscholastic athletic organizations within those borders, but the uniqueness ends there.

If anything, there are a number of common fibers running the course of the land – taking the form of trends, problems and the like in the realm of athletic administration. And it is this commonality that was apparent at the recent Conference of the National Federation of State High School Associations.

Although the comparative list is a lengthy one, there are three distinct topics deserving further mention:

**Foreign Students:** This sudden and growing influx of students is not to be confused with the foreign student under the auspices of an approved exchange program or those enrolling by a refugee-immigrant status.

The concern nationwide is the increasing number of foreign students enrolling at the secondary level under no program. Finances represent no hurdle in their venture and there is evidence a segment is "shopping" from state-to-state in an attempt to gain athletic eligibility. In fact, there are recent cases of said students playing in two different states in succeeding years.

As a result, a number of state associations are refining their residence standards in this specific area and will be a point of emphasis for all states in the months ahead.

The CIF Southern Section has maintained the posture that only those foreign students under one of the approved exchange programs noted in the Blue Book are granted automatic eligibility. Additionally, those students under a program but not so noted, must petition through their building principal for a complete review of the program and possible clearance. However, those foreign students under no program, are automatically ineligible for one calendar year from the date of enrollment.

**Cable Television:** No growth has been more explosive than the spectrum of cable television. And with its rapid de-

(Continued on page 4)

## MINUTES OF THE CIF SOUTHERN SECTION COUNCIL MEETING

August 25, 1984

The August meeting of the Executive Committee of the California Interscholastic Federation, Southern Section, was called to order by Chairman Moe Chavez at 8:30 a.m. in Lake Arrowhead. All members were present with the exception of Bruce Keuning.

1. **MINUTES** – It was moved, seconded and passed to approve the minutes of the CIF-SS Executive Committee meeting of June 23, 1984 as mailed.

2. **PRESIDENT'S UPDATE** – Mr. Moe Chavez introduced new Executive Committee member Joe Rotcher, principal of South Torrance High School, who was appointed to fill the vacant position of Warren Stephenson, recently appointed principal of Kennedy High School.

A special note of appreciation was paid to Dr. Robert Packer for his outstanding leadership rendered during his tenure as president over the past three years.

3. **COMMISSIONER'S UPDATE** – Mr. Ray Plutko, Commissioner, reviewed with the Committee the ongoing services of the Southern Section Office to member schools, duties and responsibilities assigned to the individual staff members, and updated the Committee on specific programs for the upcoming year.

4. **SUPERINTENDENT'S UPDATE** – Ms. Cynthia Grennan stressed the importance of good lines of communication between school personnel, central office staff and boards of education. Ms. Grennan also provided background information and the status of guidelines and regulations dealing with

walk-on coach legislation. Supportive comments were also expressed relative to chemical awareness programs which will be a keynote at this year's Athletic Administrator's Symposium.

5. **TREASURER'S UPDATE** – The Committee reviewed the recently completed auditor's report and the findings which reflected an excellent check-and-balance system, commended the Office for its efficient bookkeeping procedure, and submitted a clear final report.

6. **STATE REPORT** – The Committee reviewed several issues which will be on the agenda of the State Federated Council at its October meeting:

(a) **Section Relations** – Dr. Packer reviewed with the Committee the Section Relations proposals which will be voted on at the October meeting of the State Federated Council and the status quo position of the Southern Section.

(b) **State Playoffs** – Tony Balsamo reviewed concerns relative to a proposal by the Sac-Joaquin Section regarding participation in CIF State playoff competition in sports in which Sections qualify. Following discussion, it was moved, seconded and passed to recommend that the Council Representatives come uninstructed on this matter to hear a complete background presentation.

(c) **Competition Committee** – Ms. Sheila Burrud reviewed a proposed change in By-Law 603-609 relative to establishing guidelines for Olympic Development Programs. Following discussion, it was moved, seconded and passed to

(Continued on page 6)

## California Interscholastic Federation Southern Section

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(714) 826-5390

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Pat Mauch, Principal, Los Altos High School, President Elect  
Dr. Robert Packer, Assistant Superintendent,  
Tustin Unified School District, Past-President  
Mr. Bruce Keuning, Principal, Valley Christian HS, Treasurer  
Mr. Ray Plutko, Commissioner of Athletics

### Bulletin Editor

Ms. Karen Hellyer, Administrator

Bulletin Published 6 Times Yearly  
Hoffman and Associates 1984

## FIGHT! BITE!



You know how to win, fight harder than the other team. We're helping you fight by supporting the CIF-Southern Section in co-sponsoring the CIF-SS/Pizza Hut®

Football Championships on December 8 at the LA Coliseum. After the game, you can use the coupons below to take a bite out of our prices. That way, you're guaranteed to be a winner.

## PIZZA HUT KNOWS HOW TO WIN – JOINS CIF-SS AS SPONSOR

Pizza Hut has joined the CIF Southern Section as the co-sponsor of the 1984 CIF-SS Football Championships. The Official Pizza Restaurant of the CIF-SS, Pizza Hut has numerous locations throughout Southern California (plus locations throughout the United States) and plans many community events as part of its sponsorship.

"Pizza Hut is proud to support the 1984 CIF-SS Football Championships. Pizza Hut recognizes that high school football is an important part of our communities," said Roger Blanton, Regional Vice President of Pizza Hut Inc.

"We encourage individual high schools to contact their local Pizza Huts to set up individual fundraising programs to help defray costs of athletic equipment. Pizza Hut is concerned about high school sports and through this program wants to guarantee the success of the high school athletic programs in our communities."

Besides co-sponsoring the Football Championships and making available fundraising programs to CIF-SS high schools, Pizza Hut will also provide championship tickets to charity groups and will distribute discount pizza coupons to all high schools and to the fans at CIF-SS championship games.

Pizza Hut joins the California Angels, Carl's Jr., Dr. Pepper, Ford, Southland Corporation, Spot-Bilt/Saucony, The Finals Swimwear, Wilson Sporting Goods, and WR Moody Company as CIF-SS corporate sponsors.



## W. R. MOODY CONTINUES TO DONATE TROPHIES

For the past year, all trophies presented in every CIF-SS league for boys and girls varsity sports have been donated by the W. R. Moody Company. "This has been a tremendous contribution," said Ray Plutko, CIF-SS Commissioner, "especially when you consider the number of varsity trophies purchased at the league level each year."

It is very exciting for us to announce that Bill Moody has graciously offered to extend the corporate support for the 1984-85 school year.

"One of the most positive aspects of the relationship with Bill Moody," said Plutko, "is the fact that he sees the continual need for corporations to help maintain interscholastic athletics. At times the corporate field will make a one year commitment and then leave despite the fact that the conditions and positive aspects of participation of student athletes haven't changed."

Once again, we salute the W. R. Moody Company.



## NEW EXECUTIVE COMMITTEE MEMBER

We are pleased to introduce to you Joe Rotcher – the newest addition to the CIF-SS Executive Committee. He is replacing Warren Stephenson who was previously the Bay Area Representative.

Rotcher has been with the Torrance Unified School District for 25 years. After receiving his B.A. from UCLA, he began his career in education as a Spanish teacher and since then held a wide range of positions. These include student activities advisor, head counselor, attendance advisor and assistant principal. For the past four years, Rotcher has been the principal of South Torrance High School.

He and his wife Ida currently reside in Orange County where Ida is employed as a counselor at Santa Ana College. The Rotcher's have two grown children – Marci and Gregg. When not busy at work, Joe enjoys playing racquetball and golf.



# HOW MUCH DO YOU REALLY KNOW ABOUT FITNESS?

## Athletes and coaches often fall prey to common misconceptions Fifteen Fitness Fallacies

- **Athletes are born, not made.** This is just not true, athletic excellence requires dedication and hard work.
- **You can become ill by exercising a few minutes a week.** A basic element of fitness is the capacity of the heart to do work. This is called cardiovascular fitness. To achieve cardiovascular fitness, you must push your heartbeat for more than 60 per cent of its maximum for at least 30 minutes three times a week. If you're between 20 and 40, that level is about 200 beats per minute. That means you must raise your pulse rate to 120.
- **The more you train, the more fit you become.** You can make a mistake by training too hard or by training too much.
- **The Best way to improve your fitness or athletic performance is to train hard every day.** Every time you exercise vigorously, muscle fibres are slightly damaged and your muscles burn up their fuel and become depleted. You must allow time for your muscles to recover.
- **If you attain a high degree of fitness, you will remain fit even with a layoff.** Ridiculous! Your muscles – including your heart muscle – quickly lose their ability to utilize oxygen efficiently if they are not stressed constantly.
- **You don't have to do stretching exercises if you're fit.** Hard exercise shortens muscles and makes them more susceptible to pulls and strains. Therefore, the more physically active you are, the more you need to stretch.
- **Exercise can harm you because it enlarges the heart.** Exercise puts moderate stress on your heart, which causes it to become stronger, larger and more muscular. Heart attacks are caused by a failure in the supply of blood to the heart. In an extremely well conditioned person, the arteries supplying blood to the heart are enlarged and are therefore much less susceptible to clogging or stoppage.
- **A normal electrocardiogram means your heart is healthy and you can safely perform vigorous exercise.** Not so. A normal resting electrocardiogram means very little. A stress electrocardiogram, taken while you are exercising is another story.
- **Vitamin supplements improve fitness and performances.** There is no scientific evidence to support this belief. Not only are vitamins usually unnecessary, in overdoses they can be harmful.
- **Vitamin B-12 injections cure chronic fatigue.** Actually, B-12 injections can only perk up pure vegetarians who have abstained from eating animal product for at least 10 years, or persons with pernicious anemia.
- **Athletes require more protein in their diet.** Muscles are composed of protein, but scientific studies clearly show that protein requirements do not rise significantly.
- **Steak and potatoes are the best pre-game and pre-exercise meal.** Steak ranks as a poor source of immediate energy. The fat in steak can actually impair performance. The best athletic fuel is carbohydrates found in potatoes, crackers and bread.
- **You should take salt tablets to replace salt lost in sweat.** Never take salt tablets! Let your taste buds tell you when to salt your food. If you are low on salt, you will crave salt. If you get too much salt in your system, you may develop high blood pressure, clots in your bloodstream or heat exhaustion.
- **Exercise should be avoided in cold weather because cold air can freeze your lungs.** A frozen lung has never been reported in an athlete.
- **Amphetamines improves athletic performance.** If anything, they hinder it. Amphetamines only make you think you are doing better.

(Reprinted from the National Federation News and  
"School Sport Bulletin" – Newfoundland/Labrador High School Athletic Federation)

### Commissioner's Corner

(Continued from page 2)

velopment, the need for programming has focused on high school athletics.

Needless to say, the temptation for added community exposure is difficult to resist. However, the majority of schools find themselves making that decision with no available expertise from which to draw – then discovering the final aired product fails to meet their expectations.

Thanks to the National Federation, a manual was developed this past spring for state association offices in order that they might develop a line of expertise

and in turn, assist their member schools.

It was at this point the geographic uniqueness of the CIF Southern Section – its location amidst the largest television market in the United States – prompted the need for a further document. Thus, the CIF-SS Office has just completed and mailed to its member schools a manual entitled, *Cable Television: The New Era*. It is geared for use by athletic administrators at the school site level and represents the first known manual of its kind at the school level.

**Chemical Awareness:** Independent studies and reports abound on this topic but fortunately, the Minnesota State High School Association has become the pioneer in developing a much-needed

model orientation program directed at the interscholastic level.

The program, geared to orientate the athletic administrator and his/her coaching staff in working with students, has been so overwhelmingly received that the National Federation conducted a seminar in eight regions throughout the United States this past month.

And it is due to this response that the CIF Southern Section will roll out the welcome mat to representatives from the Minnesota High School Association to keynote our Athletic Administrators Symposium in November.

When it comes to the positive growth of interscholastic athletics, the factor of distance is virtually no barrier.

### CIF-SS Athletes (Continued from page 1)

both the women's 400 and 800 meter freestyle events to earn two gold medals; John Mykkanen of El Dorado High was second in the men's 400 freestyle to take a silver medal; and Eric Amend of Miraleste won the right to compete for the U.S. men's team in the demonstration sport of tennis.

Julianne McNamara (Marina '83) took three silver medals in gymnastics; as a member of the U.S. team, in the individual floor exercises, and in the uneven parallel bars. Swimmer Mike O'Brien (Newport Christian '82) won the gold in the men's 1,500 meter freestyle. Cynthia "Sippy" Woodhead (Mission Viejo '82) took a silver medal in the women's 200-meter freestyle and Wendy Wyland (Mission Viejo '83) took a bronze in the women's platform diving event.

CIF-SS athletes were outstanding in track and field as well: Alice Brown (Muir '80) took a silver in the women's 100 meters and a gold as a member of the 4 x 100-meter relay team, along with Jeanette Bolden (Centennial '78); Danny Harris (Perris '83) finished second only to the incomparable Edwin Moses in the men's 400-meter hurdles for a silver; Ron Brown (Baldwin Park '79) earned a gold medal as a member of the men's world record-setting 4 x 100-meter relay team; and Millikan's Mike Tully ('74) took second in the pole vault for a silver medal.

Graduates of CIF-SS schools dominated the rosters of the U.S. men's gold-medal winning volleyball team with five squad members and the women's silver-medal team with four members. In water polo, the United States' silver-medal team was literally built with former CIF-SS players, as eight squad members came out of southern section school pools.

In basketball, Cheryl Miller (Riverside Poly '82) led the U.S. women's team to a gold medal, while Leon Wood (St. Monica '79) was a key member of the men's gold-medal-winning squad.

Carol Bower (Mira Costa), Bruce Ibbetson (Tustin '71), Brad Lewis (Corona del Mar), and Joan Lind (Long Beach Wilson '71) took gold, silver, gold and silver medals respectively in rowing. In cycling, Millikan High's Pat McDonough ('79) earned a silver medal in the team pursuit event.

## CIF SOUTHERN SECTION 1984 U.S. OLYMPIC TEAM MEMBERS

NAME	SCHOOL (YR.)	SPORT	EVENT (MEDAL)
Eric Amend	Miraleste ('84)	Tennis	
Don August	Capistrano Valley ('81)	Baseball	
Mohammed Barakat†	Moorpark ('86)	Field Hockey	
Ken Barrett	Royal ('81)	Field Hockey	
Jeanne Beauphrey	Mission Viejo ('79)	Volleyball	Team (S)
Pam Bileck†	Pacific ('86)	Gymnastics	Team (S)
Jeanette Bolden	Centennial ('78)	Track & Field	100M, 4 x 100MR (G)
Carol Bower	Mira Costa	Rowing	Eight W/Coxswain (G)
Alice Brown	Muir ('80)	Track & Field	100M, 4 x 100MR (S,G)
Ron Brown	Baldwin Park ('79)	Track & Field	100M, 4 x 100MR (G)
Bob Caffrey	Loara ('80)	Baseball	
Jody Campbell	L.B. Wilson ('78)	Water Polo	Team (S)
Peter Campbell	University ('78)	Water Polo	Team (S)
Tiffany Cohen	Mission Viejo ('84)	Swimming	400, 800 Freestyle (G,G)
Sheila Conover	Newport Harbor ('81)	Kayak	
Paul Cummings	Righetti ('77)	Track & Field	10,000 Meters
Rick Davis	Damien ('75)	Soccer	
Dave DeRuff	Newport Harbor ('79)	Rowing	Pairs W/O Coxswain
Michelle Dusserret	Pacific ('87)	Gymnastics	Team (S)
Dusty Dvorak	Laguna Beach ('76)	Volleyball	Team (G)
Gary Figueroa	Sunny Hills ('74)	Water Polo	Team (S)
Curtis Fleming	Corona del Mar ('72)	Rowing	Quadruple Sculls
Michael Fox	Damien ('79)	Soccer	
David Gilman	Moreno Valley ('73)	Kayak	
Debbie Green	Westminster ('76)	Volleyball	Team (S)
Chris Gwynn	L.B. Poly ('82)	Baseball	
Danny Harris	Parris ('83)	Track & Field	400M Hurdles (S)
Jeff Hooker	Walnut ('83)	Soccer	
Bruce Ibbetson	Tustin ('71)	Rowing	Eight W/Coxswain (S)
Jenna Johnson†	Whittier Christian ('85)	Swimming	100 Butterfly (S)
Charles "Karch" Kiraly	Santa Barbara ('78)	Volleyball	Team (G)
Jeff Kostoff	Upland ('83)	Swimming	400 Ind. Medley
Brad Lewis	Corona del Mar	Rowing	Double Scull (G)
Joan Lind	L.B. Wilson ('71)	Rowing	Quadruple Sculls (S)
Hector Lopez†‡	Hoover ('85)	Boxing	119 pound (S)
Shane Mack	Gahr ('81)	Baseball	
Pat McDonough	Millikan ('79)	Cycling	Team Pursuit (S)
Mark McGwire	Damien ('81)	Baseball	
Julianne McNamara	Marina ('83)	Gymnastics	Team, Fl. Ex., Uneven Bars (3-S)
Cheryl Miller	Riverside Poly ('82)	Basketball	Team (G)
John Moffett	Newport Harbor ('82)	Swimming	100-200 Breaststroke
John Mykkanen	El Dorado ('84)	Swimming	400 Freestyle (S)
Gary Newton	Ventura ('75)	Field Hockey	
Mike Newton	Ventura ('70)	Field Hockey	
Doug Nordquist	Sonora ('77)	Track & Field	High Jump
Mike O'Brien	Newport Christian ('82)	Swimming	1,500 Freestyle (G)
Rod Oshita	Palos Verdes ('77)	Team Handball	
Pat Powers	Santa Monica ('76)	Volleyball	Team (G)
Carmello Rios #	Lennox ('78)	Track & Field	3,000 Steeplechase
Kevin Robertson	Newport Harbor ('77)	Water Polo	Team (S)
Derrick Rostagno	Rolling Hills ('83)	Tennis	
Richard Schroeder	San Marcos ('79)	Swimming	200 Breaststroke
Terry Schroeder	San Marcos ('77)	Water Polo	Team (S)
Steve Scott	Upland ('74)	Track & Field	1,500M
Tim Shaw	L.B. Wilson ('75)	Water Polo	Team (S)
John Siman	Muir ('70)	Water Polo	Team (S)
Cory Snyder	Canyon / Cyn. Ctry. ('80)	Baseball	
Brian Spencer	Royal ('80)	Field Hockey	
Bob Stiles	Agoura ('77)	Field Hockey	
Dwight Stones	Glendale ('71)	Track & Field	High Jump
Paul Sunderland	Notre Dame / S.O. ('70)	Volleyball	Team (G)
Steve Timmons	Newport Harbor ('73)	Volleyball	Team (G)
Dara Torres†	Mission Viejo ('85)	Swimming	400 Freestyle Relay (G)
Mike Tully	Millikan ('74)	Track & Field	Pole Vault (S)
Joe Vargas	Los Altos ('73)	Water Polo	Team (S)
Jesse Vassallo	Mission Viejo ('79)	Swimming	400M Ind. Medley
Paula Weishoff	West Torrance ('80)	Volleyball	200 Backstroke
Amy Whitte†	University ('87)	Swimming	Team (S)
Leon Wood	St. Monica ('79)	Basketball	200 Backstroke (S)
Cynthia Woodhead	Riverside Poly / Mission Viejo ('82)	Swimming	Team (G)
Sue Woodstra	Colton ('75)	Volleyball	200 Freestyle (S)
Wendy Wyland	Mission Viejo ('83)	Diving	Team (S)
Valerie Zimring	Beverly Hills Prep ('83)	Rhythmic Gymnastics	Woman's Platform (B)

†Currently enrolled in CIF-SS school.

‡Hector Lopez won the silver medal in boxing as a member of the Mexican Olympic team.

#Carmello Rios competed for the Puerto Rican Olympic team.



Council Minutes

(Continued from page 2)

direct the CIF-SS delegates to the State Federated Council to support this change in the State Constitution. Additionally, Ms. Burrud reviewed a proposed recommendation to the National Federation that the baseball rules be amended to require baseball umpires to issue a warning prior to the forfeiture of any game. Following discussion, it was moved, seconded and passed to direct the CIF-SS delegates to the State Federated Council to support this recommendation.

(d) **Volleyball Rules Modification** – Ms. Karen Hellyer reviewed with the Committee a proposed modification by the San Diego Section to the National Federation volleyball rules as it pertains to the width of the centerline. Following discussion, it was moved, seconded and passed to direct the CIF-SS delegates to the State Federated Council to recommend that the State body refer the proposal to the National Federation rules committee for review.

(e) **Women's Basketball Equipment** – Commissioner Plutko reviewed correspondence and background material on a proposal to adopt a small size ball for women's basketball. Following discussion and noting the lack of proper and sufficient input, it was moved, seconded and passed to recommend to the Council that the item be tabled, pending further study. If unable to table, it is recommended that Council instruct its State Representative to vote against the proposal in its present form.

7. **NATIONAL FEDERATION UPDATE** – Mr. Pat Mauch reported on the National Federation summer meetings held in Washington, D. C. as it related to trends in the area of interscholastic athletics throughout the United States.

8. **LEGAL UPDATE** – Mr. Andy Patterson reviewed recent correspondence relative to the blocking below the waist rule in football. Following

discussion, it was moved, seconded and passed to direct the Office to inform all parties concerned relative to a special point of emphasis in the National Federation playing rules as it pertains to blocking below the waist and the major aspect of safety.

9. **CSDR REQUEST** – Mr. Dean Crowley presented a request from the California School for the Deaf to participate in a basketball tournament for students from the Western States during February 1985. Following discussion, it was moved, seconded and passed to approve the request for the 1985 season.

10. **NEW SCHOOL MEMBERSHIP** – It was moved, seconded and passed to approve free lance membership for Nelles School (Whittier) and Rio Congituo School (Santa Ana) effective this date.

11. **SCHOOL YEAR SURVEY** – Mr. Pat Mauch reviewed with the Committee the results of the season of sport calendar as it pertains to the starting and ending dates of School Districts. Following discussion, it was moved, seconded and passed to request the State CIF to conduct a survey of the entire State in an effort to ascertain if any adjustments should be made in the calendar statewide.

12. **FOOTBALL PLAYOFF FIELD** – Bill Clark reviewed concerns relative to the playing surface of the football field at Trona High School. Following discussion, it was moved, seconded and passed that where playoff games in football are played on other than traditional grass surfaces (such as artificial turf, all sand, etc.) there must be mutual agreement between the schools involved.

There being no further business to come before the Committee, the meeting was adjourned at 11:25 a.m.

Respectfully submitted,

Dean Crowley, Administrator

Approved by: Ray Plutko, Commissioner



SOUTHERN SECTION

Publication Order Form

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_____	rule	\$3.25
_____	case	\$3.25
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MEET YOUR LEAGUES' REPRESENTATIVE TO THE CIF SOUTHERN SECTION EXECUTIVE COMMITTEE



Joe Rotcher, Principal  
South Torrance High School  
BAY AREA  
Bay • Moore  
Ocean • Pioneer



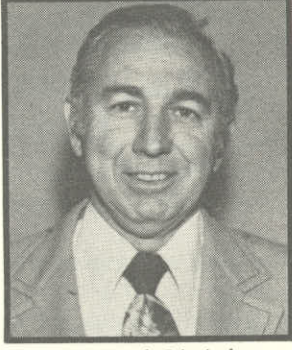
Blinn Tenney, Principal  
Central High School  
DESERT AREA  
Desert-Inyo • Desert Valleys  
Golden • Hi-Lo



Bob Paisola, Principal  
Lompoc High School  
NORTHERN AREA  
Channel • Frontier • Los Padres • Marmonte  
Northern • Tri-County • Tri-Valley



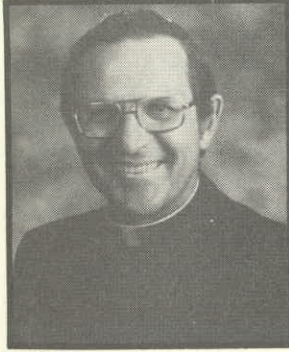
Lon Hardgrave, Asst. Principal  
La Sierra High School  
CITRUS BELT AREA  
Citrus Belt • De Anza • Ivy  
Pinn • Sunkist • San Andreas



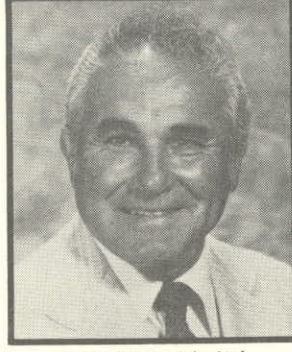
Pat Mauch, Principal  
Los Altos High School  
EASTERN AREA  
Baseline • Hacienda • Montview  
Sierra • Valle Vista • Whitmont



Tom Jacobson, Principal  
Newport Harbor High School  
ORANGE COUNTY AREA  
Century • Empire • Freeway • Garden Grove  
Orange • Seaview • South Coast • Sunset



Fr. Charles Motsko, Principal  
Servite High School  
PRIVATE AREA #1  
Academy • Angelus • Camino Real  
Christian • Liberty • Olympic  
Sunrise • Collegiate



Moe Chavez, Principal  
Downey High School  
SOUTHEAST AREA  
Foothill • Mission Valley • Pacific  
Rio Hondo • San Gabriel • Suburban



Gerald Harer, Principal  
Pacific Christian High School  
PRIVATE AREA #2  
Alpha • Delphi • Del Rey • Heritage • Horizon  
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CONFERENCE FOR ATHLETIC DIRECTORS SET FOR MILWAUKEE IN DECEMBER

The National Federation's Fifteenth National Conference of High School Directors of Athletics will be held from December 9-12, 1984, at the Milwaukee Convention Center in Milwaukee, Wisconsin. The Conference has also been designated as the site for the Eighth Annual Meeting of the National Interscholastic Athletic Administrators Association (NIAAA).

These annual conferences enjoy a well-earned reputation for outstanding programs featuring a good mix of nationally known speakers and authoritative athletic administrators willing to share their ideas on timely topics of great interest to their peers. In addition to the first-class professional meeting planned by the National Federation, the Wisconsin Athletic Directors Association, through its Milwaukee Host Committee, has planned a tremendous hospitality program for all registered delegates and spouses.

The Milwaukee Hyatt Regency will serve as the headquarters hotel for out of state attendees, while the Wisconsin Athletic Directors Association will headquarter at the Marc Plaza Hotel. Additional accommodations are also blocked at the Howard Johnson's downtown motor hotel.

The conference registration fee, which will include a luncheon and banquet ticket, will be \$55 for NIAAA members and \$65 for non-members. The special conference room rate at any of the three participating hotels will be \$55 single or double occupancy. Conference registration materials were made available on September 1 and will automatically be sent to all NIAAA members as well as recent National Conference attendees.

Any athletic administrator that does not fall into these groups may secure registration materials by contacting: the National Federation, P.O. Box 20626, Kansas City, Missouri 64195.

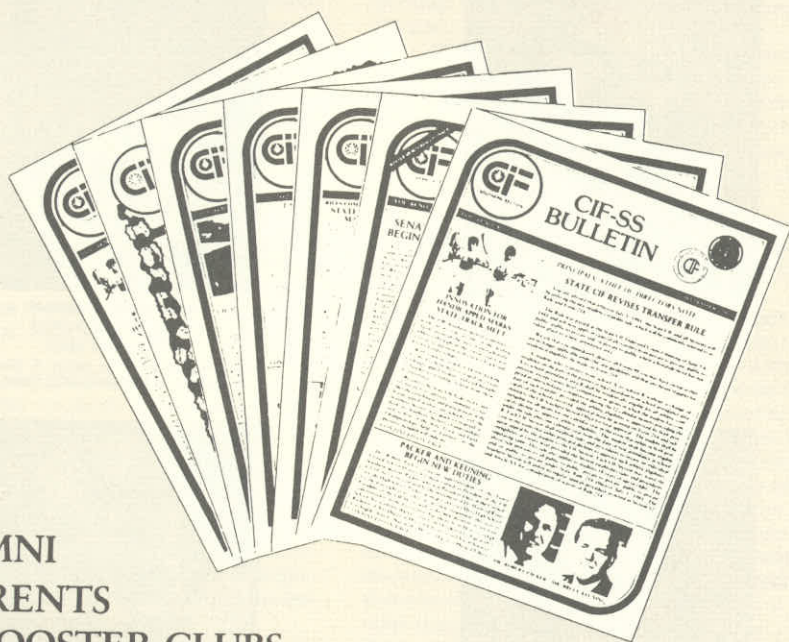
— ATTENTION COACHES —  
UPCOMING CLINICS

OCTOBER 20  
SOCCER CLINIC, sponsored by the Orange County Athletic Director's Association, Goldenwest College, 8:00 a.m. - 2:00 p.m. No registration fee - free luncheon and demonstration. For further information contact: Sherry Ross (714) 586-6333

OCTOBER 20-22  
WESTERN STATES ATHLETIC DIRECTORS' CONFERENCE - Sahara Hotel, Las Vegas, Nevada. - Pre-registration Fees: \$35-\$70; Special Room Rates: \$48 per night (contact Sahara Hotel); Information: Jerry Pflug, P.O. Box 200, Beaverton, OR 97075



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## Athletics in the 80's

(Continued from page 1)

sota State High School League, will open the symposium with a presentation on chemical awareness relative to Minnesota State High School League participation; other sessions will cover "Dealing with the Media," "High Return Fund Raising Ideas," "Stress and Your Personality on the Job," plus a series of "swap-shop" discussions dealing with hands-on how to do it topics.

This in-service program is presented by the CIF-SS for the benefit of the athletic administrative staff. We extend an invitation for you to join us on November 6, 1984. Registration is only \$5.00 per person. A registration form will be mailed to your building principal. Don't miss out. Contact your principal for further information concerning registration.

*Don't Be Caught Unprepared*

## CHECK THESE SAT & ACT TEST DATES

High School students participating in interscholastic activities often find conflicts between CIF-SS events and college test dates. Students can find a date which avoids interscholastic events if they arrange to take the test on those dates which do not conflict.

High school counselors and principals are urged to call the attention of high school students to test dates and schedules of CIF-SS events contained in the Southern Section Calendar so that test dates can be selected to avoid conflicts.

Mark these dates down:

### ACT DATES

October 27, 1984  
December 8, 1984  
February 9, 1985  
April 20, 1985  
June 8, 1985

### SAT DATES

November 3, 1984  
December 31, 1984  
January 26, 1985  
March 23, 1985  
May 4, 1985  
June 1, 1985