EARL ENGMAN TO BE HONORED BY NATIONAL OFFICIALS’ ASSOCIATION

Very few people—if any—involvement in secondary education and interscholastic athletics, have enjoyed as rich and diverse career as Earl Engman, who has been recognized to receive the National Federation of Interscholastic Officials Associations Distinguished Service Award for Section 7 (Arizona, California, Hawaii, Nevada and Utah) this summer in Cincinnati.

Engman, who concluded a 39-year coaching, teaching and administrative career with the Santa Ana Unified School District in 1989, continues to be recognized as one of the most successful and well-respected sports officials in Southern California. His officiating career has spanned 45 years in football and track and field and 41 years in basketball. Four years ago, he added volleyball to the list and he currently serves as a swimming starter as well. He has served as President of both the Orange County Football and Basketball Officials’ Associations, in addition to the position of Secretary-Treasurer of the O.C.

RULE REVIEW (Continued from page 3)

administration, supervision and/or coaching of teams or in leagues where athletes from their respective schools are participating.

Any type of organization by school personnel with reference to Spring leagues would be a clear-cut violation of CIF-SS rules and regulations. Please note that Rule 310 is quite clear: The only contact coaches—including “walk-on” coaches, lower-level coaches or anyone else directly or indirectly associated with the high school—may have with student athletes in the off-season during the school year is one regularly scheduled physical education class. Schools and/or school personnel cannot be involved in the organization of off-season club programs, including the use of facilities. Schools may, however, lease or rent their facilities to outside groups for this type of activity, but members of the coaching staff may not be involved in opening, closing or supervising the facility.

We are alerting all CIF-SS member school personnel of these regulations, as we have received numerous phone calls, which lead us to believe a cause for concern exists.

SUMMER DEAD PERIOD

At the March 26 meeting of the CIF-SS Council, representatives adopted legislation to initiate a Summer Dead Period, which will take effect this August. The Summer Track and Field Association. Engman also serves as assigner for track starters in Orange County.

Along with his contributions as a contest official, Engman has been tremendously active in helping to administer CIF activities. In track and field, he has assisted Associate Commissioner Dean Crowley with state the championship meet, as well as the Southern Section divisional prelims and finals. Engman has also lent support in staging football, basketball and water polo championship events.

Without question, Engman’s career highlight as a track and field official came in 1984, when he served as manager for all running events at the 23rd Olympiad in Los Angeles.

A graduate of UC Santa Barbara, where he is a member of the school’s athletic hall of fame, Engman’s coaching experience includes 14 years as the head track coach and 17 as assistant and head football coach at Santa Ana High.

Dead Period for 1992 will begin Monday, August 3 and extend to the first official starting date for the fall-sport preseason practice session (August 24, 1992).

The following recommendations were approved by the Council:

1) A Summer dead period for CIF-SS member school teams and students will begin from Monday, August 3, 1992 until the beginning of the first official starting date for fall practice, set for Mondays, August 24. An exception to this rule would permit water polo and cross country teams the choice of a three-week time period (from June 29 - July 19 or August 3 - August 24) as a dead period.

2) Should a summer school program be conducted through the June 29 - July 19 period and should the water polo or cross country teams select that period of time for no contact, no class could be offered in the summer school program that could circumvent the rule.

3) During the time period, weight lifting only would be permitted for all sports. No running or other type of conditioning would be allowed during the dead period.

4) Special programs in various sports that require a national or regional championship format, such as Bobby Sox Softball, etc., would be allowed.

Should member-school administrators, athletic directors or coaches have any questions regarding interpretation of these important CIF-SS rule revisions, they don’t hesitate to contact a member of the CIF-SS Administrative Staff.

BOYS BASKETBALL (Continued from page 9)

V-A DIVISION


GIRLS BASKETBALL (Continued from page 11)

Pawnee Poly 46, Temptation 26, Western Christian 76, Sherman Oaks 64.


Final: Pawnee Poly 46, Holy Martyrs 25.

V-A DIVISION


Quarterfinals: Rio Hondo Prep 74, Owens Valley 48, Ribet Academy 72, California Lutheran 54, Gethsemane Baptist 46, Valley Christian 40, Christians 82, Bethel Christian 70.

Semiﬁnal: Rio Hondo Prep 74, Ribet Academy 46, Christians 82, Bethel Christian 70.

Finals: Christians 82, BV, Rio Hondo Prep 40.
The April meeting of the CIF-SS Executive Committee was called to order by president Dr. Tom Jabs on April 2 at 2:30 p.m. on Thursday, April 6 in the Conference Room at Anderton School. All members were present with the exception of Delma Bailey, Father Bill Berkiem, Jim Fleming, Cynthia Furniss, Dave Hagen, Sheri Ross, Maureen Sanders and Andy Parnwell.

1. PRESIDENT'S UPDATE - Dr. Tom Jacobson reviewed details of the June and August Executive Committee meetings and the upcoming referendum drive honoring Dr. Robert Packer.

2. COMMISSIONER'S UPDATE - Commissioner Stan Thomas discussed academic awards presentations held at Southern schools, as sponsored by the California Angels and Ford Corporation. He also reviewed a recent hearing involving a Simi Valley basketball player; the rejection by the Section Relations Committee to award the title of the Orange County Section and issues to be discussed at the State Federated Council meeting to be held in May.

3. BOYS' ATHLETIC DIRECTOR UPDATE - Mr. Bob A.D. Representative, discussed the commitment Jim Higham, Commissioner, the State A.D. meeting held in Palm Springs and the ongoing budget crisis affecting member schools.

4. TREASURER'S REPORT - Ken Gruen, Treasurer, updated the Committee on the CIF-SS 2004 budget with reference to the playoffs in the sports of wrestling, soccer and tennis.

5. ORANGE COUNTY SECTION REQUEST - Dr. Gary Smidt, Principal, requested that the Section Relations Committee, resulting in a 6-2 vote in opposition to the award of the Orange County Section.

6. STEEL MARKETING PARTNERS - Gary Smidt discussed with the Committee discussions and plans currently under way with Steel Marketing in San Diego with regard to a possible statewide mandate.

7. SANTA BARBARA HEARING - Dr. Tom Jacobson reviewed background information with reference to the Santa Barbara High School hearing involving alleged violations of Rule 58 (similar influence) and later on the issue of exchange student violence. As a result of the findings by way of evidence presented, the Commission determined that Santa Barbara HS was in violation of Rule 58. As a result of this determination, Santa Barbara HS will take action to improve the conditions of the schools both administratively and the athletic department; the school district is to review the hearing of athletes entering the school; the CIF-SS Office will provide an in-service to the athletic staff specifically dealing with eligibility and rule 58; Santa Barbara HS will communicate effectively with the CIF-SS Office, including future student eligibility; that Santa Barbara HS will be placed on athletic probation for the remainder of the 1992-93 school year and the 1993-94 school year, with special attention being paid to the eligibility policies of the school; a progress report will be submitted to the CIF-SS Executive Committee at its meeting scheduled for January, 1993, and June, 1993.

8. CORAL SPRING HS - Dr. Gary Smidt, Principal, requested that the Section Relations Committee, resulting in a 6-2 vote in opposition to the award of the Coral Springs Section.

When summertime athletic activity is to be conducted by Southern Section schools, it is the policy of the CIF-SS to ESTABLISH appropriate rules and procedures regulating the initiation, implementation, modification and review of programs and the accountability of each athletic program. This continued interpretation from the past three summers will permit member schools to use equipment, uniforms, facilities, utilities, etc. for summer activity in accordance with the PRINCIPAL OF THE PRINCIPAL ONLY. Please note CIF-SS Blue Book rules 9152 (track and field), 1620 (swimming and diving) 1700 (wrestling); 2050 (water polo); 2909 (band) 2221 (volleyball), 3087 (basketball) 1350 (football); 2608 (cross country); 2700 (soccer) and 2820 (gymnastics). For summer services by coaches, compensation of fees may be made by the donor of the ASB through the principal, or duly-licensed community organizations such as the Department of Parks and Recreation, etc. It is strongly recommended that coaches may not be paid directly by special interest groups, in violation of this rule. Member-school administrators should take special notice of the new summer activity period, adopted by the CIF-SS Council at its March 26 meeting and slated to be in effect this summer. The intent of the new policy is to provide guidelines, to be in effect from Monday, Aug. 3 until the first official starting date for fall sports (Aug. 25). During the summer months, when an athlete is actively engaged in sport, his or her weight lifting only will be permitted for all sports (no organized running programs or other types of conditioning should be allowed). An exception to the rule will allow water polo and/or cross country teams to compete in any of the competitions (June 29 to July 19), with approval of the principal. Should a summer school program be conducted through the school, the 25th July – 19 period, and should the water polo and cross country teams select that period for no contact, no class could be offered in the summer school program to circumvent the rule.

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CIF-SS HONORS EIGHT CONTRIBUTORS WITH GOLD LIFE PASS AWARD

The California Interscholastic Federation, Southern Section honored eight long-time contributors to the cause of high school athletics and CIF-SS activities with the prestigious Gold Life Pass Award at the April 30 Council Meeting in Buena Park.

The Gold Life Pass Award, emblematic of the highest service honor the organization can bestow upon an individual, celebrated its 40th year this spring. The award was instituted in 1952, with the first presentation going to Mr. Soll Van Patter, generally regarded as the "Father of the CIF Southern Section" and its first Commissioner of Athletics (1930-50). Including the eight recipients awarded this year, a total of 133 Life Pass Awards have been presented.

Biographical sketches of the 1992 honorees follow.

DR. JACK FOX

An educator and administrator who devoted 20-year career as a principal included stints at Orange, Villa Park and Anaheim Canyon High Schools. Dr. Fox was honored for his contributions to the development, maintenance and improvement of interscholastic athletics.

Fox served as a member of the CIF-SS Council for 16 years, and his activity with the organization began when offices in his community were conducted at Helms Hall in West Los Angeles. His association with the Southern Section spanned the tenure of Commissioners Kenny Fagans, Tom Byrnes, Ray Platt and Stan Thomas. While he served on a variety of committees at the council level, the majority of his CIF-SS work was done among the leagues in Orange County.

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The Gold Life Pass Award, emblematic of the highest service honor the organization can bestow upon an individual, celebrate...
by Terry Dobkins
Athletic Director, Royal High School

Since September of 1987, the Sierra Valley Unified School District has operated a highly successful district-wide voluntary drug program designed to educate students involved in extracurricular activities including all athletic teams, leadership, drama, band, cheerleading, and drill team to have chosen to participate. This program has received many accolades including the CIF Southern Section Athletic Administrators Symposium and the White House Conference on Drugs in both Los Angeles and Washington, D.C. It has been designated an exceptional program by both the State and Federal Department of Education, and has served as the model for many programs throughout the United States. Since its inception in 1987, more than 5,000 urine screening tests have been performed. These tests are capable of detecting 98% of the commonly abused drugs including marijuana, methamphetamine, cocaine, crack, crack, downers, alcohol, etc. The test, however, will not detect steroid use. In May, 1990, our drug committee voted to select at random urine samples that will be given an anonymous screening. We are now able to detect any abnormal changes in drug use. The rights of students to privacy are fully protected.

Steroid use is not only an issue of health and safety but a moral issue as well. The use of steroids is a violation of the principles upon which our sport is based. The values of fair play, self-discipline, and the desire to improve oneself are the hallmarks of any true athletic endeavor.

We are the only high school district in the nation doing this. Finally, this article will explain our reasons.

It is a known fact that recent pharmacuetical advances and the easy access to a great variety of potential harmful drugs. Federal officials estimate that over two million users of anabolic steroids are currently using anabolic steroids. So far as we know, we are the only high school district in the country doing this. Finally, this article will explain our reasons.

First, we organized a mandatory coaches meeting where Felix Negro, M.D., spoke about the dangers of Steroid Abuse. Next, in meetings with our various teams we informed them that we would be testing for steroids as of September, 1990. Lastly, we attacked the most obvious obstacle in our path, the cost of testing the 700 students. As you can see, the cost of steroid abuse is substantially more than a regular urine test. Fortunately Dr. David Lewis, director of seven drug abuse hospitals in the Los Angeles area and medical consultant to our existing program, offered to underwrite the random testing of those athletes most prone to steroid programs.

In summary, our district has faced one of the most controversial issues in high school athletic programs. Five years ago we faced the combination of contradictory court rulings, the questionable validity of urine screening tests, and the perplexing issue of drug abuse. Last year, we confronted the steroid problem. We admit that it would have been easier to ignore this problem rather than confront it. But, in the words of Louis Haight Herrington, “The war on drugs must not be won alone by soldiers in the jungles of South America or by police officers in the alleys of our cities. Drug use can be fought there, but the war must be won in the conscience, the attitude, and the character of Americans as a people.” Our schools and communities can derive encouragement from the very positive experiences that the Sierra Valley Unified School District has had in organizing and operating its comprehensive drug prevention plan.

Any person wishing further information on our plan can call Royal High School and request literature detailing the specifics of our plan.

COMMISSIONER'S CORNER (Continued from page 2)

The purpose of Section 3, B of project scope, the painters start all over just as soon as the job is done.

Philosophically, I am drawn to the new four-year cycle, which I believe will promote league stability, reduce tension among neighbors, and the constant taking of the lead in the Oriole division. I believe the figure is really closer to 14 percent, and that two thirds of the students start taking the drug before they are 16. Al Forthmann of the Glendale Unified School District says, “I estimate that thirty to forty percent of the students in the California have students using steroids.” According to the Michigan study, “Sudden death and cardiac arrest among players, and the growing more prevalent among young athletes and drugs are used are usually involved. There is no way to predict the severity of where suicide was linked to steroid use.

The CIF Southern Section Hall of Fame Recognition Award will have two names added to its list of recipients this spring, with the induction of Maynard Horst of Mark Keppel High School and John Patrick of Alhambra High School.

The CIF-SS Hall of Fame Recognition Award was created in 1984 to bring public recognition to the numerous individuals who have contributed directly to the advancement of interscholastic athletics within the geographic boundaries of the organization.

This special award provides a tribute to individuals who have displayed commitment, dedication and excellence in the interscholastic athletic community over an extended period of time.” points out Stan Thomas, Commissioner of Athletics. “On behalf of our member schools, congratulations are in order for these most deserving recipients for their many years of outstanding service.”

A biographical look at the 1992 inductees follows.

MAYNARD HORST
Perhaps the most prestigious honor a school and community can bestow upon a coach is to officially name one of its athletic facilities after him. In recognition for a virtual lifetime of dedication and effort, Mark Keppel High School and the Alhambra Unified School District made such a tribute, when it dedicated the school’s new gymnasium as “Maynard Horst Field” on March 9, 1991.

During a 17-year coaching career, Horst earned a place among the elite of the profession and was named the World War II-era U.S. Naval aviator. Patrick began his teaching career as a physical education instructor at Alhambra High in 1944. He immediately became the school’s athletic director in addition to coaching assignments in varsity football, varsity baseball and JV basketball. In 1960, he was named head coach of the varsity football team and guided the Moors to a Pacific League championship in 1965. Under his efforts, he was named the Pacific League and San Gabriel Valley Coach of the Year. Throughout his career, Patrick was active in many athletic endeavors, both on and off the Alhambra High School campus. In addition to serving as the school’s physical education department chairman, he founded the Pasadena Chapter of the National Football Foundation and Hall of Fame; worked to establish the annual NFF San Gabriel Valley All-Star Football Game; served on the charter board of directors the Fellowship of Christian Athletes; was a West-Coast scout for the Penn State University football program; and was actively involved in the California Football Coaches Association, the USC Football Alumni Association and the U.S. Naval Academy Foundation.

Born in Chicago, Patrick attended Schenley High School in Pittsburgh, Pennsylvania, where he was an accomplished student athlete. He attended Duquesne, where he played baseball and was an NCAA divisional football finalist. Patrick graduated with a bachelor’s degree in physical education.
CATHCART ADDS TO CIF-SS DUTIES

Scott Cathcart, CIF Southern Section Director of Media and Public Relations, will expand his duties with the organization in the 1993-94 school year, serving as administrator in the sports of water polo and badminton.

Cathcart, who also coached the CIF Southern Section staff in 1984, is currently responsible for all media credentials, press releases, media operations at championship events, maintenance of all-time records and production of several office publications including the CIF-SS Yearbook.

A 1977 graduate of Fresno State, Cathcart completed his master's degree in education at Arizona Pacific University this past January. The Santa Barbara High School grad is a former football coach at Santa Barbara City College (1977-79) and assistant director of sports information at Cal State Long Beach (1982-84). He is also a certified CIF football and basketball official.

EXECUTIVE MINUTES (Continued from page 10)

was recommended that a plan be submitted with reference to the supervision of all athletic contests. It should be noted that a plan of supervision for all contests, with the important of course, as in the CIF-SS Yearbook, was submitted and accepted by the Committee.

9. AAF PROGRAM - The Committee reviewed the background information submitted by Earl Engstrom, CIF-SS's (as of AAF) note reference to the AAF's competition clinics conducted in the sports of soccer and track and field.

10. YUCAPA HS VOLLEYBALL GAME DAY - Karen Holz reviewed a request from Yucapa HS with reference to a physical education game day in the sport of volleyball for those schools not involved in CIF volleyball activities. It should be noted that in connection with the CIF-SS Executive Committee, the request to conduct the program has been granted a conditional approval for 1992 only, and the CIF-SS is in the process of developing a new-by-law which will provide complete guidelines to member schools with reference to special events of this nature.

11. STATE CIF REPORT - Dr. Robert Tucker reviewed with the Committee the upcoming State CIF elections for the State CIF Executive Committee. Following discussion, it was moved, seconded and passed that a recommendation be forwarded to the Southern Section Council to send the CIF-SS delegates to the State CIF Federated Council meeting with reference to:

12. CSROW WAIVER REQUEST - The Committee received a request from California School for the Deaf (Redwood) school seeking a waiver of Artic. 15, Section 4920 of the CIF bylaw to allow for 5 Sunday practices for members of the football team in September. Following discussion, it was moved, seconded and passed to deny this request.

13. COMMUNICATION - ABC SCHOOL - SENIOR MEMBER, ROB HUGHLIT - The Committee reviewed letters to the CIF-SS Office from ABC School regarding senior Bob Hughlit. Following discussion, it was moved, seconded and passed to take no action.

14. NEW MEMBERSHIP - It was moved, seconded and passed to approve membership for Oak Grove High School (O.C.).

There being no further business to come before the Committee, the meeting was adjourned at 3:40 p.m.

Submitted by
DEAN CRAWLEY, ASSOCIATE COMMISSIONER
Approved by
NYMAN THOMAS, COMMISSIONER OF ATHLETICS

PLAFFY GROUPS (Continued)

GIRLS VOLLEYBALL

DIVISION I

1. Century
2. Desert
3. Moorpark
4. Los Padres
5. Mission Valley
6. Mountain View
7. Orange
8. Rancho
9. Foothill
10. Thousand Oaks
11. Newbury Park
12. Tri-Valley
13. Saugus
14. Pacific
15. Sierra
16. Sunset
17. Westlake
18. El Toro
19. Temescal Valley
20. Thousand Oaks

DIVISION II

1. Aliso
2. Santa Ana
3. Corona
4. Saugus
5. Hart
6. Canyon
7. Valencia
8. Canyon
9. Chaminade
10. Sierra

DIVISION III

1. Baseline
2. Los Angeles
3. Burroughs
4. Orange
5. Ocean
6. Skyline
7. San Juan
8. San Gabriel Valley
9. San Dimas
10. La Habra

DIVISION IV

1. Century
2. West
3. La Habra
4. South Coast
5. Sierra
6. Saugus
7. Valencia
8. Westlake

DIVISION V

1. Aliso
2. Santa Ana
3. Corona
4. Saugus
5. Hart
6. Canyon
7. Valencia
8. Canyon
9. Chaminade
10. Sierra

CROSS COUNTRY

DIVISION I

1. Thousand Oaks
2. Oak Park
3. Vista
4. Newbury Park
5. Saugus
6. Westlake
7. Saugus
8. Westlake
9. Thousand Oaks
10. Oak Park

DIVISION II

1. Thousand Oaks
2. Oak Park
3. Vista
4. Newbury Park
5. Saugus
6. Westlake
7. Saugus
8. Westlake
9. Thousand Oaks
10. Oak Park

DIVISION III

1. Thousand Oaks
2. Oak Park
3. Vista
4. Newbury Park
5. Saugus
6. Westlake
7. Saugus
8. Westlake
9. Thousand Oaks
10. Oak Park

DIVISION IV

1. Thousand Oaks
2. Oak Park
3. Vista
4. Newbury Park
5. Saugus
6. Westlake
7. Saugus
8. Westlake
9. Thousand Oaks
10. Oak Park

BOYS/GIRLS BASKETBALL

Basketball groups areBY ENROLLMENT (in per State CIF Rules). The enrollment divisions are for the 1992-93 season only. The enrollment divisions are for the 1992-93 season only. The enrollment divisions are for the 1992-93 season only. The enrollment divisions are for the 1992-93 season only.

DIVISION I - 2,001
DIVISION II - 1,500-1,999
DIVISION III - 1,001-1,499
DIVISION IV - 1,000 - 999

BOYS CROSSTOWN

DIVISION I

1. Thousand Oaks
2. Oak Park
3. Vista
4. Newbury Park
5. Saugus
6. Westlake
7. Saugus
8. Westlake
9. Thousand Oaks
10. Oak Park

DIVISION II

1. Thousand Oaks
2. Oak Park
3. Vista
4. Newbury Park
5. Saugus
6. Westlake
7. Saugus
8. Westlake
9. Thousand Oaks
10. Oak Park

DIVISION III

1. Thousand Oaks
2. Oak Park
3. Vista
4. Newbury Park
5. Saugus
6. Westlake
7. Saugus
8. Westlake
9. Thousand Oaks
10. Oak Park

DIVISION IV

1. Thousand Oaks
2. Oak Park
3. Vista
4. Newbury Park
5. Saugus
6. Westlake
7. Saugus
8. Westlake
9. Thousand Oaks
10. Oak Park

RHONDA FRAZIER JOINS CIF-SS OFFICE STAFF

Rhonda Frazier, a December 1991 graduate of California State University, Long Beach, has recently joined the CIF Southern Section staff as a desktop publishing assistant. She will be responsible for typesetting, designing, and producing many in-house publications.

Frazier began her career in the field of journalism at Millikin High School in Long Beach, where she acted as an editor on both the school newspaper and yearbook. In addition, she served in various leadership roles throughout high school, through involvement in such organizations as the Anchorage Police Women’s Club, Delta Gamma, and the National Honor Society. She was also a member of the High School Journalism, the National Honor Roll, and Drill Team.

Continuing to pursue a career in the area of desktop publishing and public relations, Frazier served as agn.

Frazier is the daughter of Shirley Frazier, who has served as the CIF-SS Director of Budget and Finance since 1975.

Note: full and unit-year circuits of CIF Southern Section page groupings will be split in half and identified as “A” (upper half) and “B” (lower half).
CIF/DODGERS/ADHOR FARMS 1992 SHAKE FOR SPORTSMANSHIP AWARDS PROGRAM

Perhaps the most meaningful of all CIF Southern Section activities during the 1991-92 school year was conducted at Dodger Stadium on May 20, as 64 member schools were honored in the 10th annual "Shake For Sportmanship" Awards Program. Once again, the program was co-sponsored by Los Angeles Dodgers and Adhor Farms Dairy.

"On behalf of the member schools and student athletes of the CIF Southern Section, we salute both the Dodgers and Adhor Farms for their outstanding efforts in perpetuating the Shake for Sportmanship Awards," states Stan Thomas, CIF-SS Commissioner of Athletics. "The practice of good sportsmanship, in conjunction with interscholastic athletics, should remain a goal of major importance at each of our member schools. The positive reinforcement provided by this program will serve to emphasize this fact."

The program provides recognition for schools singled out by a vote of their peers - the member schools of their respective leagues - for outstanding sportsmanship conduct throughout the year. Representatives of the winning schools were honored in a ceremony prior to the Dodgers-Chicago Cubs game.

Although each of CIF-SS’s participating leagues are free to establish their own criteria for making the selections, guidelines recommended by the CIF-SS Office include student body participation, enthusiasm, behavior at home and away games, treatment of opponents and attendance of officials. The judging should be based not only on the actions of competitors, but band members, drill teams, pep squads, cheerleaders and student-rooting sections as well.

The awards program also includes the CIF Los Angeles City Section, which singled out six schools to be honored. All told, the program encompasses the athletic programs of well over 500 Central and Southern California high schools.

The CIF Southern Section desires to give pride in the continuing success of this most important program," adds Thomas. "The schools receiving this award are to be commended for the direction provided by their administrative and coaching staffs, and especially for the positive influence of their student body members."

In addition to public recognition at Dodger Stadium, each of the winning schools were provided with an attractive commemorative plaque, supplied by Adhor Farms, for permanent display on campus.

CIF-SS ANGELS/FORD 1991-92 ACADEMIC TEAM CHAMPIONS

In a cooperative effort between the California Angels, Ford Motor Company, and the Murdy Foundation, the CIF Southern Section recognized outstanding teams and individual student-athletes for academic achievement in the seventh annual CIF-SS California Angels/Ford Academic Awards Program. The winners were recognized in a ceremony held prior to the Los Angeles-Chicago White Sox game at Anaheim Stadium April 5.

"On behalf of the member schools of the CIF Southern Section, our hat is off to the Angels, Ford, and the Murdy Foundation for initiating and continuing this most outstanding awards program," said CIF-SS Commissioner of Athletics Stan Thomas.

"Recognition for academic achievement provides positive reinforcement in the form of a worthwhile challenge for our student-athletes."

The team awards, based on cumulative team grade point average, were awarded in 24 sports. To be considered, a CIF-SS member-school team must have accomplished a combined 3.00 GPA on a 4.00 scale in college-prep courses for the first semester of the 1991-92 school year.

An additional component of the program provides each CIF-SS member school with the opportunity to single out a boy and girl individual as "Student-Athlete of the Year". Recipients must be seniors with a minimum G.P.A. of 3.5 in college-prep courses for the past three years, in addition to lettering in at least one varsity sport and participating in an additional extracurricular activity (music, drama, service group, etc.).

Recognized college-prep courses include communications, English, literature, fine arts, foreign language, mathematics, natural sciences and social sciences. The 1991-92 team champions are known in the adjoining box, the Student-Athletes of the Year follow...

STUDENT-ATHLETES OF THE YEAR

GIRLS

Alia Lons - Kelly Brown, 3.38
Alishek - Jennifer Kuresy, 3.8
Amado - Perci P. Profit, 3.8
Ames - Michael Whitehouse, 3.96
Arrese - Heidi Rasmussen, 3.54
Arroyo Grande - Heather J. Kelley, 4.00
Baker Valley - Mary L. Martinez, 3.88
Banning - Lisa A. Searle, 3.86
Bapst Christian - Stephanie Trumpey, 3.92
Brenda - Lizzy Fang, 4.00
Bishop Montgomery - Minnie Martinez, 3.95
Bohls - Lisa N. Quech, 3.64

see ACADEMIC AWARDS page 16
PHYSICAL PREPARATION KEY TO ATHLETIC SUCCESS

Many athletes and coaches is it common belief that this is the result of unexpected mistreatment. Although in many cases there is truth to this statement, injury can also be the result of poor or improper physical preparation.

The concept that should be adopted is prevention, which involves the identification of the most significant factors that contribute to the occurrence of physical trauma.

Weight training is just one of many facets of the athletic training program. It is important to convey sound and safe movement experiences for the athlete.

One example of this concept is the application of the SAIID (Specific Adaptation to Imposed Demands) principle. That is, we should apply physical stresses and workloads that are similar to the athlete's specific sport or event. In this way, the conditioning or preparation portion of the participant's year plan.

Another important aspect of successful sport movements will reveal coordinated movement and balance among the body's major segments and links. This concept is called muscle harmony, and it refers to performance when the body moves under control, and is efficient in producing power for a specific action.

If coaches are to follow the sound concept of the SAIID principle, it would only make sense to construct a weight training regimen that will allow the athlete to test his coordination, use the major segments and links of the body together, and develop the concept of muscle harmony.

In the weight room, the best method is to use multiple-segment free weight or weightless exercises. Most athletes agree that these exercises are those that require two or more joint movements in order to complete the movement. The most successful exercise programs are: the power clean, the squat, bench press, pull-ups or pulldowns, the military press, and other numerous movements.

The completion of exercises like these require the "prime mover" (the muscles that directly use the exercise) and the "synergists" (the muscles that assist or help stabilize certain joints) to work together. Workouts like these will allow an athlete could ever dive over the goal line, pitch a softball, spike a volleyball, or swim freestyle in the pool. If there were prime movers and synergists.

These exercises assist in the development of the body's muscles, especially the large, slow and abdominal regions, since they are the muscle groups that stabilize the athlete as they perform the exercises. Strength in these groups is critical for athletic success, since it is through these muscle groups that the upper body is lifted, thrown, or lifted, when throwing, lifting or blocking, and so on, and other sport related actions.

As a coach or athletic administrator, you can at all times provide your students with multiple-segment exercises. This is not to say simple joint or polyarticulated resistance. Kits, equipment does not have its place in the athletic environment. These movements are necessary and beneficial for the elementary student that may have extreme difficulty in performing multiple movements.

Many schools have limited facilities and resources for their athletes, but the type of equipment does not always have to be as expensive or hard to afford. Many facilities are by far the most affordable and easiest to implement. Any questions regarding equipment and exercise variations should be directed towards a certified strength and conditioning professional. This professional will vary because of facility time, and personal restrictions, therefore any attempt to cover exercises sets, reps, et al., would be producing a "cookbook" effect that in many cases, not be of benefit to programs that have been already established.

When all components of a conditioning program are put together, it is important to note that there is a basic plan for all sports. It is during the season and playoff athletes and coaches have to attempt to achieve peak performance. It is critical that all involved, athlete, coach, and trainer work together to construct a year plan for all athletes. This plan will help all enjoy a season that is not only successful in terms of victories, but few in injuries and competition for all.