

**CIF**  
SOUTHERN  
SECTION

# CIF-SS BULLETIN



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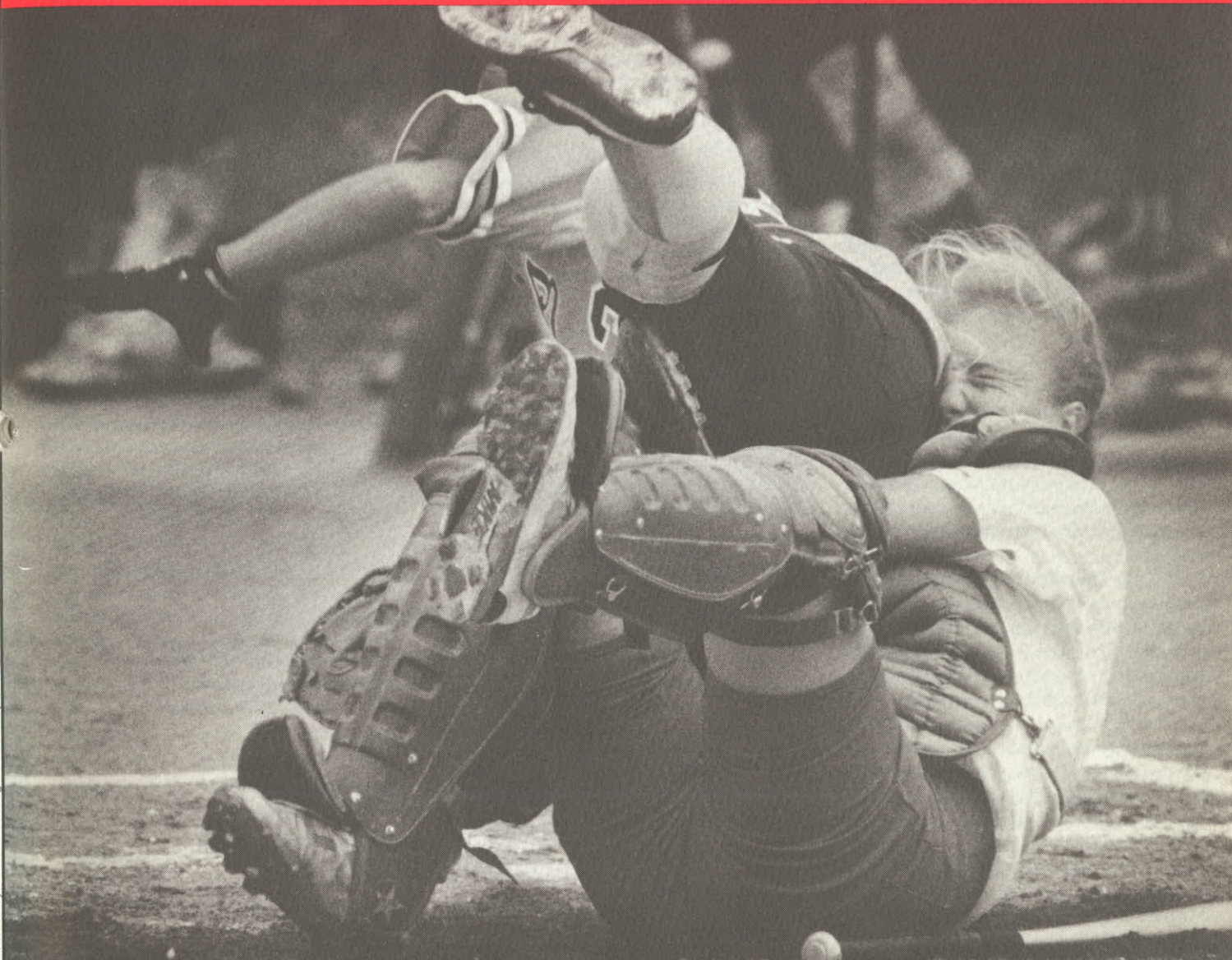


Photo by Mark Pickering, Simi Valley Enterprise

**REEBOK — PRIMARY TITLE SPONSOR, STATE CIF**

**GATORADE, CONLIN BROS.**

**MAINTAIN**

**CIF-SS SUPPORT**

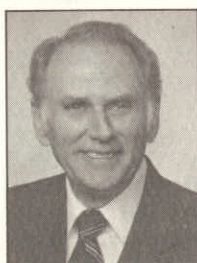
see CORPORATE page 3

*Conlin Bros.  
Sporting Goods*



*Sewing High School Athletics  
Since 1913*

## COMMISSIONER'S CORNER



### RELEAGUING CYCLE REVISED

By Stan Thomas  
Commissioner of Athletics

Administrators, league officials and member-school principals — even present and former commissioners — would agree that determination of league memberships and the groupings for post-season playoffs are among the toughest decisions our organization is responsible for making. League alignments and playoff groupings are the essence of our competition. They have profound effect on every sport, every school and every student.

At its meeting of April 30, the CIF Southern Section Council approved a major constitutional change, when it adopted a four year — rather than two year — cycle for relegating. The new process will not take effect until 1994, as league memberships for the next two years were ratified under the established system earlier this year.

The CIF Southern Section has prided itself in the democratic process by which league memberships are determined. According to the Blue Book, they should be based upon *recommended* criteria to include school enrollment, geography, competitive equity (i.e., strength of program) and sport participation (i.e., similarity of sports offered). These criteria are broad-based by design, allowing administrators latitude in finding the best solutions for schools in their local areas.

For those who may not know, the process for relegating and playoff groupings involves a system of proposal and appeal. Every school has a voice, every league can make its point. But the development of a meaningful proposal can take a tremendous amount of study and processing time; appeals must be scheduled, heard and evaluated. When majority vote determines the final outcome, bureaucracy, lobbying and politics will obviously affect the outcome.

It has been said the two-year relegating process is akin to painting the Golden Gate

see COMMISSIONER'S CORNER page 6

## EXECUTIVE COMMITTEE MINUTES

### April 9, 1992

The April meeting of the CIF-SS Executive Committee was called to order by president Dr. Tom Jacobson at 1:20 p.m. on Thursday, April 9, in the Conference Room at Anaheim Stadium. All members were present with the exception of Debra Bradley, Father Bill Brelsford, Jim Fleming, Cynthia Grennan, Don Hagen, Sheri Ross, Maureen Sanders and Andy Patterson.

**1. PRESIDENT'S UPDATE** — Dr. Tom Jacobson reviewed details of the June and August Executive Committee meetings and the upcoming retirement dinner honoring Dr. Robert Packer.

**2. COMMISSIONER'S UPDATE** — Commissioner Stan Thomas discussed academic awards presentations held at Anaheim Stadium, as sponsored by the California Angels and Ford Corporation. He also reviewed a recent hearing involving a Simi Valley baseball player; the rejection by the Section Relations Committee with reference to the forming 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** — Rich Ramirez, Boys A.D. Representative, discussed with the Committee, the State A.D. meeting held in Palm Springs and the ongoing budget crisis affecting member schools.

**4. TREASURER'S REPORT** — Ken Gunn, Treasurer, updated the Committee on the 1991-92 budget with reference to the playoffs in the sports of basketball, soccer and wrestling.

**5. ORANGE COUNTY SECTION REQUEST** — Dr. Gary Smidderks updated and reviewed the Southern Section presentation to the Section Relations Committee, resulting in a 6-2 vote in opposition to the formation of an Orange County Section.

**6. STEEL MARKETING PARTNERS** — Gary Smidderks reviewed with the Committee discussions

and plans currently under way with Steel Marketing in San Diego with regard to a possible statewide marketing plan.

**7. SANTA BARBARA HEARING** — Dr. Tom Jacobson reviewed background information with reference to the Santa Barbara High School hearing into alleged violations of Rule 510 (undue influence) and Rule 212 (foreign exchange students). As a result of the findings by way of evidence presented, the Committee determined that Santa Barbara HS was in violation of Rule 510. As a result of this determination, Santa Barbara HS will take action to improve its communication between administration and the athletic department; the school district is to review the housing of athletes entering the school; the CIF-SS Office will provide an in-service to the athletic staff specifically dealing with eligibility and rule 510; 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 1991-92 school year and the 1992-93 school year, with special attention being given to Rules 212 and 510; and that a progress report be submitted to the CIF-SS Executive Committee at its meetings of June, 1992, January, 1993, and June, 1993.

**8. COAST CHRISTIAN HS** — Dr. Gary Smidderks reviewed with the Committee a hearing held with reference to allegations of improprieties and the Coast Christian athletic program, specifically the sport of basketball. From evidence presented, the panel determined that part of the Coast Christian HS athletic planning provide for appropriate supervision of all athletic contests and that Coast Christian HS pay \$444.64 to Antelope Valley Christian HS immediately for damages to the Antelope Valley HS bus. Further, it see EXECUTIVE MINUTES page 10

## California Interscholastic Federation Southern Section

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Duarte Unified, Past-President

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Walnut High School, Treasurer

Mr. Stan Thomas, Commissioner of Athletics

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Mr. Scott Cathcart  
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## CORPORATE

### GATORADE, CONLIN BROS. CONTINUE CIF-SS SUPPORT

The member schools of the CIF Southern Section have been fortunate over the past several years to have the loyal support of corporate sponsors such as Gatorade Thirst Quencher and Conlin Brothers Sporting Goods, companies that have maintained interest and commitment to the institution of interscholastic athletics.

"These fine organizations have displayed a consistent willingness to support the total interscholastic athletic program of the CIF Southern Section," notes Stan Thomas, CIF-SS Commissioner of Athletics. "Speaking on behalf of our member schools and student athletes, we are most grateful for their participation as sponsors. We look forward to furthering our commitment to the promotion of their products in the high school community."

Gatorade, the "Official Thirst Quencher/Sport Beverage of the CIF Southern Section," has been involved with the CIF-SS since 1983. In addition to its financial

support as a member of the CIF-SS Corporate Team, the company has generously provided its popular team coolers, product mix and cups to CIF-SS finalists in several sports. Currently, the CIF-SS is in the midst of negotiating a continuation of its current sponsorship agreement with Gatorade.

"Gatorade is quite proud of its longtime association with the CIF Southern Section and we are pleased to continue our support of its fine efforts," says Greg Via, Senior Manager of Sports Marketing for the Quaker Oats Company, maker of Gatorade Thirst Quencher. "The CIF Southern Section, whose activities benefit so many young athletes each year, is an important association for Gatorade. We are pleased that Gatorade's support helps the CIF-SS continue to provide the participants in its many programs with the quality sports opportunities they deserve."

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## RULE REVIEW

### TEN EDUCATIONAL PRINCIPLES OF ATHLETICS



By Dean Crowley  
Associate Commissioner

The close of another school year provides a most appropriate time to reflect upon the worth of our efforts in the administration of interscholastic athletics. During the past nine months, through catastrophic events both natural and man made, member-school athletic programs played on, endured and triumphed, due in large part to a simple but honest spirit of competition in the hearts of the thousands of student athletes for whom we serve.

Considering the near crises situation of school-district budgets and the cloudy economic forecasts in our state, the positive effect that interscholastic athletic programs can have on education must be reaffirmed more than ever. In an article I have saved for over 10 years (published by the Wisconsin Interscholastic Athletic Association in 1982) the reasons why these programs are so important to our youngsters, schools and communities remain as current today as ever. The "Ten Educational Principles of Athletics" that follow equate to answers for the critics who once again would assault interscholastic athletics as an unnecessary "frill" in public education.

The truth is, co-curricular activities such as athletics provide tremendous returns for a minimum investment. Although these programs consume a small fraction of any school budget, the positive values they provide participants are profoundly worthwhile.

### COMPETITION

Athletics and recreation teach the young to be competitive within a given set of rules. They prepare youth for all aspects of life. Recognizing that competition is a dominant feature of our lives, from getting the best deal on a purchase to seeking a job, teaching this trait helps children to see that how you achieve a goal is as important as the achievement of that goal.

### PHYSICAL WELL-BEING

A well directed program will teach par-

see RULE REVIEW page 11

## SUMMER ACTIVITY GUIDELINES

When summertime athletic activity is to be conducted by Southern Section schools, the school involved MUST ESTABLISH appropriate rules and procedures regulating the initiation, implementation, maintenance, monitoring and 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 with the APPROVAL OF THE PRINCIPAL ONLY.

Please note CIF-SS Blue Book rules 1423 (football) 1512 (track and field/cross country); 1610 (swimming and diving); 1710 (wrestling); 2010 (water polo); 2109 (gymnastics); 2211 (volleyball); 2308 (badminton); 2411 (baseball); 2510 (field hockey); 2608 (golf); 2710 (soccer) and 2809 (tennis).

For summer services by coaches, compensation of fees may be made by the district office, the ASB through the principal, or duly-licensed community organizations such as the Department of Parks and Recreation, etc. It must be understood that coaches may not be paid directly by special interest groups, individuals, parents or booster clubs.

Member-school administrators should take special notice of the new summer "dead" period, adopted by the CIF-SS

Council at its March 26 meeting and slated to be in effect this summer. The moratorium on school-based athletics will be in effect from Monday, Aug. 3 until the first official starting date for fall sports (Aug. 24). During the dead period, weight lifting ONLY will be permitted for all sports (no organized running programs or other types of conditioning will be allowed). An exception to the rule will allow water polo and/or cross country teams the option of an earlier dead period (June 29 to July 19), with approval of the principal. Should a summer school program be conducted through the June 29-July 19 period, and should the water polo and/or cross country teams select that period for no contact, no class could be offered in the summer school program to circumvent the rule.

Remember that CIF-SS member schools may not start summer competitive activities until such time as the current school year is completed and the school is closed for the summer. The only exception to this rule would be the Watts Summer Games, sponsored by the Los Angeles Junior Chamber of Commerce.

If you should have any further questions or concerns regarding summertime competition or school-sponsored athletic programs, please feel free to contact any administrator at the CIF-SS Office.

## CIF SOUTHERN SECTION COUNCIL MINUTES

### March 26, 1992

The March meeting of the CIF-SS Council was called to order by Dr. Tom Jacobson at 9:10 a.m. on Thursday, March 26, 1992 at the Sequoia Athletic Club. All leagues were present with the exception of Camino Real, Christian, Coast Valley, Heritage, Liberty and Sunshine.

**1. MINUTES** - It was moved, seconded and passed to approve the minutes of the CIF-SS Council meeting of January 16, 1992 as mailed, and the minutes of the Executive Committee meeting of February 19, 1992 as mailed.

**2. STATE FEDERATED COUNCIL UPDATE** - Dr. Robert Packer reviewed items that will be under discussion at the State Federated Council meeting of May 8/9, 1992 to be held in San Francisco. Items included a proposal dealing with the formation of an Orange County Section, a State marketing plan, a report of the State Nominating Committee, proposed amendment to Article 2, section 25, modification of By-law 303, modification of By-law 1405, CBED three-year calculation for State playoffs, and the proposed 1992-93 State budget.

**3. OFFICIALS FEE PROPOSAL** - Gary Norton, Chairperson of the Officials Fee Committee, presented a recommendation of the Committee dealing with officials fees for the 1992-93 school year, which included no fee increase for the 1992-93 school year, with a recommendation for a travel increase from 18 cents to 22 cents per mile. This will be an action item and will be voted on by the Council at its meeting in April.

**4. BLUE BOOK COMMITTEE RECOMMENDATIONS** - Mr. Bruce Kitchen, Chairman, presented the recommendations of the committee for inclusion in the CIF-SS Blue Book for the 1992-93 school year. Recommendations included a statement to be included under Rule 526 regarding the prohibition of tobacco products at Southern Section athletic contests; a recommendation that medical guidelines for athletic injuries be developed and that article 7, rule 70.5 dealing with membership on the Executive Committee be amended to include exceptions to that rule for State Superintendents' Representative and the At-large Representative. Additionally, it was recommended that incoming eighth graders have an opportunity to participate in group physical examinations at the high school as determined by their residence; that a Q & A regarding relegating procedures be placed in the Blue Book with reference to schools that have not opened during the relegating process be allowed a vote in the area relegating process. The Committee recommended that the Blue Book be modified and revised to have each sport in alphabetical order by season of sport. It should be noted that these follow State Rules and a favorable vote by the Southern Section Council would only be a recommendation to the State body. These are non-action items and will be voted on by the council in April.

**5. CIF-SS 1992-93 PROPOSED BUDGET** - Treasurer Ken Gunn reviewed with the Council the proposed 1992-93 budget. This is a non-action item and will be voted on by the Council at the April meeting.

**6. NOMINATING COMMITTEE REPORT** - Dr. Andrew MacTaggart, Chairman, reviewed recommendations for representatives on the CIF-SS Executive Committee. The following names were placed in nomination:

#### PRESIDENT-ELECT

Dr. Ken Gunn, Principal, Walnut HS

Ms. Maureen Sanders, Principal, Paramount HS

#### TREASURER

Mr. Ray Monti, Principal, Quartz Hill HS

Mr. Tom Triggs, Principal, La Habra HS

SUPERINTENDENTS REPRESENTATIVE

Dr. Ron Franklin, Redlands Unified School Dist.

Dr. Dean Smothers, Chaffey Union HS Dist.

AT-LARGE REPRESENTATIVE

Ms. Enda Herring, Principal, Eisenhower HS

GIRLS' A.D. REPRESENTATIVE

Mr. Donn Clickard, A.D., Atascadero HS

Ms. Donna Gunstream, A.D., El Monte HS

FOOTHILL AREA REPRESENTATIVE

Mr. Frank Cano, Principal, Alhambra HS

Mr. Jim Douglas, Principal, Schurr HS

Mr. Don Duncan, Principal, Hoover HS

MT. SAC AREA REPRESENTATIVE

Mr. Paul Breit, Principal, Garey HS

Dr. Linda Harding, Principal, Los Altos HS

Mr. Clay Hess, Principal, Glendora HS

Mr. Paul Ward, Principal, Rancho Cucamonga HS

ORANGE COUNTY AREA REPRESENTATIVE

Mr. Tom Triggs, Principal, La Habra HS

Mr. Gary Norton, Principal, Irvine HS

**7. GEOGRAPHICAL REALIGNMENT COMMITTEE** - Mr. Ron Barney, Chairperson, reviewed proposals of the Committee that were discussed at hearings held in January. It should be noted it was the decision of the Committee that re-defining geographical areas should follow the established guidelines as published in the current Blue Book. Additionally, the Committee is recommending that a four-year relegating process be put in place, to begin after the next two-year cycle which would be for the 1994-98 period. This is a non-action item and will be voted on at the April meeting of the CIF-SS Council.

**8. SPRING SEASON OF SPORT CALENDAR** - Mr. Mickey McNamee, representing the Rio Hondo League, presented a proposal that the R & R Week between winter and spring sports will be defined as Monday through Friday only. The purpose of the proposal is to allow the Saturday at the end of the R & R Week to be used as a practice/tryout/conditioning day for all spring sports. If approved, implementation would begin with the 1992-93 sports calendar. This is a non-action item and will be voted on by the Council at its meeting in April.

**9. SUMMER DEAD PERIOD** - Mr. Ron Barney, Chairman of the Season of Sport Committee, reviewed a recommendation with reference to a summer dead period. Following discussion, it was moved, seconded and passed to approve a summer dead period beginning in 1992. It should be noted that the summer dead period will begin on Monday, August 3, 1992 until the beginning of the first official starting date for fall practice, which begins August 24, 1992. An exception to this rule would permit Water Polo and Cross Country a choice of a three-week time period from June 29 to July 19. Should a summer school program be conducted throughout the June 29-July 19 period, no class could be offered in the summer school program which could supercede the rule for water polo and cross country. During the summer dead period, weight lifting only would be permitted for all sports. No running or other type of conditioning would be allowed during this dead period. Due to the late adoption of this rule for the summer of 1992, schools committed to summer programs that will be in conflict with the dates of the dead period, would be given a waiver of this rule for the current 1992 summer only. This waiver would be granted by the CIF-SS Office

only. Following discussion, it was moved, seconded and passed to approve the proposal.

**10. SEA VIEW LEAGUE PROPOSAL** - Mr. Duffy Clark, Principal of Tustin HS and representing the Sea View League, reviewed an addition to By-law 2940 dealing with the number of entries in the playoffs. Following discussion, the proposal was defeated.

**11. SEA VIEW LEAGUE FOOTBALL PLAYOFF PROPOSAL** - Mr. Duffy Clark, Principal of Tustin HS and representing the Sea View League, reviewed a proposal that schools in the sport of football compete in the playoffs following CBED enrollment criteria. Following discussion, the proposal was defeated.

**12. CENTURY LEAGUE 510 REQUEST** - The Council reviewed a recommendation from the Century League that under the provisions of Rule 510 (undue influence), schools be allowed to conduct physicals for eighth graders prior to their graduation and the close of the school year. Following discussion, it was moved, seconded and passed to table the proposal in order to develop proper language that could be included in the 1992-93 CIF-SS Blue Book.

**13. PRESIDENT'S UPDATE** - Dr. Tom Jacobson commended the office staff for the successful winter sports playoffs. Additionally, he discussed with the Council the financial impact the schools are facing and suggested that ideas be shared at the next meeting of innovative ideas that schools are using to reduce expenses in athletic programs.

**14. COMMISSIONER'S UPDATE** - Commissioner Stan Thomas discussed potential restructuring of State organization in terms of athletic programs, the impact of litigation and the involvement of attorneys in hearings and the effect this is having on the Section, issues facing all school personnel including finances and the direction schools are going to take with regard to interscholastic athletic programs.

**15. TREASURER'S REPORT** - Treasurer Ken Gunn reviewed with the Council the 1992 working budget. He announced that Cope Junior High School is no longer a member of the CIF Southern Section.

**16. STATE FEDERATED COUNCIL REPORT** - Dr. Robert Packer reviewed action items passed at the February meeting of the State Federated Council, which included:

1. Modification of By-laws 510 (adds definition of undue influence); 204 (combines By-laws 204, 205, 206A); 222 (combines By-laws 221, 222).
2. Deletion of Bylaw 309 (making athletic competition travel the province of local school and school district).
3. Complaint process for sex-bias concerns (with proviso that task-force be formed to make modifications reflecting Council concerns).
4. Multi-campus status for Bell Gardens, Corona del Mar, Montebello and Yucaipa High Schools (Southern Section).
5. Corporate Support Adhoc Committee empowered to formulate specific proposals regarding implementation of CIF Marketing Plan.

There being no further business to come before the Council, the meeting was adjourned at 11:50 a.m.

Submitted by  
DEAN CROWLEY,  
ASSOCIATE COMMISSIONER

Approved by  
STAN THOMAS  
COMMISSIONER OF ATHLETICS

## CIF-SS HONORS EIGHT CONTRIBUTORS WITH GOLD LIFE PASS AWARD



CIF-SS GOLD LIFE PASS HONOREES — (Seated, left to right) Jim Ryan, Dr. Jack Fox, Sam Harvey. (Standing, left to right) Don Montgomery, Warren Winchester, Gene Knott, Mike Shanahan. Not pictured: Tom Hamilton.

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 initiated in 1952, with the first presentation going to Mr. Seth Van Patten, 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 whose 20-year career as a principal included stints at Orange, Villa Park and Anaheim Canyon High Schools, Dr. Jack Fox was devoted to the maintenance, growth 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 office operations 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 Plutko 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. For a time in the 1970s, Fox and H.L. Looney of Troy High School comprised the relegating committee.

To help improve communications in Orange County, Fox joined with Southern Section Administrator Lou Joseph in establishment of the Council of League Presidents and Representatives. He served as chairman of the committee in its first two years. One of Fox's major accomplishments was the motion to change from 16 to 32-team brackets for the football playoffs, allowing for greater participation and leading to the current system.

#### TOM HAMILTON

In a career spanning 35 years, Tom Hamilton served as head football coach and athletic director at Pasadena High School, providing exemplary service to literally thousands of youngsters in the community of Pasadena.

As a football coach, Hamilton's teams won a number of league championships and became a fixture in the post-season playoffs. Many of his players went on to play football and further their education in

college programs and seven reached the ranks of the National Football League. In his position as athletic director, Hamilton provided a broad-based program for the young men and women of PHS. His leadership helped the Pasadena Unified School District through serious budget constraints and a changing student population. He spent countless hours raising money for the athletic program, in addition to upgrading the school's facilities with his own time, money and hands.

Not only did Hamilton dedicate himself to the PHS athletic program, he represented the Pacific League and served on several CIF-SS committees as well. He is recognized by colleagues as a man who provided young coaches and student-athletes with a model of moral ethics. He believed in following the rules and was an effective counselor to students and families.

#### SAM HARVEY

A long-time proponent of interscholastic athletics, Sam Harvey served the students of the Glendale Unified School District for 40 years, the final 21 as Principal of Glendale High School.

Throughout his career, Harvey enjoyed being with students and participating with them in various endeavors. At Glendale High, he took a special interest in the

see LIFE PASS page 14

## STEROID ABUSE CAN BE CHECKED IN HIGH SCHOOL ATHLETIC PROGRAMS

by Terry Dobbins  
Athletic Director, Royal High School

Since September of 1987, the Simi Valley Unified School District has operated a highly successful district-wide voluntary drug program. Between 90-95% of the students involved in extracurricular activities including all athletic teams, leadership, drama, speech and debate, band, cheerleaders, and drill team have chosen to participate. This program has received many accolades including presentations at the CIF Southern Section Athletic Administrators Symposium, and the White House Conference on Drugs both in Los Angeles and Washington, D.C. It has been designated an exceptional program by both the State and Federal Departments 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, heroin, cocaine, crack, uppers, 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 a more sophisticated test capable of recognizing anabolic steroids. So far as we know, we are the only high school district in the country doing this. Hopefully, this article will explain our reasons.

It is a known fact that recent pharmaceutical advances offer contemporary athletes easy access to a great variety of potentially harmful drugs. Federal officials estimate that over two million people take the drugs and that about 500,000 of them are teenagers. According to a study at Penn State University, more than six percent of male high school students in America have taken steroids. A 1990 study compiled by the Michigan Department of Education put the percentage at eight percent. Other prep observers say that both numbers are low. The American College of Sports Medicine believes the figure is really closer to 18 percent, and that two thirds of the users 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 football teams in California have students using steroids." According to the Michigan study, "Sudden death, heart attacks or strokes are becoming more prevalent among young athletes and these drugs are usually involved. There is at least one case in Michigan where suicide was linked to steroid use."

Anabolic steroids are consumed not only by power athletes (e.g. football players, athletes in track and field events, etc.), but also by endurance athletes (e.g. swimmers, distance runners, etc.). Steroids are regarded by users to be another advance in training methods. They use them the same way they use new food supplements or concepts in sports psychology. They claim that they must use them to achieve a competitive edge and obtain a college scholarship. They know the possible side effects but view them to be at worst worthwhile risks.

Obviously, these facts and the complications arising from steroid use should be enough to scare any clear-thinking athletic administrator to death. Our district committee, having reviewed the data, came to two overpowering conclusions:

- (1) The spirit of true sportsmanship is incompatible with the use of steroids. It is wrong for administrators to tolerate a system where only those who cheat, succeed. When that happens, we are rewarding the values that should not be associated with sports.
- (2) By testing for the other abusable drugs and *NOT* testing for steroids we were sending a message to our athletes that we didn't care if they used them or not.

Once we were able to agree on these two basic principles, all other obstacles in our path became measures of our determination.

First, we organized a mandatory coaches meeting where Felix Negron, M.D., spoke to our coaching staff on the "Dangers of Steroid Abuse." Next, in meetings with our various teams we informed them that we

### COMMISSIONER'S CORNER

(Continued from page 2)

Bridge. Because of the project's 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 tensions among neighboring schools and the constant "taking of sides" inherent to the relegating process.

The decision to change to a four-year cycle was supported by section principals four-to-one. The legislation will allow for new schools to join leagues or established schools to change leagues, based upon the unanimous consent of league-member principals.

Plain and simple, the idea of relegating and restructuring of playoff groupings is in the interest of fairness. Fairness of competition, fairness in travel demands, fairness in playoff representation. Unfortunately, the perception of fairness can differ greatly

would be testing for steroids as of September, 1990. Lastly, we attacked the most obvious obstacle in our path — the cost of funding the testing. As you undoubtedly are aware, the cost of a steroid test is substantially more than a regular urine test. Fortunately for us, 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 problems.

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 perniciousness of drug abuse. Last year, we confronted the steroid problem. We admit that it would have been easier to ignore the problem rather than confront it. But, in the words of Louis Haight Herrington, "The war on drugs cannot be won alone by soldiers in the jungles of South America or by police officers in the alleys of our cities. Skirmishes can be fought there, but the war must be won in the conscience, the attitude, and the character of Americans as a people." We truly believe that other schools and communities can derive encouragement from the very positive experiences that the Simi Valley Unified School District has had in organizing and operating its comprehensive drug prevention plan.

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

from one school to another.

As much as we might want it to be, we will never live in a perfect world. Heck, we'll probably never construct a perfect CIF Southern Section, either. With that in mind, we must be willing to adapt to a system that provides the greatest good for the greatest number. I was truly pleased with the process by which our newly established league memberships and playoff groupings were developed over the past year and one-half. Good arguments by caring people came from all sides and, I believe, with the best interest of the kids in mind.

Now that it is all in place, here's wishing the best of luck to every member school and every student athlete in the coming year. The competition figures to be more interesting and exciting than ever. And, since we still have one more of those two-year relegating cycles to deal with, please excuse me while I go get my paint brush.

## MAYNARD HORST AND JOHN PATRICK TO RECEIVE HALL OF FAME RECOGNITION AWARD

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.



John Patrick  
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, devotion 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 School District made such a tribute, when it dedicated its varsity baseball diamond as "Maynard Horst Field" on March 9, 1991.

During a 17-year coaching career, Horst earned respect as one of the most prominent and successful baseball coaches in the

CIF Southern Section. His Aztec horsehiders were a fixture in the playoffs, winning four Pacific League titles and twice advancing to the major-division semifinals. Among the hundreds of baseball players coach Horst instructed were 1967 Cy Young Award-winner Mike McCormick of the San Francisco Giants, Pete Mikkelsen of the New York Yankees and Los Angeles Dodgers, Larry Burright of the Dodgers and New York Mets and Sandy Johnson, currently serving as General Manager of the Texas Rangers.

Horst coached other sports too. His Keppel teams won four "C" Pacific League football championships, four "C" basketball championships and two "D" basketball championships. In all, he coached football at various levels for 15 years, basketball for 10 and varsity baseball for 17.

Horst was also an accomplished sports official, working football and basketball for 25 years. He officiated countless CIF-SS playoff contests, including basketball finals at the Long Beach Arena and the major-division football final at the Los Angeles Coliseum. He was an instructor for both the Southern California Football and Basketball Associations and served as president of the basketball association in 1962. Horst officiated both sports at the collegiate level as well, including junior college, small college and Western Athletic Conference contests.

In 1972, Horst moved into administration, accepting the position of Assistant Principal in charge of Activities at Mark Keppel. Among his many duties was administration of the athletic program, in conjunction with the league and CIF Southern Section. Colleagues and former students alike recognize Horst's 39-year career in education and athletics as a tremendous contribution to his community.

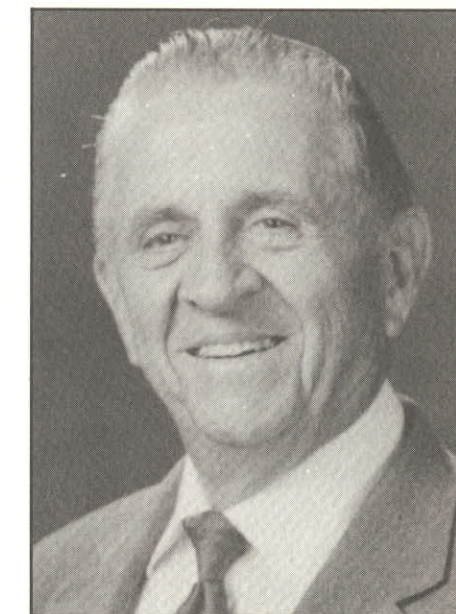
A graduate of Alhambra High School, Horst was an outstanding high school athlete who went on to play baseball at USC. He received his undergraduate degree at USC in 1949. He returned to the Los Angeles campus to earn his master's degree in education in 1958.

### JOHN PATRICK

In a career spanning 42 years, John Patrick shaped the athletic program of Alhambra High School, and had a profound positive educational impact on the thousands of youngsters with whom he worked. His noteworthy achievements in a long and successful career exemplify the standards set by the CIF Southern Section Hall of Fame Recognition Award.

A World War II-era U.S. Naval aviator,

Patrick began his teaching career as a physical education instructor at Alhambra High in 1948. He immediately became the school's athletic director, in addition to coaching assignments in varsity football, varsity baseball and JV basketball. In 1960,



Maynard Horst  
Mark Keppel High School

he was named head coach of the varsity football team and guided the Moors to a Pacific League championship in 1965. For 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 of 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 went on to Penn State, where he played football and was an NCAA divisional boxing finalist. Patrick graduated from Penn State in 1939 and completed his master's degree in education in 1940.

# APPROVED CIF-SS PLAYOFF GROUPINGS — 1992-94

## CO-ED BADMINTON

### DIVISION I

1. Freeway
2. Garden Grove
3. Mission Valley
4. Pacific Coast
5. Sierra
6. Sunset

### DIVISION II

1. Empire
2. Mt. Baldy
3. Ivy
4. Montview
5. Moore
6. Valle Vista

## BASEBALL

### DIVISION I

1. Almont
2. Bay
3. Citrus Belt
4. Empire
5. Marmonte
6. Mission
7. Moore
8. Pacific
9. Sierra
10. South Coast
11. Sunset

### DIVISION II

1. Baseline
2. Century
3. Channel
4. Foothill
5. Freeway
6. Ivy
7. Northern
8. Ocean
9. Orange
10. San Gabriel Valley
11. Sunbelt
12. Valle Vista

### DIVISION III

1. Del Rey
2. Desert-Valleys
3. Garden Grove
4. Golden
5. Mt. Baldy
6. Miramonte
7. Mountain View
8. Pacific Coast
9. Pioneer
10. Sea View
11. Suburban
12. Whitmont

### DIVISION IV

1. Camino Real
2. Frontier
3. Los Padres
4. Mission Valley
5. Montview
6. Rio Hondo
7. San Andreas
8. Santa Fe
9. Sunkist

### DIVISION V

1. Alpha
2. De Anza
3. Delphic
4. Desert Mountain
5. Olympic
6. Prep
7. Skyline
8. Tri-County
9. Tri-Valley

## DIVISION VI

1. Academy
2. Arrowhead
3. Christian
4. Coast Valley
5. Condor
6. Express
7. Heritage
8. High Desert
9. Liberty
10. Metro
11. Valley
12. Victory

## BOYS/GIRLS BASKETBALL

Based on enrollment; see explanation at end of section.

## BOYS/GIRLS CROSS COUNTRY

Based on enrollment; see explanation at end of section.

## FOOTBALL

### DIVISION I

1. Citrus Belt
2. Del Rey
3. Golden
4. Moore
5. South Coast

### DIVISION II

1. Empire
2. Foothill
3. Pacific
4. San Gabriel Valley
5. Sunset

### DIVISION III

1. Almont
2. Bay
3. Channel
4. Marmonte
5. Sierra

### DIVISION IV

1. Baseline
2. Century
3. Ivy
4. Mission
5. Sea View

### DIVISION V

1. Desert-Valleys
2. Mt. Baldy
3. Mountain View
4. San Andreas
5. Sunbelt

### DIVISION VI

1. Miramonte
2. Mission Valley
3. Orange
4. Valle Vista
5. Whitmont

### DIVISION VII

1. Freeway
2. Garden Grove
3. Montview
4. Northern
5. Ocean

### DIVISION VIII

1. Camino Real
2. Pacific Coast
3. Rio Hondo
4. Suburban
5. Sunkist

## DIVISION IX

1. Frontier
2. Los Padres
3. Pioneer
4. Skyline
5. Tri-Valley

### DIVISION X

1. Alpha
2. De Anza
3. High Desert
4. Olympic
5. Santa Fe

### DIVISION XI

1. Arrowhead
2. Desert Mountain
3. Tri-County

## EIGHT-MAN (SM/LG)

To be determined by enrollment and power points.

## GOLF

(No Divisional Play; list below shows leagues competing in the sport.)

1. Almont
2. Baseline
3. Bay
4. Century
5. Channel
6. Citrus Belt
7. De Anza
8. Del Rey
9. Desert-Valleys
10. Empire
11. Foothill
12. Frontier
13. Garden Grove
14. Golden
15. High Desert
16. Ivy
17. Los Padres
18. Marmonte
19. Miramonte
20. Mission
21. Moore
22. Mountain View
23. Northern
24. Orange
25. Pacific
26. Pioneer
27. Rio Hondo
28. San Andreas
29. San Gabriel Valley
30. Sea View
31. Sierra
32. Skyline
33. South Coast
34. Sunbelt
35. Suburban
36. Sunkist
37. Sunset
38. Tri-Valley
39. Valle Vista
40. Whitmont

## BOYS SOCCER

### DIVISION I

1. Baseline
2. Bay
3. Marmonte
4. Pioneer
5. Sea View
6. South Coast
7. Sunset

### DIVISION II

1. Century
2. Channel
3. Citrus Belt
4. Empire
5. Freeway
6. Garden Grove
7. Mt. Baldy
8. Mission
9. Moore
10. Ocean
11. Pacific
12. Pacific Coast
13. Rio Hondo

## DIVISION II

1. Century
2. Channel
3. Del Rey
4. Empire
5. Moore
6. Pioneer
7. San Gabriel Valley
8. Sierra
9. South Coast

### DIVISION III

1. Almont
2. Desert-Valleys
3. Foothill
4. Garden Grove
5. Golden
6. Mt. Baldy
7. Miramonte
8. Mission
9. Northern
10. Orange
11. Pacific
12. Pacific Coast
13. Whitmont

### DIVISION IV

1. Freeway
2. Ivy
3. Mission Valley
4. Montview
5. Mountain View
6. Rio Hondo
7. San Andreas
8. Sea View
9. Suburban
10. Sunbelt
11. Sunkist
12. Valle Vista

### DIVISION V

1. Alpha
2. Camino Real
3. De Anza
4. Delphic
5. Frontier
6. High Desert
7. Los Padres
8. Olympic
9. Pacific
10. Sierra
11. Skyline
12. Tri-Valley

### DIVISION VI

1. Alpha
2. Camino Real
3. De Anza
4. Delphic
5. Frontier
6. High Desert
7. Los Padres
8. Olympic
9. Pacific
10. Sierra
11. Skyline
12. Tri-Valley

## GIRLS SOCCER

### DIVISION I

1. Baseline
2. Bay
3. Golden
4. Mt. Baldy
5. Ivy
6. Mission
7. Ocean
8. Pacific Coast
9. Pioneer
10. Sea View
11. Valle Vista
12. Whitmont

### DIVISION II

1. Camino Real
2. De Anza
3. Desert-Valleys
4. Los Padres
5. Mission Valley
6. Montview
7. Mountain View
8. Rio Hondo
9. San Andreas
10. Sunbelt
11. Sunkist

## DIVISION III

1. Del Rey
2. Foothill
3. Golden
4. Ivy
5. Miramonte
6. Mountain View
7. Orange
8. San Andreas
9. Skyline
10. Sierra
11. Sunbelt
12. Whitmont

### DIVISION IV

1. Alpha
2. Camino Real
3. Condor
4. Frontier
5. High Desert
6. Los Padres
7. Northern
8. Olympic
9. Prep
10. Sunshine
11. Tri-Valley

## SOFTBALL

### DIVISION I

1. Century
2. Channel
3. Empire
4. Garden Grove
5. Marmonte
6. Northern
7. San Gabriel Valley
8. South Coast
9. Sunset

### DIVISION II

1. Bay
2. Citrus Belt
3. Del Rey
4. Foothill
5. Freeway
6. Miramonte
7. Moore
8. Orange
9. Pacific
10. Sierra
11. Suburban

### DIVISION III

1. Almont
2. Baseline
3. Golden
4. Mt. Baldy
5. Ivy
6. Mission
7. Ocean
8. Pacific Coast
9. Pioneer
10. Sea View
11. Valle Vista
12. Whitmont

### DIVISION IV

1. Camino Real
2. De Anza
3. Desert-Valleys
4. Los Padres
5. Mission Valley
6. Montview
7. Mountain View
8. Rio Hondo
9. San Andreas
10. Sunbelt
11. Sunkist

## PLAYOFF GROUPINGS (Continued)

## SOFTBALL (Cont.)

### DIVISION V

1. Alpha
2. Arrowhead
3. Delphic
4. Frontier
5. High Desert
6. Horizon
7. Olympic
8. Prep
9. Skyline
10. Sunrise
11. Sunshine
12. Tri-Valley

### DIVISION VI

1. Academy
2. Christian
3. Coast Valley
4. Condor
5. Desert Mountain
6. Express
7. Heritage
8. Liberty
9. Metro
10. Tri-County
11. Victory
12. Westside

## BOYS SWIMMING & DIVING

### DIVISION I

1. Century
2. Channel
3. Citrus Belt
4. Marmonte
5. Moore
6. Rio Hondo
7. Sea View
8. South Coast
9. Sunset

### DIVISION II

1. Almont
2. Baseline
3. Empire
4. Foothill
5. Freeway
6. Ivy
7. Miramonte
8. Mission
9. Ocean
10. Pacific
11. Sierra
12. Sunbelt

### DIVISION III

1. Frontier
2. Garden Grove
3. Golden
4. Mt. Baldy
5. Los Padres
6. Mountain View
7. Northern
8. Orange
9. Pacific Coast
10. Prep
11. San Andreas
12. San Gabriel Valley
13. Sunkist
14. Valle Vista
15. Whitmont

## GIRLS SWIMMING & DIVING

### DIVISION I

1. Century
2. Channel
3. Citrus Belt
4. Empire
5. Marmonte
6. Orange
7. Sierra
8. South Coast
9. Sunset

### DIVISION II

1. Almont
2. Baseline
3. Foothill
4. Freeway
5. Golden
6. Ivy
7. Miramonte
8. Moore
9. Ocean
10. Pacific
11. Pacific Coast
12. Rio Hondo
13. Sea View
14. Sunbelt

### DIVISION III

1. Frontier
2. Garden Grove
3. Mt. Baldy
4. Horizon
5. Los Padres
6. Mission
7. Mountain View
8. Northern
9. Prep
10. San Andreas
11. San Gabriel Valley
12. Sunkist
13. Sunshine
14. Valle Vista
15. Whitmont

## BOYS TENNIS

### DIVISION I

1. Century
2. Channel
3. Marmonte
4. Moore
5. Ocean
6. Rio Hondo
7. Sea View
8. Sierra
9. South Coast
10. Sunset

### DIVISION II

1. Almont
2. Baseline
3. Citrus Belt
4. Desert-Valleys
5. Empire
6. Freeway
7. Garden Grove
8. Ivy
9. Mission
10. Pacific
11. Pacific Coast
12. Pioneer
13. San Gabriel Valley
14. Sunbelt

## DIVISION III

1. Condor
2. Delphic
3. Del Rey
4. Foothill
5. Golden
6. Mt. Baldy
7. Miramonte
8. Mission Valley
9. Mountain View
10. Northern
11. Orange
12. Prep
13. San Andreas
14. Whitmont

## DIVISION IV

1. De Anza
2. Frontier
3. High Desert
4. Los Padres
5. Montview
6. Olympic
7. Skyline
8. Suburban
9. Sunkist
10. Tri-Valley
11. Valle Vista

## GIRLS TENNIS

### DIVISION I

1. Channel
2. Marmonte
3. Ocean
4. Sea View
5. South Coast

### DIVISION II

1. Almont
2. Century
3. Citrus Belt
4. Pacific
5. Pacific Coast
6. Pioneer
7. Rio Hondo
8. Sierra
9. Sunset
10. Sunshine

### DIVISION III

1. Baseline
2. Desert-Valleys
3. Empire
4. Foothill
5. Freeway
6. Ivy
7. Miramonte
8. Mission
9. Moore
10. Mountain View
11. San Gabriel Valley
12. Sunbelt

### DIVISION IV

1. Condor
2. Garden Grove
3. Golden
4. Los Padres
5. Mission Valley
6. Northern
7. Orange
8. Prep
9. San Andreas
10. Skyline
11. Suburban
12. Whitmont

## DIVISION V

1. De Anza
2. Delphic
3. Mt. Baldy
4. High Desert
5. Horizon
6. Montview
7. Olympic
8. Sunkist
9. Tri-Valley
10. Valle Vista

## BOYS/GIRLS TRACK AND FIELD

### DIVISION I

1. Almont
2. Bay
3. Citrus Belt
4. Foothill
5. Golden
6. Mt. Baldy
7. Marmonte
8. Mission Valley
9. Moore
10. Pacific
11. San Gabriel Valley
12. Sierra
13. South Coast
14. Sunbelt
15. Sunset

### DIVISION II

1. Baseline
2. Century
3. Channel
4. Desert-Valleys
5. Empire
6. Freeway
7. Garden Grove
8. Ivy
9. Miramonte
10. Mountain View
11. Northern
12. Orange
13. San Andreas
14. Sea View
15. Whitmont

### DIVISION III

1. De Anza
2. Del Rey
3. Frontier
4. Los Padres
5. Mission
6. Montview
7. Ocean
8. Pacific Coast
9. Pioneer
10. Rio Hondo
11. Skyline
12. Suburban
13. Sunkist
14. Valle Vista

### DIVISION IV

1. Alpha
2. Arrowhead
3. Camino Real
4. Christian
5. Condor
6. Delphic
7. Heritage
8. High Desert
9. Horizon (Girls)
10. Olympic
11. Prep
12. Santa Fe (Boys)
13. Sunshine (Girls)
14. Tri-Valley

## BOYS VOLLEYBALL

### DIVISION I

1. Bay
2. Channel
3. Mission
4. Ocean
5. Pacific
6. Pacific Coast
7. Sea View
8. South Coast
9. Sunset

### DIVISION II

1. Almont
2. Century
3. Empire
4. Garden Grove
5. Golden
6. Marmonte
7. Moore
8. Pioneer
9. Rio Hondo
10. San Gabriel Valley
11. Whitmont

### DIVISION III

1. Camino Real
2. Condor
3. Del Rey
4. Express
5. Heritage
6. Liberty
7. Olympic
8. Santa Fe
9. Westside

## GIRLS VOLLEYBALL

### DIVISION I

1. Channel
2. Del Rey
3. Marmonte
4. Ocean
5. Pacific Coast
6. Sea View
7. South Coast
8. Sunshine

**PLAYOFF GROUPINGS (Continued)**

**GIRLS VOLLEYBALL (Cont.)**

**DIVISION IV**

1. Camino Real
2. Desert-Valleys
3. Frontier
4. Los Padres
5. Mission Valley
6. Mountain View
7. Orange
8. Rio Hondo
9. San Andreas
10. Suburban
11. Sunbelt
12. Tri-Valley

**DIVISION V**

1. Alpha
2. De Anza
3. Delphic
4. High Desert
5. Horizon
6. Montview
7. Olympic
8. Prep
9. Skyline
10. Sunrise
11. Valle Vista

**DIVISION VI**

1. Academy
2. Arrowhead
3. Christian
4. Coast Valley
5. Condor
6. Desert Mountain
7. Express
8. Heritage
9. Hi-Lo
10. Metro
11. Tri-County
12. Valley
13. Victory
14. Westside

**WATER POLO**

**DIVISION I**

1. Century
2. Mission
3. Moore
4. Sea View
5. South Coast

**DIVISION II**

1. Almont
2. Empire
3. Freeway
4. Ivy
5. Marmonte
6. Northern
7. Pacific
8. Sierra
9. Sunset
10. Whitmont

**DIVISION III**

1. Baseline
2. Channel
3. Los Padres
4. Miramonte
5. Ocean
6. Orange
7. Pacific Coast
8. Rio Hondo
9. San Gabriel Valley
10. Sunbelt

**DIVISION IV**

1. Frontier
2. Garden Grove
3. Mt. Baldy
4. Prep
5. San Andreas
6. Valle Vista

**WRESTLING**

**DIVISION I**

1. Century
2. Channel
3. Citrus Belt
4. Desert Valleys
5. Marmonte
6. Mission Valley
7. Orange
8. South Coast
9. Sunset

**DIVISION II**

1. Almont
2. Empire
3. Ivy
4. Northern
5. Pioneer
6. San Andreas
7. Sunbelt
8. Valle Vista
9. Whitmont

**DIVISION III**

1. Freeway
2. Mt. Baldy
3. Los Padres
4. Miramonte
5. Moore
6. Mountain View
7. Olympic
8. Pacific Coast
9. San Gabriel Valley
10. Sea View
11. Sierra
12. Sunkist

**DIVISION IV**

1. Arrowhead
2. Baseline
3. De Anza
4. Free Lance
5. Garden Grove
6. Golden
7. High Desert
8. Mission
9. Montview
10. Ocean
11. Rio Hondo
12. Skyline
13. Suburban

**BOYS/GIRLS BASKETBALL**

Basketball groupings are **BY ENROLLMENT** (as per State CIF Rules). The enrollment divisions for the 1991-92 basketball season, as set forth by the State CIF Office are listed below. *Please Note:* These figures are subject to change if so designated by the State CIF.

- DIVISION I — 2,000 AND ABOVE
- DIVISION II — 1,500 - 1,999
- DIVISION III — 1,000 - 1,499
- DIVISION IV — 400 - 999
- DIVISION V — 1 - 399

**BOYS/GIRLS CROSS COUNTRY**

Cross Country groupings are **BY ENROLLMENT** (as per State CIF Rules). The enrollment divisions for the 1991-92 cross country season, as set forth by the State CIF Office are listed below. *Please Note:* These figures are subject to change if so designated by the State CIF.

- DIVISION I — 2,021 AND ABOVE
- DIVISION II — 1,519 - 2,020
- DIVISION III — 939 - 1,518
- DIVISION IV — 1 - 938

**NOTE:** In basketball and cross country CIF Southern Section playoff groupings will be split in half and identified by "AA" (upper half) and "A" (lower half) designations.

**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 upcoming 1992-93 school year, serving as administrator in the sports of water polo and badminton.

Cathcart, 37, who joined 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 Bulletin.

A 1977 graduate of Fresno State, Cathcart completed his master's degree in education at Azusa 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 2)**

was recommended that a plan be submitted with reference to the supervision of all athletic contests. It should be noted that a plan reflecting appropriate supervision for all athletic contests, guidelines for role modeling for coaches and the importance of establishing a code of ethics, as in the CIF-SS Blue Book, was submitted and accepted by the Committee.

**9. AAF PROGRAM** - The Committee reviewed background information submitted by Earl Engman, CIF-SS Liaison to AAF, with reference to the coaching clinics conducted in the sports of soccer and track and field.

**10. YUCAIPA HS VOLLEYBALL GAME DAY** - Karen Hellyer reviewed a request from Yucaipa 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 by action of the State CIF Executive Committee, the request to conduct the program has been given a conditional approval for 1992 only, and the State CIF 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 Packer 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 Federated Council uninstructed with reference to voting.

**12. CSDR WAIVER REQUEST** - The Committee reviewed a request from the California School for the Deaf (Riverside) school requesting a waiver of Article 3, Section 308 of the CIF By-laws to allow for 3 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 BOARD MEMBER, BOB HUGHLETT** - The Committee reviewed letters to the CIF-SS Office from ABC School Board member Bob Hughlett. 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 (Ojai, California).

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

Submitted by  
DEAN CROWLEY,  
ASSOCIATE COMMISSIONER

Approved by  
STAN THOMAS  
COMMISSIONER OF ATHLETICS

**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 publicist. She will be responsible for typesetting, designing, and producing many in-house publications.

Frazier began her career in the field of journalism at Millikan High School in Long Beach, where she acted as an editor on both the school newspaper and school yearbook. In addition, she served in many leadership roles throughout high school, through involvement in such organizations as the Anchor/Pilot service club, Girls' League, the National Honorary Society for High School Journalists, the National Honor Role, and Drill Team.

Continuing to pursue a career in the area of desktop publishing and public relations, Frazier served as an editor of the Long Beach City College *Viking* newspaper. Serving first as a reporter, she was able to cover a wide variety of stories in addition

to a regular beat with the Associated Student Body Cabinet. While at LBCC, she was also employed as a student assistant in the Job Placement Center, while earning an A.A. degree in both Liberal Studies and Journalism.

Frazier continued her education in Speech Communication at CSU Long Beach, while working as a student assistant in the CSU Chancellor's Office. There she served under the Assistant Vice Chancellor for Information Resources and Technology. Among her responsibilities was the task of producing a monthly newsletter covering her division, a group of approximately 150 people.

An active member of the CSULB College Family, she contributed in many ways to the organization, including writing a feature article each month for the *College Connection* newsletter.

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



Rhonda Frazier

**Important Reminder . . . Sign up now!**  
**CIF-SS INVITATIONAL GOLF TOURNAMENT**  
**THURSDAY, JUNE 25**  
**CALIFORNIA COUNTRY CLUB, WHITTIER**

For further information contact:  
Kay Larson, CIF-SS Office • (310) 860-2414 or (714) 826-5390

**AAF ANNOUNCES FALL SOCCER CLINIC SCHEDULE**

On the heels of a highly successful 1991 program, the AAF/CIF Coaching Educational partnership is ready to launch its 1992 soccer clinics.

In the last three years, these clinics have enabled over 1,000 boys' and girls' high school soccer coaches to enhance their coaching expertise by completing a 30-hour, 4-day training program.

The quality of this widely-acclaimed program has been recognized by the United States Soccer Federation (USSF — the national governing body for soccer), which

has approved it as meeting their training requirements for a USSF "D" coaches license. A "D" license enables coaches to participate in California's state Olympic Development Program as a select team coach.

In 1992, six clinics will take place at six different regional sites during the month of October and the first three weeks of November. The first day of CIF after-school practice is November 16.

For registration materials, please contact Stacey Chapman at the Amateur Athletic Foundation - (213) 730-9600.

**AAF/CIF SOCCER COACHING CLINIC SCHEDULE**

AREA	SITE	DATES
San Diego	San Pasqual High	Oct. 3-4/10-11
Los Angeles	TBA	Oct. 3-4/10-11
Orange County	Brea Olinda High	Oct. 17-18/24-25
Foothill/Lower Desert	Riverside Poly High	Oct. 17-18/24-25
South Bay	South Torrance High	Oct. 31 - Nov. 1/14-15
Santa Barbara/Ventura	Cate School	Oct. 31 - Nov. 1/14-15

**RULE REVIEW (Continued from page 3)**  
Participants to take care of their bodies. Youth will understand why this care is important, not only for athletics, but for general good health.

**RELEASE OF PHYSICAL PRESSURES**  
Teaching, at an early age, the importance of constructive release of energies is a trait that may be needed throughout a lifetime. Athletics will also teach ways to contain these energies until mental control is achieved.

**RECOGNITION**  
Learning how to handle socially acceptable recognition is another important life trait. Athletics provide the opportunity to help youth seek socially acceptable forms of recognition.

**UNDERSTANDING OTHER PEOPLE**  
Athletic participation can be used to reinforce the ideals of teamwork and respect for other's feelings and attitudes. Youth learn that the "do your own thing" concept does not work in reality.

**EMOTIONAL CONTROL**  
Athletics teaches that releasing emotions without control will only worsen the situation.

**DISCIPLINE**  
Participants in athletics learn to refrain from urges; learn the importance of self-discipline in both physical and mental pursuits.

**PERSISTENCE**  
Athletics provides an atmosphere where the young can learn determination; learn to "stand their ground" until they have reached a goal with which they may be happy.

**THINKING UNDER PRESSURE**  
A well directed program of activities provides the opportunity for youth to learn to think under pressure—another of those traits needed to get along successfully in adult life.

**LOYALTY**  
Teaching one to be loyal to a particular leader, situation, cause, school or even nation is a trait learned through athletics.

## CIF, DODGERS AND ADOHR FARMS CONDUCT 10TH "SHAKE FOR SPORTSMANSHIP" AWARDS PROGRAM



### CIF/DODGERS/ADOHR FARMS 1992 SHAKE FOR SPORTSMANSHIP AWARD WINNERS

LEAGUE	SCHOOL	LEAGUE	SCHOOL
ACADEMY	St. Margaret's	NORTHERN	San Luis Obispo
ARROWHEAD	La Sierra Academy	OCEAN	Mira Costa
BASELINE	Claremont	OLYMPIC	Valley Chr./Cerritos
BAY	Peninsula	ORANGE	Savanna
CAMINO REAL	Bosco Tech	PACIFIC	Hoover
CENTURY	Orange	PACIFIC COAST	Century
CHANNEL	Ventura	PIONEER	West Torrance
CHRISTIAN	Woodcrest Christian	PREP	Flintridge Prep
CITRUS BELT	San Geronio	RIO HONDO	South Pasadena
COAST VALLEY	Cuyama Valley	SAN ANDREAS	Pacific
CONDOR	Thacher	SAN FERNANDO	Harvard-Westlake
DE ANZA	Serrano	SAN GABRIEL VAL.	Paramount
DELPHIC	Whitney	SEA VIEW	University
DESERT-INYO/Lg.	Paraclete	SIERRA	Baldwin Park
DESERT-INYO/Sm.	Bethel Chr./Lancaster	SOUTH COAST	Irvine
DESERT-VALLEYS	Palm Desert	SUBURBAN	Norwalk
EMPIRE	Loara	SUNKIST	Rim of the World
EXPRESS	Southeast Lutheran	SUNRISE	St. Matthias
FOOTHILL	San Gabriel	SUNSET	Westminster
FREEWAY	Sunny Hills	SUNSHINE	Marlborough
FRONTIER	Santa Paula	TRI-COUNTY	Maricopa
GARDEN GROVE	Garden Grove	TRI-VALLEY	St. Bonaventure
GOLDEN	Quartz Hill	VALLE VISTA	La Puente
HACIENDA	Garey	VALLEY	Southwestern Acad.
HERITAGE	Pilgrim	VICTORY	West Shores
HI-LO	Baker	WESTSIDE	Oak Hill
HORIZON	Ramona Convent	WHITMONT	Pioneer
IVY	Palm Springs		
LIBERTY	Holy Martyrs	<b>LOS ANGELES CITY SECTION WINNERS</b>	
LOS PADRES	Paso Robles	<b>CONFERENCE</b>	<b>SCHOOL</b>
MARMONTE	Royal	COASTAL	Los Angeles
METRO	Bundy Canyon Chr.	VALLEY PAC-8	Sylmar
MISSION	Notre Dame/S.O.	NORTHWEST VAL.	San Fernando
MISSION VALLEY	El Monte	NORTHERN	Wilson
MONTVIEW	Gladstone	SOUTHEASTERN	South Gate
MOORE	Lakewood	SOUTHERN	San Pedro
MOUNTAIN VIEW	Centennial/Corona	PACIFIC	

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 Sportsmanship" Awards Program. Once again, the program was co-sponsored by the Los Angeles Dodgers and Adohr Farms Dairies.

"On behalf of the member schools and student athletes of the CIF Southern Section, we salute both the Dodgers and Adohr Farms for their outstanding efforts in perpetuating the Shake for Sportsmanship Awards," notes 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 sportsmanlike 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 treatment 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 takes great 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 actions of their student body memberships."

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

## FORD, ANGELS COLLABORATE ON SEVENTH-ANNUAL CIF-SS ACADEMIC AWARDS

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 Angels-Chicago White Sox game at Anaheim Stadium April 8.

"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 3.0 average (on a 4.0 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 "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 shown in the adjoining box, the Student-Athletes of the Year follow . . .

### STUDENT-ATHLETES OF THE YEAR

#### GIRLS

- Alta Loma - Kelly Brown; 3.68
- Anaheim - Brandi Burns; 3.71
- Aquinas - Jennifer Kersey; 3.94
- Arcadia - Pam R. Proffitt; 3.88
- Arrowhead Christian - Michelle Whitman; 3.96
- Arroyo - Heidi Bjornsen; 3.54
- Arroyo Grande - Heather J. Kelley; 4.00
- Baker Valley - Misty L. Martinez; 3.85
- Banning - Leigh Adrian; 3.86
- Baptist Christian - Stephanie Trumpy; 3.92
- Barstow - Celia Fang; 4.00
- Bishop Montgomery - Mirlen Martinez; 3.95
- Bolsa Grande - Linh N. Quach; 3.64

see ACADEMIC AWARDS page 16



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

SPORT	WINNING SCHOOL	GPA
Badminton	La Puente	3.57
	Rosemead	3.57
Baseball	Whitney	3.25
Basketball (Boys)	San Luis Obispo	3.53
Basketball (Girls)	Pasadena Poly	3.67
Cross Country (Boys)	San Luis Obispo	3.78
Cross Country (Girls)	Agoura	3.81
Field Hockey	Marina	3.09
Football	Pasadena Poly	3.13
Golf	Long Beach Wilson	3.67
Gymnastics	Long Beach Wilson	3.44
Soccer (Boys)	Claremont	3.33
Soccer (Girls)	Laguna Blanca	3.65
Softball	Marlborough	3.44
Swimming (Boys)	Flintridge Prep	3.60
Swimming (Girls)	Whitney	3.71
Tennis (Boys)	San Marcos	3.84
Tennis (Girls)	John Glenn	3.77
Track & Field (Boys)	Whitney	3.45
Track & Field (Girls)	Buena	3.70
Volleyball (Boys)	Flintridge Prep	3.60
Volleyball (Girls)	Capistrano Valley Christian	3.66
Water Polo	Flintridge Prep	3.48
Wrestling	Harvard-Westlake	3.31

**LIFE PASS**

(Continued from page 5)

athletic program and devoted much of his time to its relationship with the school.

Harvey served for many years as Foothill League representative to the CIF Southern Section Council. Since his retirement in 1991, Harvey has remained active in the athletic field, coaching distance runners at Occidental College.

**GENE KNOTT**

A fixture at Ramona High School in Riverside for some 31 years, Gene Knott was highly active in CIF Southern Section affairs throughout his career.

Joining the Ramona High staff in 1958, Knott taught biology, general science, physical education and driver training, in addition to coaching basketball and golf. In 1968, he moved into administration as an assistant principal, in addition to beginning a long tenure as athletic director.

Knott's official association with the CIF Southern Section began in 1969 as a Council Representative. He assisted the CIF-SS administration in many ways, including active membership on the Releaguings and Officials' Fees Committees. In 1974, he was elected to the Executive Committee, on which he served through the 1981-82 school year.

A graduate of Long Beach Wilson High School, Knott was an accomplished high school athlete who went on to play basketball at Long Beach City College and Cal Poly San Luis Obispo. Between 1955 and 1957 he served his country in the U.S. Army, stationed in Germany. He returned to complete his M.A. at Long Beach State College in 1959.

**DON MONTGOMERY**

An educator who began his career as a classroom instructor at the elementary level and wound up as a district superintendent, Don Montgomery retired last spring after a 25-year association with the Monrovia Unified School District.

Montgomery began his career in education in 1957 at Marianna Elementary School in the Los Angeles Unified School District and by 1969 was named principal at Wild Rose Elementary School in the Monrovia District. After a two-year stint as principal at Monroe Elementary, Montgomery was named Superintendent of the Monrovia USD in 1986.

A graduate of Brigham Young University, Montgomery earned his master's degree at Cal State Los Angeles. He is a veteran of the U.S. Air Force, where he achieved status as a pilot in the Tactical Air Command.

**JAMES RYAN**

In an educational career spanning 35 years, Jim Ryan provided expertise, motivation and guidance to youngsters as an instructor, coach and administrator in many locations throughout Southern California.

A graduate of Manual Arts High School in Los Angeles, Ryan returned to his alma mater to begin his coaching career in 1960, following a four-year tenure as a junior high school physical education teacher. At Manual Arts, he guided the Toilers' varsity basketball, track and tennis teams through 1967, when he moved to Crenshaw High to accept the position of Physical Education Department Chairman. At Crenshaw, he also coached boys varsity basketball, track and tennis.

Ryan moved into the administrative field as Dean of Students at Narbonne High in 1971. Two years later, he began a four-year stint as Assistant Principal at Rolling Hills High, and in 1977 moved to Miraleste High School to accept a similar assignment. He became a building principal at Indio High School in 1984, where he initiated activity with the CIF Southern Section as a member of the releaguings committee. In 1987, Ryan became the principal at Foothill High of Santa Ana, where he chaired the Orange County Releaguings Committee and continued to serve on the CIF-SS Releaguings Committee.

A 1954 graduate of Occidental College, Ryan received his M.A. at Cal State Los Angeles in 1957. He retired from his post at Foothill High in 1991.

**MIKE SHANAHAN**

Typified as fair-minded, honest and open by those who worked with him, Mike Shanahan, who retired from his position as principal of Buena High School in Ventura last year, was a strong believer in the comprehensive high school. Although academics was always his primary concern, Shanahan lent uncompromising support to the cause of interscholastic athletics.

A 1950 graduate of the University of Nebraska, Shanahan began his teaching career in the subjects of speech, English and drama at Ventura High School in 1954. In 1967, he was elevated to the position of Assistant Principal in charge of Administrative Services, and in 1976 took on the assignment of Curriculum and Instruction. In 1980, Shanahan accepted the position of principal at Buena High School.

In the interscholastic athletic field, Shanahan served as president of the Channel League for several years and also served as league representative to the CIF Southern Section Council. In 1987, he was elected as a member of the CIF-SS Executive Committee.

A U.S. Army veteran, Shanahan earned his master's degree in speech and education at Nebraska in 1954 and his Administrative Credential at California Lutheran College in 1976. He and wife Shirley have five children, all college grads and four of whom attended college on athletic scholarships.

**WARREN WINCHESTER**

Affectionately known by fellow faculty members, students and coaches throughout his area as "W.W.," Warren Winchester completed a 35-year career in education and interscholastic athletics at the close of the 1990-91 school year.

Winchester began his career in 1956 at Montebello High School, where he taught world history and geography in addition to physical education. He also coached football, basketball and tennis at Montebello, including the 1969-70 season as head varsity basketball coach.

In 1971, Winchester moved to newly-opened Schurr High in Montebello to become a full-time P.E. teacher, as well as the Spartans' first head basketball and tennis coach. Five years later, opportunity knocked at Bell Gardens High School, where Winchester would complete his career as a top-flight athletic director.

A 1953 graduate of Whittier College, Winchester served his country in the U.S. Army between 1953-55. He returned to Whittier College to earn his M.A. in Education in 1956. As a prep, Winchester attended Banning High School in Wilmington, where he was a standout basketball player and high jumper. Winchester went on to compete in both sports at Whittier College as well.

**CORPORATE**

(Continued from page 3)

Conlin Brothers Sporting Goods, which opened its doors at the corner of Fifth and Fairfax in Los Angeles 47 years ago this August, has long been known as the "Official Sporting Goods Team Dealer of the CIF Southern Section." The company specializes in outfitting athletic teams with equipment, uniforms and related supplies for all athletic programs. During the 1991-92 school year, Conlin Brothers signed a one-year extension to its current contract, that will bring its CIF-SS participation to a seven-year total.

"We use the Southern Section as a reference of information and have enjoyed our relationship immensely," said Ken Conlin, President-Conlin Brothers Sporting Goods. "Currently, our emphasis is directed toward maintenance and repair of indoor and outdoor athletic equipment. In addition, we specialize in installation of new equipment and service needs (for school-based athletic programs)."

Gatorade and Conlin Brothers join statewide sponsors Reebok and Pepsi Cola, along with section sponsors Wilson Sporting Goods, SportsChannel, the California Angels, Jack-In-The-Box, Sunny Delight, Ford and Herff Jones, in the support of the member schools and student athletes of the CIF Southern Section.

**PHYSICAL PREPARATION KEY TO ATHLETIC SUCCESS**

By Tony Moreno C.S.C.S.,  
So. Calif. Dir. of Program Design  
NSCA

Among many athletes and coaches it is common belief that injury is the result of unexpected misfortune. 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 is always better than the cure." Physical preparation for any sport has two main objectives: 1) to enhance physical performance, and 2) to reduce the severity of occurrence of physical trauma.



Weight training is just one of many facets in the entire physical preparation program, but it is an area open to a diverse arena of opinions in terms of principle and instruction. As physical educators in the academic environment, it is important to convey sound and safe movement experiences for the competitive athlete.

One example of this concept is the application of the SAID (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, during the conditioning or preparation portion of the participant's yearly program.

Analysis of all 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 SAID principle, it would only make sense to construct a weight training regimen that will allow the athlete to test her/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 body weight exercises. Multiple-segment exercises are those that require two or more joint movements in order to complete the movement. Examples of multiple segment exercises are: the power clean, the squat,

bench press, pullups or pulldowns, the military press, and other numerous movements.

The completion of exercises like these require the "prime mover" (the muscles that directly cause the movement), and the "synergist" (the muscles that assist or help stabilize certain joints) to work together. Working together is important because no athlete could ever dive over the goal line, pitch a softball, spike a volleyball, or swim freestyle unless there were prime movers and synergists.

These exercises assist in the development of the very important torso muscles of the low back and abdominal region, 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 muscles the extreme power of the hip and upper thigh musculature is transferred on to the upper body, when throwing implements, balls, blocking, rebounding, and other sport related actions.

As a coach or athletic administrator, you can clearly see the physical benefit of multiple-segment exercises. This is not to say single joint or popular variable-resistance (i.e. Nautilus, Cybex, etc.) equipment does not have its place in the athletic environment. These movements are necessary in the rehabilitation process, and for the elementary trainee that may have extreme difficulty in performing multiple-segment exercises.

Many schools have limited facilities and resources for their athletes, but the type of equipment needed to develop muscle harmony are by far the most affordable and easiest to implement. Any questions regarding the order of exercises, sets and reps, and exercise variations should be directed towards a certified strength and conditioning specialist. Many conditioning programs vary because of facility, time, and personnel restrictions, therefore any attempt to cover exercises, sets, reps, etc., would be producing a "cookbook" effect that in many cases, not be of benefit to programs that have such limitations.

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 playoffs athletes and coaches hope to attain peak mental and physical condition, therefore it is critical that all involved, athlete, coach, and trainer work together to construct a yearly conditioning calendar for the participant. This will help all enjoy a season that is not only successful in terms of victories, but few in injuries and competition for all.

Tony Moreno is a general partner with California Conditioning, a company that designs and implements sport-specific conditioning programs for high school and intercollegiate athletes. Cal Conditioning also repairs and provides general maintenance for weight training and conditioning equipment. As the future So. California State Director of the National Strength and Conditioning Association, Tony is the contact for clinics and seminars, available in every sport. He may be reached at (714) 996-2978.

*EDITOR'S NOTE: More than 14,000 strength and conditioning professionals are members of the NSCA, the association that stands for solid research and development of optimally trained athletes. Through its two journals, conditioning clinics throughout the nation and funding of research, the NSCA is advancing the field of strength training and conditioning for all sports. For more information on the services and products of the NSCA, please contact:*

National Strength and  
Conditioning Association  
P.O. Box 81410  
Lincoln, NE 68501  
(402) 472-3000

**IMPORTANT  
NOTICE****FALL  
PACKET  
PICK-UP  
DATE****AUGUST 20, 1992**

CIF Southern Section Office

11011 E. Artesia Blvd.

Cerritos

(310) 860-2414

(714) 826-5390



**ACADEMIC AWARDS**

(Continued from page 13)

Bonita - Maple M. Fung - 3.92  
 Boron - Becky Buchs; 3.96  
 Brea Olinda - Michelle D. Chabot; 4.00  
 Buckley - Chihiro Enoki; 3.74  
 Buena Park - Katie Tu; 3.91  
 Burroughs (Ridgecrest) - Ann Marie Martin; 3.76  
 Cabrillo - Estrella Sciarba; 3.81  
 Calabasas - Eva Christina Kim; 4.00  
 California - Nancy G. Olson; 3.84  
 Calvary Bap. (La Verne) - Rebecca Stephenson; 4.00  
 Campbell Hall - Megan Beth Lucas; 3.80  
 Canyon (Anaheim) - Erin Waggoner; 3.54  
 Canyon (Canyon Country) - Robin Heidt; 3.64  
 Canyon Springs - Jenny L. Dean; 3.70  
 Capistrano Val. Chr. - Melissa Cottingham; 3.74  
 Cerritos - Amy Hughlett; 3.50  
 Chadwick - Courtney Schultz; 3.90  
 Chaffey - Marci E. Churchill; 3.50  
 Channel Islands - Minh Ha Thi Hoang; 3.71  
 Charter Oak - Andrea Crawford; 3.76  
 Claremont (Claremont) - Alexis Kays; 4.00  
 Covina - Jill Vandepas; 3.81  
 Crescenta Valley - Cara Campbell; 3.94  
 Culver City - Diane Endo; 4.30  
 Diamond Bar - Amy Li-Zun Fu; 3.80  
 Don Lugo - Leah M. O'Brien; 3.82  
 Dos Pueblos - Victoria Folks; 3.80  
 Edison - Julie Lynn Neumann; 3.68  
 El Monte - Gloria Chavez; 3.54  
 El Segundo - Tracy Tutone; 4.00  
 El Toro - Kathryn A. Maddrell; 3.73  
 Fillmore - Nikki Shaw; 3.83  
 Flintridge Prep. - Shannon Sullivan; 3.76  
 Fontana - Shawn Gibson; 3.52  
 Foothill - Laura Amroffell; 3.76  
 Gahr - Kris Waldorf; 3.61  
 Glendale - Heather Morein; 4.00  
 Glendale Adventist - Jennifer C. Oxley; 3.88  
 Glenn, John - Hilda Alfaro; 3.56  
 Hemet - Heather Burkel; 3.85  
 Irvine - Carol Hsu; 4.00  
 Jordan - De Ann R. Machlan; 3.94  
 Jurupa Valley - Carrie Michelson; 3.80  
 Kennedy - Stacy Yamanishi; 3.84  
 Keppel - Loni Ang; 3.51  
 La Canada - Tenley Givens; 3.52  
 La Puente - Carla Angulo; 3.74  
 La Quinta - Tay Hoang Lu; 3.67  
 La Serna - Melissa Pignatelli; 3.81  
 La Sierra - Heather La Fone; 3.96  
 Laguna Hills - Bethany Zolikoff; 3.88  
 Lee Vining - Molly Des Baillets; 3.64  
 Leuzinger - Helen Chay; 3.65  
 Linfield - Erin Lewis; 3.63  
 Los Alamitos - Joelynn Horowitz; 4.00  
 Los Angeles Baptist - Carolina Castillos; 3.68  
 Los Angeles Lutheran - Gloria Tourville; 3.47  
 Marlborough - Jenna C. Roberts; 3.87  
 Mater Dei - Terrilyn A. Kobata; 3.60  
 Mayfield - Liz Yutan; 4.00  
 Millikan - Elva Torres; 4.00  
 Mira Costa - Amanda Edwards; 3.96  
 Mission Viejo - Kenna Bertell; 3.52  
 Moorpark - Tara Thomas; 3.53  
 Muir - Shonte Wright; 3.80  
 Norco - Lara C. Hemerick; 3.88  
 Notre Dame (R) - Rosanna Trinidad; 3.50  
 Oak Park - Christina Eng; 4.00  
 Ocean View - Nichole L. Vivion; 3.54  
 Ontario Christian - Sara Den Hartigh; 3.72  
 Pacifica - Grace J. Fu; 4.00  
 Palm Springs - Mary Alice Lott; 3.68  
 Paramount - Anabel Arellano; 3.72  
 Pasadena - Skye Green; 4.00  
 Paso Robles - Amy Howe; 3.16  
 Poly (Long Beach) - Hui-Kyung (Tina) Kim; 4.00  
 Pomona Catholic - Maria Batres; 3.92  
 Providence - Elena Garcia; 3.97  
 Quartz Hill - Margie Seal; 3.93  
 Ramona - Thanhtrung Nguyen; 3.83  
 Rancho Alamitos - Natasha Kohne; 3.96  
 Redlands - Jennie Vitt; 3.82  
 Rim of the World - Shannan Zicarelli; 4.00  
 Rio Mesa - Kelly Roddick; 3.83

Rosemead - Mai Ngoc Lam; 3.96  
 Royal - Mary Likens; 4.00  
 San Bernardino - Christie Kilgore; 3.80  
 San Dimas - Teralynn Layton; 3.91  
 San Geronio - Brenda Anne Huertler; 4.00  
 San Luis Obispo - Tonya Offermann; 3.84  
 San Marcos - Annie Shieh; 3.65  
 Santa Ana Valley - Fabiola Pereyra; 3.80  
 Santa Paula - Rosa Kwan; 4.00  
 Saugus - Susie Lim; 3.63  
 Schurr - Jackie Wang; 3.81  
 Serrano - Elisabeth Patterson; 3.93  
 Simi Valley - Sangeeta Aggarwal; 4.00  
 Sonora - Barbara Crowther; 3.83  
 Southwestern Acad. - Miyo Terada; 3.54  
 St. Anthony - Carolyn Sy; 3.96  
 St. Bernard - Shannon Barch; 3.71  
 St. Bonaventure - Amy Williams; 3.82  
 St. Joseph (Lakewood) - Michelle Dire; 3.96  
 St. Lucy's Priory - Kara Carlberg; 3.95  
 St. Margaret's - Hilary Albers; 3.88  
 Sunny Hills - Stacy E. Thurber; 4.00  
 Temecula Valley - Tamara L. Appel; 4.00  
 Temple City - Monique Fuentes; 3.90  
 Thousand Oaks - Michelle G. Palmisano; 4.00  
 Torrance - Wendy McComish; 3.64  
 Tustin - Marnie O'Brien; 3.67  
 Twentynine Palms - Tiffany Dedeaux; 3.68  
 Valencia - Ruth Heller; 4.00  
 Valley Christian (Cerritos) - Ann Chen; 4.00  
 Valley View - Diana N. Hussey; 3.74  
 Ventura - Danielle Braun; 4.00  
 Victor Valley - Liana Tschen; 3.72  
 West Torrance - Karen Nenno; 4.00  
 Western Christian - Karin Flug; 3.91  
 Whitney - Kristen Ebringt; 3.85  
 Whittier - Jennifer Tanaka; 4.00  
 Whittier Christian - Stacey G. Barnes; 3.87  
 Wilson (Long Beach) - Courtney L. Vaughn; 3.75  
 Woodbridge - Talia Emery; 3.88  
 Yucca Valley - Helen Sabol; 3.92

**BOYS**

Agoura - Jonathan West; 4.00  
 Alemany - Terrence Barnum; 3.78  
 Alta Loma - Paul Ashby; 3.54  
 Anaheim - Jose Felix; 3.50  
 Antelope Valley - Gregory Hall; 3.77  
 Aquinas - Brian Moloney; 3.75  
 Arcadia - Marc N. Shafer; 3.65  
 Arroyo Grande - Woo Kim; 4.00  
 Banning - Xua Vang; 3.93  
 Baptist Christian - Tim Coon; 3.96  
 Barstow - Bushawn Carpenter; 3.50  
 Bishop Amat - James Roldan; 3.81  
 Bolsa Grande - Jong Hahn; 3.70  
 Brea Olinda - Gary T. Cheng; 3.80  
 Buena Park - Bryce Binger; 3.71  
 Burroughs (Ridgecrest) - Jason Macellaro; 4.00  
 Cabrillo - Brian Weber; 3.76  
 Calabasas - Brian Bruskud; 3.86  
 Canyon (Anaheim) - Kevin Jan; 3.57  
 Canyon (Canyon Country) - Chad Engbrecht; 3.69  
 Canyon Springs - Mark E. Hamann; 3.54  
 Capistrano Valley Chr. - David Melilli; 3.58  
 Channel Islands - Jay P. De Jusus; 4.00  
 Charter Oak - Charles Querriera; 3.71  
 Claremont (Claremont) - James Tsai; 4.00  
 Coastal Christian - Alan Martinez; 3.88  
 Covina - Scott R. Sims; 3.92  
 Crescenta Valley - David Ostash; 3.50  
 Crespi - Dan Arnold; 4.00  
 Culver City - Damien Reynolds; 4.00  
 Damien - Steve Shelton; 3.96  
 Diamond Bar - Shawn Nguyen; 4.00  
 Dos Pueblos - Ryan Yamada; 3.87  
 El Segundo - Scott Sutherland; 3.76  
 El Toro - Andrew P. Frogue; 3.54  
 Estantia - Matthew O. Fuerbringer; 3.72  
 Flintridge Prep. - Sanjay Daluvoy; 3.72  
 Fontana - Michael L. Romagnoli; 3.92  
 Foothill - Steven T. Kehlet; 3.72  
 Fullerton - Jeff Munson; 3.93  
 Glendale - Barrett T. Jamison; 3.77  
 Glenn, John - Adam Weister; 3.68  
 Hemet - Christopher Franke; 3.71  
 Hesperia Christian - Matt Wilkerson; 4.00  
 Irvine - Brian Ronson; 3.91  
 Jurupa Valley - Robert McIntosh; 3.57  
 Kennedy - Damon Nagami; 4.00  
 La Canada - Ryan J. Asplund; 3.53  
 La Puente - Antoine Diel; 3.75  
 La Quinta - David M. Koh; 3.92  
 La Salle - Lee Kirby; 3.52  
 La Serna - Brian Pyle; 3.79  
 La Sierra - Jerry Bui; 3.87  
 Leuzinger - Robert P. Morris; 3.53  
 Los Alamitos - Alex Lin; 3.96  
 Los Amigos - Dan M. Grudt; 3.52  
 Los Angeles Baptist - Jason Baumsteiger; 3.60  
 Los Angeles Lutheran - Kevin C. Brown; 3.72  
 Mater Dei - Cale D. Carter; 3.80  
 Mira Costa - Arturo Rosales; 3.80  
 Mission Viejo - Payson Le Meilleur; 3.80  
 Montebello - Mike Wu; 3.60  
 Moorpark - Jake Flesher; 3.50  
 Muir - Thaddeus Kousser; 4.00  
 Norco - Steven P. Ciesla; 3.91  
 Norte Vista - Jason Bourbonnais; 3.76  
 Notre Dame/R - Randall S. Mills; 3.78  
 Oak Park - Morio Alexander; 4.00  
 Ocean View - Lowell R. Crowe; 3.96  
 Ontario - David P. Gengler; 3.88  
 Ontario Christian - Jon Zwart; 3.70  
 Palm Springs - Raphael Gutierrez; 3.71  
 Palmdale - Shannon Horn; 3.73  
 Palo Verde - Jason Lloyd; 3.95  
 Paramount - Hang Phung; 3.96  
 Pasadena - Jason Takenouchi; 3.89  
 Paso Robles - Chris Brechtel; 4.00  
 Perris - Marc Luker; 3.57  
 Polytechic (Pasadena) - Charles Wood; 3.70  
 Pomona - Daniel A. Runyan; 3.73  
 Quartz Hill - Russell H. Gatlin; 3.63  
 Ramona - Elmer Tolentino; 3.87  
 Rancho Alamitos - Michael A. Meyer; 4.00  
 Rancho Verde - Mark A. Fernandez; 3.50  
 Redlands - Jeffrey B. Martin; 4.00  
 Rim of the World - Chad McClellan; 3.91  
 Rio Hondo Prep - Jeffrey L. Fairley; 3.52  
 Rio Mesa - Ben Pecht; 4.00  
 Royal - Travis Ferguson; 4.00  
 Rubidoux - Justin R. Nielsen; 3.65  
 Salesian - Enrique Gasca; 3.52  
 San Dimas - Richard Sanchez; 3.52  
 San Geronio - Mc Kay D. Barlow; 4.00  
 San Luis Obispo - Adam Di Vergilio; 3.93  
 San Marcos - Robert Brennan; 3.97  
 Santa Ana Valley - Juan A. Salazar; 3.72  
 Santiago - Judd Sickler; 3.57  
 Saugus - Casey Johnson; 3.65  
 Schurr - David Tzeng; 4.00  
 Serrano - Randy Kusler; 3.64  
 Servite - Jon Ver Halen; 3.56  
 Sierra Vista - Domingo Carlos; 4.00  
 Simi Valley - Ryan Azlein; 3.91  
 Sonora - Brian Louie; 3.97  
 St. Anthony - Garnett L. Overby; 3.76  
 St. Bonaventure - Peter Houston; 3.63  
 St. John Bosco - Anthony Niccoli; 3.76  
 St. Margaret's - Robert Le Moine; 3.89  
 Sunny Hills - Terry Mann; 4.00  
 Tehachapi - Steve Sims; 3.81  
 Temecula Valley - Kristopher R. Olsen; 3.74  
 Temple City - James Trabbie; 3.50  
 Thousand Oaks - Jack Artman; 4.00  
 Torrance - Allan Shuldiner; 3.88  
 Tustin - Michael Mitchell; 3.96  
 Twentynine Palms - Erik Dube; 3.60  
 Valencia - Scott Williams; 4.00  
 Valley Christian (Cerritos) - David Aardema; 3.75  
 Valley View - Nathan D. Barile; 3.54  
 Ventura - Sean Osborne; 3.77  
 Victor Valley - Brad Banks; 3.92  
 Western - Raul Gonzalez; 3.84  
 Whitney - Charles McKie; 4.00  
 Whittier - David Ray; 3.75  
 Whittier Christian - Jason D. Beck; 4.00  
 Wilson (H.H.) - Donald Eberhart; 3.58  
 Wilson (Long Beach) - Michael Kellison; 4.00  
 Woodbridge - David Newman; 3.91  
 Yucca Valley - Andy Hillstrand; 3.83