



DATE: April 13, 2015

TO: Executive Committee Members

FROM: Rob Wigod, Commissioner of Athletics

SUBJECT: April 21, 2015 Executive Committee Meeting Agenda

Attached you will find the agenda and materials for the Executive Committee meeting on Tuesday, April 21, 2015. The meeting will begin at 1:00 p.m. in the Press Conference Room of Angel Stadium.

Parking: Enter the parking lot through the Orangewood Avenue entrance; parking is available in the bus parking area past the parking attendant shack to the left at no charge. A member of the CIF Southern Section Staff will greet you at the Main Entrance near the large Angels helmets and direct you to the meeting room.

The meeting will conclude at approximately 5:00 p.m., followed by dinner for Executive Committee members and guests in Suite #12 located on the Club Level. Those who have requested tickets for guests will have them join us for the Angels vs. Oakland Athletics baseball game at 7:05 p.m. Please ask your guest(s) to self-park and meet you outside the stadium following the meeting as all game tickets will be distributed at the conclusion of the Executive Committee meeting.

I look forward to meeting with you and if I may be of assistance in the meantime, please do not hesitate to contact me.



Meeting of the Executive Committee

April 21, 2015

1:00 p.m.

*Angels Stadium
Anaheim, California*

Agenda

1. OPENING BUSINESS	DISPOSITION	ITEM
A. Call to order by Reggie Thompkins, President of the Council		
B. Pledge of Allegiance		
C. Roll Call		
D. Introduction of Guests		
E. Adopt Agenda	Action	
F. Approval of Minutes		
1. Minutes of the January 17, 2015 Executive Committee Meeting	Action	1F1
<u>2. PUBLIC HEARING SESSION</u>		
A. Recognition of anyone wishing to address the Executive Committee. Speakers must limit their remarks to three minutes.		
<u>3. ACTION ITEMS</u>		
A. STATE FEDERATED COUNCIL ACTION ITEMS		
1. Proposed CIF State Budget 2015-2016	Action	STATE516
2. CIF State Executive Committee Nominations	Action	STATE517
3. Proposed State Girls Volleyball Tournament Revisions	Action	STATE505

<u>3. ACTION ITEMS (Cont.)</u>	<u>DISPOSITION</u>	<u>ITEM</u>
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B. SOUTHERN SECTION ACTION ITEMS

- | | | |
|--|--------|--------|
| 1. Proposal Recommendation for Regional Wrestling Tournament Officials | Action | SS509 |
| 2. Proposal Recommendation Change to Bylaws 1503.2 & 1505 | Action | SS510 |
| 3. Proposal Recommendation Change to Bylaws 1903, 1918 & 1921.3 | Action | SS511 |
| a. Football Advisory Committee Amendment to SS511 | Action | SS511a |
| 4. Proposal Recommendation Change to Bylaw 2003 | Action | SS512 |
| 5. Proposal Recommendation Change to Bylaw 600 | Action | SS513 |
| 6. Proposal Recommendation Change to Bylaw 2911 | Action | SS518 |
| 7. CIF Southern Section Executive Committee Nominations | Action | SS514 |
| 8. Proposed CIF Southern Section Budget 2015-2016 | Action | SS515 |

4. NON-ACTION ITEMS

A. STATE FEDERATED COUNCIL NON-ACTION ITEMS

- | | | |
|--|------------|----------|
| 1. Proposal Recommendation Change to Bylaws 1606, 2401, 2902, 2903 | Non-Action | STATE520 |
|--|------------|----------|

B. SOUTHERN SECTION NON-ACTION ITEMS

- | | | |
|---|------------|-------|
| 1. Proposal Recommendation Change to Bylaw 1607 | Non-Action | SS519 |
| 2. Proposal Recommendation Change to Bylaw 2502 | Non-Action | SS521 |

5. NEW BUSINESS

- | | | |
|--|--------|----------------|
| A. Financial Report | | Mitch Carty |
| B. Football Contact Information | | Glenn Martinez |
| C. Concussions: Return to Play Protocols | | Glenn Martinez |
| D. Consideration of the Following Schools for Membership for the 2015-2016 School Year | | |
| 1. River Springs Charter High School –
Presented by Charlie Ricards | Action | 5D1 |

6. OLD BUSINESS

- | | | |
|--|--|----------------|
| A. Misconduct Analysis and Potential Proposal – Sub-Committee Report | | Kristine Palle |
|--|--|----------------|

7. CLOSED SESSION

- A. Commissioner's Evaluation

8. REPORT SESSION

- | | |
|---------------------------------------|-----------------|
| A. President's Report | Reggie Thompson |
| B. Treasurer's Report | Jeff Jordan |
| C. Commissioner's Report | Rob Wigod |
| D. Executive Committee Member Reports | |

9. ADVANCE PLANNING

A. DATES

1. April 29, 2015 – CIF Southern Section Council Meeting, The Grand, Long Beach, California, 9:00 a.m.
2. May 13, 2015 – CIF Southern Section Executive Committee, Old Ranch Country Club, Seal Beach, California, 1:00 p.m.

B. SUGGESTED AGENDA ITEMS

1. _____
2. _____
3. _____

10. ADJOURNMENT

- A. Time of Adjournment _____

Meeting of the Executive Committee

*January 17, 2015
9:30 a.m.*

*The Cliffs Resort
Pismo Beach, California*

Minutes

<u>1. OPENING BUSINESS</u>	<u>DISPOSITION</u>	<u>ITEM</u>
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- A. Call to order by Reggie Thompkins, President of the Council

The meeting was called to order at 9:33 a.m.

- B. Pledge of Allegiance

- B. Roll Call

All members of the Executive Committee were present with the exception of Rita Dever.

- C. Introduction of Guests

There were no guests present at the meeting.

- E. Adopt Agenda

Adopted

A motion was made and seconded to adopt the agenda. The agenda was adopted without revision.

- F. Approval of Minutes

1. Approval of Minutes

Approved

There was a motion and a second to approve the minutes of the October 9, 2014 Executive Committee Meeting, the motion carried.

2. PUBLIC HEARING SESSION

- A. There was no one present to address the Executive Committee.

3. ACTION ITEMS

- A. STATE FEDERATED COUNCIL ACTION ITEMS

1. Proposed Bylaw 503 H. Concussion Protocol Revision

Support

STATE502

There was a motion and a second to support the bylaw revision. Discussion held.
The motion was supported unanimously.

<u>3. ACTION ITEMS (Cont.)</u>	<u>DISPOSITION</u>	<u>ITEM</u>
2. Proposed Bylaw 1901 A & B Additions There was a motion and a second to support the bylaw revision. Discussion held. The motion was unanimously supported.	Support	STATE503
3. Proposed Bylaw 1502 (baseball) and 2502 (softball) Additions There was a motion and a second to support the bylaw revision. Discussion held. The motion was unanimously supported.	Support	STATE504
4. Proposed State Football Bowl Championships Revisions There was a motion and a second to accept the proposal amendment presented at the meeting. The motion was unanimously supported. There was a motion and a second to accept the proposal as amended. Discussion held. The motion was not supported by vote of 7-13 and 1 abstention.	Unsupported	STATE506
5. Proposed Revision of Bylaw 22.B.(9) Coaches Education and Training and Bylaw 503 J. Sudden Cardiac Arrest Protocol There was a motion and a second to support the bylaw revision. No discussion. The motion was unanimously supported.	Support	STATE507

B. SOUTHERN SECTION ACTION ITEMS

1. Proposal Recommendation for Second Level of Appeal for Area Placement Decisions There was a motion and a second to support the proposal revision recommendation. No discussion held. The motion was unanimously supported.	Support	SS508
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4. NON-ACTION ITEMS

A. STATE FEDERATED COUNCIL NON-ACTION ITEMS

1. Proposed CIF State Budget 2015-2016 The State CIF budget will be distributed at the January 30, 2015 Federated Council Meeting, there are no materials to review at this time.	Non-Action	STATE516
2. CIF State Executive Committee Nominations The item was reviewed by the committee and discussion was held.	Non-Action	STATE517
3. Proposed State Girls Volleyball Tournament Revisions The item was reviewed by the committee and discussion was held.	Non-Action	STATE505

B. SOUTHERN SECTION NON-ACTION ITEMS

1. Proposal Recommendation for Regional Wrestling Tournament Officials The item was reviewed by the committee and discussion was held.	Non-Action	SS509
2. Proposal Recommendation Change to Bylaws 1503.2 & 1505 The item was reviewed by the committee and discussion was held.	Non-Action	SS510

<u>4. NON-ACTION ITEMS (Cont.)</u>	<u>DISPOSITION</u>	<u>ITEM</u>
3. Proposal Recommendation Change to Bylaws 1903, 1918 & 1921.3 The item was reviewed by the committee and discussion held.	Non-Action	SS511
4. Proposal Recommendation Change to Bylaw 2003 The item was reviewed by the committee and discussion held.	Non-Action	SS512
5. Proposal Recommendation Change to Bylaw 600 The item was reviewed by the committee and discussion held.	Non-Action	SS513
6. CIF Southern Section Executive Committee Nominations The nomination process was reviewed with the committee by Commissioner Rob Wigod. No discussion held.	Non-Action	SS514
The committee was excused for break from 11:17 – 11:27 a.m.		
7. Proposed CIF Southern Section Budget 2015-2016 The proposed budget was distributed and reviewed, but will be discussed in further detail during the closed session of the meeting.	Non-Action	SS515

5. NEW BUSINESS

- A. NFHS Section 7/8 Meeting 5A
- A discussion was held to determine combining the January 2016 Executive Committee meeting with the NFHS Section 7/8 meeting in September 2015. The committee decided to continue with the Executive Committee meeting as scheduled in January 2016. Committee members will contribute to the NFHS meeting as schedules allow.
- B. CIF Southern Section Meeting Schedule 2015-2016 5B
- The meeting scheduled was finalized for 2015-2016.
- C. Marketing Report 5C
- A handout was provided and an overview was given by John Costello. The demographic of ages 25-54 is the lowest in viewership at this time.
- D. Communications Report 5D
- Thom Simmons provided social media performance comparisons and standings for the CIF Southern Section. The upcoming focus will be to increase the YouTube following of the section. Thom Simmons provided an update for the recent website hacking issues and how social media was used during the website down time as a method to broadcast information.
- A new website is being designed and will be introduced in June or July 2015.
- E. Financial Report 5E
- Mitch Carty, Chief Financial Officer reviewed the Financial Report handout and discussed the information with committee members. Credit cards were accepted at events this season and the solar panel project is underway for the CIFSS office building.

6. OLD BUSINESS

A. Misconduct Analysis and Potential Proposal

6A

The misconduct analysis report was prepared, handed out and reviewed with the committee by Assistant Commissioner Kristine Palle. She also provided examples of post ejection reporting. Discussion held. A call was made for members to participate on a subcommittee to determine the next actions to be taken. The committee members who will participate are Charlie Ricards, Val Wyatt, Monica Colunga, and Loren Kleinrock. Jim Perry will serve as an alternate if needed.

7. CLOSED SESSION

The committee entered closed session from 12:25 p.m. to 1:26 p.m. to discuss personnel matters. The meeting reconvened with no action taken.

8. REPORT SESSION

A. President's Report

Reggie Thompkins

B. Treasurer's Report

Jeff Jordan

C. Commissioner's Report

Rob Wigod

Rob Wigod acknowledged the staff for their work on the meeting plans and the weekend.

D. Executive Committee Member Reports

Jeff Jordan reported the Mt. Sac Area releguing process is underway and will be completed by March 10.

Terry Barnum reported the CAADA met and will soon determine if the group will pursue representation on the State Federated Council.

Sandy Gahrning announced the Women in Sports Conference will be held by the Foothill Citrus Area; Brandi Stuart Associate Commissioner will speak at the event. Sandy was recently contacted to discuss transgender issues in high school sports since she most recently had experience with this topic.

Chris Calderwood presented football championship trophy with personal connection

Debi Weiss will be attending the upcoming CADA and CSADA Conferences.

Don Sedgwick will be leaving the committee and expressed his appreciation to the committee for the leadership and experience of serving with the Executive Committee members.

John Norman acknowledged being welcomed to the committee as the School Board representative taking the place of Don Sedgwick and he looks forward to the future of the committee.

Charlie Ricards expressed his appreciation for the weekend, and accounted a recent school lockdown situation on his campus.

Jim Perry has observed a great number of basketball games over the last few weeks and remarked on the increase of talent and ability in the sport.

Glenn Martinez thanked the committee members for the presenting awards at the football playoff events; several committee members had colleagues and schools they presented to that had personal meaning to them.

Rainer Wulf announced Mt. Sac will be remodeling their facilities and cross country will move to Riverside for preliminary rounds and finals will stay at Mt. Sac. Cross country event locations for the following year will be determined at another time.

Mitch Carty reported membership dues were 100% collected prior to mid-October this year.

Sam Buenrostro announced this will be his last year serving on the Executive Committee. He appreciates the opportunity to serve.

Dave Reid reports the CSADA Newsline is available and conference registration is available on the website. The website was redesigned with assistance from Chris Calderwood.

Terry Orabona reported on league fundraiser "Dribble for the Cure" benefitting pediatric cancer.

Paul Kostopolous reported Boron High School won a contest and a group of 40 student athletes and school staff will be sent to the Superbowl for 5 days, 4 nights. The trip includes special events, group escorts and an on field presence. He thanked the staff and CIF for assisting with voting information distribution.

Nancy Kelly is happy to represent CIF Southern Section superintendents and feels the committee work is important.

Loren Kleinrock reported Gahr High School would like the Foothill area to be reviewed and to discuss what the options could be for downsizing the area.

Jim Monico reported he noticed great sportsmanship during the championship football games and one in particular.

9. ADVANCE PLANNING

A. DATES

1. January 28, 2015 – CIF Southern Section Council Meeting, The Grand, Long Beach, California, 9:00 a.m.
2. April 21, 2015 – CIF Southern Section Executive Committee Meeting, Angels Stadium of Anaheim, Anaheim, California 1:00 p.m.
3. April 29, 2015 – CIF Southern Section Council Meeting, The Grand, Long Beach, California, 9:00 a.m.

B. SUGGESTED AGENDA ITEMS

There were no suggested agenda items.

10. ADJOURNMENT

The meeting was adjourned at 2:06 p.m.

Respectfully submitted by:


Heather Smith, Executive Assistant

Approved by:


Rob Wigod, Commissioner of Athletics

**CALIFORNIA INTERSCHOLASTIC FEDERATION**

CIF STATE OFFICE • 4658 DUCKHORN DRIVE • SACRAMENTO, CA 95834 • PH: 916-239-4477 • FX: 916-239-4478 • WWW.CIFSTATE.ORG

To: Federated Council**Date: March 26, 2015****Re: V.C.2. Proposed Budget 2015-2016****Proposal Reviewed**

12/02/2014 – Executive Committee Budget Study Session
01/30/2015 – Executive Committee
01/31/2015 – Economic Viability Committee
01/31/2015 – Federated Council
04/01/2015 – Federated Council – Action Item

Proposal Recommendation

Bring Back in January
8-1 in Support
10-0 in Support
Presented as 1st Reading

Proposal Summary: The proposed budget recommends changes in income and expenses in several categories based upon past three years experiences, loss of marketing presenting partner, and reclassifying certain expenses based upon their natural category. All of these are accomplished with no increase in dues or legal assesment to schools. The budget indicates an end of the year surplus and the recommended changes are detailed in the “budget notes” that precede the itemized budget pages.

The are minor changes in the Championship Events category which include the addition of the badminton. The major change in the Marketing and Program budget is the loss of our presenting partner. Additionally with our retiree’s liability fully funded, we will be pulling the premium dollars from that investment account instead of our day to day operating account. This change allows for the salary schedule adjustment without any impact to the burden for the organization.

Income Overview

Income is projected to slightly decrease (2%) based on the figures in the proposed budget, mainly due to the loss of our presenting partner. Consistent with past practice, the projected figures are based upon a conservative income model.

\$5.39 million to \$5.24 million

Expenses Overview

Expenses are projected to decrease as well (2%) based on the figures in the proposed budget, again largely due to the loss our presenting partner.

\$5.34 million to \$5.18 million



V.C.1.

ROGER L. BLAKE, EXECUTIVE DIRECTOR

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To: Federated Council

Date: March 24, 2015

Re: V.C.1. – Election of Executive Committee 2015-2016

Proposal Reviewed

12/02/2014 - Nominating Committee

01/30/2015 – Federated Council

Proposal Recommendation

Forward Candidates to Fed. Council

Nomination Opened to Floor. None Received

Type: Election

Next: Election May 1, 2015

Proposal Summary: As per the CIF Constitution and Bylaw 70.E. (1) the following Federated Council members were appointed to the CIF Nominating Committee to review and nominate candidates to serve a one-year term on the CIF Executive Committee for the 2015-2016 school year.

70.E. Nominations

- (1) Each year, the President shall appoint a nominating committee consisting of at least five members. Members of the nominating committee shall be selected from among the Federated Council and may include no more than two current members of the Executive Committee.
- (2) The Executive Director and the President shall be ex-officio members of the nominating committee.
- (3) Nominations for the Executive Committee shall be presented to the Federated Council at the meeting prior to the election.

2014-2015 Nominating Committee

Amy McNamara, Chairperson* (NCS)

Richard Rankin, Central Section

Marco Sanchez, Central Coast Section

Nancy Acerrio, San Diego Section

Carter Paysinger, Southern Section

Susan Saunders, San Francisco Section*

Ex-Officio Members:

President Reggie Thompson

Executive Director Roger Blake

* **Executive Committee Member**



ROGER L. BLAKE, EXECUTIVE DIRECTOR

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Fiscal Impact: None

The following candidates have been nominated to serve a one-year term on the CIF Executive Committee:

Terry Barnum, California Association of Private School Association
Duane Coleman, San Diego Section
David Contreras, Northern Section
Marci Cranford, Central Section
Chris Heller, North Coast Section
Jim Monico, Southern Section
Jim Perry, California Association of Health, Physical Education, Recreation and Dance
Susan Saunders, San Francisco Section

70. E. Nominations

- (7) Nominations will also be accepted from the floor at the Federated Council meeting whereupon nominations are presented.

70. B. Composition of the Executive Committee

- (1) Federated Council Officers — President, President-Elect and Past-President; AND
- (2) Five additional members who are representatives of Sections/Allied Organizations with no more than one member representing the group of Allied Organizations; AND
- (3) One at-large representative from the Federated Council who shall be selected in an effort to reflect both gender and ethnic representation on the Federated Council.

C. Limitations of Membership on the Committee

- (1) No Section shall have more than one member eligible to be elected to the Executive Committee unless another committee member from the Section is an officer or at-large representative.
- (2) The group of Allied Organizations shall have no more than one member eligible to be elected to the Executive Committee unless another Allied Organization representative is an officer or at-large representative on the committee.
- (3) No Section may have more than one representative serving as an officer at any one time. [See Article 7-70.G.(2)] for exception.
- (4) Only one person from the group of Allied Organizations may serve as an officer at any one time.

F. Elections

- (1) Elections will occur at the final meeting of the year of the Federated Council.
- (2) Elections for Executive Committee members, other than officers and the at-large committee member will be held annually. (The at-large representative will be chosen annually following the election for other Executive Committee members).
- (3) Should a second candidate be nominated from any Section or the group of Allied Organizations, only the candidate with the most votes (more votes) from that Section/or group is eligible for election.
- (4) The nominees who receive the most votes, from among those eligible for election, will be elected.
- (5) In the event of a tie between/among candidates whereby there is only one seat available and/or remaining, a revote for the remaining position will take place only between/among the candidates that are tied.
- (6) In the event there is still a tie vote after the first revote, one more vote will take place and if the tie is not broken, a flip of a coin will determine the winner.

ROGER L. BLAKE, EXECUTIVE DIRECTOR

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**To: Federated Council****Date: March 26, 2015****Re: V.C.3 Proposal – Expand girls volleyball brackets from 8 to 16 in divisions I-V and add an eight (8) team Open Division bracket****Implementation: 2016-2017 season****Proposal Originated: Commissioners Committee****Proposal Discussed/Reviewed**

June 17, 2014 – Commissioners Committee
 August 26, 2014 Advisory Committee
 September 9, 2014 Executive Committee
 October 7, 2014 Athletic Administrators Com
 October 26, 2014 Executive Committee
 October 27, 2014 Info Only Fed Council
 December 2, 2014 Executive Committee
 January 13, 2015 Commissioners Committee
 January 30, 2015 Federated Council
 May 1, 2015 – Voting Item Fed. Council

Proposal Recommendation

8-2 in favor of moving proposal forward
 6-2 (2 sections not represented at meeting)
 8-0 in favor of moving proposal forward
 11-3-1 in support
 9-0 in favor of adding Open Division to proposal
 Information Only
 9-0 in support
 7-3 in support with Open Division Criteria
 First Reading

Type: Expansion of Existing Championship Event

Proposal Summary: Expand existing girls volleyball championships in the north and south from 8-team to 16-team brackets in Divisions I-V and add an 8 team Open Division Bracket with implementation beginning in the fall of 2016.

Fiscal Impact: First and second round games in girls regional volleyball have historically shown a profit. It is expected the addition of 32 more teams and one more round of games in Divisions I-V will also be profitable. Based on Basketball Open Division financials, it is expected the Open Division in Volleyball would generate additional revenue.

Background: Girls volleyball in California is highly competitive and should allow more teams the opportunity to participate. Basketball currently has 16 team brackets and an Open Division. Participation in girl's volleyball has shown steady increases over the past 5+ years.

Proposed State Girls Volleyball Expansion

Proposal: Expand the girls volleyball state championship brackets from 8 teams to 16 teams and add an Open Division.

Implementation: 2016-2017 school year.

Rationale: Given the highly competitive nature of California High School volleyball, the addition of team would not diminish the quality of the championships. The precedent of 16-team brackets and an Open Division has been set with basketball. In addition, participation numbers in girls volleyball have shown a steady increase.

Calendar: In order to expand to a 16-team bracket, the state and section playoff calendar would need to be adjusted.

This proposal would require each section move their championship one week earlier (was done with football in 2011).

The state volleyball playoff dates would be as follows:

2016 State Playoffs for DI through DV

Final Day for Section Championships	Saturday	November 12
State Playoff Seeding Meeting	Sunday	November 13
1 st round	Wed	November 16 (16 teams)
2 nd round	Saturday	November 19 (8 teams)
3 rd round	Tuesday	November 22 (4 teams)

Thanksgiving Thursday, November 24

Nor Cal/SoCal finals	Saturday	November 26 (2 teams)
State Finals	Sat	December 3 (1 team)

2016 State Playoffs for Open Division

Final Day for Section Championships	Saturday	November 12
State Playoff Seeding Meeting	Sunday	November 13
1 st round	Thursday	November 17 (8 teams)
2 nd round	Tuesday	November 22 (4 teams)

Thanksgiving Thursday, November 24

Nor Cal/SoCal finals	Saturday	November 26 (2 teams)
State Finals	Friday/Sat	December 2/3 (1 team)

Seeding Procedures

The volleyball handbook could be amended with the following changes:

The CIF State Volleyball Championships will be conducted using one eight-team Open Division bracket in both the north and south. Divisions I-V will use sixteen-team brackets in both the north and south. Division VI in the north will remain an 8-team bracket.

Girls Volleyball Open Division

- 1) There will be two regional Open Division brackets (one in the north and one in the south).
- 2) Each regional Open Division bracket will have a maximum of eight (8) teams.
- 3) No more than 50% of the bracket (4 teams) will be from the same section.
- 4) Teams must compete, and qualify through, their respective CIF Section Championships to participate in CIF Open Division Championships.
- 5) The tournament committee will select the teams for the Open Division before they seed the 5 divisions in the south and 6 divisions in the north.
- 6) Teams selected for the Open Division will compete in the Open Division ONLY and cannot opt out.
- 7) Teams that participate in a Section Open Division will revert to the division the team would have participated in had they not been selected for the Section Open. For example: A team is listed as Section DII, they are selected and participate in the Section Open Championship. The team is put forward by the section but IS NOT selected for the State Open Division. The team can only compete in the State DII bracket.
- 8) If a section has a team selected for the Open Division, the section may elect to replace that team, from their designated division, with another team from the section. The section must have a policy in place which outlines the process the section will use to fill spots vacated by teams selected for the State Open Division.

Open Division Criteria: The following criteria will be utilized to select the teams for the Open Division for the CIF State Volleyball Tournament. A school needs to only satisfy one of the criteria below to be considered:

- a. A school has competed in their Section Semi-Finals 2 out of the last 3 years.
- b. A school qualified and participated in the CIF Regional Championships 2 out of last 4 years.
- c. A school qualifying for their regional playoffs may request to be placed in the open division.

Entries:

Northern California Regional

The Central Coast Section (CCS), North Coast Section (NCS), Northern Section (NS), Oakland Section (OS), Sac-Joaquin Section (SJS), and San Francisco Section (SFS) will participate in the CIF Northern California Regional Tournament. The number of eligible team entries is listed below:

<u>Section</u>	Open	Division I	Division II	Division III	Division IV	Division V
CCS	TBD	4	4	4	4	4
NCS	TBD	4	4	4	4	4
SJS	TBD	4	4	4	4	4
NS	TBD	0	2	2	2	2
OAK	TBD	2	0	0	0	0
SFS	TBD	TBD**	TBD**	TBD**	TBD**	TBD**
Totals	8	16	16	16	16	16

**SF and Oakland will have two automatic berths in the tournament. Entries will be placed into their respective enrollment division as determined by the section. Division V enrollment not to exceed 600.

* Sections must have more than 8 teams in a division to receive more than one entry in that division.

Southern California Regional

The San Diego Section (SDS), Los Angeles Section (LAS), Southern Section (SS) and the Central Section (CS) will participate in the CIF Southern California Regional. The number of eligible team entries is listed below:

<u>Section</u>	OPEN	Division I	Division II	Division III	Division IV	Division V
CS	TBD	2	2	2	2	2

LAS	TBD	2	2	2	2	2
SDS	TBD	4	4	4	4	4
SS	TBD	8	8	8	8	8
Totals	8	16	16	16	16	16

State CIF Volleyball Championship History 2003-2013

SoCal Championships

Central	2
L.A.	0
San Diego	25
Southern	27

NorCal Championships

Central Coast	31
Oakland	0
North Coast	11
Northern	0
Sac-Joaquin	13
San Francisco	0

DI San Diego (1), Southern (10)

Central Coast (5), North Coast (1), Sac-Joaquin (5)

DII San Diego (1), Southern (10)

Central Coast (11)

DIII Central (1), San Diego (5), Southern (5)

Central Coast (6), North Coast (4), Sac-Joaquin (1)

DIV San Diego (9), Southern (2)

Central Coast (4), Sac-Joaquin (7)

DV Central (2), San Diego (9)

Central Coast (5), North Coast (6)

State Championships

Central	1
Central Coast	14
L.A.	0
North Coast	7
Northern	0
Oakland	0
San Diego	16
Sac-Joaquin	2
San Francisco	0
Southern	13

Championships by Division

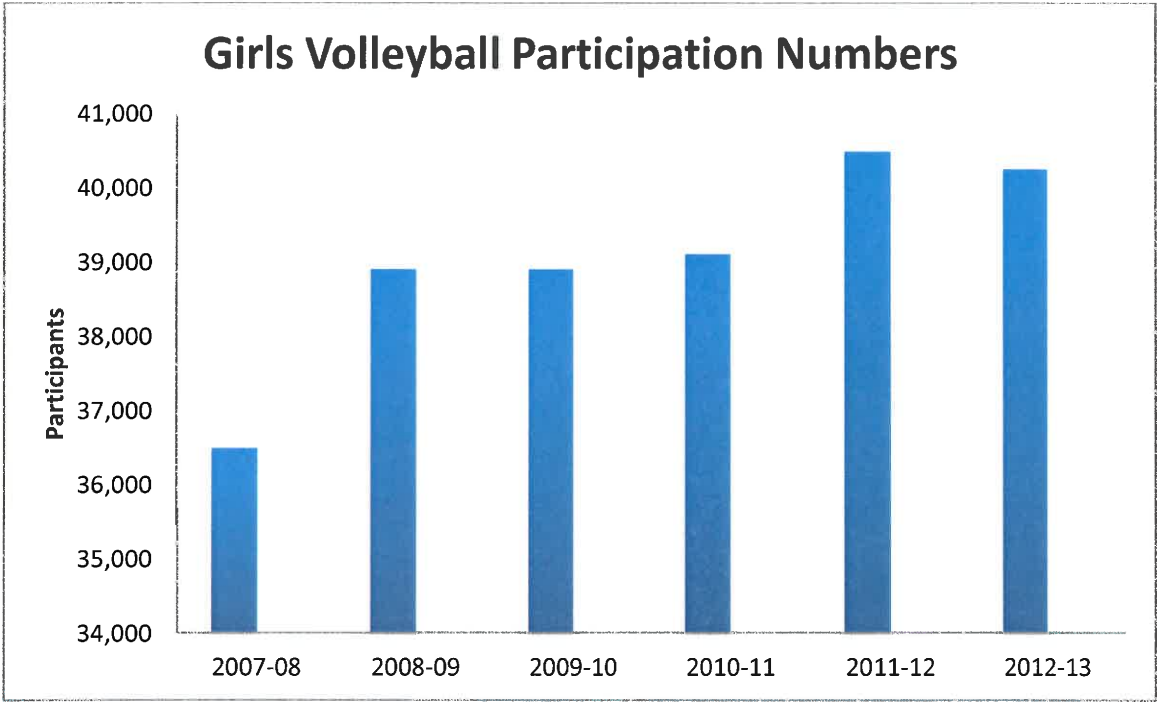
DI Central Coast (2), North Coast (1), San Diego (1), Southern (7)

DII Central Coast (8), Southern (3)

DIII Central Coast (2), North Coast (2), San Diego (4), Sac-Joaquin (1), Southern (2)

DIV San Diego (8), Sac-Joaquin (1), Southern (2)

DV Central (1), Central Coast (2), North Coast (5), San Diego (3)



CIF SOUTHERN SECTION COUNCIL PROPOSAL FORM**

In accordance with Blue Book Article 3, Bylaw 30.1, the following proposal is submitted for Council consideration.

“CIF Southern Section Council may entertain proposals submitted to the governing body on the appropriate proposal form from duly appointed advisory committees, leagues or the Executive Committee.” *All items coming before the Southern Section Council must contain the financial implications on member schools, leagues and the Southern Section.*

Date: 11-20-14

Submitted by:

Name of representative: Bill Moyer

School of representative: Temecula Valley High School Telephone: 951-695-7300

Check one of the following:

☐ League Proposal. Name of League: Southwestern League

☐ Advisory Committee Proposal. Committee Name: _____

☐ Executive Committee Proposal. Submitted by: _____

Rule Change:

Rule Number Affected: 1211.7

Implementation Date: September 2015

Abstract: (Please add any supporting documents.)

Please refer to page 3 of this document for abstract and rationale.

Council First Read: January 28, 2015_____

Council Action Date: April 29, 2015

Date Proposal will take effect on member schools: July 1, 2015

See reverse side for additional information.

Proposal Number

Financial Impact on Member School and Southern Section (Attach an analysis and supporting documents):

N/A: There will be no additional financial impact on the Member Schools or the Southern Section

All Council Proposals must be submitted according to the timelines published in the Blue Book. If they are not received in a timely manner, they will be postponed until the next meeting.

Council Proposals that do not contain the information in the fields provided on both pages will not be considered.

Sport advisory committees are advised to confine their proposals to the sport(s) under their advisement. Any proposals that do not affect Articles 1400 – 3100 must contain a rationale as to why the sport advisory committee is requesting action.

Procedure for Proposed Bylaw Changes:

1. Identify the bylaw, by number, to be changed or eliminated.
2. Type the bylaw, using normal font face, for language that will remain unchanged.
3. Use strikethrough to identify language to be eliminated or changed.
4. Identify proposed language using bold type.

For example, if a league wants to address the color of jerseys in basketball, the proposal may read:

The _____ League proposes the following changes to the basketball bylaws.
(your league name)

Bylaw 1623 Color of Jerseys

Proposed language:

“In all basketball games played between member schools of the CIF Southern Section,
The host team shall wear ~~white~~ **dark** colored jerseys.”

10932 Pine Street
Los Alamitos, California 90720



Telephone: (562) 493-9500
FAX: (562) 493-6266

CIF SOUTHERN SECTION COUNCIL PROPOSAL FORM**

In accordance with Blue Book Article 3, Bylaw 30.1, the following proposal is submitted for Council consideration.

"CIF Southern Section Council may entertain proposals submitted to the governing body on the appropriate form from duly appointed advisory committees, leagues or the Executive Committee." *All items coming before the Southern Section Council must contain the financial implications on member schools, leagues and the Southern Section.*

Date: 10/21/2014

Submitted by:

Name of representative: Bill Moyer

School of representative: Temecula Valley High School Telephone: 951-695-7300

Check one of the following:

☒ League Proposal. Name of League: Southwestern League

☐ Advisory Committee Proposal. Committee Name: _____

☐ Executive Committee Proposal. Submitted by: _____

Rule Change:

Rule Number Affected: 1211.7 Implementation Date: September 2014

Abstract: (Please add any supporting documents.)

Please refer to page 3 of this document for abstract and rationale.

Council First Read: _____ Council Action Date: _____

Date Proposal will take effect on member schools: _____

See reverse for additional information

Proposal Number

Financial Impact on Member School and Southern Section (Attach an analysis and supporting documents):

N/A: There will be no additional financial impact on the Member School or the Southern Section.

All Council Proposals must be submitted according to the timelines published in the Blue Book. If they are not received in a timely manner, they will be postponed until the next meeting.

Council Proposals that do not contain the information in the fields provided on both pages will not be considered.

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Procedure for Proposed Bylaw Changes:

1. Identify the bylaw, by number, to be changed or eliminated.
2. Type the bylaw, using normal font face, for language that will remain unchanged.
3. Use strikethrough to identify language to be eliminated or changed.
4. Identify proposed language using bold type.

For example, if a league wants to address the color of jerseys in basketball, the proposal may read:

The _____ League proposes the following changes to the basketball bylaws.
(your league name)

Bylaw 1623 Color of Jerseys

Proposed language:

"In all basketball games played between member schools of the CIF Southern Section,
The host team shall wear ~~white~~**dark** colored jerseys."

Abstract and Rationale for Proposed Rule Number: 1211.7

Abstract:

Regional Wrestling Tournament Exception

A regional wrestling tournament must request a minimum of 20% of the total number of officials needed to staff the event from the host school's assignment area. They may request additional officials from other assignment areas. For a wrestling tournament to be considered a regional tournament, it must meet all of the following criteria:

1. It is a multiple day tournament.
2. It must include a minimum of 50 contracted participating schools.
3. Participating schools must come from a minimum of 5 different CIF sections.
4. Participating schools must come from a minimum of 6 different wrestling officials assignment areas throughout the state of California.

Rationale:

1. **Equitable Playing Field.** Competitors at regional wrestling tournaments are comprised of athletes from throughout the state of California. Providing officials from multiple wrestling officials' assignment areas is in line with the multitude of geographic areas represented at this type of tournament.
2. **Preparation for State.** There are only a small percentage of wrestling tournaments that meet the criteria of a regional wrestling tournament. The purpose of tournaments of this nature is ultimately to prepare athletes for the state tournament. At the state tournament, competitors will be exposed to officials from several wrestling officials' assignment areas throughout the state.
3. **Elite Competition.** The level of officiating should align with the high level of competition. Tournaments that meet the criteria for a regional wrestling tournament field highly competitive wrestlers. Staffing such an event with officials from one assignment area limits the potential for providing adequate officiating that is aligned/appropriate for the level of competition. This circumstance represents a situation that often places athletes as well as officials in precarious positions.

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CIF SOUTHERN SECTION COUNCIL PROPOSAL FORM**

In accordance with Blue Book Article 3, Bylaw 30.1, the following proposal is submitted for Council consideration.

“CIF Southern Section Council may entertain proposals submitted to the governing body on the appropriate proposal form from duly appointed advisory committees, leagues or the Executive Committee.” *All items coming before the Southern Section Council must contain the financial implications on member schools, leagues and the Southern Section.*

Date: 12/11

Submitted by:

Name of representative: John Weber

School of representative: Cypress H.S. Telephone: (714) 220-4144

Check one of the following:

☐ League Proposal. Name of League: _____

☐ Advisory Committee Proposal. Committee Name: Baseball Advisory Committee

☐ Executive Committee Proposal. Submitted by: _____

Rule Change:

Rule Number Affected: 1503.2 & 1505 Implementation Date: July 2015 (2016 Baseball Season)

Abstract: (Please add any supporting documents.)

Council First Read: January 2015

Council Action Date:

Date Proposal will take effect on member schools: July 2015 (2016 Baseball Season)

See reverse side for additional information.

Proposal Number

SS510

Financial Impact on Member School and Southern Section (Attach an analysis and supporting documents):

All Council Proposals must be submitted according to the timelines published in the Blue Book. If they are not received in a timely manner, they will be postponed until the next meeting.

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Sport advisory committees are advised to confine their proposals to the sport(s) under their advisement. Any proposals that do not affect Articles 1400 – 3100 must contain a rationale as to why the sport advisory committee is requesting action.

Procedure for Proposed Bylaw Changes:

1. Identify the bylaw, by number, to be changed or eliminated.
2. Type the bylaw, using normal font face, for language that will remain unchanged.
3. Use strikethrough to identify language to be eliminated or changed.
4. Identify proposed language using bold type.

For example, if a league wants to address the color of jerseys in basketball, the proposal may read:

The _____ League proposes the following changes to the basketball bylaws.
(your league name)

Bylaw 1623 Color of Jerseys

Proposed language:

“In all basketball games played between member schools of the CIF Southern Section,
The host team shall wear ~~white~~ **dark** colored jerseys.”

Financial Impact on Member School and Southern Section (Attach analysis and supporting documents):

The financial impact on schools would be minimal. This rule change would allow for most schools to add a possible four games to their current schedule. The obvious costs associated with a game would come in to affect (transportation and officials). Some schools however may find a slight reduction in games played and in that case additional funds would be saved (transportation and officials).

**The Baseball Advisory Committee proposes the following changes to the Baseball Bylaws.
Bylaw 1503 Tournaments**

~~1503.1 “For each Tournament, a team will be charged two games toward the allowable maximum number of contests.”~~

~~1503.2 “All tournaments, regardless of the number of teams participating, are allowed a maximum of 5 games while still counting as 2 of your allowable contests.”~~

1503.1 All contests: League, Non-League, Tournaments, and Double Headers will be counted as one (1) individual game/contest towards your maximum allowable permitted contests.

Bylaw 1505 Maximum Team Contests

“A baseball team will be permitted to play no more than ~~20~~ **30** games during the season, including tournaments, but excluding CIF Southern Section playoffs.”

Rationale:

The CIF–SS Baseball Advisory Committee proposes that we change the formula that allows for a maximum number of allowable contests (20) per current Blue Book rules to a set number of 30 total contests. Currently the rules allow for a maximum of three tournaments with a maximum of five games each that only count as six games against your twenty game schedules. Furthermore, schools can also play two doubleheaders that count as two games against your twenty game schedules. Each league game counts as one game against your twenty game schedules. This formula allows for a widespread discrepancy in games that teams from different leagues can play. For Example if Team A from a 6 team league that has 3 rounds of league play, using the formula they will maximize their allowable games at 26. However, if Team B is in a 6 team league and has 2 rounds of league play; using the formula they can maximize their allowable games at 31. The Baseball Advisory Committee believes this creates a competitive advantage for some and disadvantage for others. Therefore, the Baseball Advisory Committee proposes that the formula for games be eliminated and that each game count as one game; regardless of it being part of a tournament or doubleheader. Consequently the Baseball Advisory Committee believes that for competitive equity the number of allowable games be changed to a maximum of 30.



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CIF SOUTHERN SECTION COUNCIL PROPOSAL FORM**

In accordance with Blue Book Article 3, Bylaw 30.1, the following proposal is submitted for Council consideration.

“CIF Southern Section Council may entertain proposals submitted to the governing body on the appropriate proposal form from duly appointed advisory committees, leagues or the Executive Committee.” *All items coming before the Southern Section Council must contain the financial implications on member schools, leagues and the Southern Section.*

Date: 12-12-14

Submitted by:

Name of representative: Mark Cunningham

School of representative: _____ Telephone: _____

Check one of the following:

☐ League Proposal. Name of League: _____

☒ Advisory Committee Proposal. Committee Name: Football Coaches Advisory Committee

☐ Executive Committee Proposal. Submitted by: _____

Rule Change:

Rule Number Affected: 1903, 1918, 1921,3

Implementation Date: July 1, 2015

Abstract: (Please add any supporting documents.)

See attached

Council First Read: X

Council Action Date: _____

Date Proposal will take effect on member schools: July 1, 2015

See reverse side for additional information.

Proposal Number

SS511

Financial Impact on Member School and Southern Section (Attach an analysis and supporting documents):

All Council Proposals must be submitted according to the timelines published in the Blue Book. If they are not received in a timely manner, they will be postponed until the next meeting.

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Sport advisory committees are advised to confine their proposals to the sport(s) under their advisement. Any proposals that do not affect Articles 1400 – 3100 must contain a rationale as to why the sport advisory committee is requesting action.

Procedure for Proposed Bylaw Changes:

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2. Type the bylaw, using normal font face, for language that will remain unchanged.
3. Use strikethrough to identify language to be eliminated or changed.
4. Identify proposed language using bold type.

For example, if a league wants to address the color of jerseys in basketball, the proposal may read:

The _____ League proposes the following changes to the basketball bylaws.
(your league name)

Bylaw 1623 Color of Jerseys

Proposed language:

“In all basketball games played between member schools of the CIF Southern Section,
The host team shall wear ~~white~~ **dark** colored jerseys.”

1903. PHYSICAL CONDITIONING PRACTICE

A high school shall not conduct a physical conditioning practice session during the summer prior to the opening date of authorized football practice, unless so authorized by the appropriate CIF Section.

1903.1 The start date for fall football practice, for each individual school, will be determined according to the following:

1. ~~Identify the date of their first contest.~~

1. Week 0 Games – The starting date for fall practice is August 10, 2015

2. Week 1 Games – The starting date for fall practice is August 17, 2015

Note (CIF Bylaw 506, Practice Allowance, will begin on the starting date of fall practice listed above).

2. ~~Count backward from that date, counting each day in the following way:~~

~~_____ a. _____ Non School Weekdays Two (2) practice opportunities~~

~~_____ b. _____ School Days One (1) practice opportunity~~

~~_____ c. _____ Teacher/Staff Work Days, Saturdays and Labor Day One (1) practice opportunity~~

~~_____ d. _____ The week of the first game One (1) practice opportunity~~

~~NOTE: If a school wishes to practice twice on Teacher/Staff Work Days, Saturdays and/or Labor Day, they may do so, but each practice will count toward their maximum of 25 practice opportunities.~~

3. ~~The one allowable scrimmage will count as one (1) practice opportunity.~~

4. ~~The maximum number of practice opportunities allowed, prior to their first contest, is 25.~~

~~QUESTION: What if a school chooses not to conduct practice on a day after they have started football practice?~~

~~ANSWER: Each day, counting backward from the first contest date, will count toward their total of 25 practice opportunities, regardless of whether a team practices once, twice, or does not practice at all on that day.~~

1903.2 All conditioning sessions will be held at the schools regular practice field. No workouts will be permitted at beaches, mountain resorts, or military sites.

QUESTION: When will schools be allowed to fit equipment?

ANSWER: Schools may fit equipment prior to the conditioning period as long as it is during the summer and not during the dead period. Uniforms may not be issued prior to the conditioning period.

1903.3 Schools will be permitted to issue uniforms and equipment on the first day of conditioning after which a time may be designated for individual and team photos. No conditioning in any type of uniform will be permitted.

1903.4 Schools will have the option to allow their players to wear full pads on the first day of their fall practice, if their summer dead period is arranged in a way that allows for a minimum of three days of conditioning in helmets, t-shirts and shorts only, immediately prior to their first day of fall practice.

~~1903.5 Each school's principal shall provide to the league president a calendar showing their school's twenty five practice opportunities. Each school in the league will be provided with the calendars of practices for all league schools.~~

1903.6 The three-week dead period is mandatory. Alternate dates may be requested as needed to accommodate the practice schedule.

<>1918. STARTING DATES FOR INTERSCHOLASTIC CONTESTS/"0" WEEK CONTEST

No interscholastic contests (non-league or league) may be scheduled prior to August 29. For information regarding scheduling of a contest prior to August 30, refer to the following guidelines:

#1918.1 "0" Week Contest Approval Procedure: If a school chooses to schedule a "0" Week contest, they are required to do the following:

1. Include on the CIF Southern Section Football Practice Information Form the following information:
 - a. The date of the "0" Week contest.
 - b. ~~The school's start date for fall practice. Based upon the date of the "0" Week contest and the 25 practice opportunities allowed. (See Rule 1903.1)~~
 - c. ~~The dates of the school's Summer Dead Period.~~
 - d. The dates of the school's bye week - The bye week is from Monday through Saturday. Practices must be conducted without pads. Players are allowed to wear helmets during the bye week, similar to the first three days of the fall conditioning period. (See Rule 1903.4 for further clarification.)

QUESTION: What medical coverage is required for regular season football contests?

ANSWER: The host school shall designate and provide a medical practitioner for all regular season (non-league and league) football contests.

1921. SUMMERTIME RULES/SUMMER DEAD PERIOD/SPORTS CAMPS

1921.1 With the exception of the summer dead period, until the beginning of the first official starting date for fall sports, there shall be no restriction on high school coaches working with high school students registered and/or attending their respective high school or entering them in summer competition, provided approval is received from the school principal.

QUESTION: Who may participate in high school summer athletic programs approved by the principal?

ANSWER: Only students registered for the upcoming school year in grades 9 through 12. Additionally, it would be a violation to allow elementary students (8th grade and below) to participate with the high school team. For students enrolled in more than one school, all summer practice and competition must be confined to one school.

1921.2 High schools may sponsor sport camps and/or allow non-school sponsored sport camps to use their facilities.

- * High school students and individuals from the general community can attend.
- * The high school name, nickname and identifying marks can be used in the title and/or promotion of the camp.
- * The principal of the high school must give permission for the camp to take place; non-school sponsored camps must secure a facility permit for use of any facilities and equipment.
- * The camp must comply with all CIF rules, including those pertaining to undue influence and dead period.
- * Non-school sponsored camps should provide required liability insurance for the use of any school facilities.

1921.3 A summer dead period must be declared by the school principal for all sports. The dates of the dead period must be forwarded to the Southern Section Commissioner. The dead period must be the same for all levels and must be three (3) consecutive weeks between the end of school or the first Friday in June, whichever is first, **and prior to the start of fall practice (Week 0 Games - August 10, 2015, Week 1 Games - August 17, 2015).** ~~the last Monday in August.~~ No class could be offered which could circumvent the rule. There are no exceptions to the summer dead period.

During the dead period, weight lifting ONLY would be permitted. No running or other type of conditioning would be allowed.

Special nationally recognized programs in various sports that require a national or regional championship format, such as Bobby Sox Softball, American Legion or Mickey Mantle Baseball, etc., would be allowed to continue, until completion, during the dead period.

- 1921.4 It should be noted that in football only, the following is applicable as part of the high school program.
- (a) High school students participating in summer football practice may wear the following type of clothing or uniform: (1) football shoes; (2) "T" or sweat shirts (football jerseys prohibited); (3) trunks or sweat pants; (4) protective equipment for the ears and head. (Football or other hard plastic helmets will not be permitted because of the hazard to other players unless you are utilizing your 3 days of conditioning (see rule 1903.4) prior to the start of fall practice.)
 - (b) The following equipment will be permitted during summer football practice provided it is used in a safe and sane manner: (1) air dummies; (2) stand-up dummies; (3) two or seven-man sleds; (4) tackling dummies; (5) blocking aprons.
 - (c) There shall be no live tackling at any time.
- 1921.5 A student with further high school eligibility may participate during the summer on a touch or flag football team. No CIF Southern Section restrictions shall be placed upon the personnel composition of such a team. A high school football coach may, as an individual, coach such a team.

QUESTION:	Can protective gear such as shoulder pads, helmets, etc., be furnished by schools for use at private or public schools or camps?
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ANSWER:	No. Uniforms or any type of school equipment may not be used.
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- 1921.6 A student with further high school eligibility may attend and participate in football activity at any public recreation, private football school or camp. A member of the football coaching staff from the school which the student attends may serve as an instructor at such a camp. A private football camp is defined where there are students from three or more schools in attendance and the camp is not being run by a high school coach who has students in attendance. A team contact camp is defined as a camp in which high school players utilizing helmets and pads participate along with their high school coach(es). Participation in team contact camps is prohibited.



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CIF SOUTHERN SECTION COUNCIL PROPOSAL FORM**

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“CIF Southern Section Council may entertain proposals submitted to the governing body on the appropriate proposal form from duly appointed advisory committees, leagues or the Executive Committee.” *All items coming before the Southern Section Council must contain the financial implications on member schools, leagues and the Southern Section.*

Date: 3-30-2015

Submitted by:

Name of representative: Bert Esposito

School of representative: _____ Telephone: _____

Check one of the following:

☐ League Proposal. Name of League: _____

X Advisory Committee Proposal. Committee Name: Football Coaches Advisory Committee

☐ Executive Committee Proposal. Submitted by: _____

Rule Change:

Rule Number Affected: 1903, 1918, 1921,3

Implementation Date: July 1, 2015

Abstract: (Please add any supporting documents.)

See attached

Council First Read: X

Council Action Date: _____

Date Proposal will take effect on member schools: July 1, 2015

Attached amended proposal

Proposal Number

SS511a

Financial Impact on Member School and Southern Section (Attach an analysis and supporting documents):

All Council Proposals must be submitted according to the timelines published in the Blue Book. If they are not received in a timely manner, they will be postponed until the next meeting.

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Procedure for Proposed Bylaw Changes:

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3. Use strikethrough to identify language to be eliminated or changed.
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For example, if a league wants to address the color of jerseys in basketball, the proposal may read:

The _____ League proposes the following changes to the basketball bylaws.
(your league name)

Bylaw 1623 Color of Jerseys

Proposed language:

“In all basketball games played between member schools of the CIF Southern Section,
The host team shall wear ~~white~~ **dark** colored jerseys.”

1903. PHYSICAL CONDITIONING PRACTICE

A high school shall not conduct a physical conditioning practice session during the summer prior to the opening date of authorized football practice, unless so authorized by the appropriate CIF Section.

1903.1 The start date for fall football practice, for each individual school, will be determined according to the following:

1- ~~Identify the date of their first contest.~~

1. ~~Week 0 Games – The first official day of football practice is August 3, 2015. The period of August 3 through August 5 is established as a physical conditioning period for prospective members of a high school team.~~
2. ~~Week 1 Games – The first official day of football practice is August 10, 2015. The period of August 10 through August 12 is established as a physical conditioning period for prospective members of a high school team~~

~~Note (CIF Bylaw 506, Practice Allowance, will begin on the starting date of fall practice listed above).~~

2. ~~Count backward from that date, counting each day in the following way:~~

~~_____ a. _____ Non-School Weekdays – Two (2) practice opportunities~~

~~_____ b. _____ School Days – One (1) practice opportunity~~

~~_____ c. _____ Teacher/Staff Work Days, Saturdays and Labor Day – One (1) practice opportunity~~

~~_____ d. _____ The week of the first game – One (1) practice opportunity –~~

3. ~~These conditioning periods of August 3 through August 5 (zero week) and August 10 through August 12 week 1) may include various facets of football training (teaching techniques, chalk talks, pass patterns, etc.) but MAY NOT include any body contact such as tackling or blocking. Football shoes, helmets and footballs will be the only equipment allowed during the conditioning periods of August 3 through August 5 and August 10 through August 12. There will be no equipment used such as blocking or tackling dummies, pads, etc.~~

~~NOTE: If a school wishes to practice twice on Teacher/Staff Work Days, Saturdays and/or Labor Day, they may do so, but each practice will count toward their maximum of 25 practice opportunities.~~

3. ~~_____ The one allowable scrimmage will count as one (1) practice opportunity.~~

4. ~~_____ The maximum number of practice opportunities allowed, prior to their first contest, is 25.~~

~~QUESTION: _____ What if a school chooses not to conduct practice on a day after they have started football practice?~~

~~ANSWER: _____ Each day, counting backward from the first contest date, will count toward their total of 25 practice opportunities, regardless of whether a team practices once, twice, or does not practice at all on that day.~~

1903.2(4) All conditioning sessions will be held at the schools regular practice field. No workouts will be permitted at beaches, mountain resorts, or military sites.

QUESTION: When will schools be allowed to fit equipment?

ANSWER: Schools may fit equipment prior to the conditioning period as long as it is during the summer and not during the dead period. Uniforms may not be issued prior to the conditioning period.

1903.3(5) Schools will be permitted to issue uniforms and equipment on the first day of conditioning after which a time may be designated for individual and team photos. No conditioning in any type of uniform will be permitted.

1903.4(6) ~~Schools will have the option to allow their players to wear full pads on the first day of their fall practice, if their summer dead period is arranged in a way that allows for a minimum of three days of conditioning in helmets, t-shirts and shorts only, immediately prior to their first day of fall practice.~~

The first official day of practice in full pads is set as:
Week 0 Games Thursday August 6, 2015
Week 1 Games Thursday August 13, 2015

~~1903.5 Each school's principal shall provide to the league president a calendar showing their school's twenty five practice opportunities. Each school in the league will be provided with the calendars of practices for all league schools.~~

1903.6(7) The three-week dead period is mandatory. Alternate dates may be requested as needed to accommodate the practice schedule.

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 - a. The date of the "0" Week contest.
 - b. ~~The school's start date for fall practice - Based upon the date of the "0" Week contest and the 25 practice opportunities allowed. (See Rule 1903.1)~~
 - c. ~~The dates of the school's Summer Dead Period.~~
 - d. The dates of the school's bye week - The bye week is from Monday through Saturday. Practices must be conducted without pads. Players are allowed to wear helmets during the bye week, similar to the first three days of the fall conditioning period. (See Rule 1903.4 for further clarification.)

QUESTION: What medical coverage is required for regular season football contests?

ANSWER: The host school shall designate and provide a medical practitioner for all regular season (non-league and league) football contests.

1921. SUMMERTIME RULES/SUMMER DEAD PERIOD/SPORTS CAMPS

1921.1 With the exception of the summer dead period, until the beginning of the first official starting date for fall sports, there shall be no restriction on high school coaches working with high school students registered and/or attending their respective high school or entering them in summer competition, provided approval is received from the school principal.

QUESTION: Who may participate in high school summer athletic programs approved by the principal?

ANSWER: Only students registered for the upcoming school year in grades 9 through 12. Additionally, it would be a violation to allow elementary students (8th grade and below) to participate with the high school team. For students enrolled in more than one school, all summer practice and competition must be confined to one school.

1921.2 High schools may sponsor sport camps and/or allow non-school sponsored sport camps to use their facilities.

- * High school students and individuals from the general community can attend.
- * The high school name, nickname and identifying marks can be used in the title and/or promotion of the camp.
- * The principal of the high school must give permission for the camp to take place; non-school sponsored camps must secure a facility permit for use of any facilities and equipment.
- * The camp must comply with all CIF rules, including those pertaining to undue influence and dead period.
- * Non-school sponsored camps should provide required liability insurance for the use of any school facilities.

1921.3 A summer dead period must be declared by the school principal for all sports. The dates of the dead period must be forwarded to the Southern Section Commissioner. The dead period must be the same for all levels and must be three (3) consecutive weeks between the end of school or the first Friday in June, whichever is first, **and prior to the start of fall practice (Week 0 Games - August 3, 2015, Week 1 Games - August 10, 2015).** ~~the last Monday in~~

~~August~~. No class could be offered which could circumvent the rule. There are no exceptions to the summer dead period.

During the dead period, weight lifting ONLY would be permitted. No running or other type of conditioning would be allowed.

Special nationally recognized programs in various sports that require a national or regional championship format, such as Bobby Sox Softball, American Legion or Mickey Mantle Baseball, etc., would be allowed to continue, until completion, during the dead period.

- 1921.4 It should be noted that in football only, the following is applicable as part of the high school program.
- (a) High school students participating in summer football practice may wear the following type of clothing or uniform: (1) football shoes; (2) "T" or sweat shirts (football jerseys prohibited); (3) trunks or sweat pants; (4) protective equipment for the ears and head. (Football or other hard plastic helmets will not be permitted because of the hazard to other players unless you are utilizing your 3 days of conditioning (see rule 1903.4) prior to the start of fall practice.)
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 - (c) There shall be no live tackling at any time.
- 1921.5 A student with further high school eligibility may participate during the summer on a touch or flag football team. No CIF Southern Section restrictions shall be placed upon the personnel composition of such a team. A high school football coach may, as an individual, coach such a team.

QUESTION:	Can protective gear such as shoulder pads, helmets, etc., be furnished by schools for use at private or public schools or camps?
ANSWER:	No. Uniforms or any type of school equipment may not be used.

- 1921.6 A student with further high school eligibility may attend and participate in football activity at any public recreation, private football school or camp. A member of the football coaching staff from the school which the student attends may serve as an instructor at such a camp. A private football camp is defined where there are students from three or more schools in attendance and the camp is not being run by a high school coach who has students in attendance. A team contact camp is defined as a camp in which high school players utilizing helmets and pads participate along with their high school coach (es). Participation in team contact camps is prohibited.



10932 Pine Street
Los Alamitos, California 90720

Telephone: (562) 493-9500
FAX: (562) 493-6266

CIF SOUTHERN SECTION COUNCIL PROPOSAL FORM**

In accordance with Blue Book Article 3, Bylaw 30.1, the following proposal is submitted for Council consideration.

"CIF Southern Section Council may entertain proposals submitted to the governing body on the appropriate proposal form from duly appointed advisory committees, leagues or the Executive Committee." *All items coming before the Southern Section Council must contain the financial implications on member schools, leagues and the Southern Section.*

Date: Dec. 15, 2014

Submitted by:

Name of representative: Aaron Solis

School of representative: San Marcos

Telephone: _____

805-967 4581 x 5611

Check one of the following:

☐ League Proposal. Name of League: _____

☒ Advisory Committee Proposal. Committee Name: Golf

☐ Executive Committee Proposal. Submitted by: _____

Rule Change:

Rule Number Affected: <>2003

Implementation Date: July 1, 2015

Abstract: (Please add any supporting documents.)

Council First Read: _____

Council Action Date: _____

Date Proposal will take effect on member schools: _____

See reverse side for additional information.

Proposal Number

SS512

Financial Impact on Member School and Southern Section (Attach an analysis and supporting documents): **NONE**

The Golf Advisory Committee proposes the following changes to the Golf bylaws.

Bylaw ◇2003 - Starting Date for Interscholastic Contests

Proposed language:

◇Girls Teams - No interscholastic matches (non-league, tournament, or league) may be scheduled prior to ~~August 31~~ **August 24**.

Rationale:

- 1) Girls Golf is the first fall sport to conduct championships, held during the last week of October. These dates are based on state championships set by the CIF. This creates a shorter time period for non-league and league contests. Date for last contest in 2015 is Oct. 22. For 2016 and 2017 is Oct. 20th
- 2) Start of season date would equate to Week '0' for football.
- 3) Start of school dates for many districts in the Southern Section are during the 2nd and 3rd week of August.
- 4) Allows flexibility in scheduling for non-league and league contests. Also allows flexibility for golf course scheduling as practices and contests are conducted off campus.



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CIF SOUTHERN SECTION COUNCIL PROPOSAL FORM**

In accordance with Blue Book Article 3, Bylaw 30.1, the following proposal is submitted for Council consideration.

“CIF Southern Section Council may entertain proposals submitted to the governing body on the appropriate proposal form from duly appointed advisory committees, leagues or the Executive Committee.” *All items coming before the Southern Section Council must contain the financial implications on member schools, leagues and the Southern Section.*

Date: January 5, 2015

Submitted by:

Name of representative: Ray Dunne

School of representative: Santa Margarita Catholic High School Telephone: 949-766-6001

Check one of the following:

☒ League Proposal. Name of League: Trinity

☐ Advisory Committee Proposal. Committee Name:

☐ Executive Committee Proposal. Submitted by: _____

Rule Change:

Rule Number Affected: 600

Implementation Date: 2015-16

Abstract: (Please add any supporting documents.)

Article 60 Outside Competition

Rule 600 Competition on an outside team

Proposed change: Insert new section ‘C’, moving the current ‘C’ to ‘D’; ‘D’ to ‘E’ and son on.

New Section ‘C’: *“For the purposes of this rule, sand volleyball is considered to be a different sport than indoor volleyball.”*

SS513

Council First Read: January 28, 2015

Council Action Date: April 28, 2015

Date Proposal will take effect on member schools: 2015-16

See reverse side for additional information.

Financial Impact on Member School and Southern Section (Attach an analysis and supporting documents): There is no fiscal impact on member schools or the Southern Section of the CIF.

All Council Proposals must be submitted according to the timelines published in the Blue Book. If they are not received in a timely manner, they will be postponed until the next meeting.

Council Proposals that do not contain the information in the fields provided on both pages will not be considered.

Sport advisory committees are advised to confine their proposals to the sport(s) under their advisement. Any proposals that do not affect Articles 1400 – 3100 must contain a rationale as to why the sport advisory committee is requesting action.

Procedure for Proposed Bylaw Changes:

1. Identify the bylaw, by number, to be changed or eliminated.
2. Type the bylaw, using normal font face, for language that will remain unchanged.
3. Use strikethrough to identify language to be eliminated or changed.
4. Identify proposed language using bold type.

For example, if a league wants to address the color of jerseys in basketball, the proposal may read:

The _____ League proposes the following changes to the basketball bylaws.
(your league name)

Bylaw 1623 Color of Jerseys

Proposed language:

“In all basketball games played between member schools of the CIF Southern Section, The host team shall wear ~~white~~ **dark** colored jerseys.”



January 5, 2015

Mr. Rob Wigod
Commissioner, CIF-SS
10932 Pine Street
Los Alamitos, CA 90720


Dear Rob:

Enclosed is a rule change recommendation from the Trinity League. This change, with regards to sand volleyball and indoor volleyball, was discussed and voted on unanimously by the league principals at the last league meeting. Hopefully the change will eliminate the type of problem that was experienced last fall.

Please let me know if there is anything else the CIF-SS requires of me or the league for this proposal to move forward.

Thank you!

Respectfully,



Raymond R. Dunne
Principal

SS513

CIF SOUTHERN SECTION COUNCIL PROPOSAL FORM**

In accordance with Blue Book Article 3, Bylaw 30.1, the following proposal is submitted for Council consideration.

“CIF Southern Section Council may entertain proposals submitted to the governing body on the appropriate proposal form from duly appointed advisory committees, leagues or the Executive Committee.” *All items coming before the Southern Section Council must contain the financial implications on member schools, leagues and the Southern Section.*

Date: 10/17/14

Submitted by:

Name of representative: Steve Eggert

School of representative: Fountain Valley HS Telephone: 714-962-3301, ext. 4285

Check one of the following:

☒ League Proposal. Name of League: Sunset

Rule Change:

Rule Number Affected: 2911

Implementation Date: Fall 2015

2911. OUTSIDE COMPETITION BY AN INDIVIDUAL

During Individual's Season of Sport - A member of a high school volleyball team may not, during his or her season of sport, compete for an outside team in the sport of volleyball. **This shall include any form of tryouts or player evaluations, occurring during the high school season of sport with a team, program, club, or any other outside organization other than the student-athlete's high school team. Any such event is considered a violation of this Bylaw. A student shall become ineligible for CIF competition if he/she participates in any tryout for a team, program, club, or any other outside organization.**

A season of sport (See Bylaw 511) is defined as that period which begins with a student's first interscholastic competition (non-league, tournament or league game) and ends with that student's last interscholastic contest (non-league, tournament, league or CIF Southern Section playoff).

Abstract:

This proposal was originally introduced last Spring in order to remedy what many consider an undue burden placed on girls volleyball participants, who are asked to compete in numerous weekend tryouts for club volleyball positions scheduled during their season of high school interscholastic competition. Further, this proposal was introduced to align girls volleyball with the spirit and intent of CIFSS Bylaw

506 (which caps weekly playing/practice time at 18 hours). Currently club tryouts are scheduled midway through the high school volleyball season, effectively nullifying the intent of Bylaw 506 in the process.

Anecdotally, a majority of club owners and coaches support this proposal, as it pushes back club tryouts until after their season is over. Further, in recognition of the CIF San Diego Section's prohibition on club tryouts occurring during the high school season, the sport's governing body, the Southern California Volleyball Association (SCVA), currently has adopted the following language within their bylaws:

"Please note, the SCVA recognizes that **San Diego** area high school players are bound to the CIF rules. The SCVA asks that all San Diego clubs and players abide by those rules, so as to not jeopardize the eligibility of girls during their high school season. Thus the following tryout dates and commitment dates will be used for those **clubs in the San Diego areas**:

- Girls 14 and Under Divisions- tryout date of October 18, 2014 with a commitment date of October 27, 2014.
- Girls 15 and Under Division- tryout date of November 8, 2014 with a commitment date of November 17, 2014.
- Girls 18 and 16 and Under Divisions- tryout date of November 15, 2014 with a commitment date of November 24, 2014."

Through passage of this proposal, we are essentially asking the SCVA to apply the above language to the remainder of the Southern Section. For informational purposes, applicable CIF SS dates in Girls Volleyball are as follows:

Lower level seasons end on	11/4/14
WILD CARD	Saturday, Nov. 8
1st ROUND	Tuesday, Nov. 11
2nd ROUND	Thursday, Nov. 13
QTR-FINALS	Saturday, Nov. 15
SEMI-FINALS	Tuesday, Nov. 18
FINALS	November 21 and 22, 2014
Club Season Begins	December 1, 2014

Council First Read: 1/7/15

Council Action Date: 1/28/15

Date Proposal will take effect on member schools: March 1, 2015

Financial Impact on Member School and Southern Section (Attach an analysis and supporting documents):

No Fiscal Impact

Dear Athletic Directors,

The Sunset League is proposing a new resolution which extends Bylaw 600 for Girls Volleyball to club try-outs, effectively pushing club try-out and commitment dates until after the girls volleyball season has concluded, similar to what is currently in place in the San Diego Section.

We are proposing that the SS adopt the language that the SDS has in place, which is what the governing board for club volleyball, the Southern California Volleyball Association (SCVA), follows in San Diego. This proposal was originally introduced last Spring in order to remedy what many consider an undue burden placed on girls' volleyball participants, who are asked to compete in numerous weekend tryouts for club volleyball positions scheduled during their season of high school interscholastic competition. Further, this proposal was introduced to align girls' volleyball with the spirit and intent of CIFSS Bylaw 506 (which caps weekly playing/practice time at 18 hours). Currently club tryouts are scheduled midway through the high school volleyball season, effectively nullifying the intent of Bylaw 506 in the process.

Anecdotally, a majority of club owners and coaches support this proposal, as it pushes back club tryouts until after their season is over. Further, in recognition of the CIF San Diego Section's prohibition on club tryouts occurring during the high school season, the sport's governing body, the SCVA currently has adopted the following language within their bylaws:

Please note, the SCVA recognizes that **San Diego** area high school players are bound to the CIF rules. The SCVA asks that all San Diego clubs and players abide by those rules, so as to not jeopardize the eligibility of girls during their high school season. Thus the following tryout dates and commitment dates were to be used last year for those **clubs in the San Diego areas**:

- Girls 14 and Under Divisions- tryout date of October 18, 2014 with a commitment date of October 27, 2014.
- Girls 15 and Under Division- tryout date of November 8, 2014 with a commitment date of November 17, 2014.
- Girls 18 and 16 and Under Divisions- tryout date of November 15, 2014 with a commitment date of November 24, 2014.

Through passage of this proposal, we are essentially asking the SCVA to apply the above language to the remainder of the Southern Section.

To All Girls Volleyball Coaches and Athletic Directors of the CIF Southern Section:

Hello, my name is Charlie Brande and I have coached volleyball for forty years at every level from club to high school to collegiate to international. Currently, I operate and coach in one of the largest Volleyball Clubs in Southern California. As this sport has grown, the well-being of the athlete has always been and will remain a priority. Please help to promote and support this proposal, which we feel will go a long way to help these young student athletes stay healthy and focused on the task at hand.

The Sunset League's proposal to restrict outside club tryouts until the high school season has finished is essential for many reasons. As a high school coach, the need to monitor a player's emotional and physical well-being is crucial. The present by-law allows clubs to have tryouts during the first weekend in October which occurs simultaneously with the start of most league play. The emotional stress of the tryout coupled with the physical and mental toll on the high school player, greatly detracts from the high school season participation and can put the student athlete at risk. The pressure and anxiety that these tryouts can produce is very difficult for these young players to deal with, but the overuse of the athlete physically is equally as damaging.

The San Diego Section of CIF has had a bylaw in place which prohibits participation on outside clubs during the high school season. This has worked out very well for the high school programs and as a result, injuries and burnout of these student athletes have been reduced. The Sunset League proposal would request that the Southern Section have similar wording and restrictions.

We believe the safety and well-being of the student athletes is paramount. Therefore, please let your athletic director know your feelings about this proposal and how it would positively affect your athletes as well as your ability to build your high school team through the league schedule.

Thank you for your consideration.

HECTOR VASQUEZ

CITRUS BELT AREA REPRESENTATIVE

Mr. Vasquez has worked in education for over 15 years. He received his Bachelor's Degree in Physical Education, Master's Degree and both his credentials from Azusa Pacific University.

Since graduating from APU he has had a diverse and unique career in several school districts and has been part of many different sport systems. He has been involved as a high level high school Soccer Coach, Head Cross Country Coach, Head Track and Field Coach, assistant Freshman Football Coach, assistant Freshman Baseball Coach and a high performance athletic director/administrator. He has worked with professional athletes, teams at all levels, all ages and all sports.

Mr. Vasquez started his athletic career as a soccer player while at Sonora High School in La Habra. While a student athlete he earned Most Valuable Player Honors as well as being named a member of the First Team All-League. After high school he began his college playing career at Fullerton College. While at Fullerton College he was named captain and was featured in local newspapers as a player to watch. During his second season at Fullerton College he was recruited by Don Lawrence, soccer coach at Azusa Pacific University where he competed for the Cougars and finished out his collegiate career.

After his college playing experience, he began coaching both high school and club soccer. While coaching at Santa Fe Springs High School he took his team to the play-offs each of his three years as a coach and was ranked number four going into the play-off his last year as the soccer coach. During his tenure at Santa Fe Springs High School he began his career as an athletic director. As an athletic director he established an accountability program for sixth period athletics and served as the liaison for athletics for the coaching staff and the counseling/administration at the site. As an athletic director, Mr. Vasquez got the opportunity to assist all athletic programs as an assistant and often filled in when there was a lack of qualified coaches.

After four successful years as a coach, athletic director and teacher, he was recruited by a neighboring school district to direct one of their high schools and serve as an assistant principal. During his time at Bellflower High School he was directly involved with coaching development and establishing systematic athletic programs that exist to this day. One of his most proud accomplishments at Bellflower High School was establishing fundraising events that continue to produce funds for the athletic and ASB programs to this day.

In 2010 he moved to Pacific High School in San Bernardino City as a vice principal in charge of a small learning community and athletics. After two very successful years as a vice principal at Pacific High School, he was promoted to middle school principal. While at Arrowview Middle School, Mr. Vasquez successfully resurrected middle school sports for the San Bernardino City Unified School District. During his two years at the middle school, he re-established intramural competition, purchased all uniforms and needed equipment for successful student participation for years to come.

Mr. Vasquez has returned to Pacific High School only this time as the principal. In his short time at Pacific he has successfully implemented an athletic period into the master schedule, has recruited on-campus coaches for all sports, established weekly grade checks and personally led a mentoring program for all athletes on campus. These changes ensured an increase in student-athlete participation to 30% of all students attending the school and even more impressive only ONE fall student-athlete was ineligible at the first quarter grading period. Equally impressive the football team earned its first multiple game winning season in eight years. With a 4-6 record in his first year, he plans to take a close look at all possibilities for next year. Besides the success in football, Pacific won a league title in girls cross country and a third place for the boys.

In addition to his high quality work with various schools he is also a well-respected speaker on all areas of performance management and has delivered presentations on both athletics and academics. He is a WASC Accreditation **Committee Chair**, Certified as a Franklin Covey “Speed of Trust” (SOT) trainer, Certified as a Houghton Mifflin Harcourt Rigorous Curriculum Design (RCD) trainer of trainers and also serves on as a committee member/leader for the K-8 California Career Partnership Trust Grant, Community Gathering for Excellence Facilitator, Bargaining Committee- Substitute Teachers, Instructional Rounds District Facilitator, Coaching and Mentoring Committee Member, Local Control Accountability plan(LCAP) committee leader (AVID), management interview panel and screening process, Linked Learning Leadership Team Member and Instructional Framework Committee Member. He has attended professional training for The Breakthrough Coach, The speed of Trust- Franklin Covey, Total School Solutions-Improving Performance for Latino Students and English Learners, National Alliance of Black School Educators Annual Conference, Nashville, TN, Common Core National Institute, San Francisco, CA, AP by the Sea, San Diego, CA, California Association of Directors of Activities (CADA) Conference, Reno, NV, California Association of School Business Officials (CASBO) Conference, San Diego, CA, California School Resource Officers Association Conference, San Diego, CA, California Interscholastic Federation, Coaching Education Program Coach, California State Athletic Directors Association (CSADA), Conference, San Diego, CA and taking you and your organization to the next level- The Student Group.

MIKE WEST

CITRUS BELT AREA REPRESENTATIVE

Professional Preparation

Graduate	Master of Science: Exercise and Sports Sciences , University of Arizona, Tucson, Arizona, May 1994.
Undergraduate	Bachelor of Science: Physical Education California Polytechnic State University – San Luis Obispo, San Luis Obispo, California, June 1992.

Professional Experience

Principal	Jurupa Valley High School, Riverside, California, January 2013 – Present.
Principal	Jurupa Unified School District Learning Center, Riverside, California, July 2010 – December 2012.
Assistant Principal	Patriot High School, Riverside, California, August 2007 – June 2010.
Athletic Director	Chino Hills High School, Chino Hills, California, November 2000 – July 2007.
Head Athletic Trainer	Ayala High School, Chino Hills, California, August 1994 – June 1999.

Professional Committees & Activities

Member	California Interscholastic Federation State Sports Medicine Advisory Committee, September 2013 – Present
Founding Member	California Interscholastic Federation – Southern Section Athletic Trainer Advisory Committee, September 2011 – Present.
President	California Athletic Trainers' Association, January 2009 – Present.
State Master Assessor	California Interscholastic Federation Wrestling Weight Management Program, March 2005 – Present.

Honors & Awards

Athletic Trainer	Most Distinguished Athletic Trainer , Far West Athletic Trainers' Association, April, 2014.
Athletic Director	Norm Mackenzie "Rookie Athletic Director of the Year" Award , California State Athletic Directors Association, March 2003.

COLLYN NIELSEN

FOOTHILL AREA REPRESENTATIVE

Education

- Ed.D., Educational Leadership **2003**
University of California, Los Angeles
- M.A., Educational Leadership and Policy Studies **1998**
California State University at Northridge
- Administrative Services Credential **1998**
California State University at Northridge
- B.A., English **1990**
California State University at Northridge

Honors

- ACSA Region XV Secondary Principal of the Year **2012**
- ACSA SCV Secondary Principal of the Year **2010**
- One of L.A.'s Most Inspirational Teachers **1997**
- Phi Kappa Phi Honor Society **1997**

Professional Experience

Principal, Hart High School

2007-Present

- Provided leadership for high performing athletic program.
 - Supervised and evaluated a comprehensive and successful athletic program consisting of 19 varsity sports and 1,000+ athletes.
- Served as Foothill League President during the 2007-08 and 2013-14 school years.
 - Assisted in implementing guidelines and policy regarding: athletes and social media; athletic transfers; and consequences for drug/alcohol violations in athletics.
- As the Foothill Area Releaguings Chairperson for the 2014-18 Releaguings Cycle, successfully led the athletic leadership of 9 leagues and 60 schools through the releaguings process.
- Served as the CIF-SS Council Representative for the Foothill League during the 2008-09 school year.

Assistant Principal, Hart and Saugus High Schools

1998-2007

- Supervised a high-performance, comprehensive athletic program.
 - Hired and evaluated coaches; released coaches when necessary.
- Served as the CIF Coordinator for the Foothill League during the 2006-07 school year, coordinating and reporting league standings and playoff entries.

English Teacher and Varsity Baseball Assistant, U.S. Grant H. S.

1993-98

- Coached varsity baseball players in all aspects of the game.

LOREN KLEINROCK

FOOTHILL AREA REPRESENTATIVE

Loren Kleinrock's educational career spanned over 40 years. He began his career in 1973 teaching social studies and coaching football and baseball at Morningside High School. In 1975 he moved to San Marino High School where he taught social studies for 11 years and was the department chair. He then became an assistant principal of activities, discipline and attendance for six years. After serving as the district's middle school principal for two years, Loren moved back to San Marino High, where he served as the principal for 17 years. During the last three years of his career, Loren was the superintendent of the San Marino Unified School District.

Loren's high school coaching career extended for 30 years. While an assistant principal, middle school principal, and high school principal, he continued his coaching career. At the high school level, Loren coached football for 30 years, soccer for 15, and baseball for 7.

Loren was the Foothill Area re-leaguings coordinator for the for the 2010 cycle. For the past three years, he has been the Foothill Area representative to the CIF Executive Committee.

Loren is married to his wife of nearly 41 years, Sandy, and he has two sons and two grandchildren.

DICK BILLINGSLEY

NORTHERN AREA REPRESENTATIVE

In my 45 years of complete joy, I have taught and coached at Harvard School {Harvard Westlake}, Culver City HS, Cal State Northridge, Beverly Hills HS, and the last 24 years here at Oak Park HS.

My teaching positions have been Physical Education, Health, California History, World History, Driver's Education, and Study Skills

Coaching Positions – Head Football Coach 27 years [228 wins] 5 years at Culver City HS [CIF Champs '78]

- 5 years Co-Head at Beverly Hills HS
- 2 years Asst. Coach at Cal State Northridge
- 17 years Head Coach at Oak Park HS
- 16 years Head Soccer coach at 3 different high schools
- 2 years Head Track coach at Harvard School
- Assistant coach in Girls Basketball [CCHS 1979 CIF Champs], Softball, and Rugby
- Co-Head coach Shrine Football Game 1979
- Director of Field Sports Classes at Cal State Northridge
- CIF Coach of the Year in Football 1978 and Co-Coach in Soccer 1991 [OPHS]

CIF-SS Involvement – 9 years as chairperson for Football All-CIF Selection Committee, Northwest Division

Tri-Valley League President/Secretary 2, 2 year terms

CIF-SS Rep 2 years

Tri-County President 6 years [approx]

Lead Person in re-leaguings 4 times for TVL and TCAA

In charge of all responsibilities involving Oak Park HS teams in CIF-SS and State Playoffs

CIF-SS Football Advisory Committee 7 years [approx.] still active

CIF-SS Public/Private Committee since its inception, still active

KEN FREDRICKSON

NORTHERN AREA REPRESENTATIVE

Professional Summary

Possessing a Master of Arts Degree in Organizational Management, strengths include planning and organizing, problem solving, leadership, and team building. A resourceful professional who is dedicated to providing outstanding leadership through effective communication, example, and practical experience.

Credentials

Tier 1 Certificate of Eligibility: Administrative Services

Cross Cultural, Language and Academic Development CLAD

Professional Clear Single Subject: Business Administration

Supplemental – Mathematics

Professional Designated Subjects – Driver Education and Training

Education

**2008-2009 UCSD San Diego, Ca.
CLAD Certificate**

**1996-1999 Chapman University Lompoc, Ca.
Secondary Credential Teaching – Business Administration**

**1996-1997 Brigham Young University Provo, Utah
Driver Education and Health Minor**

**1991-1994 Antioch University Santa Barbara, Ca.
Master of Arts – Organizational Management**

**1986-1989 Ca. St. Dominguez Hills Carson, Ca.
Bachelor of Science – Business Administration**

**1978-1981 Santa Barbara City College Santa Barbara, Ca.
Associate of Arts – General Studies**

Teaching Experience

1998-Present Santa Ynez High School Santa Ynez, Ca.

➤ **Administrative assignments – 2005-present**

Monitor and implement tardy policy.

Site Test Coordinator for CAHSEE, STAR, Smarter Balance and CELDT Test Support.

➤ **Athletic Director – 1998-present**

Responsible for an Athletic Program that offers yearly 22 sports, 43 teams, over 60 coaches, and 700 athletes.

Los Padres League Representative, Coordinator, and Compliance Officer. Member of the CIF Southern Section Athletic Director's Advisory Committee.

➤ **Computer Applications Teacher – 2001-2005**

Taught Microsoft Office 2000 (Word, Excel, PowerPoint), Microsoft Publisher & FrontPage.

- **Algebra 1 Teacher – 1998 & 1999**
 - **Driver Education Teacher 1998 & 1999**
- (also summer school 2006 & 2007)

1997-1998 **Bishop Diego High School** **Santa Barbara, Ca.**
 ➤ **Algebra 1 and Computer Applications Teacher**

Coaching Experience

2006 **Los Olivos Elem. School** **Los Olivos, Ca**
 Girls 8th grade Basketball Head Coach

2005-2006 **Sheriff's Activity League** **Solvang, Ca**
 Girls 7th-8th grade Basketball Head Coach

1997-2004 **Santa Ynez High School** **Santa Ynez, Ca.**
 2008-2009 Girls Varsity Assistant Coach
 2000-2004 Boys Varsity Golf Head Coach
 1997 JV Softball Head Coach
 1996 Boys JV Basketball Assistant

1997-1998 **Bishop Diego High School** **Santa Barbara, Ca.**
 Girls JV Basketball Head Coach
 Varsity Baseball Head Coach

Other Professional Experience

1982-1996 **Delco Systems Operations** **Santa Barbara, Ca.**

1995-1996 Manager, Product Support:

Managed product support activities of 35 employees and over \$20 million in contracts.

1992-1995 Program Manager, Product Support:

Managed \$12-\$20 million contracts while supervising a team of 15-20 employees, and U.S. and Canadian Subcontractors.

1991-1992 Product Support Engineer:

Performed engineering analysis and wrote maintenance actions for military weapon systems.

1989-1991 Manufacturing Engineer:

Developed and maintained manufacturing processes for space flight computer systems.

1986-1989 Production Manager – Final Assembly and Test:

Managed finals assembly and test activities of 15-20 employees.

Professional Memberships

California State Athletic Directors Association (CSADA)

RITA DEVER

PAROCHIAL AREA REPRESENTATIVE

Currently in her 14th year as principal of Mary Star of the Sea High School, Rita Dever brings many years of high school administration experience to her role on the CIF-SS Executive Committee.

She has served for eight years on the Executive Committee of the Catholic Athletic Association and is in her second term as president. In addition, she served as president of the Camino Real League and Camino Del Rey Association for over ten years.

Rita recognizes the importance of sportsmanship at all levels of high school sports as an opportunity for character building and places a special emphasis on ethics in sports.

PAROCHIAL AREA REPRESENTATIVE

Nominations for Parochial Area Representative will be accepted from Parochial Area League Representatives from the floor at the CIF Southern Section Council Meeting on April 29, 2015.

CHARLIE RICARDS
SMALL SCHOOLS AREA REPRESENTATIVE

Education: B.S. in Kinesiology – Cal Poly Pomona, 1977; M.S. in Administration of Athletics and Physical Education, 1983

Professional Experience: 35 years at Woodcrest Christian High School. Currently serving as Vice-Principal/Athletic Director.

Coaching Experience: - Varsity Boys Volleyball – 27 years; Varsity Boys Basketball – 17 years; Varsity Boys Golf – 17 years; Varsity Boys Tennis – 8 years; Varsity Girls Volleyball – 3 years.

Related Experience: CIF Southern Section Executive Committee Member representing Small Schools – 2011 – present; Citrus Belt Area Athletic Director's Association Board Member – 2006-2011; Ambassador League CIF Representative – 2010 – present; Big Sky League President/CIF Rep. – 2006-2010; Inland Coast League President – 1987-2007.

MARK EDGEMON

SMALL SCHOOLS AREA REPRESENTATIVE

"...Mark started our athletic program that has achieved CIF and league championships, but he is most proud of the school's "Champions for Character" awards in 2007 and 2008 ..."

Sue Chiappone
Former Head of School

"...The thing I appreciate most about Mark is his dedication to a program of integrity. He wholeheartedly endorses the importance of academics for our athletes..."

Tamara Solis
Principal
Upland Christian High School

"...Effective and clear communication is definitely a quality Mark possesses."

Professional Profile

To provide athletic leadership in a dynamic and innovative program that develops students into a well rounded individual. Combining a commitment to excellence and strong organizational skills will develop into a successful athletic program.

- Athletic Administrator – 20 years
- Experienced physical education instructor – 13 years
- Marketing director and community representative

Education, Honors, and Certifications

B.A. Physical Education

California State University, Long Beach 1980

Certification Committee

National Interscholastic Athletic Administrators Association 2009

Vice President/Southern Section

California State Athletic Directors Association 2009

Certified Master Athletic Administrator

National Interscholastic Athletic Administrators Association 2010

Athletic Director of the Year for the CIF – Southern Section

California State Athletic Directors Association 2006

Champions for Character School

California Interscholastic Federation – Southern Section 2007, 2008, 2010, 2011, and 2012

Administrative Council at Upland Christian Schools

1995 to present

California Interscholastic Federation – Committee Member

Private/Public Committee, Athletic Administrator Committee and the Releguing Committee

Board of Directors

Upland Chamber of Commerce 2003-08

Principal

Christian High School, San Bernardino 1994-1995

President of the Foothill Citrus Athletic Directors Association 2003-2004 and Private School Representative

Key Qualifications

Began 16 athletic teams for both male and female athletes. Initiated an athletic program that maintained a Title 9 perspective. Hired quality coaches that had a strong positive impact on our program. Wrote the student athletic handbook and developed a coach's handbook. Developed the Arrowhead League Sportsmanship

He is articulate and uses his wonderful sense of humor to make faculty groups, students, and parents feel at ease."

Debbie Acheson
Office Manager

"He has the ability to determine what is important and what is not."

Dave Bassett
Pastor

Summit. Assisted in the design of the gymnasium and athletic field. The department raised over 2.5 million dollars for school campaigns over the past 12 years, including capital campaign and fundraisers such as golf tournaments. Developing corporate sponsorships for the athletic programs and Boosters.

Employment

Professional Development in Education

- Upland Christian High School, Dean of Athletics and Director of Advancement - September 1995 to present
- Seminar Leader – National Interscholastic Athletic Administer Association – December 2008
- Seminar Leader – California State Athletic Directors Association – April 2013
- Seminar Leader – Association of Christian Schools International – November 2006
- Christian High – San Bernardino, Athletic Director and Coach September 1992 to June 1995
- Sales Representative - Sandoz Pharmaceutical – July 1988 to August 1992
- Newport Christian High School – Athletic Director and Coach – September 1980 to June 1988

Professional Affiliations

National Interscholastic Athletic Administrators Association
California State Athletic Directors Association
National Christian School Athletic Association
Rancho Cucamonga Chamber of Commerce
Upland Chamber of Commerce – Board of Directors – 2002-2008
Served as League President, Secretary, CIF Representative, Treasurer

Personal

Wife, Nancy; daughters, Kylie age 24, Kirsten age 20
Hobbies – Boating, Wakeboarding, Sports, Camping
Passion – Run an athletic program with strong ethics
Webcasting – "Athletics Now" seen on YouTube.com

DON AUSTIN

SUPERINTENDENT REPRESENTATIVE

ADMINISTRATIVE EMPLOYMENT HISTORY IN EDUCATION

Superintendent, 2014-Present

Palos Verdes Peninsula Unified School District

- Chief Executive Officer
- Community Relations
- Labor Relations

Assistant Superintendent, Educational Services, 2011-2014

Huntington Beach Union High School District

- Chief Instructional Officer
- Oversight of Athletics
- Professional Development
- Collective bargaining

Principal, High School, 2006-2011

Laguna Beach High School

- National Blue Ribbon School
- California Distinguished School
- Direct Oversight of Athletics
- Community Substance Abuse Coalition
- Collective Bargaining

Principal, High School, 2000-2006

La Sierra High School

- Instructional Leader
- Rebuilt Athletic Program
- Supervision of all faculty and staff
- New construction management
- Collective Bargaining

TEACHING EMPLOYMENT HISTORY

Teacher, Administrative Credential Program, 2013 – Present

University of California, Irvine

Doctoral Fellow, 2012 – 2014

California State University, Long Beach

Teacher, 1994-1997

Sunnymead Middle School, Moreno Valley Unified School District

Teacher / Director of Activities, 1997-1999

West Valley High School, Hemet Unified School District

EDUCATION

Doctor of Education, Educational Leadership

Azusa Pacific University, Azusa, California

Master of Arts, Educational Administration

Azusa Pacific University, Azusa, California

Bachelor of Science, English and Physical Education

Baker University, Baldwin City, Kansas

ACCOMPLISHMENTS AND RECOGNITION

- Superintendent of one of the highest-achieving Districts in California
- Extensive professional investment in Athletics across four Southern Section counties
- High school coach – football, basketball, track
- Played for College Football Hall of Fame recipient, Charlie Richard, at Baker University
- Led two Orange County organizations to AP® District Honor Roll distinction
- Developed Local Control Accountability Plan process modeled throughout Orange County
- Provided distance-learning opportunities for students in three districts
- Fourteen-time member of collective bargaining teams
- National Blue Ribbon and California Distinguished School recipient
- Selected as Pearson Digital Learning California School of the Year
- AVID National Demonstration School
- Alvord Unified School District Principal of the Year

NANCY KELLY

SUPERINTENDENT REPRESENTATIVE

Nancy currently serves as the Superintendent of Schools for the Upland Unified School District. As a member of the CIF Southern Section Executive Committee since 2010, Nancy has served as the Superintendent's Representative as well as the Southern Section representative on the CIF State Federated Council. A strong advocate for high school athletics, Nancy has worked collaboratively with the CIF Southern Section Office since 1993, and has served on the Blue Book Committee, the Officials Fees Committee, various At-Large Committees, and Appeals Hearings.

Nancy graduated from St. Joseph High School in Lakewood and received an Associate of Arts degree from Long Beach City College, a Bachelor of Arts degree from San Diego State University, a Master of Science degree from Purdue University, and a joint doctoral degree from UC Irvine/UCLA.

Nancy has served in the field of education for 31 years. She has served both private and public schools throughout Los Angeles County, Orange County and San Bernardino County. She began her high school career as a counselor/teacher at Cornelia Connelly High school and has since served in public schools as a counselor, middle school and high school assistant principal, middle school and high school principal, Director of Student Services, and Assistant Superintendent, Human Resources, prior to her current position.



**PROPOSED 2015-2016 CIF
SOUTHERN SECTION BUDGET**

**MATERIALS TO BE DISTRIBUTED AT
THE SOUTHERN SECTION MEETING**



V.B.1.

ROGER L. BLAKE, EXECUTIVE DIRECTOR

CALIFORNIA INTERSCHOLASTIC FEDERATION

CIF STATE OFFICE • 4650 DOCKHORN DRIVE • SACRAMENTO, CA 95834 • PH: 916-239-4477 • FX: 916-239-4478 • WWW.CIFSTATE.ORG

To: Federated Council

Date: March 20, 2015

Re: Two-Year Pilot Program – So. California Regional Tournament Entries for Basketball, Soccer and Volleyball

Proposal Originated: C.I.F. Commissioners

Proposal Reviewed

10/01/2013 – Commissioners Committee
01/08/2014 – Commissioners Committee
03/17/2014 – Commissioners Committee
06/18/2014 – Commissioners Committee
09/09/2014 – Commissioners Committee
09/30/2014 – Commissioners Committee
01/13/2015 – Commissioners Committee
03/19/2015 – Commissioners Committee
03/26/2015 – Executive Committee

Type: Bylaw Revisions (Pilot)

Proposal Recommendation

Discussion
Discussion
Discussion
Discussion & Formats
Discussion & Formats
Discussion & Formats
Discussion & Formats
Proposal Forwarded 10-0 support
First Reading

Next: 3/26/2015 Executive Committee, 1st Reading
4/30/2015 Executive Committee, Action Item
5/1/2015 Federated Council, 1st Reading
10/07/2015 Federated Council, Action Item (Immediate Implementation)

Proposal Summary: The Commissioner Committee is forwarding for consideration a Two-Year pilot program that will revise several bylaws that govern entry and divisional placement for Regional and State tournaments in Basketball (1606), Soccer (2401), girls' Volleyball (2902) and boys' Volleyball (2903) for the southern California region only. These changes would be implemented immediately.

Fiscal Impact: None

Background: For the past several years, the four southern California CIF sections have moved to competitive equity playoffs based upon historical success and other statistical factors. Given that all four sections in the south are using this model, this pilot proposal would allow the southern regional tournament playoffs to be a continuation of this process.

1606. REGIONAL AND STATE CHAMPIONSHIP DIVISION PLACEMENT OF SCHOOLS

Each Section will determine the divisional placement for its schools who qualify for the state basketball championships. CIF member schools will be required to participate in the division that has been established by their respective Section **unless selected for the Regional Open Division**. Sections may use their own established criteria to determine placement of teams in the ~~six~~ **seven** divisions based on the following guidelines:

Open Division	As determined by Selection Committee
Division I	As determined by Section
Division II	As determined by Section
Division III	As determined by Section
Division IV	As determined by Section
Division V	As determined by Section, but enrollment may not exceed 600
Division VI	As determined by Section, but enrollment may not exceed 200

Divisional placement of teams in the southern California Regional Tournament will be based on rankings provided by each Section at the conclusion of their playoffs. Teams in the southern California Regional Tournament may be moved to a different division than the one in which they participated in during their section playoffs and there will be no enrollment cap in the southern California Regional Division V. This will be a two-year pilot (2015-2016 & 2016-2017) for the southern California Regional Tournament only and will include the Central Section, Los Angeles Section, San Diego Section and Southern Section.

NOTE: The State Championship will include Divisions I-V above and an Open Division. Division VI Regional Championship will be in NorCal only. **For more detailed information, please refer to Blue Administrative Regulations and Policy Pages contained in the back of the Constitution and Bylaws and the published Basketball Handbook for Regional and State Championship Basketball Playoffs.**

(Adopted May 2001 Federated Council/Revised 2002 Executive Committee/Revised February 2005 Federated Council/Revised May 2008 Federated Council/Revised May 2012 Federated Council/Revised May 2014 Federated Council)

2401. SOCAL REGIONAL SOCCER CHAMPIONSHIPS

Southern California boys and girls soccer championships (five divisions) will be held following the completion of Section playoffs for the Central, Los Angeles, San Diego and Southern Sections.

Divisional placement of teams in the southern California Regional Tournament will be based on rankings provided by each Section at the conclusion of their playoffs. Teams in the southern California Regional Tournament may be moved to a different division than the one in which they participated in during their section playoffs. This will be a two-year pilot (2015-2016 & 2016-2017) for the southern California Regional Tournament only and will include the Central Section, Los Angeles Section, San Diego Section and Southern Section.

(Approved Federated Council February 2007/Revised Federated Council May 2014)

NOTE: **For more detailed information, please refer to Blue Administrative Regulations and Policy Pages contained in the back of the Constitution and Bylaws and the published Soccer Handbook for Regional Playoffs.**

2902. REGIONAL AND STATE CHAMPIONSHIP DIVISIONAL PLACEMENT OF SCHOOLS

Each Section will determine the divisional placement for its schools who qualify for the state girls volleyball championships. CIF member schools will be required to participate in the division that has been established by their respective Section. Sections may use their own established criteria to determine placement of teams in the six divisions based on the following guidelines:

Division I	As determined by Section
Division II	As determined by Section
Division III	As determined by Section
Division IV	As determined by Section
Division V	As determined by Section, but enrollment may not exceed 600
Division VI	As determined by Section, but enrollment may not exceed 200

Divisional placement of teams in the southern California Regional Tournament will be based on rankings provided by each Section at the conclusion of their playoffs. Teams in the southern California Regional may be moved to a different division than the one in which they participated in during their section playoffs and there will be no enrollment cap in southern California Regional Division V. This will be a two-year pilot (2015-2016 & 2016-2017) for the southern California Regional Tournament only and will include the Central Section, Los Angeles Section, San Diego Section and Southern Section.

NOTE: The State Championship will include Divisions I-V above and an Open Division. Division VI Regional Championship will be in NorCal only. **For more detailed information, please refer to Blue Administrative Regulations and Policy Pages contained in the back of the Constitution and Bylaws and the published Basketball Handbook for Regional and State Playoffs.**

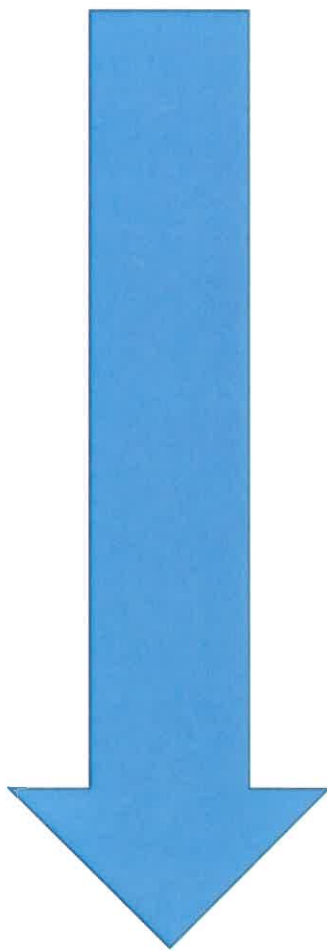
(Adopted May 2001 Federated Council/Revised 2002 Executive Committee/Revised February 2005 Federated Council/Revised May 2008 Federated Council/Revised May 2012 Federated Council/Revised May 2014 Federated Council)

2903. SOCAL REGIONAL CHAMPIONSHIP

A Southern California boys volleyball championship (three divisions) will be held following the completion of Section playoffs for the Central, Los Angeles, San Diego and Southern Sections. **Divisional placement of teams in the southern California Regional Tournament will be based on rankings provided by each Section at the conclusion of their playoffs. Teams in the southern California Regional Tournament may be moved to a different division than the one in which they participated in during their section playoffs. This will be a two-year pilot (2015-2016 & 2016-2017) for the southern California Regional Tournament only and will include the Central Section, Los Angeles Section, San Diego Section and Southern Section.**

(Approved May 2008 Federated Council)

NOTE: For more detailed information, please refer to Blue Administrative Regulations and Policy Pages contained in the back of the Constitution and Bylaws and the published Boys Volleyball Handbook for Regional Playoffs



Regional Entry and Seeding Information
SOUTH

1. Each section has a minimum number of guaranteed entries, which will be reviewed annually (in June).
2. Each section will rank it's allotted number of teams from 1st through last and teams are entered into brackets by rank order, regardless of section division.
3. All Section Division Champions advance to state regional playoffs.
4. No enrollment cap in any division in Central, Los Angeles, San Diego and Southern sections.
5. Each bracket will be filled.

Basketball		Open	DI	DII	DIII	DIV	DV
Central	14	1	2	2	4	3	3
Los Angeles	13	1	4	3	2	2	2
San Diego	13	1	2	3	2	3	3
Southern	44	4	8	8	8	8	8

Note: Additional one (1) entry in Open Division will be filled by Central, Los Angeles and San Diego Sections; If these 3 sections cannot fill all entries, the Southern Section may fill entries.

Soccer		DI	DII	DIII	DIV	DV
Central	6	1	1	1	1	1
Los Angeles	6	1	1	1	1	1
San Diego	8	2	2	2	1	1
Southern	20	4	4	4	4	4

Note: Central Section and Los Angeles Section will each be allotted one (1) additional entry in either DIV or DV.

Girl's Volleyball		DI	DII	DIII	DIV	DV
Central	6	1	1	1	1	1
Los Angeles	6	1	1	1	1	1
San Diego	8	2	2	2	1	1
Southern	20	4	4	4	4	4

Note: Central Section and Los Angeles Section will each be allotted one (1) additional entry in DIV or DV.

Note: *In June, 2016, section allotments will be determined if expansion of girl's volleyball is passed at May, 2015 Federated Council meeting.*

Boy's Volleyball		DI	DII	DIII
Central	2	1	1	0
Los Angeles	3	1	1	1
San Diego	7	2	2	2
Southern	12	4	4	4

Note: Central Section will have one (1) additional entry in DI, DII or DIII
 Los Angeles Section will have two (2) additional entries in DI, DII or DIII
 San Diego Section will have one (1) additional entry in DI, DII or DIII



10932 Pine Street
Los Alamitos, California 90720

Telephone: (562) 493-9500
FAX: (562) 493-6266

CIF SOUTHERN SECTION COUNCIL PROPOSAL FORM**

In accordance with Blue Book Article 3, Bylaw 30.1, the following proposal is submitted for Council consideration.

"CIF Southern Section Council may entertain proposals submitted to the governing body on the appropriate proposal form from duly appointed advisory committees, leagues or the Executive Committee." All items coming before the Southern Section Council must contain the financial implications on member schools, leagues and the Southern Section.

Date: 1/28/15

Submitted by:

Name of representative: MATT HOWELL

School of representative: ARROYO VALLEY Telephone: 909-381-4295

Check one of the following:

☒ League Proposal. Name of League: SAN ANDREAS

☐ Advisory Committee Proposal. Committee Name: _____

☐ Executive Committee Proposal. Submitted by: _____

Rule Change:

Rule Number Affected: 1607 Implementation Date: 2015-2016 WINTER SEASON

Abstract: (Please add any supporting documents.)

At the conclusion of the third quarter or any point thereafter, OR EARLIER, BY MUTUAL CONSENT OF BOTH COACHES, if there is a point differential of forty (40) or more points, a running clock shall be instituted for the remainder of the game, regardless of the score.

—This bylaw applies to all levels of play.

(Approved May 2004 Federated Council)

Council First Read: _____ Council Action Date: _____

Date Proposal will take effect on member schools: WINTER 2015-2016

See reverse side for additional information.

Proposal Number

SS519

Financial Impact on Member School and Southern Section (Attach an analysis and supporting documents):

 NONE

All Council Proposals must be submitted according to the timelines published in the Blue Book. If they are not received in a timely manner, they will be postponed until the next meeting.

Council Proposals that do not contain the information in the fields provided on both pages will not be considered.

Sport advisory committees are advised to confine their proposals to the sport(s) under their advisement. Any proposals that do not affect Articles 1400 – 3100 must contain a rationale as to why the sport advisory committee is requesting action.

Procedure for Proposed Bylaw Changes:

1. Identify the bylaw, by number, to be changed or eliminated.
2. Type the bylaw, using normal font face, for language that will remain unchanged.
3. Use strikethrough to identify language to be eliminated or changed.
4. Identify proposed language using bold type.

For example, if a league wants to address the color of jerseys in basketball, the proposal may read:

The _____ League proposes the following changes to the basketball bylaws.
(your league name)

Bylaw 1623 Color of Jerseys

Proposed language:

“In all basketball games played between member schools of the CIF Southern Section,
The host team shall wear ~~white~~ **dark** colored jerseys.”

CIF SOUTHERN SECTION COUNCIL PROPOSAL FORM**

In accordance with Blue Book Article 3, Bylaw 30.1, the following proposal is submitted for Council consideration.

“CIF Southern Section Council may entertain proposals submitted to the governing body on the appropriate proposal form from duly appointed advisory committees, leagues or the Executive Committee.” *All items coming before the Southern Section Council must contain the financial implications on member schools, leagues and the Southern Section.*

Date: 3/6/15

Submitted by:

Name of representative: CIF-SS Softball Advisory Committee

School of representative: N/A

HS Telephone: N/A

Check one of the following:

Committee Proposal. Name of League: N/A

Rule Change:

Rule Number Affected: STATE 2502

Implementation Date: Spring 2016

*It is ~~required~~ **recommended** that adult base coaches wear a protective helmet and recommended that the helmet meet NOCSAE standards.*

Abstract:

This original rule was passed as an all-encompassing rule for the sports of baseball and softball. Unlike the major governing bodies of baseball, softball does not perceive this as a softball problem. The NCAA, NPF, and ASA do not have this rule implemented in their respective organizations. In addition, CIF-SS Softball Advisory Committee is not in favor of the current rule.

Unintended consequences may see female coaches stepping away from coaching. There may also be an increase in the number of student-athletes (not coaches) coaching on the bases.

Rules governing softball should be considered separately from those governing baseball as they are separate sports.

Council First Read: 4/29/15

Council Action Date: 10/6/15

Date Proposal will take effect on member schools: February 27, 2016

Financial Impact on Member School and Southern Section (Attach an analysis and supporting documents): There will be a positive financial impact as schools will not be mandated to purchase helmets for the new season.

New Member School Evaluation Form

School Name River Springs Charter/Temecula Learning Center

Principal Katherine Pangle Yrs. as Principal 7 CIF/Athletic

Background? Y Nx

Athletic Director Debbie Essel Yrs. as A.D. 0 CIF/Athletic

Background? Yx N

Date of Contact

Notes

Visit/Phone March 13, 2015

Visit/Phone (951) 294-7023

Enrollment	Current	Next Year	Target
Grade 9	100	125	175
Grade 10	76	101	175
Grade 11	84	109	175
Grade 12	69	94	175

Sports Fielded: Badminton, Baseball, Basketball, Cross Country, Field Hockey, Football, Golf, Gymnastics, Soccer, Softball, Swimming/Diving, Tennis, Track and Field, Volleyball, Water Polo, Wrestling

Boys Varsity	Boys Junior Varsity	Girls Varsity	Girls Junior Varsity
Cross Country		Cross Country	
Basketball		Basketball	
Soccer		Soccer	
Track and Field		Track and Field	

Current Athletic Competition: Club and other Community Sports

Facilities: Ronald Reagan Sports Park; Rock Fitness Gym; Thompson M.S.; Birdsall Sports Park

Commitment to abide by:

1. Mission of CIF
2. Sportsmanship/Ethics
3. Season of Sport Calendar
4. Eligibility Rules
5. Play limited to CIF member schools only
6. Willingness to pay CIF Southern Section sport fees and State CIF legal liability fees.
7. Area Placement and league membership
8. Gender equity

Comments: The principal, athletic director and the 2 coaches I met are very prepared and excited to join CIF. They understand the requirements and commitment involved

Membership Recommendation: x☐ Recommend ☐ Do not Recommend

Charlie Ricards – Small Schools
Executive Committee Member - Area Representative

Revised August 2014

**CIF Southern Section Application for Membership
2015-16 School Year**

ALL INFORMATION MUST BE TYPED

Name of School River Springs Charter School / Temecula Student Center
Street Address 43040 Margarita Rd.
City and Zip Code Temecula. 92592
School Telephone 951.294.7023 Athletic Telephone 951.277.7717 Fax _____
School Website Springscharterschools.org

Type of School (Check where applicable)

☒ Grades 9-12 ☐ Grades 10-12 ☒ Public ☐ Private ☒ Coed ☐ All Boys ☐ All Girls

Number of Students per Grade (Current Year) 9th 100 10th 76 11th 84 12th 69

Total Number of Current Year Students 329

Anticipated Future Enrollment 3 Years Hence 426 5 Years Hence 700

New Public High Schools under Construction – Planned Opening Date _____

Charter Schools Only – Chartering District/Institution Riverside County Office of Education

Athletic Program Goals and Objectives

To understand and develop the values of commitment, loyalty, teamwork and responsibility.

Students will learn how to represent the community, themselves, the school and families in positive matter.

Athletic Administration

Name of Principal Katherine Pangle Principal's email katherine.pangle@springscs.org

Name of Athletic Director Debbie Essel Athletic Director's email debbie.essel@springscs.org

Accreditation

WASC (Western Association of Schools & Colleges). 43517 Ridge Park Drive #100, Temecula, CA 92590

Name and Address of Accrediting Organization _____

Facilities**Sport**

Cross Country (B)(G)

Basketball (B)(G)

Track and field

Soccer

Practice Facility

Ronald Reagan Sports Park

Rock Fitness Gym

Middle School Gym rentals

Spring Charter School

Thomson Middle School

Patricia H. Birdsall Sports Park - City of Temecula

Game Site and Location**Initial Participation Levels**

Below is a listing of sports offered for both boys and girls within the CIF Southern Section. Please indicate what level your school will be competing, i.e. varsity (V), junior varsity (JV), freshman and sophomore (F-S).

Season	Sport	Boys	Girls	Season	Sport	Boys	Girls
Fall	Cross Country	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	Winter	Basketball	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
	Field Hockey	<input type="checkbox"/>	<input type="checkbox"/>		Soccer	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
	Football	<input type="checkbox"/>			Water Polo		<input type="checkbox"/>
	Golf		<input type="checkbox"/>		Wrestling	<input type="checkbox"/>	<input type="checkbox"/>
	Tennis		<input type="checkbox"/>				
	Volleyball		<input type="checkbox"/>				
	Water Polo	<input type="checkbox"/>					
	Spring	Badminton	<input type="checkbox"/>	<input type="checkbox"/>			
Baseball		<input type="checkbox"/>					
Golf		<input type="checkbox"/>					
Gymnastics		<input type="checkbox"/>	<input type="checkbox"/>				
Lacrosse		<input type="checkbox"/>	<input type="checkbox"/>				
Softball			<input type="checkbox"/>				
Swimming		<input type="checkbox"/>	<input type="checkbox"/>				
Tennis		<input type="checkbox"/>					
Track & Field		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>				
Volleyball		<input type="checkbox"/>					

Submit a list of all coaches' names and qualifications (professional training and experience).

1. School understands that full knowledge and implementation of Blue Book rules is the school's responsibility and that violation of rules may result in a team and/or school's disqualification from competition and/or loss of membership.
2. It is to be understood that schools with limited enrollments and programs will be integrated into existing league structure only as programs, compatibility and geography permit.
3. Able to meet the requirement of fielding at least one sport per season (Fall, Winter, Spring) and there must be provisions for equal participation by males and females, if a coed school.
4. Application must be approved by the CIF Southern Section Executive Committee. Upon approval, your school will be billed annual membership dues of \$50 per sport fielded. These dues must be received by the Southern Section office by November 1 of each year.

APPLICATION PACKET & FEE SUBMISSION DEADLINE: MAY 1

1. Complete and signed CIF Membership Application
2. Previous October State of California Department of Education affidavit form (CBED's)
3. Vitae of Principal AND Athletic Director(s)
4. Coaching staff names and qualifications
5. Promotional materials of the schools, including its mission and curriculum, and graduation requirements
6. Application fee of \$100, made payable to *CIF Southern Section* and mailed to CIF Southern Section 10932 Pine Street, Los Alamitos, CA 90720, and Attention: Heather Smith

Application must have ALL required signatures and all materials listed above in order to be considered complete.

Applications, supporting materials and fee must all be received by May 1st to be considered for membership in the following school year, there are no exceptions to this deadline.

Submit applications and supporting materials as PDF files ONLY, email to Heather Smith at heathers@cifss.org; hard copy submissions will not be accepted.

Administrator of School (Superintendent/Principal)

Name of School

Date _____

Officer (Board/Trustee Officer)

Name of District Board

Date _____

CIF Southern Section Executive Committee Review and Approval Status

Approved

Probationary

Full, Restricted

Full, Unrestricted

Denied

Area Placement _____

Commissioner of Athletics

Revised June 2014

Home > SISD Enrollment > State Reporting > Reports > Admin > Help > 7 >

WELCOME Pam Dantz (LEA) River Springs Charter 011033114330d

California Department of Education

CALPADS

California Longitudinal Pupil Assessment Data System

Home > SISD Enrollment > State Reporting > Reports > Admin > Help > 7 >

Enrollment Count - State View

Academic Year: 2014-2015

LEA: River Springs Charter

School Type: K-12 Schools (Public), N/A

School: River Springs Charter

09-month Grade

F, N

Ethnicity/Race: Hispanic, Am Indian/Alaskan Nat, Asian

Graduating Class Year: 2014-2015

User Comments:

Title I Part C Migrant: Y, N

Socio-economically Disadvantaged: Y, N

Special Education: Y, N

Gifted and Talented Education: Y, N

Interdistrict Transfer: 1-Formal Interdistrict Transfer Agre

District of Geographic Residence: Orange Unified, Temecula Valley Uni

English Language Acquisition Status: EL-English Learner, EO-English or Ar

Title III Eligible Immigrant: Y, N

Group By: Grade

14 Enrollment Count - State View (Preliminary)

Academic Year: 2014-2015

View: Suspended

As of: 10/1/2014

LEA: River Springs Charter

School Type: ALL

School: River Springs Charter

Created Date: 01-30-2015

School Code	School Name	B Grade	B Gender	Total	Hispanic	Am Indian/Alaskan Nat	Asian	Black/African Am	Not Hispanic/Other Pac Island	White	Multiple	Missing								
0110333	River Springs Charter			288	120	44.78 %	3	1.12 %	9	3.30 %	9	3.35 %	1	0.37 %	110	41.04 %	16	5.97 %	0	0.00 %
				288	120	44.78 %	3	1.12 %	9	3.30 %	9	3.35 %	1	0.37 %	110	41.04 %	16	5.97 %	0	0.00 %

English Language Acquisition Status: ALL

Title I Part C Migrant: ALL

Gifted and Talented: ALL

Interdistrict Transfer: ALL

District of Geographic Residence: ALL

Ethnicity/Race: ALL

Title III Eligible Immigrant: ALL

Socio-economically Disadvantaged: ALL

Graduating Class Year: ALL

Gender: ALL

Special Education: ALL

1) add students with a "Short Term" Enrollment Status who do not have a "Primary" Enrollment Status as of Census Day and

2) eliminate students in concurrent enrollments that the LEA does not own as of Census Day.

This report is confidential and use is restricted to authorized individuals

The data that appears on this report are filtered by the user selections that appear on the last page of this report.

CALPADS

Home - 5D10 Enrollment - State Reporting - Reports - Admin - Help - 1

CALPADS

Home - 5D10 Enrollment - State Reporting - Reports - Admin - Help - 1

Academic Year: 2014-2015

LEA: River Springs Charter

School Type: K-12 Schools (Public), N/A

Gender: 11-Eleventh Grade

Ethnicity/Race: Hispanic, Am Indian/Alaskan Nat, Asian

Graduating Class Year:

User Comments:

Title I Part C Migrant: Y, N

Socio-economically Disadvantaged: Y, N

Special Education: Y, N

Gifted and Talented Education: Y, N

Interdistrict Transfer: 1-Formal Interdistrict Transfer Agre

District of Geographic Residence: Ocean View, Palo Verde Unified, Fall

English Language Acquisition Status: EL-English learner, EO-English or Ar

Title III Eligible Immigrant: Y, N

Grade:

1.4 Enrollment Count - State View (Preliminary)

Academic Year: 2014-2015

View: Snapshot

As of: 10/28/14

LEA: River Springs Charter

School Type: ALL

Created Date: 8/13/2015

School Code: 0110833

School Name: River Springs Charter

Total: 225

Grade: 11

Gender: 225

Hispanic: 103

% Hispanic: 45.83%

Am Indian/Alaskan Nat: 0

% Am Indian/Alaskan Nat: 0.00%

Asian: 5

% Asian: 2.13%

Black/African Am: 6

% Black/African Am: 2.55%

Nat Hawn/Other Pac Islandr: 0

% Nat Hawn/Other Pac Islandr: 0.00%

White: 95

% White: 40.85%

Multiple: 25

% Multiple: 10.64%

Missing: 0

% Missing: 0.00%

English Language Acquisition Status: ALL

Title I Part C Migrant: ALL

Gifted and Talented: ALL

Interdistrict Transfer: ALL

District of Geographic Residence: ALL

Ethnicity/Race: ALL

Socio-economically Disadvantaged: ALL

Graduating Class Year: ALL


Gender: ALL

Special Education: ALL

The data that appears on this report are filtered by the user selections that appear on the last page of this report.

Screen shot from our Student Information System showing enrollment from August 26, 2014 through November 17, 2014

5D1



AS.S.I.S.
Student Information System

PERSON

STUDENTS

COURSES

TEACHERS

LIBRARY

CLASSIFIED

REPORTS

PARENTS

BATCH

SUPPORT

CALPADS

ADMIN

Logged in as:
Pamela Kentz
Spring Charter Schools

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ADA Report

In District: Temecula Valley Unified Total # Days: 56 Date Range: 2014-08-26-2014-11-17 Rpt Run On: 01/29/2015

2015 Track C
River Springs Charter School
Non-Adult Students

Average Daily Attendance: INDEP. STUDY

District	TK	K	1st	2nd	3rd	1-3	TK-3	4th	5th	6th	4-6	7th	8th	7-8	9th	10th	11th	12th	9-12	TK-12	
IN	10,77	85,82	96,59	99,30	92,18	78,61	266,09	362,68	80,75	77,50	84,02	242,27	65,05	83,64	148,69	45,59	43,21	52,05	27,23	169,08	921,72
OUT	52,98	387,61	440,59	434,21	430,82	422,70	1287,73	1728,32	401,46	378,80	364,61	1144,87	369,27	384,20	755,47	213,57	189,55	173,68	171,43	748,23	4374,89
Totals	63,75	473,43	537,18	529,52	523,00	501,30	1553,82	2091,0	462,21	456,30	448,63	1387,14	434,32	467,84	902,16	259,16	232,77	225,73	190,66	916,31	5296,62

Average Daily Attendance: SITE-BASED

District	TK	K	1st	2nd	3rd	1-3	TK-3	4th	5th	6th	4-6	7th	8th	7-8	9th	10th	11th	12th	9-12	TK-12
IN	0,00	0,00	0,00	0,00	0,00	0,0	0,00	0,00	0,00	0,00	0,0	0,00	0,00	0,0	0,00	0,00	0,00	0,00	0,00	0,0
OUT	0,00	0,00	0,00	0,00	0,00	0,0	0,00	0,00	0,00	0,00	0,0	0,00	0,00	0,0	0,00	0,00	0,00	0,00	0,00	0,0
Totals	0,00	0,00	0,00	0,00	0,00	0,0	0,00	0,00	0,00	0,00	0,0	0,00	0,00	0,0	0,00	0,00	0,00	0,00	0,00	0,0

Grade Level Counts

count of students w/ appv. acted in grade with or without verify att.

Grade	District	# Students
TK	IN	12
TK	OUT	63
K	IN	90
K	OUT	427
1-8	IN	698
1-8	OUT	3447
9-12	IN	187
9-12	OUT	851
TOTAL:		5775

Grade Level Counts


count of students w/ appv. acted in grade with or without verify att.

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TK	IN	12
TK	OUT	63
K	IN	90
K	OUT	427
1-8	IN	698
1-8	OUT	3447
9-12	IN	187
9-12	OUT	851
TOTAL:		5775


Enrollment Counts

count of enrolled races w/ appv. acted in grade with or without verify att.

Grade	District	# Students
TK	IN	12
TK	OUT	63
K	IN	90
K	OUT	428
1-8	IN	695
1-8	OUT	3449
9-12	IN	187
9-12	OUT	852
TOTAL:		5776



Innovative
School Systems, Inc.



Spring
CHARTER SCHOOLS

MAIN PAGE / LOGOUT

Katherine Pangle
31631 Loma Linda Road
Temecula, CA 92592
Cell: (951) 541-6624
E-mail: katherine.pangle@springscs.org

Resume Profile

Principal and Staff Development Leader with 15 years of teaching experience and 7 years of administrative practice. Areas of expertise include, but are not limited to, planning and implementing lesson plans, assessing and encouraging student achievement, researching and executing varied teaching styles, and organizing and leading a Staff development.

EMPLOYMENT HISTORY

Springs Charter School 2008-Present

Temecula Student Center Principal, 2008-Present

- Provides leadership to staff and completes center administrative duties
- Trains and updates staff members on valuable curriculum and personnel information
- Shares and completes teacher responsibilities, such as direct instruction and guided learning, to assist staff members and students
- Networks and corresponds with counselors and school stakeholders, to ensure that students make meaningful progress toward goal of graduation

Eagles Peak Charter School 2004-2008

English/Drama Lead Teacher, 2004-2005

Teacher/Admin Liaison, Aug- November 2005

Director Temecula/Hemet, November-May 2005

BTSA Liaison, November, May 2005

Director Temecula/Hemet/Chula Vista/Vista- 2005-2008

- Helped ensure that students make meaningful
- Helped prepare teachers, through direct instruction and guided learning
- Assisted supervisors with center responsibilities
- Assisted in training new teachers and helped organize learning center

Carlsbad Unified School District, 2003-2004

Special Education Educator, (6-8)

- Responsible for the daily education and safety of every special education student in the classroom.

- Planned and delivered daily lesson plans using various styles and methods.
- Assessed and encouraged students' academic and behavioral progress.
- Maintained a clean and safe classroom environment conducive to learning.
- Held a caseload of 25 students

CERTIFICATIONS AND LICENSES

- Clear Secondary English Teacher (7-12), State of Texas/California
- Clear Admin Credential (K-12), State of California

EDUCATION

- Masters of Liberal Arts and Sciences, SDSU, 2004
- Bachelor of Science and Education, UCA, 1990-1995

REFERENCES

Provided upon request

Deborah S. Essel
 460 Rancho La Mirada Lane
 Escondido, CA 92025

760-741-1394 (home)
760-505-3742 (cell)
dessel@eaglespeak.org

Current Credentials and Certificates

State of California Teaching Credential; Special Education

State of California Teaching Credential; Single Subject Physical Education

Commonwealth of Massachusetts Teachers Certificate (lifetime); Teacher of Physical Education, K-12

Commonwealth of Massachusetts Teachers Certificate (lifetime); Teacher of School Age Children with Moderate Special Needs

Degrees

Kaplan University; Master of Arts in Teaching and Learning (May, 2006)

Boston University; Bachelor of Education (PE and Special Ed, awarded 1980)

Professional Growth

San Diego County Office of Education 'AB 75 Module Three, Using Technology to Increase Student Achievement' (June 16, 2006)

San Diego County Office of Education 'AB 75 Module Two, Leadership and Management for Instructional Development' (December 15, 2005)

San Diego County Office of Education 'AB 75 Module One (Middle School Level), Principal Training Program' (June 24, 2005)

Eagles Peak Charter School sponsored and funded attendance to various local and national training seminars focused on Personalized Learning, Charter School Administration, and Interpersonal Relations with staff and parents.

Premier (A Franklin Covey Company) 'What Matters Most for Educators' (2002)

Innovative Education Management 'The Seven Habits of Highly Effective People' (November 15, 2001)

San Diego State University 'FSCS 577 Advanced Administration of Child Development Programs' (Spring 1986)

San Diego State University 'FSCS 477 Administration of Child Development Programs' (Fall 1985)

San Diego State University 'FSCS 478 Working with Parents' (Fall 1985)

National University School of Education 'ED 614 Theories of Educational Administration' (March 31, 1984).

Employment Experience

2000 to Present	Eagles Peak Charter School 2013-Present Asst Superintendent Education Academies ¹ 2005-2013 Chief Education Officer 2003-2005 Director of Education 2001-2003 PITA Education Specialist 2001-2003 Small Group Instruction Coordinator 2000-2003 Homeschool Education Specialist
1997 to 1999	Saint Columba Catholic School Before and After-school Director
1993 to 1997	San Diego Solution Private Day Care Director
1991 to 1993	Instrument Control Services, Inc. Site Manager – Fleet Training Center San Diego United States Message Text Formatting Instruction Services and Curriculum Development
1988 to 1991	Greater Avenues to Independent Living (GAIN) Education Specialist/Child Care Coordinator
1986 to 1988	Santee Early Learning Center School Director
1985 to 1986	Children's World Pre-K teacher
1980 to 1985	Kids N Us Preschool 1982-1985 Director 1981-1982 Assistant Director 1980-1981 Pre-school Teacher

Professional Affiliations

Member – Association for Supervision and Curriculum Development (www.ascd.org)

Member – American Association of School Administrators (www.aasa.org)

¹ Chief Education Officer title change to Assistant Superintendent of Education - Academies

NAME: DAX MC GREGOR
ADDRESS: 30051 Shoreline Dr.
Menifee, CA 92584
Phone: 951.488.8601
Email: mdaxc@hotmail.com

QUALIFICATIONS

Certification and Ongoing training with USA Football.

- 1) Concussion Awareness
- 2) Heat & Hydration.
- 3) Levels of Contact

2012 – Present

1. Ongoing Basketball coaching basketball training with AAU, Paloma High School and Murrieta Mesa High School. (Coaching competitive middle school basketball)
2. Ongoing training with AYSO for Club Soccer with Menifee Wildcats FC.

2009 - 2012. Temecula YMCA Athletic Director.

2007 – 2010. Football Commissioner and Administrator for Wildomar Pop Warner.

Football

OVER ALL BOWL GAME RECORD 10 - 2

2010 – 2011. HEAD COACH AT THE MIGHTY MITE DIVISION.

2009. OFFENSIVE COORDINATOR, WILDOMAR POP WARNER MIDGET DIVISION. RECORD 9-3

2008. DEFENSE ASSISTANT COACH AT ELSINORE HIGH SCHOOL. LEAGUE CHAMPIONS

2008 HEAD COACH AT THE JR. MIDGET DIVISION. RECORD 8 - 4 (CREATED THE ANNUAL WILD WEST BOWL GAME)

2007 DEFENSE ASSISTANT COACH AT ELSINORE HIGH SCHOOL. LEAGUE CHAMPIONS

2007 FOUNDER OF WILDOMAR POP WARNER, HEAD COACH AT THE PEWEE DIVISION. RECORD 7-5

2006 HEAD COACH / OFFENSIVE COORDINATOR AT MURRIETA JR. ALL AMERICAN FOOTBALL, JR. PEE WEE DIVISION.

COACHING CLINIC AT VISTA MURRIETA HIGH SCHOOL

2005 OFFENSIVE COORDINATOR, MURRIETA JUNIOR ALL AMERICAN FOOTBALL. JR. PEEWEE DIVISION
COACHING CLINIC AT VISTA MURRIETA HIGH SCHOOL

2004 HEAD COACH / DEFENSIVE COORDINATOR MORENO VALLEY POP WARNER. MM. DIVISION:
COACHING CLINIC AT VALLEY VIEW HIGH SCHOOL.

2003 DEFENSE COORDINATOR. MORENO VALLEY POP WARNER. MM. DIVISION:
COACHING CLINIC AT VALLEY VIEW HIGH SCHOOL
COACHING CLINIC BY NCAA AT PASADENA CITY COLLEGE.

1994 FOOTBALL PLAYER AT PASADENA CITY COLLEGE.(1 SEMESTER)

1991 – 1993 FOOTBALL PLAYER (DE) AT PASADENA HIGH SCHOOL

Coach

Brianne Carson has been teaching PE for 13 years and I have been with RSCS for 5. For the past 3 years I have been coordinating the Springs Tournaments for Middle School and serving as the Temecula Student Center Middle School Director of Athletics.

Brianne Would Coach:

Cross Country (Fall)

Track and Field (Spring)

Basketball (Winter)

Athletic/Activity Eligibility Guidelines

To ensure that the possibility of disruption sometimes caused by involvement in athletics or activities is minimized, the Springs CS. Board has adopted the following guidelines regarding student athlete eligibility:

Academic Standards

A student must have a 2.5 GPA, and Passing grade in all but one class Have only one (1) U (Unsatisfactory) in citizenship.

Academic Suspension from Student Activities

If a student accumulates more than one "F" at any time during the student's involvement in athletics or activities the student is immediately suspended from participation in the sport or activity until it has been recorded that the student has passing grades in all of his/her classes but one (1).

Academic Probation for Student Activities

Administration has the discretion to place a student who failed to maintain the academic standards in a previous quarter on probation for the following quarter in order to encourage students to reach their academic potential.

Spring Charter School has established a tradition of virtue and excellence. Student activities, including athletics, should strongly emphasize virtuous behavior. SCS students must be good citizens and exhibit conscientious behavior as they represent SCS.

Philosophy & Objectives of the Temecula Prep Athletic/Activities Program

The Springs Charter Schools Athletic and Activities Programs shall function in accordance with existing Springs Charter School policies, rules and regulations, and with the California Interscholastic Federation (C.I.F.). The program shall provide a variety of meaningful experiences to enhance the development of habits and attitudes that will prepare students for adult life in society. All school sponsored athletic events and activities will be conducted in a way that will uphold the standards and virtues of Springs Charter Schools. Spring Charter Schools athletic teams and student activities are intended to generate school pride, success, and unity. It is to be considered an honor and privilege to participate in these extra-curricular programs and therefore participants will be held to a standard consistent with the standards of Springs Charter Schools. Students, who choose to participate in the athletic or activity programs here at SCS, do so voluntarily. The students are required to remain committed to both Academics as well as their extra-curricular event. The student and parent/guardian will make a well thought out decision when deciding to commit to the extra responsibilities of extra- curricular participation.

Goals and Objectives

To understand and develop the values of commitment, loyalty, teamwork, and responsibility. Students will learn how to represent the community, themselves, the school and families in a positive matter.

Mission Statement

Springs Charter Schools Athletics exists to provide a competitive sports program that challenges student-athletes physically, and mentally, by teaching life principles that help the student-athlete to be productive and responsible young adult.

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raduation Requirements

High School Diploma Requirements (in unit increments)

Language Arts	30 units
English Elective *	10 units
World History	10 units
United States History	10 units
Economics	5 units
American Government	5 units
Algebra (1 year)	10 units
Mathematics	20 units
Physical/Earth Science	10 w/lab units
Biological/Life Science	10 w/lab units
Foreign Language or Visual/Performing Art *	10 units
Foreign Language	n/a
Visual/Performing Art	n/a
Special Interests	50 units
Physical Education	20 units
Health	5 units
Life Skills Electives	25 units
Total Units	230 units

**The English Elective and the Visual Performing art must be a one-year course (10 units of the same course).*

Students will be expected to be continuously enrolled in the core courses required for graduation until they have met all the requirements listed.

In addition to the units noted above, both the Mathematics and English Language Arts sections of the California High School Exit Exam (CAHSEE) must be successfully completed.

SPRINGS CHARTER SCHOOLS BASKETBALL CURRICULUM GUIDEBOOK

CONTENT

POSITIVE COACHING

BASKETBALL CONCEPTS

BASKETBALL SKILLS

POINTS OF EMPHASIS

POSITIVE COACHING

Kids should come away from sports with a heightened sense of themselves as people who can strive for great things, who learn they can get up and try again...who are less afraid, and more willing to take the risk that achievement and excellence require in all of us...who are willing to set goals for themselves and then make the commitment to achieve those goals. Every kid can develop a stronger sense of herself through participation as a member of a team.

Every child can learn important lessons about life by making great efforts, enjoying the taste of victory, and returning to try again after a loss. MORE-BETTER-LONGER: More kids having a better time and staying with it longer.

1. RELENTLESS POSITIVITY

- A relentless commitment to positive coaching brings the biggest successes and has the most impact. And it's when things go wrong that positive coaching has the most impact.
- Punishment leaves bad feelings that eat away at motivation. Excelling requires emotional energy; when kids are yelled at and criticized, their emotional energy is used up being angry, feeling sorry for themselves, thinking up reasons why the coach is wrong, etc.
- When a kid is secure in knowing she will be valued and accepted by her coach, no matter how she performs, more of her energy can go to responding to the challenge.
- Take notes of players who do things you want to reinforce, and take time to share with them the things noted. Try to have things noted for everybody, and give equal (if not more) recognition for "character" items (attendance, punctuality, never giving up, etc). This helps motivate the kid to continue her efforts because she knows any improvement will be given attention.
- Ask kids to help observe good things that other kids are doing. They love to feel appreciated by their peers as well as by their coaches.
- Note negative things but don't share them with the team. Praise in public, criticize in private.

2. IDEAS & INSPIRATION

- Three effective ways to communicate ideas that motivate:
 - a. Stories – Collect and catalog stories to tell.
 - b. Metaphors – Create metaphors to bring to life what you're trying to get across to your easily distracted players.
 - c. Vision – When the opportunity is articulated clearly to a group of people it has the ability to generate enthusiasm that can lead to great efforts and surprising successes.
- Human energy can be created. It comes from emotions, and emotions are released by ideas. Ideas in the form of stories, metaphors, and vision will help players become motivated to make more effort than they think is possible.

3. ENGAGEMENT

- Three ways to increase player's engagement in their own development and learning:
 - a. Ask rather than tell - Look for opportunities to ask the players what they should be doing in the course of a practice or game. Kids will be forced to think, and if they are not punished for making poor choices, they will improve their decision-making over time.
 - b. Get kids teaching each other – If kids can't explain or demonstrate a skill to someone else, they may not understand it enough to retain it. Expect them to teach each other at times.
 - c. Goal-setting – Suggest a goal and then work to get the player to enthusiastically endorse the goal as his own. Get their buy-in so that they are not just going through the motions doing what they think some adults think they should be doing.

4. SELF-ESTEEM

- The language of self-esteem is encompassed in two phrases: I can do this and I can learn to do this. A coach who builds in his players the tendency to use this vocabulary, by showing them that they can do and learn to do, is giving a great and lasting gift to them: the belief that they are strong enough and smart enough to handle whatever life throws at them.
- Endorsement is the key to self-worth. The youth coach's first job is to like his players and show that he does; to endorse them and let them know he supports them.
- How to increase self-esteem in your players:
 - a. Names – Know names and know them quickly. Players should hear their names spoken in a friendly tone often.
 - b. Smiling – Coaches communicate that they like a player more easily by smiling than any other way.
 - c. Appropriate touching - Pats on the back, handshakes, and high fives after good efforts communicate that you like and value your players.
 - d. Influence-ability – A coach who can be influenced by his players is communicating that he values their opinions.
 - e. Listening – Listening without interruption can communicate caring to the player that you take them seriously.
 - f. Express appreciation and recognition – Kids feel great and are more inclined to make additional efforts when you notice the efforts they make. Remember to be honest (a “happy talk” coach loses credibility), be specific (“nice block-out,” is better than “nice job”), and try to tie their efforts to the overall success of the team.

5. BUILDING CHARACTER

- In adversity lies the potential for development of mental toughness and other positive character traits. As time passes, the stressful nature of the challenges fades but the character lessons live on.
- Positive character traits:
 - a. Mental toughness – Empathize when a player gets in a tough spot but also remind her that this is an opportunity to develop mental toughness. Help the player learn that winning is not the only criterion of success; that it is by trying new and challenging things that one gets mentally tougher.
 - b. Having fun – The ability to enjoy challenges is a character trait that makes for happier, more successful people. Because they are having fun, they put more of their energy into trying to figure out how to solve a problem and less into unproductive worrying.
 - c. Winning and losing with class – Take delight in seeing a player respond to a bad call or a tough loss with class. Point out examples of classy behavior to your players (helping opponent's up, etc).

d. Courage – You gain strength, courage, and confidence by every experience in which you really stop to look fear in the face.

e. Commitment to goals – Help your players determine what their goals are. Ask them to think about what they want to accomplish, and to come back to the next practice with a clear idea that they can share with you.

- The only thing we bring to our life is the amount of effort we put into it. Our talents, our personality, the amount of wealth of the family into which we are born – all are given to us. But what is up to us is how hard we are going to try. If you can communicate to your players that it is the amount of effort they are willing to put into fielding or hitting, shooting and rebounding, and blocking and tackling that will determine how good they can become, you will be giving them an invaluable gift.
- Teaching positive character traits:
 - 1) Introduce and define the character trait.
 - 2) Look for opportunities to illustrate the concept as the season progresses.
 - 3) Reinforce, model, and intervene when appropriate.
 - 4) Look for stories to share with the players.

6. MISTAKES

- A coach who makes it okay for his players to make mistakes will, over time, get more effort toward the goals of trying to win, developing skills, and having fun than a coach who reacts to each mistake like it was the end of the world. Give the kids the chance to experiment with making gigantic efforts without horrible consequences when they fail.
- Mistakes and substitutions – Don't remove a player immediately after an obvious mistake. By removing a player after an obvious error, a coach is saying that it is not okay to make the error. Dunderhead mistakes in front of the whole world are great opportunities to communicate that you care about a player independent of ability.
- Fear of making a mistake is a paralyzing force that robs athletes of spontaneity, love of the game, and a willingness to try new things. It's the mistakes-are-okay approach that gives the sense of freedom that can unlock the learning process and occasionally release truly inspired athletic performance.

7. PRACTICES

- The only way to truly acquire a skill is to overlearn it. In the heat of an athletic contest, what most determines the outcome is the habitual responses of the athletes.
- Develop a core of activities, centered on fundamental skills that need constant reinforcement. Building around a core practice schedule:
 - 1) Helps you to remember to focus on fundamentals as the season progresses.
 - 2) Cuts down on wasted energy. Players know they will be doing certain things at certain times.

- 3) Allows everyone to focus most of the creative energy on learning the new things that are introduced in any particular practice session.
- Pace your practices by using pauses to serve as punctuation marks to emphasize the lessons you're trying to teach.
- Organize practices in a pattern of teach-drill-scrimmage:
 - 1) Introduce a skill. Describe it, demonstrate it, and explain why it is important. Be brief!
 - 2) Send them off to practice it. Give them time to struggle with it without breathing down their necks.
 - 3) Practice it in a game-like setting. Stop the scrimmage at times to remind them to incorporate the new skills.
- The ideal practice session allows players to work hard, run off energy, try new things, have some choice about what they do, and converse with their teammates – all while operating within a structure that allows the coach to have a significant measure of control when you need it.

8. GAME COACHING

- Athletes are most vulnerable at this time. They are on public display for everyone to see. If they fail at something that is important to their self-image, the last thing they need is for someone who supposedly cares about them as a person (not just an athlete) to get down on them.
- When a coach lets his players know that he is for them no matter what, they can turn their inner energies toward doing their best in a game.
- When an athlete is performing an action she knows how to do very well, her performance may well improve when performing before a crowd. When performing a skill that she is not totally secure in performing, the performance level is likely to decrease with a crowd present.
- Preparing for the game:
 - 1) Have a game plan – Even a flawed plan gives you a reference point on which to make adjustments.
 - 2) Make adjustments – Recognize patterns in the game and anticipate when to adjust.
 - 3) Anticipate the opposition – Ask yourself, “What would I do against my team?”
 - 4) Adjust for officiating – Complaining to officials will get the players to also complain. When officials make calls tighter or looser than expected, alert the players to and encourage them to adjust their style of play.

- Encourage players to welcome any nervousness they feel as a way to help them get up for the game. If you feel a player may be too nervous before a contest, give the player specific tasks to perform early in the game. They will focus on that instead of the anxiety.
- The most important support a coach can give his players in a tense, pressure-filled game is to remind them to relax and simply have fun. In the moment of truth in a hard-fought game, it really won't matter all that much who won or lost many years later. What does and will continue to matter are the values that those athletes take away with them from those contests.

9. PARENTS

- What parents want from a coach:
 - 1) To be in the information loop – Advance information on games, start and end times for practices, etc.
 - 2) To hear good things about their kids – Speak to every parent often about their kids.
 - 3) To see their kids play – Look for every chance to play your less-skilled players more often.
 - 4) To be among friends – Adults appreciate when a coach learns their names, expresses appreciation for what they do, etc. And they, in turn, will want you to succeed and will be willing to help you.
- Guidelines for a coach-parent relationship:
 - 5) Don't put the player in the middle – Ask parents to talk directly to you if they have a problem.
 - 6) No instructions during a game – Ask parents if they have a suggestion to improve their child's play so that you can tell the player, if appropriate. That way, the player won't be confused by conflicting instructions.
 - 7) Don't disparage the other team – Ask parents to be careful to avoid inadvertent comments in the stands.

10. WINNING & LOSING

- The danger with “too-high” standards:
 - 1) Whining – Failure to win may cause players to blame someone else (refs, teammates, other team cheated).
 - 2) Cheating – Cheating is rarely accompanied by increased efforts, and it is increased effort in response to struggling or losing that make a person an ultimate winner.
 - 3) Dropping out – Mentally as well as physically. Either kind is most often where too-high standards lead.
- Coaching is rife with double standards & hypocrisy. By trying to hold yourself to the same standards that you expect your players to meet, you may find yourself with more reasonable & encouraging standards for you & your players.
- One tragedy from overemphasizing winning is that we overlook important lessons to be learned from losing. It’s hard to develop the positive character trait of persistence in the face of adversity without the adversity.
- The real test of character is not how many times we get knocked down, but how many times we get back up. A knockdown can be a big advantage that can help kids learn to become the kind of person who gets back up, which is as good a definition of a winner as can be imagined.

11. BUILDING OUTSTANDING COMPETITORS

- Characteristics of the outstanding competitor:
 - 1) Internal Motivation – It is internal passion for the sport that unleashes super performance. You simply don’t get to the highest level without an incredible amount of practice. And most people aren’t willing to put in the significant amount of practice time needed to develop high-level skills unless they enjoy the activity itself.
 - 2) Energized by challenges – Outstanding competitors want to compete at a level that will push them to be at their best, not at a level where they can succeed without risk.
 - 3) Seeing development as a process under their control – If they cannot perform a certain skill, they know that they could learn it if they worked harder and longer at it.
 - 4) Decision-makers rather than order-takers – Outstanding competitors tend to be independent and willing to challenge conventional wisdom.
 - 5) Accepts success and failure – Fear of failure does not paralyze them.
- What coaches can do:
 - 1) Educate them about internal motivation: a. Ask her how good she wants to become by season’s end. b. Tell her you will work her hard during practices but to become really good they will need to motivate themselves outside of practice. c. Avoid contingent rewards; they undermine an athlete’s internal motivation.

2) Encourage them to see skills as acquirable. Many kids don't believe they are. Stories of other players acquiring their skills through hard work and practice can motivate them to do the same.

3) Encourage personal goal-setting and charting. A written record provides feedback and helps keep a player's focus. Charting of goals that are clear and measurable is a critical part of providing athletes with a program of mastery experiences.

4) Focus on the do-able parts of any challenge. Emphasize areas of competition that your players are able to control (conditioning, blocking out, etc).

5) Desensitize them to pressure – Introduce pressure situations in practice. Downplay the importance of winning relative to doing one's best. When an athlete focuses on doing her best, she experiences less pressure and is more likely to win than if she rigidly focuses on winning as the only thing of value.

12. COACHING SPECIAL KIDS

➤ The superstar:

a. Push her to develop skills beyond what she needs to excel at the level she is on now. Work with her on thinking about what she needs to do to succeed at the next level.

b. Nearly everyone eventually reaches their level of mediocrity. The superstar who has been treated like royalty will have a very difficult time putting out their great efforts when the royalty treatment ends.

➤ The weak athlete – More than anything, make sure she has fun. And any person who can enjoy playing a sport even when she is not very good at it is something special.

➤ The child with behavior problems – Be patient. A problem child is a discouraged child. If you can act as if you aren't really upset with her behavior, she will correct the behavior soon.

13. BECOMING A TEAM

➤ The requirements of a successful team:

1) Acceptance – Each player must feel that she is accepted her coaches and teammates before she can devote anything close to 100% of her energies to improving as an athlete and helping the team win.

2) Influence – Once a player knows she can exert an adequate amount of influence, she then can throw herself wholeheartedly into helping the team win.

3) Identity – Am I an important member of this team? Do I have a role that will help the team achieve its goals? Look for ways to help each player feel like an important part of the team.

- 4) Goal-matching – Each player needs to feel that she wins if the team wins.
- “The Portable Home Court Advantage” – Tell your players that they can take their home court advantage with them by supporting themselves in visible, audible ways.
- “JUST CARING ABOUT EACH OTHER AND WANTING EACH OTHER TO DO WELL.” If you can help your players achieve that state of mind, you have helped them become something rare and wonderful – a true team.

14. YOUR GOALS AS A COACH

- Create an environment in which kids and adults have fun with basketball.
 - a. Encourage players often; for effort as well as results.
 - b. Show by behavior that each is an important member of the team, regardless of how they perform.
 - c. Give players comparable playing time.
 - d. Show your enjoyment of the game to the players.
- Teach skills, rules, and strategy to your players.
 - a. Provide adequate repetition of teaching. Lessons often need repeating before they are understood.
 - b. Organize practices to maximize learning and minimize standing around.
 - c. Encourage players to set individual and team goals corresponding to their ability level.
 - d. Minimize negative emphasis on mistakes, which are required for learning to take place.
- Model and teach competitiveness with an emphasis on good sportsmanship.
 - a. Teach players aggressiveness and sportsmanship at the same time.
 - b. Obey the rules and show respect for the referees even when you disagree.
 - c. Acknowledge good plays by the opposition to your players.
 - d. Always treat players on other teams as members of the community first and as opponents second. Refrain from words or actions that undercut the self-esteem of players on other teams.
- Promote increased self-esteem among children and adults.
 - a. Encourage players whenever possible. Kids can't read your mind, and they often determine whether they are liked and accepted by adults by what the adult says and does.
 - b. Spend comparable instruction time with all players, regardless of ability.
 - c. Show appreciation for parents involved with the team.

BASKETBALL CONCEPTS

Kids playing High School basketball need to understand the concepts of basketball at the same time they are picking up the basic fundamentals. When they understand how the pace, flow, speed, and strategies of a well-played basketball game, the drills and skills they are learning and performing in practice will have context and meaning, and they will work harder to master them.

Don't spend much time on set plays and offenses; you don't have enough time to teach them correctly anyway.

Concepts like spacing and moving without the ball carry over from team to team, the "flex offense" and the "diamond press" do not.

Develop defenders, not defenses; players, not plays.

1. DEFENSIVE CONCEPTS

- **Convert to defense:** A lightning-quick conversion from offense to defense, both physically and mentally. Suggestion: Allow drills to be full court as much as possible; let the defense take it the other way and score. Drill to reinforce: Conversion Drill.
- **Pressure the ball:** Intense, constant pressure on the ball is the most important characteristic of any defense. Suggestion: Ask players, "How do you not like to be guarded when you have the ball?" Then make them guard that way. If they are more than an arm's length away, they may be too far. Drills to reinforce: 1x1 Zig-Zag; 1x1 Live.
- **Help and recover:** Refers to players playing off-the-ball defense. Allows players guarding the ball to really pressure the ball, knowing their teammates will provide help on penetration. Suggestion: Constantly emphasize vision on both ball and man. You can't help on a drive you don't see. Drills to reinforce: 2x2 Help and Recover; 4x4 Shell.
- **Anticipate:** Players are not reacting, but anticipating what the offense does, taking them out of what they want to do. Suggestion: Get players to know the opposition's strengths and tendencies. Reward them for calculated gambles, regardless of the outcome.
Drills to reinforce: Anticipation is an intangible that can be demonstrated in any live drill. Encourage it.
- **"One-and-done" rebounding** - One shot, hopefully a bad one, for the opposition. All rebounds are yours. Suggestion: Finish all drills with a made shot or rebound. Have players yell "SHOT!" instinctually; this tells teammates to block-out and get the ball. Drill to reinforce: 2 x 2 rebounding.

TRY TO AVOID:

1) Zone defenses – They work against most young teams, but you’re breeding laziness and passivity. You may need to play it at times (foul trouble), but play it actively and aggressively.

2) Switching – Same reasons.

3) “Quiet” defenses – A quiet defense is a bad defense. On the flip side, a talkative defense is an alert, aggressive defense. I GOT HER! BALL! HELP! SCREEN RIGHT! GET THRU-GET THRU! SHOT! Show your commitment to defense by working on it every day. If you take pride in it, they will too.

2. OFFENSIVE CONCEPTS

- **Push the ball** – Refers to getting the ball up court as quickly and as safely as possible. Most teams do not consistently convert to defense quickly, so this gives you a chance to score before they set up their defense.

Suggestion: You really have to be in great condition to be a running team, so put a premium on conditioning!

Drills to reinforce: Conversion Drill

- **Maintain proper spacing** – In the half-court offense, try to have 12-15 feet between players. This puts the defender on the ball on an “island” and leaves the other defenders susceptible to passing and cutting action.

Suggestion: Put tape on the floor 12-15 feet apart, showing spots to move to and operate from.

- **Catch and square up in triple threat position** - This puts you in position to shoot, dribble, or pass, and tells the defense you are a threat to score. It also allows time for screeners to screen, cutters to cut, and posters to post.

Suggestion: Use verbal cue “triple threat” constantly, in practice and in games.

Drill to reinforce: 3 x 0 Perimeter Passing

- **Move without the ball** - This makes you hard to guard and keeps your defender’s attention on you and off the ball. *Suggestion:* Remind your players that they cannot ever pass and stand still. They have four options: 1) Pass and cut to the basket; 2) Pass and screen away from the ball; 3) Pass and screen for the receiver; and 4) Pass and v-cut and replace yourself.

Drill to reinforce: No-dribble Scrimmage.

- **Attack the basket** – Penetrate by pass or by dribble. Nearly every winning team scores more points in the paint than their opponents.

Suggestion: Remind players to square up upon receiving every pass, putting them in position to feed an open post player. *Also:* Use shot fakes to get the defense up in the air, allowing you to attack the basket with the dribble.

Drills to reinforce: Layup-Only Scrimmage; Post-Touch Scrimmage

- **Read the defense** - Taking what the defense gives you is at the heart of any great offense. No set offense is needed for the team that takes advantage of defensive breakdowns. *Suggestion:* Run a 3-Out, 2-In Motion Offense. Since this is not a set offense, players learn to think for themselves on the floor

Drills to reinforce: Play a lot of 2x2 and 3x3. Put players in position to read the defense in order to score (Note: Players must play intense on defense).

- **Attack the boards** – Shooting is generally very poor at lower levels; perhaps most of your points will come off of offensive rebounds.

Suggestion: Have a 4-1 rebounding plan. Assign one player – usually the point guard – to rotate back toward half court on all shots, and have the other four hit the glass hard.

Drills to reinforce: 3-Team War (Meatgrinder).

BASKETBALL SKILLS-POINTS OF EMPHASIS

Rather than cover all the basketball fundamentals, I want to point out a few very basic but very important skills that too many kids reaching the high school level haven't mastered. Too hard, too boring – for whatever reason young kids don't work on these skills enough and they pay the price when they face high school players that have. You probably have and will teach these fundamentals, because they are so basic to the game. But I think they have to emphasize daily in order for development. Remember that what the kids learn from you is not what you teach; it's what you emphasize.

1. OFFENSIVE FUNDAMENTALS

- **Spend time on the lost art of passing.**
 - a. Use pass fakes to open up passing lanes ("fake a pass to make a pass").
 - b. Pass to players moving ("pass away from the defense"). Great passing makes for beautiful, flowing basketball.
 - c. *Suggestion:* Emphasize the passing aspect of all drills.
- **Teach how to set and receive screens.**
 - a. Screener: Call the screen, screen area a step away from defender, set feet, and open up to the ball after cutter goes by. All screens should be loud, low, and legal.
 - b. Cutter: Wait for the screen to be set, V-cut in the direction opposite of where you want to go (to set up the defender), and cut shoulder to shoulder with the screener. Read how the defender plays the screen and either: 1) Pop; 2) Curl; 3) Flare; 4) Go backdoor. Always cut to score.

c. Suggestion: Remind the screener that the better her screen, the more likely that she will be open if she opens to the ball (because her screen forced her defender to help on the cutter).

d. Suggestion: Scrimmage and secretly keep score of off-the-ball screens set. Losing team runs. The players will get the message!

➤ **Always catch and square up in triple threat position.**

a. Kids love to get it and go – most of the time with nowhere to go. To read the defense, players need to see the floor, and to see the floor they first need to square up and get in triple threat position. Every time.

b. Suggestion: You should be yelling “triple threat” a couple dozen times every practice.

➤ **Dribble effectively with both hands.**

a. A kid who can’t dribble with her opposite cuts her area of operation on the court by 50%. And is unmercifully picked on by smart high school teams every time she has the ball.

b. Suggestion: Have a 3 to 1 ratio of opposite hand to strong hand dribble work in drills.

c. Suggestion: Make defenders overplay strong hands in scrimmages. This forces dribblers to get better, and also reminds defenders to exploit opponent’s weaknesses in games.

➤ **Work daily on shooting form.**

a. Kids like to shoot around; if they are shooting around with bad form, they are reinforcing bad habits that will be next to impossible to correct in College.

b. Not BEEF for me but BELF. Balance (feet shoulder width and staggered, with shooting side foot up), Elbow in, Lift (meaning power from the legs), and Follow-Through (high and exaggerated).

c. Suggestion: Work on form 5 minutes a day, early in every practice. This will stress the importance of good form.

2. DEFENSIVE FUNDAMENTALS

➤ **Get – and stay – in a stance.**

- a. If you go to a youth game and see a team do this for the whole game, you say to yourself, “Wow – what a wellcoached team!”
- b. The benefits to a great stance are greater than you may think. Besides being quicker, they are mentally more alert simply by being in that stance. It’s hard-wired in the fight portion of our “fight or flight” response for that reason.
- c. Technique: Feet spread, back straight, head up, shoulders up, butt down.
- d. Suggestion: Wall-sits, lane slides, and zig-zag drills are all great because they build leg strength and stamina, but emphasize transfer of great stances from drill to scrimmage. That transfer is rarely made.
- e. “Stance-stance-stance!” should probably be your most used verbal cue of all.

➤ **Have active hands on the ball.**

- a. Tied into pressure on the ball, kids need to use their hands to block vision, deflect passes, and occasionally steal a sloppy crossover.
- b. Too often (because of being tired or too passive), defenders have their hands down at their sides, giving the ball handler a chance to focus on the court instead of on them, which is where the focus needs to be.
- c. Warning! – There’s a fine line between active hands and reaching. Active hands are used while staying in your stance, low and balanced; reaching involves getting on your toes and losing balance. Fouls and drive-bys are usually the result of reaching.
- d. Drills to reinforce: 2x1 Keep away, 1x1 Zig-Zag

➤ **Move your feet**

- a. Slides or just planning running alongside the ball, players need to keep themselves between the ball and the basket.
- b. Suggestion: Poor stances and fatigued legs are the two biggest reasons players get beat on a drive. Work on stances daily, remind players as games progress to quit reaching and start moving their feet, and make sure you provide great help on an occasional mismatch.

➤ **Rebound re-bound re-bound!**

- a. Offense wins fans; defense wins games; rebounds win championships.
- b. On the shot, find a body to block out of the lane, pivot hard into her with elbows out and hands up. Stay low and coiled. Get the ball with a leap, rip, chin, and pivot technique.
- c. More important than technique is just wanting that basketball.

d. Rebound with some attitude. It sends a message. If it's sent early enough in a game, it will set the tone.

e. Suggestion: Handsomely reward your high rebounders, especially the defensive rebounders.