



2020-2021

**BOYS AND GIRLS
LACROSSE
PREVIEW**

TO: CIF SOUTHERN SECTION BOYS' AND GIRLS' LACROSSE COACHES

FROM: THOM SIMMONS, ASSISTANT COMMISSIONER

DATE: FEBRUARY, 2021

RE: CIF-SOUTHERN SECTION 2020-21 LACROSSE SEASON

The CIF Southern Section has put together this preview to assist schools with their lacrosse program. The purpose is to improve communications related to CIF Southern Section rules and regulations.

Be advised this is not a complete document; it does not discuss all rules and regulations. Coaches are reminded they need to refer to the Blue Book and to discuss issues with their athletic administration.

Once again, welcome to the 2020-2021 lacrosse season!

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SPECIAL NOTE: The 2019-20 National Federation Lacrosse Rules Book was mailed to your school in November 2019. Due to the cancellation of the 2020 spring season, it is the same rules book we will use in 2021.

EXPLORER



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MUSCLES. SPEED. AGILITY. SMARTS.

OUR VEHICLES. OUR ATHLETES.



THE SOUTHERN CALIFORNIA FORD DEALERS
PROUDLY SUPPORT SO CAL HIGH SCHOOL ATHLETICS.

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ECOSPORT



BOYS & GIRLS LACROSSE COACHES ADVISORY COMMITTEE

The CIF Southern Section is continuing to utilize the concept of coaches' advisory committees for all sports. The role of the advisory committee may or may not include the following:

- Meetings
- Recommendations for playoffs sites
- Recommendations for procedural changes
- Recommendations for rule changes
- Evaluation of sport season
- Assistance to coaches and/or officials' organizations
- Communications between coaches and the CIF-SS office
- Management/Supervision at Championship Events

The Coaches Advisory Committee is made up of member coaches and an administrator from the CIFSS office staff. Coaches selected for the committee provide a cross-section of the organization and are selected based upon geographic, as well as competitive divisions. Should you have suggestions or questions regarding lacrosse competition, please make use of this excellent channel of communication; it is provided to serve your interests. The committee will meet on a regular basis during the season and your items will become part of our agenda.

TOP TEN INFORMATION **WEEKLY POLL**

The Southern Section will publish weekly rankings for each of the four lacrosse divisions throughout the season. Rankings will be determined from input provided by member school coaches and distributed to over 200 media outlets. Determination of the weekly divisional polls shall be the responsibility of the Boys' & Girl's Lacrosse Coaches Advisory Committee members. The CIF-SS office will utilize the rankings as criteria for formulating playoff brackets.

Listed on the next page are the members of the CIF-SS Lacrosse Coaches Advisory Committee responsible for notifying the CIF-SS office of the weekly poll. It is important for coaches to report their information at www.cifsshome.org on a daily basis. Please note, this is a coaches' poll and no students or parents are involved. The CIF-SS office will send the coaches' poll as part of our media mailing.

It is important that coaches enter results in CIFSSHome following each game and email poll changing results to the committee members named on the dates (Sundays) listed below:

March 8 (Preseason Watchlist)	April 19
March 15	April 26
March 22	May 3
March 29	May 10
April 5	Final Poll – Completed: May 16: Released: May 17

The CIF-SS office will be doing nine polls during the season. Please start your emails on Sunday, March 7th, 2021. The

committee members listed on the following page will email the poll results to the CIF Southern Section office on Monday

following each of the above dates.

2019-20 BOYS & GIRLS LACROSSE **ADVISORY COMMITTEE MEMBERS**

<u>DIV</u>	<u>CONTACT</u>	<u>SCHOOL</u>	<u>EMAIL</u>
Contact Representative for Polls:			
BOYS 1	Aaron Karsch	Mira Costa	coachkarsh@gmail.com
BOYS 2	Aaron Karsch	Mira Costa	coachkarsh@gmail.com
BOYS 3	Aaron Karsch	Mira Costa	coachkarsh@gmail.com
Contact Representative for Polls:			
GIRLS 1	Michael Welter	San Juan Hills	sjhglax@gmail.com
GIRLS 2	Michael Welter	San Juan Hills	sjhglax@gmail.com
GIRLS 3	Michael Welter	San Juan Hills	sjhglax@gmail.com

ADVISORY COMMITTEE MEMBERS

Aaron Karsch	Mira Costa	coachkarsh@gmail.com
Casey Chabola	Culver City	caseychabola@ccusd.org
Chloe Silance	Mater Dei	csilance@materdei.org
Chris Jewett	St. John Bosco	coach@leveragelacrosse.com
Courtney Novak	Los Alamitos	courtney.novak495@gmail.com
Daniel Radford		drad1986@gmail.com
Dave Elkins	Aliso Niguel	menacheland@hotmail.com
Eric Bassett	Trabuco Hills	ericb@industrialent.com
G.W. Mix	Corona del Mar	gwmix@me.com
Joe Campbell	Glendale	Jcampbell@gusd.net
Joe Lloyd	GLALOA Pres.	Jlloyd1@socal.rr.com
Jon Fox	Foothill	coachfox@foothilllacrosse.org
Lawrence Palochik	Santiago/Corona	palochik@cnusd.k12.ca.us
Leesa Chelminiak	West Ranch	leesa.amt@hotmail.com
Mario Waibel	Sierra Canyon	mwaibel@sierracanyonschool.org
Marvin Mires	Downey	mmires@dusd.net
Michael Welter	San Juan Hills	sjhglax@gmail.com
Michelle Yarger	Newbury Park	MEY04@aol.com
Mike Boros	West Ranch	coachmikewrhslax@gmail.com
Sean Lindsay	Agoura	seanlindsay21@gmail.com
Steve Perry	LAX Board Chair	sp5903@aol.com
Tarek Ergin	Oak Park	tarik1322@me.com
Tom Borgia	Redondo Union	borgia.tom@gmail.com
Wade Ransom	Cate	wade_ransom@cate.org

CALENDAR PLAYOFF DATES

Following is a capsule of the CIF Southern Section calendar for the 2019-2020 Boys & Girls Lacrosse Season.

DATE OF FIRST CONTEST

No interscholastic matches (practice, tournament or league) may be scheduled prior to **FRIDAY, MARCH 12, 2021**.

SIT OUT PERIOD DATE

FRIDAY, APRIL 16, 2021

DATE OF LAST CONTEST

The last allowable date for competition (LEAGUE) is **FRIDAY, MAY 21, 2021**.

NUMBER OF SCRIMMAGES – 1 (May not occur prior to Mar. 12 and must occur prior to teams first interscholastic contest).

PLAYOFF DATES

Pairings Day **TBD**

Playoff Brackets can be found @ www.cifss.org

BOYS

Wildcard Games (if necessary) **TBD**.

First Round **TBD**

Quarterfinal Round **TBD**

Semifinal Round **TBD**

GIRLS

Wildcard Games (if necessary) **TBD**.

First Round **TBD**

Quarterfinal Round **TBD**

Semifinal Round **TBD**

PLAYOFF FINALS (Boys & Girls)

Finals **TBD**

CIFSS HOME REQUIREMENTS

SCHEDULES & SCORES Complete your schedule in CIFSSHome prior to your season as well as update scores following each contest

Attention Athletic Directors/Coaches: It is very important that you enter your entire season schedule into CIFSSHome

(www.cifsshome.org) as well as update the scores immediately following your contests.

Log in @ www.cifsshome.org (If you do not have a log in & password as a coach, check with your Athletic Director). Once you are logged in:

-On the left panel, click on "Teams", select "Lacrosse, Boys" or "Lacrosse, Girls"

-To **Add a game**, click "Add Game" at the top right and fill out all of the required fields which are marked by a red (*) to complete your schedule.

-To **Submit your score**, click on the "Teams", select "Lacrosse, Boys" or "Lacrosse, Girls" Scroll through your schedule and click on the green "Post Result" button.

-Make sure that your overall and team records are correct on your team page.

Check out the Help video under the Help button on the bottom left, "Be CIF Prepared!"

VARSITY TEAM INFORMATION (ROSTER) DUE no later than TBD.

Attention Athletic Directors/Coaches: It is very important that you enter your entire Boys' and/or Girl's Lacrosse Varsity roster into CIFSSHome (www.cifsshome.org) no later than **TBD**.

Log in @ www.cifsshome.org (If you do not have a log in & password as a coach, check with your Athletic Director).

Once you are logged in:

-On the left panel, Click on the "Teams" tab, select "Lacrosse, Boys" or "Lacrosse, Girls"

-Here are the instructions for using the sample file.

- Download the sample file **and** delete the "contents only". Copy and paste or type your roster information into the file as the contents and save the file to your computer. You can only upload an excel file (xls) that is the exact same format as the sample file. Columns for information not required for your sport may be left blank, but the HEADER INFORMATION MUST REMAIN EXACTLY AS THE SAMPLE.

Required Columns for Boys Lacrosse or Girls Lacrosse are:

First Name, Last Name, Birth date, Year, Number, Position, Height & Eligibility.

- Next - click Choose File, find your file, then click "Import Student".

- To confirm your roster has been uploaded, your roster will be uploaded in the roster section and all of the required columns are filled out.

Check out the Help video under the Help tab on the bottom left, "Be CIF Prepared!"

VARSITY COACHES

Attention Athletic Directors/Coaches: It is very important that you enter your Boys Lacrosse or Girls Lacrosse coaches (Head & Assistants)

into CIFSSHome (www.cifsshome.org) no later than **TBD**.

Log in @ www.cifsshome.org (If you do not have a log in & password as a coach, check with your Athletic Director).

Once you are logged in:

-Click on the "Teams" tab on the left navigation bar. Click on the corresponding varsity team ("Lacrosse, Boys" or "Lacrosse, Girls").

-Click on "Add/Edit Coaches", select the information to add both your HEAD & ASSISTANT coaches

Check out the Help video under the Help tab on the bottom left, "Be CIF Prepared!"

VARSITY TEAM PHOTO DUE no later than TBD.

Attention Athletic Directors/Coaches: It is very important that your Boys' and/or Girls' Varsity Team Photo is uploaded to CIFSSHome (www.cifsshome.org) no later than **TBD**.

Log in @ www.cifsshome.org (If you do not have a log in & password as a coach, check with your Athletic Director).

on Home Campus

-On the left panel, click **Teams** tab on the left navigation bar. Click on the corresponding varsity team ("Lacrosse, Boys" or "Lacrosse, Girls").

- Under Team Picture, click Add/Edit picture, click Browse, find your file and click "Upload Picture" – Team Photo can be no larger than 672 pixels x 480 pixels (7"x5")

Check out the Help video under the Help tab on the bottom left, "Be CIF Prepared!"

AT LARGE APPLICATION – MUST HAVE .500 RECORD OR BETTER

Attention Athletic Directors/ Coaches: Please follow the instructions below to enter your school as an At Large Entry for Boys/ Girls Lacrosse. The At Large Application is to be submitted by your school no later than **TBD**

Log in @ www.cifsshome.org (If you do not have a log in & password as a coach, check with your Athletic Director).

Once you are logged in:

-On the left panel, click on At Large Petition

-Select "Lacrosse, Boys" or "Lacrosse, Girls" then click "Add"

Please be sure that your Schedule is updated in CIFSSHome as this is where the information for the At Large Petition will be created.

Check out the Help video under the Help tab on the bottom left, "Be CIF Prepared!"

APPROVED SANCTIONED EVENTS

Please refer to the CIF Southern Section website (www.cifss.org) for the latest Sanctioned Events, as events are updated daily.

Sanctioned Events download directions:

click on **GOVERNANCE TAB**,
click on **SANCTIONED EVENTS**,
select **LACROSSE**,
click Search

**This page will display the most up to date information on
Lacrosse Approved
Sanctioned Events**

2019-2020 NFHS BOYS Lacrosse Rule Changes

(TO BE USED IN 2021 AS WELL)

4-22-1 – For all restarts, the game shall resume as quickly as possible and nearest to the spot of the ball when play stopped. All offensive players shall be 5 yards or more away from the player in possession of the ball. On the official's whistle, play restarts.

Comment: As an editorial clarification the word offensive has been added.

5-10-1e – Throwing a crosse at the ball, at a player or other game personnel.

PENALTY: One-to three-minute, non-releasable

Comment: Throwing the crosse, as a personal foul, is a non-releasable penalty, under any circumstance.

5.11 SITUATION – The situation should read:

A1 receives a two-minute illegal crosse penalty and a one-minute non-releasable penalty for wearing football shoulder pads during the first quarter. In the second half, A1 receives a two-minute, non-releasable penalty. RULING: A1 has fouled out of the game but has not been ejected.

Comment: With the updated rule allowing for corrections to a crosse with a two-minute non-releasable penalty, this situation would no longer be accurate.

2019-2020 NFHS GIRLS Lacrosse Rule Changes

(TO BE USED IN 2021 AS WELL)

Allowing players to freely move around the playing field after a whistle is one of 12 changes to high school girls lacrosse rules approved for the 2020 season.

All rules changes recommended by the joint National Federation of State High School Associations (NFHS) and US Lacrosse (USL) Girls Lacrosse Rules Committee at its June 17-19 meeting in Indianapolis were subsequently approved by the NFHS and USL Boards of Directors.

“The committee addressed topics ranging from equipment requirements to the philosophical change to free movement with intention and extraordinary attention to detail,” said Lindsey Atkinson, NFHS director of sports/communications associate and liaison to the Girls Lacrosse Rules Committee. “The commitment of the joint NFHS/USL committee to do what is best for high school girls lacrosse was evident in both the content of their discussion and the outcomes of their hard work.”

The change to free movement impacts several areas of the NFHS/USL Rules Book. Rules 5-1-2 and 5-1-3 have been adjusted to eliminate the requirement for players to stand in place after an official’s whistle.

Free movement allows players to freely move around the playing field, instead of being required to hold their positions on stoppages including possession time-outs (Rule 4-3-3), injury time-outs (Rule 4-2-3), major and minor fouls (Rule 5-3-1), when the ball goes out of bounds (Rule 6-3-1) and free position or alternating-possession restarts (Rule 10-1).

“This will be an exciting rule change for the high school game, one which we believe will enhance the athlete experience on the field and ease the workload on officials to monitor players off the ball,” said Caitlin Kelley, US Lacrosse women’s lacrosse director and the USL liaison to the Girls Lacrosse Rules Committee. “The rules committee prioritizes safety, integrity of the game, pace of play and growth. We want our student-athletes to love the game and attract new players to the sport too.”

Additionally, in Rule 4-3-3, players may now be substituted for during a possession time-out, except for the player being awarded the ball and the offender.

Rule 5-4-4 has been amended to allow self-starts on boundary restarts. On boundary restarts, opponents must give the player in possession of the ball at least two meters — an additional meter from the previous requirement (Rule 6-3-1b).

When a stoppage in play causes the ball to become dead that was in the critical scoring area, Rules 4-3-3, 5-1-3, 5-3-1 and 7-3 PENALTY now indicate play will resume on the closet dot.

“The impact of free movement on the rules is complex,” Atkinson said. “The committee was diligent in addressing each impacted rule to ensure a comprehensive implementation of the concept into the high school game.”

Self-starting when self-start is not an option is now considered a major foul in Rule 10-1 under false starts. Additionally, under major fouls, a check to the neck is now included under check to the head with a mandatory card assessed.

Rule 5-2-2 was amended to allow any number, up to 12 players from each team, on the field prior to the start of each draw. Prior to the change, each team was required to have 12 players on the field unless a team could not do so legally.

Changes to Rules 2-2-5 and 2-4-3 amend crosse and stick requirements. A crosse now meets specifications if the ball moves freely in the front of the pocket, removing the requirement for the back of the pocket. Additionally, during stick checks, game officials will ensure that the ball rolls out of the back of the pocket when placed in the upper third of the head at its widest point and the stick and head are tilted 90 degrees.

“The committee felt that it was important to separate the performance requirements of the front and back face of the head during stick checks,” Atkinson said. “This change simply distinguishes the differences in performance and clarifies the stick check process.”

In a change to Rule 2-7-4, equipment cannot be modified from its original manufactured state and it must be worn in the manner the manufacturer intended.

Rule 2-7-2 now requires that all eyewear worn on the playing field bear the SEI (Safety Equipment Institute) mark for certification by January 1, 2025. Eyewear must still be SEI certified for the 2020 season; the requirement for a physical mark on the eyewear does not take effect until 2025. All approved eyewear is listed on the SEI website at www.seinet.org.

“SEI certification and the ASTM standard remain the same and an important part of maintaining safety for our student-athletes,” Kelley said. “The rules committee extended the requirement of the physical markings on the eyewear in order to minimize unnecessary cost to the consumers.”

A change to Rule 6-3-2 clarifies that a player’s body or crosse that is inbounds and nearest to the ball determines possession of the ball when play resumes.

In a tweak to Rule 9-1, the description of the minor foul, covering, is now described as covering a ground ball, instead of guarding. Additionally, preventing an opponent from playing the ball by covering the

ball with the body now constitutes a minor foul. Previously, using a foot or crosse to guard a ground ball was a minor field foul.

Rule 2-8-4 now prohibits the use of video replay to review an official's decision, consistent with other NFHS rules.

The final rules change adjusts Rule 10-1 regarding the free position after a major foul. The free position will now be taken on the 12-meter fan closest to the spot of the foul.

A complete listing of the girls lacrosse rules changes will be available on the NFHS website at www.nfhs.org. Click on "Activities & Sports" at the top of the home page and select "Lacrosse-Girls."

BLUE BOOK RULES 2020-2021 – GENERAL

Following are key points coaches should review with their assistants and participants in reference to CIF-SS rules and regulations as set down in the 2019-2020 Blue Book. This list is NOT all-inclusive and only highlights some of the key areas.

201. STANDARDS OF ELIGIBILITY

<https://cifss.org/resources/blue-book/60/>

210. PHYSICAL ASSAULT

<https://cifss.org/resources/blue-book/89/>

212. AMATEUR STATUS

<https://cifss.org/resources/blue-book/90/>

220. BASIC ELIGIBILITY REQUIREMENTS FOR PARTICIPATION

<https://cifss.org/resources/blue-book/93/>

500. AUTHORIZED PARTICIPATION

<https://cifss.org/resources/blue-book/98/>

503.G ADMINISTRATIVE OVERSIGHT / PHYSICAL EXAMINATION

<https://cifss.org/resources/blue-book/103/>

503.H ADMINISTRATIVE OVERSIGHT / CONCUSSION PROTOCOL

<https://cifss.org/resources/blue-book/104/>

506. PRACTICE ALLOWANCE

<https://cifss.org/resources/blue-book/107/>

600. COMPETITION ON AN OUTSIDE TEAM (SUSPENDED FOR 2021)

<https://cifss.org/resources/blue-book/115/>

3300. PLAYOFFS

<https://cifss.org/resources/blue-book/249/> (TBD)

Additional playoff information will be available in April in the Lacrosse Playoff Bulletin. This bulletin will contain details on when the draws will be available, financial regulations, reporting of match results, game time and date change protocol, etc.

3315. NOISEMAKERS PROHIBITED

<https://cifss.org/resources/blue-book/252/>

BLUE BOOK RULES 2020-2021 – LACROSSE

Following are key points coaches should review with their assistants and participants in reference to CIF-SS rules and regulations as set down in the 2020-2021 Blue Book. This list is NOT all-inclusive and only highlights some of the key areas for lacrosse.

2301. OFFICIAL NATIONAL FEDERATION AUTHENTICATION MARK

<https://cifss.org/resources/blue-book/193/>

2303. SCRIMMAGES

<https://cifss.org/resources/blue-book/193/>

2304. TOURNAMENTS

<https://cifss.org/resources/blue-book/193/>

2305. STARTING DATES FOR INTERSCHOLASTIC CONTESTS

<https://cifss.org/resources/blue-book/193/>

2307. END OF COMPETITION

<https://cifss.org/resources/blue-book/194/>

2309. OUTSIDE COMPETITION BY AN INDIVIDUAL

<https://cifss.org/resources/blue-book/194/>

2314. SUNDAY RESTRICTION

<https://cifss.org/resources/blue-book/195/>

2315. PLAYER CONDUCT

<https://cifss.org/resources/blue-book/195/>

2316. COACH EJECTION

<https://cifss.org/resources/blue-book/196/>

2319. PLAYOFFS

<https://cifss.org/resources/blue-book/197/>

2021 BOYS LACROSSE PARTICIPATING SCHOOLS - ALPHABETICAL

Agoura	Hemet	Sage Hill
Aliso Niguel	Huntington Beach	San Clemente
Beckman, Arnold	Irvine	San Juan Hills
Beverly Hills	JSerra Catholic	San Marcos
Brentwood	King, Martin Luther	Santa Barbara
Cabrillo/Long Beach	Laguna Beach	Santa Margarita
Calabasas	Laguna Hills	Santa Monica
Canyon/Anaheim	Linfield Christian	Santiago/Corona
Capistrano Valley	Los Alamitos	Saugus
Cate	Loyola	Seegerstrom
Centennial/Corona	Lutheran/Orange	Servite
Chaminade	Marina	Sierra Canyon
Chaparral	Mater Dei	Simi Valley
Corona	Millikan	St. Francis
Corona del Mar	Mira Costa	St. John Bosco
Crean Lutheran	Mission Viejo	St. Margarets Episcopal
Crescenta Valley	Murrieta Mesa	Temecula Valley
Crespi	Murrieta Valley	Tesoro
Culver City	Newbury Park	Thacher
Damien	Newport Harbor	Thousand Oaks
Dana Hills	Norco	Trabuco Hills
de Toledo	Northwood	Tustin
Dos Pueblos	Notre Dame/Sherman	University
Downey	Oaks	Valencia/Placentia
Edison	Oak Park	Valencia/Valencia
El Dorado	Oaks Christian	Viewpoint
El Modena	Ochoa Prep Academy	Village Christian
El Segundo	Paloma Valley	Vista Murrieta
El Toro	Palos Verdes	West Ranch
Esperanza	Peninsula	Westlake
Foothill/Santa Ana	Poly/Long Beach	Wilson/Long Beach
Glendale	Poly/Riverside	Woodbridge
Grace Brethren	Portola	Yorba Linda
Great Oak	Redondo Union	
Hart	Roosevelt, Eleanor	
Harvard-Westlake	Royal	

2021 CIFSS BOYS LACROSSE PLAYOFF DIVISIONS

DIVISION 1 (31 Schools)

Agoura
Beckman
Chaminade
Corona del Mar
Crespi
Foothill/Santa Ana
Great Oak
Harvard-Westlake
JSerra Catholic
Los Alamitos
Loyola
Mater Dei
Mira Costa
Newbury Park
Newport Harbor
Oak Park
Oaks Christian
Palos Verdes
San Clemente
Santa Margarita
Santiago/Corona
Servite
Sierra Canyon
St. John Bosco
St. Margaret's
Tesoro
Thousand Oaks
Trabuco Hills
West Ranch
Westlake
Yorba Linda

DIVISION 2 (38 Schools)

Edison
Aliso Niguel
Brentwood
Cate
Crean Lutheran
Culver City
Dana Hills
El Dorado
El Segundo
El Toro
Esperanza
Glendale
Huntington Beach
Irvine
Laguna Beach
Laguna Hills
Lutheran/Orange
Marina
Mission Viejo
Murrieta Mesa
Murrieta Valley
Northwood
Notre Dame/Sherman Oaks
Peninsula
Redondo Union
Royal
San Juan Hills
San Marcos
Santa Barbara
Santa Monica
Saugus
Segerstrom
Simi Valley
St. Francis
Valencia/Valencia
Viewpoint
Village Christian
Woodbridge

DIVISION 3 (35 Schools)

Beverly Hills
Cabrillo/Long Beach
Calabasas
Canyon/Anaheim
Capistrano Valley
Centennial/Corona
Chaparral
Corona
Crescenta Valley
Damien
de Toledo
Dos Pueblos
Downey
El Modena
Grace Brethren
Hart
Hemet
King, Martin Luther
Linfield Christian
Millikan
Norco
Ochoa Prep Academy
Paloma Valley
Poly/Long Beach
Poly/Riverside
Portola
Roosevelt, Eleanor
Sage Hill
Temecula Valley
Thacher
Tustin
University
Valencia/Placentia
Vista Murrieta
Wilson/Long Beach

2021 GIRLS LACROSSE PARTICIPATING SCHOOLS – ALPHABETICAL

Agoura	King, Martin Luther	Rosary Academy
Aliso Niguel	La Canada	Royal
Beckman, Arnold	La Reina	Sage Hill
Beverly Hills	Laguna Beach	San Clemente
Cabrillo/Long Beach	Laguna Hills	San Juan Hills
Calabasas	Los Alamitos	San Marcos
California	Louisville	Santa Barbara
Canyon/Anaheim	Lutheran/Orange	Santa Margarita
Capistrano Valley	Marlborough	Santa Monica
Cate	Mater Dei	Santiago/Corona
Centennial/Corona	Millikan	Saugus
Chadwick	Mira Costa	Seegerstrom
Chaminade	Mission Viejo	Sierra Vista
Chaparral	Murrieta Mesa	Simi Valley
Corona	Murrieta Valley	St. Margarets Episcopal
Corona del Mar	Newbury Park	St. Monica Academy
Crescenta Valley	Newport Harbor	Temecula Valley
Culver City	Norco	Tesoro
Dana Hills	Nordhoff	Thacher
Dos Pueblos	Northwood	Thousand Oaks
Downey	Notre Dame/Sherman	Trabuco Hills
Edison	Oaks	Tustin
El Dorado	Oak Park	University
El Modena	Oaks Christian	Valencia/Placentia
El Segundo	Ochoa Prep Academy	Valencia/Valencia
El Toro	Paloma Valley	Village Christian
Esperanza	Palos Verdes	Vista Murrieta
Foothill/Santa Ana	Peninsula	West Ranch
Glendale	Poly/Long Beach	Westlake
Great Oak	Poly/Riverside	Westridge
Hemet	Portola	Wilson/Long Beach
Irvine	Redondo Union	Woodbridge
JSerra Catholic	Roosevelt, Eleanor	Yorba Linda

2021 GIRLS LACROSSE PARTICIPATING SCHOOLS – BY DIVISION

DIVISION 1 (26 schools)

Agoura
Aliso Niguel
Beckman
Chaminade
Crescenta Valley
Edison
El Dorado
Foothill/Santa Ana
Glendale
JSerra
Los Alamitos
Mater Dei
Newbury Park
Newport Harbor
Oak Park
Oaks Christian
Palo Verdes
Redondo Union
San Clemente
San Juan Hills
Santa Margarita
St. Margaret's Episcopal
Trabuco Hills
University
West Ranch
Westlake

DIVISION 2 (34 schools)

Canyon/Anaheim
Cate
Chadwick
Chaparral
Corona Del Mar
Culver City
Dos Pueblos
Downey
El Segundo
El Toro
Esperanza
Great Oak
La Canada
Laguna Hills
Marlborough
Mira Costa
Murrieta Mesa
Northwood
Notre Dame/Sherman Oaks
Peninsula
Rosary Academy
Royal
San Marcos
Santiago/Corona
Simi Valley
Temecula Valley
Tesoro
Thacher
Thousand Oaks
Valencia/Placentia
Valencia/Valencia
Wilson/Long Beach
Woodbridge
Yorba Linda

DIVISION 3 (37 schools)

Beverly Hills
Cabrillo/Long Beach
Calabasas
California
Capistrano Valley
Centennial/Corona
Corona
Dana Hills
El Modena
Eleanor Roosevelt
Hemet
Irvine
La Reina
Laguna Beach
Louisville
Martin Luther King
Millikan
Mission Viejo
Norco
Nordhoff
Ochoa Prep Academy
Orange Lutheran
Paloma Valley
Poly/Long Beach
Poly/Riverside
Portola
Sage Hill
Santa Barbara
Santa Monica
Saugus
Segerstrom
Sierra Vista
St. Monica Academy
Tustin
Village Christian
Vista Murrieta
Westridge

@Preparing My First Aid Kit for Practice & for the Game@

By Jim Clover, A.T.,C.

First and foremost, when putting an athletic training kit together for the field, practice, or competition, here are some examples of checklists for supplies and equipment for your kits. These check lists should be easily accessible and easy to understand. (It should be USED not stored in a file.) This list is your only way of knowing if your kit is stocked and ready to go EVERYTIME.

Other paperwork you will need in your kit and in your first aid or training room are:

- a way to report the injuries
- Coach's Student Injury Report
- the Physician's Report
- Instructions to Patients with a Head Injury Form

In addition to your paperwork, your kits should also include:

9. Adhesive tape 1½" (five or more rolls)
10. Pre-wrap (one or more rolls)
11. Ace wraps (one 3", 4" and 6")
12. Band-aids (various sizes, preferably in a metal container)
13. Tape adherent (Pre-tape)
14. Butterfly band-aids or sterile strips
15. Q-tips
16. Tongue Depressors
17. First-aid cream
18. Skin lube
19. Peroxide (surgical scrub or something to irrigate the wound)
20. Sterile gauze pads (six 4" and other sizes if you have room)
21. Toppers 4x4 (three each, used for soaking up blood)
22. Sterile Telfa Pad (4 each) Pen/chalk
23. Tape scissors Paper bag
- Triangular bandage Pocket knife (common, phillip
- Some kind of heat balm head screw driver, blade, drill)
24. Mirror change for a phone call
25. Air way Training bag check list
26. Powder Injury log
27. Pen light Insurance information
28. Tweezers Emergency phone numbers
29. Eye cup or eye wash Head injury information sheet
30. Nail clippers Pocket emergency book
31. Ammonia capsules Tuff Skin
- 32.

This is your basic kit. Now the extras you will need to upgrade your basic kit:

10. Sewing kit with a good supply of safety pins
11. Glasses repair kit
12. Bar soap
13. Phisodex
14. Cold spray (ethyl chloride metal tube)
15. Contact lens case
16. Shoe strings (assorted sizes)
17. Felt or foam horse shoe (for sprained ankles)
18. Razor blades
19. Glasses anti-fog and cleaner
20. Goggles (eye protectors)
21. Heal and Lace pads (foam pads to protect a sensitive area when taping)
22. Derma clear tape ½"

23. Tape 2" 1" and 2"Elasticon 1" 2" and 3"
25. Conform or J-Flex 12" and 2"
26. Ace wraps more 2", 3" and 6"
Extra long 6" ace wraps for groins, hamstrings, and quadriceps
27. Magnify glass with light Cepastat (sore throat
28. Extra large band aids medicine)
29. Water key Chap stick
30. Light key. Water bottles
31. Tape measure Cups
32. Extra batteries Thermometer
33. Contact lens remover Aspirin (ascription)
34. Septic pencil Gum
35. Tooth ache jell Ammonia capsules
36. Air way Antacid
37. Mole skin Tweezers
38. Finger tip band aids Foot anti fungus spray

Here are some specific basic kits, broken down for you by sport:

Baseball, Softball: Magic Nails, Stockinnette, Sun Lotion, Zinc Oxide, Burn Cork or Anti-Eye Glare, Sun Glasses Flip Ups, Extra Large Telfa Pads (for siding aberrations), Elbow, Shoulder, and Elbow Shoulder Thermal Sleeves (these carry ice and are easy for the player to use), and possibly a Nose Guard, Elbow Pads, Knee Pads.

Basketball, Tennis, Volleyball: Heal & Toe Glides (the best thing ever to come out on the market for blisters), Felt or Foam horse Shoes for ankle swelling, Glass Cleaner & Anti-Fog, Glasses Strap, Mole Skin (for blisters), Second Skin (for blisters), Air Cast (left & right for ankles), Swede-O Ankle Brace (for ankles), Elbow, Shoulder, Ankle, Thermal Sleeve, Cotton Roll (for making a soft cast), Finger Splints, Callous Remover, Elbow Pads, Knee Pads.

Football, Soccer, Lacrosse, Ice Hockey, Rugby: Foam Padding, Packing foam, Neck Collar, Should Harness, Orthoplast, Mouth Piece, Felt, Cervical Collar, Bolt Cutters, Rib Pads, shin guard, Knee Brace (single and bilateral hinge), Protective Cup, wire Bundle Tie (Ned Berger, California Angel thought this up to use as a quick fix instead of shoe strings), Nose Guard, Eye Goggles, Full Mask, Padded Chin Strap, Flexible Collodion (new skin), Callous Remover.

Swimming, Diving, Water Polo: Swim Ear (for ear infections), Water Proof Tape (various sizes), Sun Lotion, Zinc Oxide, Goggles, Razors, Clippers, Vaseline.

Gymnastics: Powder, Grips (various types), Wrist Supports.

Wrestling: Flexible Collodion, Tampons (nose bleeds), Razors, Finger Nail Clippers, Cervical Collar.

Playground Kit: Basic Kit with Snoopy Band-aids.



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