

**A MESSAGE FROM THE COMMISSIONER**

**MEET THE NEW COMMISSIONER**



Welcome to the 2023-2024 year!!! As I begin my tenure as the 10th Commissioner of the CIF Southern Section, I would like the opportunity to introduce myself to those of you who do not know me. My name is Mike West, and I am honored to have been selected to serve in this position and look forward to working with you in the coming weeks and months in support of Education Based Athletics.

Please allow me to provide you with a little bit about my background which has led me to where I am today. I was born and raised in San Jose, California and though I played a variety of sports growing up, I discovered I had a talent for distance running in high school. I ran Cross Country and Track for Lynbrook High School and West Valley College in Saratoga. I then went to Cal Poly, San Luis Obispo where I earned my bachelor's degree in physical education with an emphasis in Athletic Training. I was subsequently accepted to the University of Arizona's Graduate Athletic Training Program where I served as the Athletic Trainer for Catalina High School during my two years in the program.

After graduate school, I returned to California and settled in Riverside with my wife Rhonda and began my career in the Athletic Trainer at Chino Hills. While at Ayala, Medicine, and eventually a Medicine class along with last year at Ayala, I was to the Athletic Director. pared me for when I was Athletic Director at Chino it opened in 2001.

During this early part involved in the leadership and national athletic starting as a High School eventually after a variety of ing the California Athletic State President. In 2005, I CIF to assist in the development of the Wrestling Program and became the first State Master Assessor. In 2013, I also became a member of the CIF Sports Medicine Advisory Committee where I continue to serve today.

In 2007, I started my tenure as an administrator when I was hired as an assistant principal at Patriot High School in the Jurupa Unified School District. After three years, I was assigned as the



education in 1994 as Ayala High School in I taught ROP Sports district approved Sports World History. In my asked to be an assistant This experience pre-selected to be the first Hills High School when

of my career, I became of the state, regional, trainers' associations Committee Chair and other positions becom-Trainers Association was invited by the State opment and imple-Weight Management

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**MIKE WEST** (Cont.): Principal of Jurupa Unified's alternative education center which included their expulsion school, adult education, credit recovery, and independent study. In January of 2013, I was selected as the Principal of Jurupa Valley High School. The final eight of my 13 years as a high school principal came when I was hired as the Principal of Martin Luther King High School in Riverside in 2015, the same year I began my time on the Southern Section Executive Committee.

### **Gratitude**

As the new Commissioner, I would be remiss if I did not recognize and thank my predecessor and friend, Mr. Rob Wigod, for his vision, his leadership, his expertise, and his professionalism over his 23-year tenure in the Southern Section office. Rob was able to accomplish a significant number of initiatives for the section. However, it was not just that he accomplished things, but it is the way in which he accomplished them which has left an indelible mark on high school athletics not just in our section but across the state and in many ways across the country. Though Rob is officially retiring as the Commissioner, I am sure we will keep him involved with section business as time goes on.

I appreciate everyone's patience and support as I settle into this new position and look forward to meeting and working with all of you in support of CIF Southern Section education-based athletics.

Respectfully,



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