



THE WHISTLE

Vol 1 Issue 2

Serving California's coaches and interscholastic athletics since 1957! **October 2015**

President's Message

Determination, focus, competition.

These are characteristics I noticed recently in early fall during a frosh/soph cross country meet under silver grey skies. September... The Month of Promise! As coaches throughout the state begin a new year, it is important to thank you and reemphasize the great work you do for your athletes. It is good to dream and we see that look on many faces of our young student athletes; the dream of being successful and at the high school level in particular, a sense of belonging. After many years of coaching, I still get that feeling from long ago about how much fun high school sports really was. The number one reason young people go out for a sport is still to have fun. It is an honor and privilege to see you as coaches being the dream builder, the motivator, the inspiration and (in many cases) the reason these young adults are doing what they are doing in the pool, on the field, on the course and on the court. Do not lose sight my friends of how powerful your roll is regardless of the vocal few who make the coaching profession not always fun. So we thank you for your long hours, love of sport and concern for our young athletes.

Former CCA President Jim Rear (Central Coast Section) has been spilling through boxes of vintage CCA archives generously provided by Dan Fukushima's wife. Jim has passed along old newsletters and programs as early as the 1960s. Included on the next page is the original CCA Creed penned by the founding fathers. I thought it would be a great idea to make this available to our members and reflect on the importance of what all of you do as coaches; the value of your time, energy, encouragement and expertise to our young athletes, schools, communities and families.

Enjoy this addition of CCA *Whistle*. Septemeber...the Month of Promise!

Warm regards,
Chris Walsh, CCA President



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CALCOACHES
ASSOCIATION. NET

California Coaches Association Creed



I BELIEVE That athletics has an important place in the general education scheme and pledge myself to cooperate with others in the field of education to so administer it that it's value will be above question.

I BELIEVE That coaches are earnest in the protection of the values and aims of the California Coaches Association and I will do all in my power to further its endeavors.

I BELIEVE That my actions should be such that at all times I will be a credit to my profession.

I BELIEVE In the exercise of all the patience, tolerance, and diplomacy at my command in my relations with all players, co-workers, game officials and spectators.

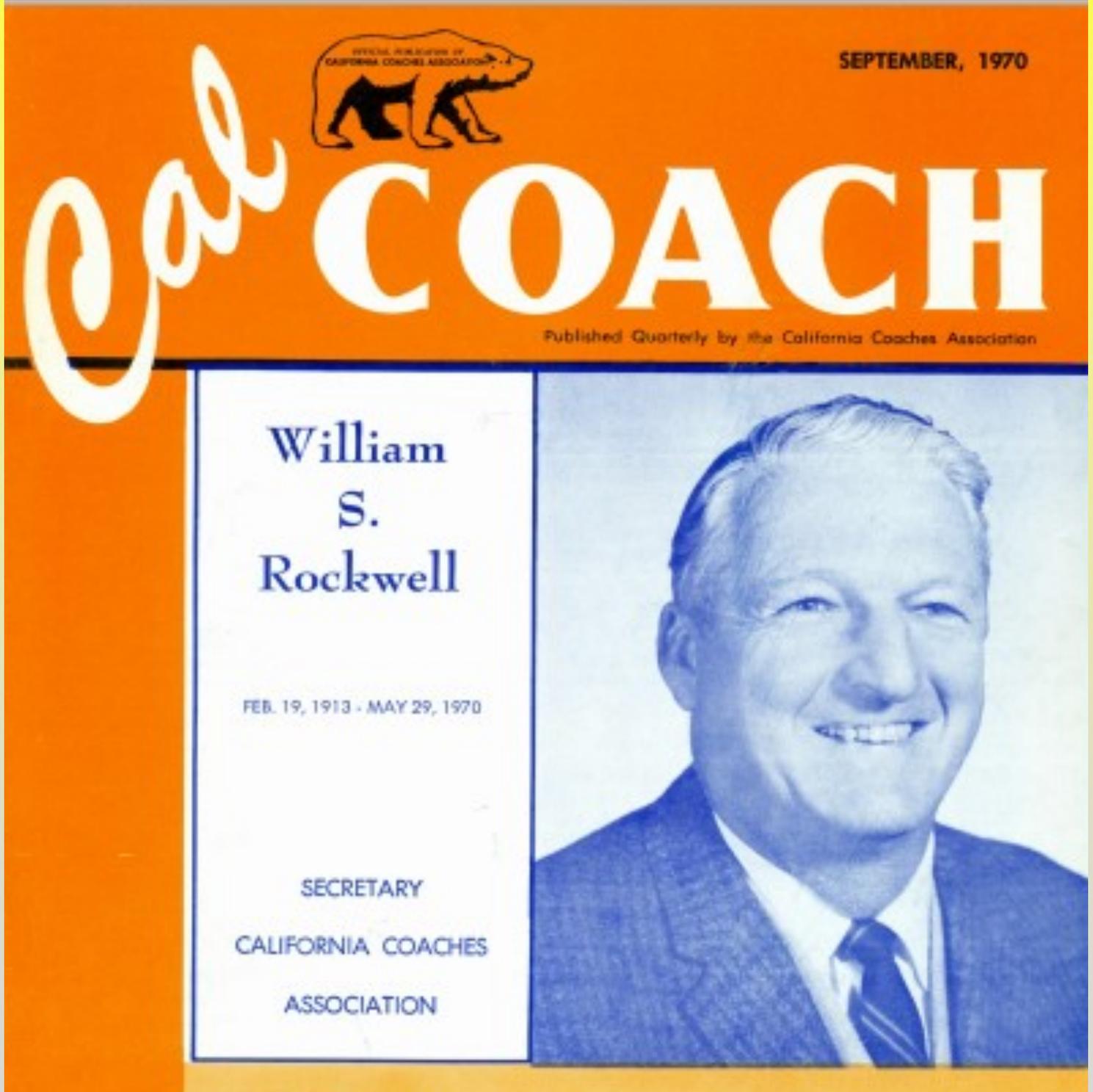
I BELIEVE That these admirable characteristics, properly installed by me through teaching and demonstration, will have a long carry over and will aid each one connected with the sport to become a better citizen.

I BELIEVE In and will support all reasonable and sound moves to improve athletic conditions, to provide for adequate equipment, and to promote the welfare of an increased number of participants.

I BELIEVE That the proper administration of these principles offers an effective laboratory method to develop in its adherents high ideals of sportsmanship, qualities of cooperation, courage, unselfishness, self-control, desires for clean healthful living, and respect for wise discipline and authority.

A LOOK BACK

Jim Rear has been the historian of sorts for the Cal Coaches Association. He recently unearthed some wonderful documents from yesteryear in the form of old newsletters. This month, we look back at William Rockwell. CCA recognizes a person each year with the **WILLIAM ROCKWELL DISTINGUISHED SERVICE AWARD**.



CALCOACHESASSOCIATION.NET

A TRIBUTE TO BILL ROCKWELL

by Johnny Rodrigues
Former Col Coach Editor and Sports
writer for the Berkeley Gazette

Bill was like Will Rogers. He never met a stranger. He was friendly with everyone. Everywhere he went he was recognized and greeted by former students and players.

But at 57 short years, all that came to an end for Rockwell, victim of a fatal fall down a 400-foot cliff.

The end came on a sunny, warm Friday afternoon, May 29, while Bill was enjoying his favorite pastime, backpacking on a fishing trip. He and his friend, Dr. Harry J. Caughren, a Merritt College counselor and fishing companion, were heading for Long Wallace Creek near Auburn, Placer County, where the trout were reported hitting.

The two had just descended a tough 2½ mile steep trail, and were on the edge of a 400-foot, nearly perpendicular shale cliff. They could now see the creek below.

Bill turned to Caughren, and with his usual big smile, said, "Well, old buddy, we've made it this time."

With those words, "Rock" lost his footing and tumbled down the rocky cliff. It was later determined he was dead when he reached the bottom.

As with most great men, life for Rockwell was too short. Just last February, he finally retired as an active coach and took over the post of Athletic Director at Oakland's Merritt College.

During his collegiate days in the '30's, he was a great player at St. Mary's where he set the school's all-time scoring record of 1,060 points which stood for 11 years.

At Oakland's Fremont High School he developed skilled and outstanding teams and individuals from 1942 to 1955.

Seeking greater challenges, he moved into the junior college ranks when Oakland City College first opened its doors. Again Rockwell teams gained fame for their consistency of wins and exciting style of play.

His Thunderbirds won four conference championships. In 1958 "Rock" was named Northern California J. C. Coach of the Year honors after his team advanced all the way to the finals of the State Junior College playoffs. Rockwell-coached teams hold most of the school's records.

The 1958 squad set a national J.C. record for defense by allowing opponents only 48.5 points per game, a record which still stands.

But Rockwell was more than just a great basketball coach. He stood as a symbol of everything that's good in a man. He was happiest when he was helping someone, whether one of his own players or other students who came to him for direction. He enjoyed talking to his players and they came to him openly for guidance, advice, sympathy, and just to talk. He was always a great competitor and he expected his teams to play the same way.

Doug Pederson, CCA President and coach at Walnut Creek's Del Valle High, said: "Our organization was formed 15 years ago in a meeting in 'Rock's' living room and has grown into the top coaching association in the State. He was our Executive Secretary and did almost all the work. In fact, you can say that he WAS the CCA."

And many coaches in California echo the sentiments of Ed Strelow, CCA treasurer. "Bill was the founder of CCA and the guy who kept it going during the rough early days with his enthusiasm and sense of dedication to the coaching fraternity. If it weren't for 'Rock', there wouldn't be a CCA today."

College basketball coaches also held "Rock" in high regard for his coaching and development of outstanding players.

Howie Dallmar, present Stanford coach, "All of Rockwell's players were outstanding, both off and on the court. He was a firm believer in fundamentals and it was reflected quite conspicuously in the manner his players handled them-

selves. Bill held a great influence over all his players, in their great attitude, competitive spirit and citizenship. They always mentioned Bill to me as having a great influence in their athletic and personal life. All I can add is that Bill's death is a loss to all of us."

Tom Foley, ex-St. Mary's College coach, "I liked Rockwell's boys for one reason: they were all fundamentally sound basketball players. They had good hands, they knew how and when to move, they were good outside shooters and they were good team players."

Bob Burnett, former Stanford coach: "Rock worked a long time on their fundamentals. He was never for the fast break. His slow, control style of game is conducive to fundamentals."

"Rock" had a thing about fundamentals. He used to say, "I guess I spend more time on fundamentals than most other coaches. Maybe not as much on intricate patterns, but players just seem to pick up on that naturally if they're well grounded in their basics. Maybe it doesn't help me until they develop as seniors, but it helps them."

What was Rockwell's secret of sending so many players to college? Well, Rock was a firm believer in combining books and basketball. He used to say, "I stress scholarship, also I found that the boys who make better ballplayers are good students, too."

One of Rockwell's greatest players was Ron Tomasic who gained great fame at Stanford where he developed into one of the Indian's all-time scoring leaders. Tomasic's thoughts on hearing of Rockwell's death is representative of what most of Bill's players felt.

"I can remember when there were more Bill Rockwell-coached basketball players participating at the college level than any other coach in the West, or perhaps even the country. This situation didn't occur because Fremont High was blessed with more outstanding athletes, but because of Bill's coaching philosophy.

Continued

A TRIBUTE TO BILL ROCKWELL

(Continued from Page 2)

"Bill was a fundamentalist. He practiced the theory that an individual should learn to do the fundamental aspect of the game well before going on to more complex advanced steps. Fremont won games, not because it was the fanciest team around, but because it was the best coached.

"He taught his players to make few or no mistakes, and one of the most important things that he did was teaching them to do this not only on the court but off the court as well. He certainly did a great deal for me."

Another former Rockwell player, Rick Renaldi, never achieved Tomsic's basketball prominence, but his feelings are just as personal. Rick, now Captain Richard Renaldi, USN, wrote: "In each person's life there is a very special person. In my life it was my coach, Bill Rockwell."

The list of former Fremont High players who played under Rockwell is an elongated one. There may be more but here are some of the ones who might be remembered best:

Tomsic, Frank Evangelho, USF; Jerry Phillips, St. Mary's; Bruce Iverson, Stanford; Bob Hogeboom, California; Al Mangin, COP; Johnny Walsh, San Francisco State; Bob Morris, Pepperdine, and the brothers Wagner, Ron and Hap of Stanford.

At Oakland City College, later renamed Merritt College, 'Rock'

continued to produce his individual gems, not to mention some mighty powerful teams. Some of the players who went on to four-year colleges:

Harold Theus and Sam Haggerty, Utah State; Billy Robinson, Portland University; Wendell Hayes, Humboldt State, now a running back with the Kansas City Chiefs; Ed Donahue, California; Russ Wickwire, Oregon State; Joe Johnson, Humboldt State; Taft Jackson, Idaho, and Bob Laird, UC Santa Barbara.

Working with young athletes was one of Rockwell's most satisfying and enriching rewards in life. He felt there was nothing better for boys than sports. He loved all sports, but basketball really was his first love.

The CCA was fortunate, indeed, to have someone like Bill Rockwell on its team during the formative stages. But the CCA doesn't intend to forget. A William S. Rockwell Memorial fund has been established to perpetuate his name and what he stood for. Donations may still be sent to California Coaches Association, 445 Crestmont Drive, Oakland, 94619. A committee soon will determine what form the memorial will take.

And as Strelow added, "The best act any CCA member can accomplish to broaden Bill's memory is to help increase our membership. That's what 'Rock' continually strived for since the association's inception." 

SAVE THE DATE!

2016 AWARDS NIGHT

59th Annual CCA

State Coach of the Year and Hall of Fame Awards

Saturday June 18 in Fresno
Site TBD



June 18, 2016

Coach of the Year NOMINATIONS

Do you want to nominate someone for the Hall of Fame or Coach of the Year?

As a CCA member you are allowed to nominate someone for any of these awards.

How to do it?

1. Go to calcoachesassociation.net
2. Click on **CCA Award Forms**
3. Each form contains a description of what the award is for
4. **Email the nomination** to the address on the form

Deadline for Nominations

February 15, 2016

CAA MEMBERSHIP OPTIONS

Staff Membership

Costs \$60 for a head coach plus 2 assistant coaches. Additional coaches can be added for \$12 each.

[More details and sign up now!](#)

Liability Membership

Costs \$20 and covers you for 1 million dollars.

[See further explanation and sign up here.](#)

Individual Membership

Costs \$50 for a single coach and includes insurance, magazine, and newsletters .

[See more information and sign up here.](#)

Go [HERE to SIGN UP](#) to be a member of the California Coaches Association!

A FEW BENEFITS

Benefits for Cal Coaches vary depending on the level that you join, which are outlined above.

Additionally, Cal Coaches is the only organization to officially recognize State Coaches of the Year in all sports as well as a All Sport Hall of Fame.

2015 ROCKWELL AWARD WINNER

Dean Crowley



THE 2015 CCA AWARD WINNERS

**Top L-R: Roger Bryant
for Maureen Bryant,
Bruce Ward, Tim
O'Rourke**

**Bottom L-R: Dean
Crowley, Paul Knox,
Randy Rosenbloom,
John Carroll, Wade
Vickery**

According to an article by the National Federation of High School Sports, the William S. Rockwell award is the most prestigious award given by the California Coaches Association. William S. Rockwell was one of the founders of the California Coaches Association. A 1937 graduate and a member of the sports Hall of Fame at St. Mary's College in Moraga, William moved on to coach at Fremont High School in Oakland, he taught physical education and coached both gymnastics and basketball for the Tigers. During his tenure at Fremont, his teams won 13 sectional titles in the two sports, including a shared title with McClymonds High School basketball team who had a decent center named Bill Russell that year. Rumor is that Russell guy went on to a successful post high school career. For his tremendous success as a teacher and coach and for his contributions to the California, he was inducted into the California Coaches Association Hall of Fame in 1971.

Like Rockwell, Dean Crowley is a lifetime advocate of athletics and has certainly distinguished himself. A two sport athlete and a graduate of Alhambra High School in 1952, he went on to be a teacher and coach at the junior high and high school level before he eventually went over to the double dark side, both as an outstanding administrator and as an elite high school and college level referee.

In 1976, he moved from high school administration to CIF administration, joining the Southern Section office as an assistant commissioner. In my very first year as a high school cross-country coach, in 1985, I got the opportunity to meet Mr. Crowley up close and personal. Back in the day, the Southern Section only gave out 5 medals at CIF Finals. By some fluke in the chute, our girl, who had finished 6th, was handed one of the medals. Being the newbie on the block, I had no idea how many medals were handed out, but I could count to 6. When Mr. Crowley came over to me, he mentioned the error and asked for the medal back, as the deserving athlete had not received the medal.

Our athlete politely gave it back, realizing that she did not earn the medal. Mr. Crowley thanked her and that was the end of it. However, less than a week later, a package came from the CIF office to our school. Inside of it was a 6th place medal for CIF, the first ever in Southern Section history. That classy act was my first ever dealing with Dean Crowley, and the interactions would only get better.

His career has been fantastic and the awards numerous. He has been inducted to the Alhambra High School Sports Hall of Fame for his basketball prowess. He is a member of the Southern California High School Basketball Coaches Hall of Fame, the CIF SS Hall of Fame. He received the first every Southern California Interscholastic Football Association's Distinguished Service Award in 2000. He has also been made an honorary lifetime member of the California Athletic Directors Association and he received the State CIF Distinguished Service Award. He was CIF SS commissioner from 1993 to 1999, "retiring in 1999. In the article about his retirement, Dean is quoted as saying, "I want to explore some new areas. I want to spend some time with my grandkids as they grow up. Sleep in a little later and go home a little earlier." The article goes on to say that Dean, a graduate of Whittier College, did not rule out the possibility of staying involved in high school athletics in another capacity.

That other capacity included being involved with the state football bowl games, the California State Basketball Playoffs, the California State Track and Field meet and the California State Cross-Country meet along with being on the state advisory boards for both CC and Track and field. Somewhere, sometime soon, there will be the Dean Crowley Award. A fixture at elite state athlete events, his presence will always be felt. He has been a tremendous role model for me and thousands of other coaches. It gives me great pleasure to present Dean Crowley with the 2015 William S Rockwell Award.

- Written and Presented by Ken Reeves



NORTH COAST SECTION, CIF

Gil Lemmon, Commissioner of Athletics

5 Crow Canyon Ct., Suite 209, San Ramon, CA 94583 Tel.: (925) 263-2110, Fax: (925) 263-2120, Web: www.cifnco.org

MIDDLETOWN HIGH SCHOOL AND COMMUNITY NEED HELP

The Valley Fire that has devastated areas of Napa and Lake County has pushed our friends and colleagues in the Middletown area to the brink of despair. The stories of lost homes, lost lives, an entire town evacuated and harrowing recounts of barely making it out of harm's way are very frightening and almost unbearable to hear. Many Middletown High School faculty, administrative members, students and families have lost everything. Our hearts are broken, **but now is the time for a call to action.**



Middletown High School needs our help and I am hoping that NCS member schools and surrounding communities will rally to assist in helping the school move forward, and make life in their current situation a little more bearable.

Middletown student-athletes have lost uniforms, shoes, backpacks, socks, clothes and basic equipment, etc. Working with the school administration, who are facing their own personal challenges, we can help provide the funds to get the community back on their feet.

How can you help?

After conversations with Middletown High School Principal Bill Roderick and support from the CIF-North Coast Section Executive Committee, NCS is recommending contributions to the following link:

<http://www.qofundme.com/middletownhighSA>

If individuals do not feel comfortable with a donation at an internet site checks can be mailed directly to Middletown High School, which will resume school tomorrow, September 16th. Checks should be made out to Middletown High School. The address is:

Middletown High School
C/O Bill Roderick, Principal
20932 Big Canyon Road
Middletown, CA 95461

Show the Middletown community that we support their recovery! Please share this flyer as you wish. Thank You!

“With a good conscience our only sure reward, with history the final judge of our deeds, let us go forth to lead the land we love, asking His blessing and His help, but knowing that here on earth God’s work must truly be our own.” John F. Kennedy



Executive Director's Update

California Interscholastic Federation
4658 Duckhorn Drive, Sacramento, CA 95834 • 916-239-4477 • www.cifstate.org

An Update from Roger L. Blake, Executive Director

September 2015

CIF STUDENT PARTICIPATION CONTINUES TO RISE

High school sports participation continues to increase in California and is at an all-time high, for the third consecutive year, according to the 2015 California Interscholastic Federation (CIF) Sports Participation Survey. Up by 1.01% since the previous survey in 2014, 772,659 student-athletes are competing in California high school athletic programs. Along with the overall participation increase in high school athletics there were a few sports that saw noticeable increases across both genders. Lacrosse saw the largest percentage increase, a combined 4.85% or 735 more participants (8.8% or 532 increase for girls; 2.53% or 203 increase for boys), followed by volleyball with a 2.35% increase or 1,299 more participants (2.42% or 1,032 increase for girls; 1.91% or 311 increase for boys). Additionally, for the girls, wrestling participation increased by 21.2% as 483 more girls are partaking in the sport for 2,771 total participants as of 2015.

Football continues to lead the top 10 boys' sports with 103,725 participants, which increased by 0.25% since 2014. Track and field (54,854) is the second most popular sport followed by soccer (49,307), which increased participation by 1.52% since 2014; basketball (44,809) and baseball (44,361) round out the top five boys' sports. Additionally, for the first time since 2012 boys' volleyball knocked boys' water polo out of the top 10 boys' sports with 16,553 participants.

For girls, track and field continues reign as the top 10 sport with 45,433 participants, which increased by 1.94% since 2014. Soccer still trails a close second (44,809), which increased participation by 2.25% since 2014, followed by volleyball (41,741), basketball (33,988) and softball (32,904).

Also, the 2015 census gathered information regarding unified teams, with 147 student-athletes currently participating in education based athletics in California.

CIF WELCOMES NEW CENTRAL COAST SECTION COMMISSIONER – DUANE MORGAN

Duane Morgan was named commissioner of the Central Coast Section effective July 1, the Section's executive committee announced this summer. Morgan will replace Nancy Lazenby Blaser, who announced in January that she planned to retire after 26 years.

"Mr. Morgan brings a wealth of experience and administrative strengths to his new position," former CCS President Keith Mathews, who chaired the selection committee, said in a release. "He's worked closely with current Commissioner Lazenby Blaser over the past eight years."

Morgan, 61, has a Bachelor of Science degree in physical education from San Jose State and a Master's degree in educational administration. A wrestler in high school, he built a strong wrestling program at Overfelt while teaching and coaching in the East Side Union High School District. He also has coached girls volleyball and softball.

"I am very grateful and excited to take over the reins of the Central Coast Section," Morgan said. "After these past eight years of mentoring by Nancy Lazenby Blaser, I am confident my administrative experiences will be of great value to me as I serve CCS as Commissioner."

Morgan has been an administrator at Santa Teresa High and vice principal and principal at San Benito High. He also has refereed 18 CIF State Wrestling Championships and served as a CIF wrestling rules interpreter for the past 10 years.

FEDERATED COUNCIL MEETING OCTOBER 9 IN ONTARIO

The fall meeting of the CIF Federated Council is set for Friday, October 9, 2015, at the Ontario Airport Hotel. The agenda and all materials are available for download on the CIF website in the Governance Section.

UPCOMING AWARDS AND SCHOLARSHIPS

DEADLINES

The CIF State office offers several awards and scholarships throughout the school year. A few with deadlines approaching include:

Subway Fall Spirit of Sport Award – Deadline:
September 28, 2015

Model Coach Award – Deadline to CIF State office
from CIF Section offices is January 13, 2016.

Also, please note that the application for the 2016
CIF/Farmers Scholar-Athlete of the Year Award will
be made available on the CIF State website in mid-
October.

Please visit www.cifstate.org for more information on
CIF Awards and Scholarships.

IMPORTANT SAT & ACT TEST DATES

Listed below are the test dates for this school year
for the SAT and the ACT exams. Advance planning
by schools, athletic directors, coaches and parents can
help reduce conflicts for students with school athletic
contests, sometimes as simple as moving the contest
starting time to the afternoon.

Coaches and Athletic Directors are also encouraged
to work with their students and families to plan in
advance for testing dates that do not have a conflict
with a contest as there are multiple test dates available.
Advance planning by all involved will help reduce
potential conflicts later in the year.

SAT Test Dates

October 3, 2015
November 7, 2015
December 5, 2015
January 23, 2016
March 5, 2016
May 7, 2016
June 4, 2016

ACT Test Dates

September 12, 2015
October 24, 2015
December 12, 2015
February 6, 2016
April 9, 2016
June 11, 2016



Frank Gifford

Thankful for coaches!

A Story shared by Rob Grialou, CIF Oakland Rep.

In the late 50's, 60's & early 70's, Cal Coaches held a two-day clinic at the Jack Tar Hotel in S.F. This was always the first two days of Easter Vacation (remember when we had Easter Vacation?). It was usually 6-8 weeks after the football coaches had their big shindig at the Jack Tar.

There would be a luncheon the first day where the coaches-of-the-year would be honored & the Hall-of-Famers would be presented. There was always a guest speaker. I was not fortunate to hear Mr. Alvarez, but I did hear Frank Gifford (between '68-71).

Frank played at Bakersfield HS & spoke about his son who also played at Bakersfield. His son got mixed up with the drug culture. **Mr. Gifford praised the football staff at Bakersfield for saving his son.**

It was very emotional; about 25-30% of the audience were in tears with a standing ovation after he spoke.

1 – Bob Barnett, our section historian and a former CCA Edmund Strelow Award Winner, continues to update our [CIF-CS](#) section records and accomplishments on the CIF-CS Homepage on a weekly basis. He knows who is playing well, who is setting records, and also throws in weekly interesting tidbits of information about section sports activities.

2 – Our CIF Board of Managers meeting drew our usual administrative crowd as several issues were up for a first reading; there were also some state items to move on; and several section items that were voted on.

3 – Our section continues to be a leader in the competitive equity equation for playoffs and division set up. Leagues are being reminded to be thinking about the re-leaguings process that will start next spring and fall.

Schools were reminded that proposals that come forth must include a place for every team to go and be accepted. The usual subjects of geography/distance, size of schools, scope of programs, and others have been brought to the attention of the athletic directors both last spring and some this fall.

4 – Our section, and I am sure other sections as well, are happy with the fact that all Football section champions will be playing in a regional football game.

RECORD WATCH: (8,029 YARDS) Central Section Historian by Bob Barnett, October 11th, 2015 Senior Romello Harris of Tulare is back from a finger injury two weeks ago, as he rushed for a game high of 243 yards on 37 carries and scored three touchdowns on short runs of 7, 7, 1 yard, winning against visiting 35-19 Dinuba. Harris now has rushed for 6,558 yards and becomes the twelfth player in section history to score 80 career touchdowns. Team-mate quarterback Josh Guerrero also had a fine game by passing for 258 yards on 21-31-0 & one touchdown and scored on a 7 yard run.



“Gatorade is the Official Sports Fuel Provider of CCA. Gatorade products are approved by CCA to be consumed by CCA high school athletes”



Hi Coach!

We are excited to share with you the **Carbohydrate White Board Educational Video** produced by the Gatorade Sports Science Institute. It is a two-minute video that discusses the nutritional importance of sugar consumption by athletes.

The video is an educational and entertaining piece with helpful information for athletes, parents and coaches. We encourage you to distribute the video on <http://www.calcoachesassociation.net/>, social media outlets, and e-blasts.

There are two versions of the video: One with background music and one without background music. Each version can be downloaded from Dropbox using the below links.

Carbohydrate White Board Educational Video with Music: <http://bit.ly/1gadwwG>

Carbohydrate White Board Educational Video without Music: <http://bit.ly/1JW8XRt>



G Series Performance Package: \$225

(Up to \$1,115 retail value)

OUR PREMIUM PERFORMANCE PACKAGE

- (6) Cases of Gatorade Prime® Energy Chews (96 servings)
- (2) Cases of Gatorade® Thirst Quencher Powder (yields 168 gallons total)
- (8) Cases of Gatorade® Recover® Protein Shakes
OR Gatorade® Recover® Whey Protein Bars (96 servings)

Choose 3 of the below Premiums:

- 7-gallon cooler
- 10-gallon cooler
- 60-quart ice chest on wheels
- 10 Gatorade® towels
- 24 Gatorade® squeeze bottles
- 4 Gatorade® squeeze bottle carriers
- 1 case of 7 oz. cups (2,000/case)



Create Your Own G Series: \$145

(Up to \$840 retail value)

CHOOSE TWO OF THE BELOW OPTIONS*:

- OPTION #1 – 10 Cases of Gatorade Prime® Energy Chews (160 servings)
- OPTION #2 – 1 Case of Gatorade® Thirst Quencher Powder and 1 Case of 7 oz. cups (yields 84 gallons total)
- OPTION #3 – 10 Cases of Gatorade® Recover® Protein Shakes (120 servings)
- OPTION #4 – 10 Cases of Gatorade® Recover® Whey Protein Bars (120 servings)

*Create Your Own G Series must consist of 2 different options.



Refuel and Restore: \$70

(\$185 retail value)

IDEAL TO REPLENISH ANY TEAM'S INVENTORY

- (1) Case of Gatorade® Thirst Quencher Powder (yields 84 gallons total)
- (1) Case of 7 oz. cups (2,000/case) OR 24 Gatorade® squeeze bottles

Northern California

Chris Poulson 925-858-2215 Christopher.Poulson@Pepsico.com (Sacramento)

Christy Samson 714-519-5068 Christina.Samson@Pepsico.com East Bay Area (Stockton)

Chris Celotti 925-784-4470 Christopher.Celotti@Pepsico.com (San Jose Area)

Kelly Christian 949-375-0651 Kelly.Christian@Pepsico.com (San Francisco Area)

Southern California

Josh Gutierrez 307-631-4393 Joshua.Gutierrez@Pepsico.com (Pasadena / Northridge / Covina / Whittier / Cerritos / Simi Valley)

Melanie Shell 310-347-1648 Melanie.Shell@Pepsico.com (South Bay / Malibu / Thousand Oaks / Ventura / Santa Barbara)

Kari Mills 828-399-0717 Kari.Mills@Pepsico.com (San Diego)

Rachelle Silberg 619-822-6723 Rachelle.Silberg@PepsiCo.com (Los Angeles / Hollywood / Burbank / Glendale / Santa Clarita / Inglewood / Sherman Oaks)

Steve Shiley 970-222-2298 Steven.Shiley@Pepsico.com (North O.C./Inland Empire)

CIF-SAN JOAQUIN SECTION

2015-16 DATES TO REMEMBER DATE

Tues., Nov. 3 Last day for volleyball games

Wed., Nov. 4 New AD Workshop (5 of 6)

Fri., Nov. 6 Deadline for Model Coach nominations

Mon., Nov. 9 Winter sports practice begins

Mon., Nov. 9 Deadline for fall Community Service nominations

Sat., Nov. 21 1st scrimmage for winter sports

Fri., Nov. 27 1st contest for winter sports

Mon., Nov. 30 Foundation Basketball Games

Wed., Dec. 2 New AD Workshop (6 of 6)

Mon., Jan. 18 Spring dead period begins

Tues., Jan. 19 Women in Sports conference

Wed., Jan. 27 Sac-Joaquin Section Board of Managers meeting

Mon., Feb. 10 Spring sports practice begins

Mon., Feb. 15 Deadline for winter Community Service nominations Tues.,

Feb. 16 Last day for basketball games

Sat., Feb. 20 1st scrimmage for spring sports

Fri., Feb. 26 1st contest for spring sports

Mon., March 1 Deadline for Dale Lacky nominations

Mon., March 29 Deadline for spring Community Service nominations

April 8-11 CSADA annual conference (tent.)

Wed., April 6 Sac-Joaquin Section Board of Managers meeting

Tues., April 19 Scholarship Awards breakfast

SJS SECTION CHAMPS 2014-15

FOOTBALL

Division I – *Folsom
 Division II – Grant
 Division III – Oakdale
 Division IV – *Central Catholic
 Division V – Bear River
 Division VI – Capital Christian
 Division VII – Stone Ridge Chr.

CROSS COUNTRY

BOYS

Division I – *Davis Sr.
 Division II – Del Campo
 Division III – *Placer
 Division IV – Dixon
 Division V – *Golden Sierra

GIRLS

Division I – *Bella Vista
 Division II – Del Campo
 Division III – *Vista del Lago
 Division IV – Amador
 Division V – Vacaville Christian

BOYS SOCCER

Division I – Oak Ridge
 Division II – Vintage
 Division III – Oakdale
 Division IV – Weston Ranch
 Division V – *Capital Christian
 Division VI – Summerville
 Division VII – Ripon Christian

GIRLS VOLLEYBALL

Division I – Pitman
 Division II – *Rocklin
 Division III – El Camino
 Division IV – *Sonora
 Division V – *Vacaville Christian
 Division VI – *Turlock Christian

GIRLS GOLF

Division I North – Oak Ridge
 Division I South – Turlock
 Division II – *Whitney
 Division III – Vista del Lago
 Division IV – Lincoln-L
 Division V – Capital Christian
 Masters – Oak Ridge

WATER POLO

BOYS

Division I – Jesuit
 Division II – *Rio Americano

GIRLS

Division I – *Davis Sr.
 Division II – *Oakdale

GIRLS TENNIS

Division I – Oak Ridge
 Division II – Benicia
 Division III – Central Catholic

BOYS BASKETBALL

Division I – *Folsom
 Division II – *Modesto Christian
 Division III – Sierra
 Division IV – *Capital Christian
 Division V – Brookside Christian
 Division VI – Sac Country Day

GIRLS BASKETBALL

Division I – *St. Mary's
 Division II – *Modesto Christian
 Division III – Vanden
 Division IV – *Bradshaw Christian
 Division V – Capital Christian
 Division VI – *Valley Christian

WRESTLING

TEAM DUALS

Division I – *Folsom
 Division II – *Benicia
 Division III – *Oakdale
 Division IV – Los Banos
 Division V – *Calaveras
 Division VI – *Waterford

INDIVIDUAL

Division I A – Elk Grove
 Division I AA – Del Oro
 Division II – *Benicia
 Division III – *Oakdale
 Division IV – Rosemont
 Division V – Calaveras
 Masters – Del Oro

GIRLS WRESTLING

Del Oro

BASEBALL

Division I – Elk Grove
 Division II – Roseville
 Division III – Yuba City
 Division IV – Lincoln-L
 Division V – *Capital Christian
 Division VI – *Bradshaw Christian
 Division VII – Brookside Christian

TENNIS

BOYS

Division I – Davis Sr.
 Division II – *Rio Americano
 Division III – Ceres
 COED
 Division III – *Placer

SWIMMING

BOYS

Granite Bay

GIRLS

*Granite Bay

BOYS VOLLEYBALL

Division I – *Whitney
 Division II – Rio Americano

BADMINTON

Vallejo

SOFTBALL

Division I – Sheldon
 Division II – *Benicia
 Division III – East Union
 Division IV – Sierra
 Division V – *Hughson
 Division VI – *Mariposa
 Division VII – Woodland Chr.

BOYS GOLF

Division I North – Granite Bay
 Division I South – Lodi
 Division II – Whitney
 Division III – *Rio Americano
 Division IV – Placer
 Division V – Sonora
 Division VI – Ripon Christian
 Masters – *Granite Bay

TRACK AND FIELD

BOYS

Division I – *Davis Sr.
 Division II – Bella Vista
 Division III – Kimball
 Division IV – Placer
 Division V – Linden

GIRLS

Division I – *St. Francis
 Division II – *Cosumnes Oaks
 Division III – Vista del Lago
 Division IV – El Dorado
 Division V – *Modesto Christian

GIRLS SOCCER

Division I – Franklin-EG
 Division II – *Del Oro
 Division III – East Union
 Division IV – Woodland
 Division V – Amador
 Division VI – *Capital Christian
 Division VII – *Ripon Christian

* = Repeat Champion



CALIFORNIA INTERSCHOLASTIC FEDERATION

STATE MEDIA RELEASE

4658 DICKHORN DRIVE • SACRAMENTO, CA 95834 • (916) 239-4477 • FAX (916) 239-4418 • CIFSTATE.ORG

FOR IMMEDIATE RELEASE
October 7, 2015

Contact: Rebecca Brutlag,
Media Relations Officer
rbrutlag@cifstate.org

COMPETITIVE CHEER TO BECOME CIF SPORT BEGINNING 2017-18 SCHOOL YEAR *Governor Signs Assembly Bill (AB) 949*

SACRAMENTO — Today Governor Brown signed Assembly Bill (AB) 949, introduced by Assembly Member Lorena Gonzalez (D-San Diego), to classify competition cheer as a California Interscholastic Federation (CIF) sport beginning in the 2017-18 school year. The CIF looks forward to bringing competitive cheer into the family of CIF sports where it will join basketball, badminton, cross country, field hockey, football, golf, gymnastics, lacrosse, soccer, skiing, swimming and diving, tennis, track and field, volleyball, water polo and wrestling.

"The CIF is excited to add competitive cheer to our sports offerings," stated Roger Blake, Executive Director of the CIF. "We look forward to working with the California Department of Education to develop policy and standards allowing the student-athletes involved in competitive cheer to enjoy greater opportunities to display their athletic talents in a safe environment." Blake continued, "One of the major goals in this process will be to develop guidelines for competitive cheer programs that our member schools can implement, meet the standards and be compliant with Title IX as defined by the United States Department of Education's Office of Civil Rights."

The CIF will immediately begin the process of developing policies for the implementation of competitive cheer as a CIF sport and will seek the input of experts at the California Department of Education, the high school cheerleading community and the NCAA cheerleading leadership as they have previously established safety standards and policies.

In accordance with the bill, the CIF shall seek a United States Department of Education's Office of Civil Rights Title IX compliance designation for competition cheer. Competition cheer will not be counted towards a school's Title IX compliance unless the United States Department of Education's Office for Civil Rights deems competition cheer compliant with its definition of a sport.

Duane Morgan to replace Nancy Lazenby Blaser as Central Coast Section Commissioner

Posted on [March 17, 2015](#) by [Darren Sabedra](#)



Duane Morgan has been named commissioner of the Central Coast Section effective July 1, the section's executive committee announced Tuesday.

Morgan will replace Nancy Lazenby Blaser, who announced in January that she planned to retire after 26 years.

The selection committee's decision to choose Morgan, an assistant commissioner the past eight years, was unanimous. The committee conducted a national search. "Mr. Morgan brings a wealth of experience and administrative strengths to his new position," former CCS President Keith Mathews, who chaired the selection committee, said in a release. "He's worked closely with current Commissioner Lazenby-Blaser over the past eight years.

"So despite the challenge we faced in replacing a woman of the exceptional strength and vision in Ms. Lazenby-Blaser, we're confident that Duane will continue the superior performance of the CCS in the administration of interscholastic sports."

Morgan, 61, has a Bachelor of Science degree in physical education from San Jose State and a Master's degree in educational administration. A wrestler in high school, he built a strong wrestling program at Overfelt while teaching and coaching in the East Side Union High School District. He also has coached girls volleyball and softball.

"I am very grateful and excited to take over the reins of the Central Coast Section," Morgan said in a release. "After these past eight years of mentoring by Nancy Lazenby Blaser, I am confident my administrative experiences will be of great value to me as I serve CCS as Commissioner.

"I look forward to working with our member schools, administrators, athletic directors and coaches in the best interest of all student athletes in the Central Coast Section."

Morgan has been an administrator at Santa Teresa High and vice principal and principal at San Benito High.

He also has refereed 18 CIF state wrestling championships and served as a CIF wrestling rules interpreter the past 10 years.

**SALINAS VALLEY
SPORTS HALL OF FAME**
JOE CHAPPELL



Joe Chappell was a fan rooting on the Salinas High boy's basketball team as they made a run in the Central Coast Section tournament earlier this year.

The former coach and many others watched the Cowboys reach the finals after winning close game after close game. The Cowboys eventually reached the Division I finals, finishing runner-up to Bellarmine of San Jose.

"They had a heck of a club," Chappell said.

Chappell made plenty of memories himself at Salinas High, first as a student-athlete and then as the Cowboys' longtime boys' basketball coach.

In 2012, he decided to call it a coaching career, retiring after 41 years and a Central Coast Section record 687 wins.

In a couple of weeks, he will be one of several people inducted into the third Salinas Valley Sports Hall of Fame class.

"I'm very honored," Chappell said. "It's something I didn't expect when I started my career. Of course, back then, we didn't have a Hall of Fame."

For the past three years, the Salinas Valley Sports Hall of Fame has honored local individual athletes, coaches, teams and dignitaries who have made an impact.

From Salinas to King City, the region has had many throughout the years who have left their mark. Chappell is one of those for sure.

There will be several coaches inducted in this year's class.

Longtime Hartnell College running Coach Gary Shaw will be honored. Shaw's track teams won 44 conference championships, 29 by the men and 15 by the women. In cross-country, Shaw's men's teams won 10 conference championships and five Northern California titles. The women's teams won eight conference titles, three Northern California crowns.

Shaw retired in 2006 after a 38-year run.

Ron Critchfield coached basketball for 26 years, finishing with 494 victories, and second most among Salinas Valley coaches (Chappell is first).

From 1966-85, Critchfield led Palma to 11 league championships. In 1997, he returned to coach Palma to not only a league championship but also a CCS Division IV crown.

Critchfield will join his brother, Russ, in the local Hall of Fame. Russ Critchfield was inducted in the class of 2014.

Gary Figueroa is also scheduled to be inducted in the class of 2015.

Figueroa, Salinas High's boy's water polo coach, was a two-time Olympian for the U.S. men's water polo team, including the 1980 squad that boycotted the Olympics in Moscow. In 1984, the men's team won the silver medal in Los Angeles.

An eight-time water polo all-American, Figueroa was also on the 1979 and 1983 Pan-Am gold medal winning teams and played in the 1978 World Games.

The late Ricky Graham will also be inducted. The Salinas native, who made his mark as one of the best motorcycle dirt-track riders in the nation, was the 1993 AMA Athlete of the Year, a year in which he won 12 races. His six-win streak that year at the time was the longest win streak in AMA Grand National history. He finished with 39 career Grand National victories.

A house fire claimed his life in 1998.



Executive Director's Update

California Interscholastic Federation
4658 Duckhorn Drive, Sacramento, CA 95834 • 916-239-4477 • www.cifstate.org

An Update from Roger L. Blake, Executive Director

October 2015

CIF WELCOMES NEW CIF - OAKLAND SECTION COMMISSIONER – ALPHONSO POWELL

Veteran educator Alphonso Powell left Fremont High School 15 years ago after helping the Tiger football program to six consecutive winning seasons and two Silver Bowl appearances. He's now the district's new Executive Director of Athletics and Activities. "I'm thrilled to be back, and humbled and honored to be the Executive Director of Athletics and Activities," Powell says. "My background and experiences, as a coach, teacher, and an assistant principal, have prepared me well for this position. I am and have always been about the whole student, developing well-rounded young people who are college and career ready. They succeed in the classroom, on the field and in the community. Student-athletes are students first, and academics is the priority."

It's been a long journey for Powell, who left Fremont to coach football at Diablo Valley College before returning to his hometown of Sacramento. He has been a head coach in football, basketball, wrestling and soccer, as well as a varsity assistant coach in football, basketball, baseball and tennis. From 2004-2007, Powell coordinated the former Grant Joint Union High School District Middle School League. In 2008, Powell was named Director of Student Athletics for the newly formed Twin Rivers Unified School District.

Powell is a graduate of California State University, Hayward, where he received a bachelor's degree in Recreation Administration with a minor in Youth Services Administration. He completed his Administrative Services credential at California State University, Sacramento.

Powell played four sports while attending Cordova High School, winning Metro League titles in football and basketball. He played football at Sacramento City College, where he was a member of the Panthers' 1989 Camino Del Norte Conference championship team.

FEDERATED COUNCIL APPROVES PILOT OF COMPETITIVE EQUITY PLAYOFF MODEL OF SOUTHERN CALIFORNIA REGIONALS

The Federated Council approved by a 139-0 vote a proposal that will take effect immediately allowing the Central Section, Los Angeles Section, San Diego Section and the Southern Section to place their teams into the CIF Southern California Regionals Championships based on competitive equity. This two-year trial will be in the sports of Basketball, Soccer and Volleyball for both genders.

All four sections competing in the southern California regionals currently use a "competitive equity" format for their section playoffs and this region-wide pilot will use a hybrid of those four section models.

This format change follows the amendments approved last year for the 2015 Football Bowl Games this December using a "competitive equity" model.

UPCOMING AWARDS AND SCHOLARSHIPS DEADLINES

The CIF State office offers several awards and scholarships throughout the school year. A few with deadlines approaching include:

Subway Winter Spirit of Sport Award –
Deadline: January 18, 2016

Model Coach Award – Deadline to CIF State office from CIF Section offices is January 13, 2016.

CIF/Farmers Scholar-Athlete of the Year Award
The 2016 CIF/Farmers Scholar-Athlete of the Year Award application is now available on the CIF State website. http://www.cifstate.org/parents-students/awards_and_scholarships/SCHOLAR_2016_APPLICATION_FINAL.pdf

Please visit www.cifstate.org for more information on CIF Awards and Scholarships.

LIABILITY INSURANCE FOR COACHES

(Insurance STINKS!! Until you need it!)

The California Coaches Association was established to unite the coaches of our state. The Association is dedicated to maintaining the highest possible standards for athletic competition and coaching conditions in California. The California Coaches Association does an excellent job in providing support and recognizing our coaches for their “lifetime” coaching achievements, commitment and leadership. ***While these things are important in our profession, the greatest draw for membership in our association is the General Liability Insurance Program.***

In today’s litigious society we need to know our legal duties as a coach. We need to avoid lawsuits, but more important, we need to reduce the risk of injury to our athletes and others. The longer you coach, the greater the chance that you will know a fellow coach involved in a coaching related lawsuit. We put our careers in jeopardy on a daily basis. One incident may change your life forever.

The good news is that claims in our state and nationwide are down. I believe this is due to coaching education programs, development of risk management programs and coaching education programs, development of risk management programs and coaching awareness. If we focus on what is best for our athletes, we can minimize the risk of litigation. **Our General Liability Insurance provides \$1,000,000 in coverage per member.** Some of the features of our policy include:

- \$1,000,000 per member
 - Coverage for members in the classroom, as well as the field
 - Coverage for sexual abuse (\$25,000)
- Coverage for certified volunteer coaches who pass a coaching test, are fingerprinted, have a background check and are certified in CPR and First Aid
 - Coverage for coaches involved in some type of sports camp
- Coaches are protected from participants suing the coach or school

There are several ways to obtain Liability Insurance through the California Coaches Association. [Check the website for more details:](#)

- Individual membership \$50, Staff membership: 3 coaches for \$60 in an individual sport
- Institutional membership: \$100 small schools with less than 1000 in enrollment
- Institutional membership: \$200, 20 coaches at \$10 each, \$10 for each additional coach

For example: Birmingham Community Charter High School in the Los Angeles Section recently purchased an Institutional membership for 55 of their coaches. Each coach will receive a \$1,000,000 Insurance Policy, newsletters and be eligible for awards and recognition from the California Coaches Association. For only \$550, Birmingham has protected the school and its coaches. Why aren’t more schools taking advantage of this opportunity?

Do all you can to protect your athletes, yourself, your family and provide a safe environment for all. Most important, join the [California Coaches Association](#).

Scott King
Los Angeles Section

THE CLIPBOARD

News you can use

1. Rules Changes Approved for High School Track and Field, Cross Country

Beginning with the 2016 high school track and field season, the head starter (or designee), rather than the implement inspector, shall inspect all starting blocks used in the running events.

The addition of Article 4 to Rule 3-6 was one of eight changes recommended by the National Federation of State High School Associations (NFHS) Track and Field Rules Committee at its June 15-17 meeting in Indianapolis. The committee's recommendations were subsequently approved by the NFHS Board of Directors.

[FIND THE REST OF THE NEW RULES HERE](#)

2. 2016 High School Girls Lacrosse Rules Changes

[READ HERE](#)

3. 2016 High School Boys Lacrosse Rules Changes

[READ HERE](#)

4. NFHS Helps Pilot Telemedicine Program for Diagnosing Concussions

[READ HERE](#)

5. Athletic Departments Must Design and Practice Emergency Action Plan

[READ HERE](#)

6. How To Become Involved In The NFHS Network School Broadcast Program

[READ HERE](#)



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Go **HERE to SIGN UP** to be a member of the
California Coaches Association!