



THE WHISTLE

Vol 2 Issue 1

Serving California's coaches and interscholastic athletics since 1957!

August 2016

59th Annual California Coaches Association State Coach of the Year and Hall of Fame Awards Saturday June 18, 2016 — Fresno, California

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Top L-R: Steve Denman, Roger Canepa, Bob Johnson

Bottom L-R: Zach Ewing, Nancy Lazenby-Blaser, Joe Chappell, Dae Lea Aldrich, Jim Underhill

2016 HALL OF FAME INDUCTEES

Dae Lea Aldrich, Girls Volleyball, Southern Section
Roger Canepa, Football, Sac Joaquin Section
Joe Chappell, Basketball, Central Coast Section
Steve Denman, Football, Central Section
Bob Johnson, Football, Southern Section

Rockwell Award - Nancy Lazenby-Blaser, Central Coast Section

Fukushima Award - Sherri Ross, Southern and State CIF

Strelow Media Award - Zach Ewing, Bakersfield California

Brownfield Mentor Award - Jim Underhill, Piner High

CALCOACHES
ASSOCIATION.
NET

save the date!

2017 AWARDS NIGHT



60th Annual CCA **State Coach of the Year and Hall of** **Fame Awards *Saturday June 17***

The 60th Annual California Coaches Association Hall of Fame/Coach of the Year Awards Banquet will be held in Sacramento on **June 17th** at the **Doubletree Inn** Starting at **6:30 pm.**

This event brings together honorees selected for the Hall of Fame Class of 2017, additional special awards honoring individuals for their contribution to California athletics, and the selection of State Coaches of the Year in over 27 categories.

Further information on this event will be available throughout the year on the [CCA website](#).

Information and forms on how to nominate people for these awards is also available on that website.

If you have any further questions please contact us at calcoachesassociation@gmail.com.



SACR★MENTO
CALIFORNIA BEGINS HERE


DOUBLETREE[®]
HOTEL
SACRAMENTO

NEW PRESIDENT

Dan
Swagerty



Dear Fellow Athletic Directors, Coaches, and Principals –

I trust you all had great summers and are gearing up for another great year on your campus. As the newly elected President of the California Coaches Association I want to officially welcome you to this new school year.

The California Coaches Association takes great pride in honoring Coaches, Officials, and Administrators yearly with our Awards Program. We also put forth our outstanding Liability Insurance coverage to all of our members.

As briefly explained on our website and in our annual flyer, our Liability Insurance Plan is second to none. No matter which level of membership you choose (Individual, Coaching Staff, or one of our Institutional Plans) you will be covered. Coverage is also in place for those of you who run Summer Camp Programs as well as Certificates of Insurance as needed.

Please be sure ALL of your coaches are covered...from your paid positions to your volunteer positions. This is an outstanding coverage plan and while we hope you will not have to ever use it, it does pay to have something in place as we are continually dealing with a new variety of issues on a yearly basis.

We would also appreciate your help in nominating your quality coaches for our Annual Coach of the Year Awards. As you go through our website (www.calcoachesassociation.net) you will see we have several different categories of Awards. The bottom line is we want the best in High School Athletics to be honored each year. Nomination forms are available online. Feel free to contact your CIF Section Coordinator/Representative for the Cal Coaches Association to finalize your nomination.

We are looking forward to a potential record year in memberships. Please take advantage of one of the Institutional Plans that best fits your school. Lives of our Student/Athletes are changed for the better due to the leadership of our coaches across the state. All of us need to take a moment each day and thank a coach for all that they do. Most coaches are not in this business for the money...they are in it because they care and those 18 hours they can have with our student/athletes each week makes a major difference in the lives of those they coach. Let your coaches know you care and make every effort to put them in a position to be successful.

I wish you the best as we kick off the new school year and I look forward to seeing your name and your high school on our membership list for the 2016-17 school year.

Yours in Sports –

Dan Swagerty – California Coaches Association President

Athletic Director – Farmersville HS

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.

INDUCTEE

DAILEA ALDRICH

Mira Costa High School

669-76 Career Record

26 years as Head Volleyball Coach at Mira Costa HS (1981-2007)

4 National Championships

2007, 2006, 1989, 1985

10 CIF Championships

2005, 2003, 2001, 2000, 1995, 1989, 1986, 1985, 1983, 1982

6 State Championships

2006, 2005, 2004, 1989, 1985, 1982

3 State Runner Ups

4 National Players of the Year

5 State Player of the Year

75 Division 1 Scholarship Student-Athletes

10 time Bay Area League Coach of the Year

2007 National Coach of the Year

In The CIF-SS Hall of Fame



2006 Team

Mira Costa High School has perhaps the most storied history of any high school volleyball program in the country.

A turning point in the Mira Costa program came in 1982 with the closing of nearby Aviation High School and its merger with Mira Costa. Not only did Mira Costa benefit from the players who lived in the Aviation district, but along with those players came a new coach, DaeLea Aldrich. The first year after the merger, Mira Costa, led by Aldrich, won the CIF Championship and the school's first State Championship. That team included such great players as Lee and Lisa Hoven, who went on to star at Pepperdine, Barbra Fontana, who led Stanford to the Final Four, and Debbi Black, who won a National Championship at the University of Hawaii.

Three years later on a 1985 team led by future Olympian Holly McPeak, Lyndsey Hahn, and current Costa Head Coach Lisa Arce, Mira Costa again won the CIF and State Championship as well as its first National Championship. Mira Costa again captured CIF, State and National Championships in 1989 on a team that went undefeated and included future collegiate stars Piper Hahn, Heidi Eick, Kristal Attwood, and others. Mira Costa battled for several CIF Championships in the 1990s, led by such players as Rochelle Esparza, Kristin Sigal, and the Lawson sisters (Nikki and Mandi).

The first decade of the New Millennium proved to be a great one for the Mustangs. The Mustangs captured CIF Championships in 2000 and 2003 led by the Donahue sisters (Brooke in 2000 and Sydney in 2003). An infusion of great players followed, including Taylor Carico, Lauren Bledsoe, Alix Klineman, Kendall Bateman, Lane Carico, and Falya Fonoimoana. The Mustangs went on an unprecedented tear, winning State Championships in 2004 and 2005, and then capturing both State and National Championships in 2006.

The impact Mira Costa players have had at the collegiate level is unmatched. Over eighty graduates have gone on to compete in college. (See a list of Mira Costa collegiate players here). Costa graduates have played on over 10 collegiate National Championship teams and Mira Costa has produced numerous All-Americans throughout the years. In 2010, three Mira Costa graduates were named college All-Americans, certainly a first for any one high school.

(Courtesy of Mira Costa Volleyball Website.)

CONGRATULATIONS TO COACH ALDRICH FOR BEING NAMED TO THE CALIFORNIA COACHES ASSOCIATION HALL OF FAME!



CALCOACHESASSOCIATION.NET

The Evolution of the California Coaches Association

In 1957, the California Coaches Association (CCA) surfaced as the original and only all-sports coaches association in California. However the evolution of the California Coaches Association actually started in 1948 as the Northern California Basketball Coaches Association. At that time Coaches Bill Rockwell, Hank Jones, Ed Hopkins, Ray Snyder, and a few other basketball bennies got together during the old Tournament of Champions, which was held at the University of California Harmon Gym. Bill Rockwell was the prime mover in the endeavor. Later, Rockwell and Bob Troppmann organized the Athletic Directors and incorporated them into the new group in 1955.

Subsequently, the Southern California Basketball Coaches group and the Los Angeles Football Coaches organization joined in the late 1950's. It was then, in 1957, that the formation of the California Coaches Association actually got its start. Other groups became interested. In particular, a small contingency from the CAHPERD's organization joined the CCA's all-sports coaches association and came over in the early 1960's.

As California experienced a huge population explosion during the second half of the 20th century, different specialized coaches' organizations developed, but only the California Coaches Association has remained as THE ONLY all-sports coaches' organization in the State. Because of the CCA's diversity, the California Coaches Association is the only coaches' organization that has a vote and a voice with the CIF State Federated Council.

CCA State Coaches of the Year for 2016

Official-Al Dandridge-San Diego

Girls Ath. Director-Christine Krisman-Moreau Cath.
Girls Assistant Coach-Sheryl Bingham-Arroyo Crande,
Softball-David Kivett-Yucaipa,
Girls Basketball-Malik McCord-Bishop O'Dowd,
Girls Cross Country--Dan C. Gruber-Aptos,
Gymnastics-Jessica Garrett-La Costa Canyon,
Girls Golf-Mike Cowan-Dougherty Valley,
Girls Lacrosse-Casey Rector-La Costa Canyon,
Girls Soccer-Chuck Morales-Santa Margarita,
Girls Swimming-Mike Manley-Kingsburg,
Girls Tennis-Florin Marica-Saratoga,
Girls Track and Field-Barbara Bethel-Dorr-Clovis West,
Girls Volleyball-Carla Davis-West Valley,
Girls Water Polo-Blake Corbin-Corona Del Mar,
Girls Wrestling-Robert Flores-James Logan,
Girls Rookie Coach-Amanda Trujillo-Westview,

Boys Ath Director-Ken Putnam-Mission Hills,
Boys Assistant Coach-Al Gamboa-Lowell,
Badminton-Abigail Bautista-Moreau Catholic,
Baseball-Robert Parry-Poway,
Boys Basketball-Tim Kennedy-Archbishop Mitty,
Boys Cross Country-Mike Davis-Monte Vista,
Football-Eric Zomalt-Citrus Hill,
Boys Golf-David Crawford-Pleasant Valley,
Boys Lacrosse-Christopher Iorio-Birmingham,
Boys Soccer-Michael Jordan-Farmersville,
Boys Swimming-Tommy Ortega/Jeff Mellinger-Northgate,
Boys Tennis-Mike Parrinello-Rancho Bernardo,
Boys Track and Field-Peter J. Scarpelli-Amador Valley,
Boys Volleyball-Mark Brubaker-La Costa Canyon,
Boys Water Polo-Mike Mulligan-Malibu,
Boys Wrestling-Tony Leon-Brawley,
Boys Rookie Coach-Paul Rosa-Wilcox,



Integrity & Excellence

**Interested in Helping Cal Coaches by being a Section Representative?
Contact us at the email listed below. Both Male and Female Coaches are
welcome and encouraged to help.**

We are looking to expand to two representatives in each section.

CIF Northern Section

Pam Borg-Yreka / pborg@yuhsd.net

CIF North Coast Section

Linda Ghilarducci / luccazin@gmail.com

CIF Sac-Joaquin Section

Joe Mazzuca / wingtjoe@aol.com

Mary Joe Truesdale / maryjo_52@sbcglobal.net

CIF San Francisco Section

TBD

CIF Oakland City Section

Rob Grialou / grialous@att.net

CIF Central Coast Section

Jim Rear / jrear6@aol.com

CIF Central Section

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CIF Southern Section

Chris Fore / coach478@gmail.com

CIF San Diego

Dennis McClanahan / dennismcclanahan@hotmail.com

Anne Rosser / annerosser@yahoo.com

Sign up for the Cal Coaches Newsletter on our website.

**Want to Nominate a Deserving Individual for an Award.
Read the Awards Criteria on our Website first and then fill out and
return the appropriate form to us. All members of Cal Coaches are
eligible to nominate a person. A Coach of the Year, AD, and Assistant.
Coaches need to be a member of the CCA.**

A MESSAGE FROM THE COMMISSIONER

RECHARGED AND READY TO GO



Welcome to the 2016-17 school year! As I do each year with my first Message from the Commissioner, I would like to give you a preview of what is to come...

Competitive Equity Playoff Groupings – This year will certainly be known as the first year that we implemented Competitive Equity Playoff Groupings in our section. Our playoff divisions for Fall sports were released in June and the playoff divisions for Winter and Spring sports are coming soon. I truly appreciate all of the hard work that has gone into making this concept a reality and I hope you join me in looking forward to seeing it all play out in the time ahead.

Increased Travel Reimbursements for Member Schools – In 2016-17, we will be increasing the mileage reimbursements and meal allowances for our member schools in our revenue sports of Football, Boys/Girls Basketball and Boys/Girls Volleyball. Be looking for more information on those increases in our Playoff Bulletins for each respective sport.

Website/ CIFSSHome/ Technology Advances – This is the second year for our website that we launched in July, 2015. We were very pleased with how well it functioned in Year 1 and know that we will continue to work on improving the capabilities and functionality of our website this upcoming school year and beyond. New features to look for in 2016-17 are the development of an enhanced mobile version of our website that includes links to our social media platforms, as well as developing an app to be utilized within the CIFSSHome system.

Professional Development for Athletic Directors/Athletic Administrators – In 2016-17, we are looking to build upon the successes we enjoyed last year with the introduction of our MVP AD Program. Through our Fall Eligibility Workshops, the Athletic Administrator Summit, MVP AD Exam, etc., we hope to assist our Athletic Directors/ Athletic Administrators in being more effective educational leaders. Check our website for more information on the MVP AD program.

Also, the CIF Southern Section Athletic Administrator Summit will take place on Monday, October 17 at the Sheraton Fairplex Hotel and Conference Center in Pomona. New for this year will be a series of presentations especially geared toward our high school principals in an effort to engage them in professional development as well. Sign-ups are now available on our website.

Area Placement – As we enter Year 3 of our current Releaguings Cycle, we will begin the Area Placement process in preparation for the 2018-2022 Releaguings Cycle. In September, 2016, member schools will be surveyed regarding their requests for Area Placement for 2018-2022. More details on the processes and timelines for Area Placement will be distributed at that time.

Season of Sport Calendar Changes for 2018-19 – The CIF State Office recently announced changes to their State Championships calendars in certain sports, effective with the 2018-19 school year. Along with the sports already announced, be looking for a proposal to examine the sports calendars of other sports and be prepared for a discussion this year on changing the SOP dates to correspond to the sports calendar changes for 2018-19.

These are just a few of the many new and exciting things happening this upcoming school year. I hope you are as energized as we are to get it all started. I thank you very much for your continued help and support and wish you good luck always.

All the best,

Rob Wignel





**CIF-SS Athletic Administrators Summit
Monday October 17, 2016**

**Sheraton Fairplex Hotel & Conference Center Pomona, CA
7:30 am to 3:30 pm**

(Interactive workshops and breakout sessions on tools and best practices for today's athletic professional)

Topics

- | | |
|---|--|
| <ul style="list-style-type: none">• Evaluating & Hiring Coaches• How to promote parental sportsmanship• How to get your school fired up• How athletics can be school leaders in academic culture• Ways to effect cultural change at your high school• How to conduct Incoming Freshman Open House• Social Media | <ul style="list-style-type: none">• Technology• Walk on coaches, Challenges and Solutions• Current trends in athletic training• Developing a Coaches Handbook• Non Negotiables• Summer Camps, Another season of sport |
|---|--|

Principals Session

- The Athletic Director is the Principal's best friend
- Blue Book Rules 101
- Who & What has shaped you as a leader?
- Expectations and responsibilities

**MVP AD Exam
(8:00 AM)**

**Registration:
\$ 60 per person, breakfast & lunch included**

**REVISED 3/21/16**

10932 Pine Street
Los Alamitos, California 90720

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

2016 - 2017 Meeting Dates

<u>Day</u>	<u>Date</u>	<u>Meeting</u>
Thursday	August 18	Executive Committee Meeting Workshop and New Member Orientation
Sunday-Tuesday	September 18-20	National Federation Section 7 & 8 Meeting
Monday	September 26	Champions for Character Awards Dinner The Grand, Long Beach, CA
Thursday	September 29	Executive Committee Meeting
Tuesday	October 4	Southern Section Council Meeting <i>Deadline for Southern Section Proposals – September 13</i>
Friday	October 7	State Federated Council Meeting
Wednesday	October 12	Hall of Fame/Distinguished Service Luncheon The Grand, Long Beach, CA
Monday	October 17	Athletic Administrator Summit
Friday-Sunday	January 13-15	Executive Committee Meeting
Wednesday	January 25	Southern Section Council Meeting <i>Deadline for Southern Section Proposals – January 4</i>
Friday-Saturday	January 27-28	State Federated Council Meeting
Wednesday	March 15	Executive Committee Meeting Teleconference
Tuesday	April 4	Executive Committee Meeting
Wednesday	April 5	Southern Section Council Meeting <i>Deadline for Southern Section Proposals – March 15</i>
Friday-Saturday	April 7-8	State Federated Council Meeting
Wednesday-Sunday	April 19-23	State Athletic Directors Conference
Wednesday	May 10	Executive Committee Meeting
Wednesday-Sunday	June 28-July 2	National Federation Summer Meeting



San Diego Section

Pursuing Victory With Honor

San Diego Section – CIF Symposium Date Set

The San Diego CIF Section will be holding its Annual CIF-SDS Athletic Symposium on Thursday, September 8.

This event is hosted by the section and requires all member schools to send at least two representatives to the Symposium so that the CIF can continue to communicate with them on things important to know as a member school.

One of the things that the SDCIF does is appoint Tournament Directors for various CIF Championships. These directors work with the CIF Office, Advisory Committees, and team coaches to insure the section championships are run properly and smoothly.

The following are 2016-17 Directors

SPORT

Football	Mike Dolan
Cross Country	Dennis McClanahan
Boys Tennis	Ron Marquez, Kevin Brown
BWP	Brian Wilbur, Dick Draz
GVB	Lois Craig, Jim Knox
Girls Golf	Steve Bridges

Soccer	Ronne Pietela
Basketball	Mike Seaman
Wrestling	Tim Tyler
Girls Wrestling	Trevor Keifer
GWP	Brian Wilbur, Dick Draz

Track/Field	Michael Cummings, Dennis McClanahan
Swim/Dive	Mike Saltzstein, Brian Wilbur
Softball	Tim Tyler
Baseball	John Baumgarten
Boys Tennis	Ron Marquez, Kevin Brown
BVB	Lois Craig, Jim Knox
Gymnastics	Monique L/T
Boys Golf	Steve Bridges

[Access the CIF San Diego Section website here.](#)

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



South's Rashaan Fontenette fends off the North on a run in the fourth quarter during the Charlie Wedemeyer high school all-star football game at Levi's Stadium in Santa Clara, Calif., on Saturday, July 16, 2016.

(Jim Gensheimer/Bay Area News Group)

SANTA CLARA — For the second year in a row, the annual Charlie Wedemeyer high school all-star football game went big time — as in the action Saturday unfolded on the Levi's Stadium turf.

Big certainly was the operative word as the teams traded one big play after another before the South held on for a 23-20 victory over the North.

Many of Santa Clara County's top seniors from the Class of 2016 suited up for the 42nd midsummer game that is named in honor of a former Los Gatos coach who died six years ago after a long battle with ALS.

As it turned out, a Los Gatos player made some of the game's most memorable plays as Jake Holton intercepted two passes for the South, returning one 89 yards for a touchdown, and recovered an onside kick.

"I have never ran that far in my life," Holton said. "It was awesome. To be able to that, especially here on the big stage, it is something I will never forget."

The South provided most of the highlight-reel plays, both on offense and defense, in the opening half as it took a 13-3 lead into the locker room.

Momentum changed after Holton's TD as the North moved into South territory over the final four minutes of the second quarter, and Cesar Silva from Milpitas finished the drive off with a 47-yard field goal that split the uprights.

Milpitas' Michael Pyle intercepted a pass three plays into the second half, setting up a 1-yard run by Piedmont Hills quarterback Marcus Romero that cut the South's advantage to 13-10.

Mountain View's Noah Kjos recovered a fumble on the South's next possession, and Silva evened the score 13-13 with a 34-yard field goal.

Oak Grove's Rashaan Fontenette, last season's Mercury News player of the year, had his number called five consecutive times late in the third quarter, the fifth a 1-yard touchdown run that put the South back in front, 20-13.

"It was beautiful," Fontenette said. "On an NFL field, I got my touchdown. That's all I wanted."

Santa Teresa's Troy Sanchez kicked a 37-yard field goal to stretch the South's lead to 23-13 with 4:38 to play.

The North responded with an 80-yard drive that ended when Paul Majchrowicz of The King's Academy caught a 14-yard pass in the corner of the end zone from Romero. Earlier in that series, the two connected for 24 yards on third down.

"It was a really great experience, being on the 49ers' field," Romero said. "I am a 49ers fan. I loved it. I just tried to throw it up in the air, made sure he caught it."

The North had one last chance, recovering a fumble at its 28 with 52 seconds left. But the South defended four consecutive passes to seal the victory, ending a special night for both teams.

"It's the ambiance, it's the challenge of taking a bunch of strangers for 10 days basically and trying to make a team and get them to trust each other and love each other and play hard for each other," Krail said. "It's great. They're all smart football players."

SUGGESTED GUIDELINES FOR HIGH SCHOOL FOOTBALL COACHES FOR PRE-SEASON PARENTS' MEETING

PROMOTE YOUR FOOTBALL PROGRAM WITH SAFETY AS THE PRIORITY.

- Emphasize that safety is first and foremost in your program. Their son's health is a top priority.
- Discuss the training your coaches receive (ASEP, head coaches certification, Heads Up, Keep the Head Out of Football, etc.).
- Review your pre-season and in-season practice policy (amount of contact, full pads, etc.).
- Discuss your heat policy relative to all activities.
- Thoroughly review your Concussion Management Policy and protocols, e.g., removed from practice or game, no participation until cleared by Concussion Oversight Team, etc.
- If applicable, discuss your baseline concussion testing program.
- Discuss your helmet and equipment safety standards and procedures (i.e., quality helmets that are certified every year and fitted by a trained professional).
- Discuss the critical importance of a quality mouthpiece (invest in a mouthpiece for better protection).
- Inform them of the safety personnel available at practices and games (physicians, trainers, ambulances, etc.).
- Discuss and review your emergency management plans and protocol concerning major injuries, lightning, etc.
- Emphasize the benefits of playing football (discipline, teamwork, increased focus on academics, etc.).

CONTRIBUTORS:

National Football Foundation Staff

Brian Fogarty, Associate Athletics Director of External Relations, University of San Diego

D.W. Rutledge, Executive Director of the Texas High School Coaches Association

Grant Teaff, Executive Director Emeritus, American Football Coaches Association

07.18.2016



By Dan Swagerty – CCA President – Central Section Rep

The CIF Central Section has literally had a banner year with some of the new playoff formats leading the way. Two of our sports, Girls Volleyball and Girls Softball, went to a single site venue for all of their Division Championship Games. They joined the other single site venues already in place for Boys & Girls Basketball and Boys Baseball. All five of these playoff championship venues were extremely successful at the gate. This allowed the section to return top dollar percentages to our playoff teams.

The Central Section is also preparing for the yearlong process of League Realignment. This always produces some very interesting scenarios. Schools have been reminded throughout the 2015-16 School Year as to their duties in this tough process. There is no set priority of what to consider during this process. Schools must consider all of the criteria listed in our section bylaws. And, when producing a plan for realignment, all of the schools that are in line for a change of leagues must be accounted for. Stay tuned for additional updates as the year progresses.

Our annual CIF Central Section Scholarship Golf Tournament will take place once again at River Island Country Club on August 20th. Contact our Section Office for more information. This tournament allows the section to give scholarship money to the top boy and girl nominees from each of our leagues. These athletes will be honored in late April or early May.

Central Section Athletic Directors and Principals met on August 12th at their annual get together. Section Commissioner Jim Crichlow and Assistant Commissioner Jeff Cardoza covered a variety of topics to better prepare everyone for this year's activities...from paperwork for transfers, to playoff venues, to official's contract information, and of course, the big one this year, realignment of leagues for the 2018-19 school year.

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



2016 Western Regional Coaching Staff of the Year

West Region - Sheldon High School (Calif.) – Record – 30-2

Head Coach – Mary Jo Truesdale

Assistant Coaches – Laura Ziegenhirt, Deb Seliger, John Mendonca, Joe Jaquez

Guided Sheldon to its second straight Sac-Joaquin Division I section title. Competing in one of the toughest Sacramento area leagues, they cruised to an undefeated record in Delta League play. It was the staff's seventh sectional title in their 19 years together.



Coach Truesdale





ATHLETE OF THE YEAR

CHICAGO (June 24, 2016) — In its 31st year of honoring the nation's best high school athletes, The Gatorade Company, in collaboration with USA TODAY High School Sports, today announced **Michael Norman of Vista Murrieta High School** as its 2015-16 Gatorade California Boys Track & Field Athlete of the Year.

Norman is the first Gatorade California Boys Track & Field Athlete of the Year to be chosen from Vista Murrieta High School. The award, which recognizes not only outstanding athletic excellence, but also high standards of academic achievement and exemplary character demonstrated on and off the track, distinguishes Norman as California's best high school boys track & field athlete.

The 6-foot-1, 167-pound senior won two individual state titles and anchored two first-place relays at the state meet this past season, leading the Broncos to the state championship as a team. The returning Gatorade National Boys Track and Field Athlete of the Year, Norman won the 200-meter dash in 20.42 seconds and the 400-meter dash in 45.77, while also leading the 4x100 and 4x400 relays to victory. His personal-best time of 20:23 in the 200 and his season-best 45.51 in the 400 both ranked as the nation's No. 1 performances among prep competitors in 2016 at the time of his selection. His mark in the 200 places him fifth in U.S. prep history in the event. Norman produced a personal best in the 100-meter dash this season as well, clocking a 10.27, which was this spring's No. 2 time nationwide. Norman has maintained a 3.61 GPA in the classroom.

A member of his school's Do Good Things community service club, he has volunteered on behalf of the Special Olympics, St. Martha's Food and Pantry for the needy and the Temecula Time Machine track club's youth program. He has also donated his time as part of the Buchanan Elementary School Fall Festival, the Vista Murrieta Shoe Drive and the Susan G. Komen Race for the Cure to benefit cancer research.

"Michael is the most talented high school track athlete I have ever seen," said Vista Murrieta coach David Olson. "Coaches often use the cliché 'practice every day to get better,' but Michael takes this to heart. Every week, every day, every moment he is on the track, he is doing everything he can to push himself to the highest level."

Norman has signed a National Letter of Intent to compete in track and field on scholarship at the University of Southern California this fall.



ATHLETE OF THE YEAR



CHICAGO (June 23, 2016) — In its 31st year of honoring the nation's best high school athletes, The Gatorade Company, in collaboration with USA TODAY High School Sports, today announced Elena Bruckner of Valley Christian High School as its 2015-16 Gatorade California Girls Track & Field Athlete of the Year.

Bruckner is the first Gatorade California Girls Track & Field Athlete of the Year to be chosen from Valley Christian High School. The award, which recognizes not only outstanding athletic excellence, but also high standards of academic achievement and exemplary character demonstrated on and off the track, distinguishes Bruckner as California's best high school girls track & field athlete.

The 5-foot-6 senior won the shot put with an throw of 49 feet, 9.75 inches at the state championship meet this past season. Bruckner also finished second in the discus, and won both the shot put and discus at the Arcadia Invitational and the Texas Relays. She set a state record of 54-7 in the shot put, which ranked as the nation's No. 2 performance among prep competitors in 2016 at the time of her selection. Her season-best throw of 186-10 in the discus ranked No. 1 nationally this season, and ranks her fourth in U.S. high school history. Bruckner has maintained a 4.13 GPA in the classroom.

A devoted member of her church community and a talented singer, she organized a medal drive to collect sports awards from championship athletes and redistribute them to hospitalized children. "Statistically, Elena is one of the best combo throwers in the history of prep track and field, but she's never been satisfied, always looking to get better," said Valley Christian coach Josh Small. "She's a gifted athlete, but also one who has matched that talent with an incredible work ethic."

Bruckner has signed a National Letter of Intent to compete in track and field on scholarship at the University of Texas this fall.



The Gatorade Player of the Year program annually recognizes one winner in the District of Columbia and each of the 50 states that sanction high school football, girls volleyball, boys and girls cross country, boys and girls basketball, boys and girls soccer, baseball, softball, and boys and girls track & field, and awards one National Player of the Year in each sport. The selection process is administered by the Gatorade high school sports leadership team in partnership with USA TODAY High School Sports, which work with top sport-specific experts and a media advisory board of accomplished, veteran prep sports journalists to determine the state winners in each sport.

To keep up to date on the latest happenings, become a fan of Gatorade Player of the Year on Facebook and follow us on Twitter. For more on the Gatorade Player of the Year program, including nomination information, a complete list of past winners and the announcement of the Gatorade National Player of the Year, visit

www.gatorade.com/poy.

Membership Benefits

An Individual Membership \$50

\$1,000,000 Liability Insurance
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Have a Question? Contact us at calcoachesassociation@gmail.com

JOIN CCA TODAY ONLINE!! Visit our web site at:

www.calcoachesassociation.net

How Does a Coach Get Nominated for State Coach of the Year?

On an annual basis, the California Coaches Association selects Coaches of the Year for the State of California. In over 34 categories, the CCA selects Northern and Southern California Coaches of the Year that are then eventually narrowed down to the State Coach of the Year for each sport.

How are coaches nominated for State Coaches of the Year?

1. **From Athletic Directors** — Go to the [website](#), send a email to us with the name of the coach, his school and sport, and his/her email, and we will get them a nomination form. You can also download a nomination form from our website and give it to them yourself. You also can nominate a coach through one of our section reps.
2. **From our Section Reps** — Every section in the CIF has a Cal Coaches Rep. We look yearly for deserving coaches and send nomination forms to them.

If selected a nominee must be willing to join to receive the award.

If you have any further questions please contact us at calcoachesassociation@gmail.com

High School Sports Participation Increases for 27th Consecutive Year

By NFHS on August 10, 2016

Led by an encouraging report in football participation nationwide, the number of participants in high school sports increased for the 27th consecutive year in 2015-16 according to the annual High School Athletics Participation Survey conducted by the National Federation of State High School Associations (NFHS).

See the full survey on the [Participation Statistics](#) page.

Based on figures from the 51 NFHS member state high school associations, which includes the District of Columbia, the number of participants in high school sports reached an all-time high of 7,868,900 – an increase of 61,853 from the previous year.

After a decline of almost 10,000 participants in football the previous year, the number of boys playing 11-player football in 2015 was almost identical to 2014 with a drop of just 309 – from 1,083,617 to 1,083,308.

While some states reported a decline in football participation in 2015, 24 states registered increases in boys participation in 11-player football. When combining boys and girls participation in 6-, 8-, 9- and 11-player football, the number of participants increased 138 – from 1,114,253 to 1,114,391.

“The NFHS and its member state associations have taken significant steps over the past 10 years to minimize the risk of participation in football and all high school sports, so this report on the continued strong interest and participation in high school football is very encouraging,” said Bob Gardner, NFHS executive director. “With the adoption of state laws and protocols for concussion management in place, we continue to believe that the sport of football at the high school level is as safe as it has been since the first rules were written in 1932 – and we believe this year’s participation report is confirmation of that belief.”

After a decline the previous year, boys participation increased about 25,000 to an all-time high of 4,544,574, while girls participation increased for the 27th consecutive year with an additional 36,591 participants and set an all-time high of 3,324,326.

[CLICK HERE FOR THE FULL REPORT](#)

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

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.