



# THE WHISTLE

Vol 1 Issue 1

Serving California's coaches and interscholastic athletics since 1957!

July 2015

## 58th Annual California Coaches Association State Coach of the Year and Hall of Fame Awards Saturday June 13, 2015 — Crowne Plaza Hotel, San Diego



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

### 2015 HALL OF FAME INDUCTEES

**Maureen Bryant - Southern Section**  
**John Carroll - San Diego Section**  
**Paul Knox - Los Angeles Section**  
**Wade Vickery - San Diego Section**

**William Rockwell Distinguished Service Award**  
**Dean Crowley - Southern Section**  
**Dan Fukushima Lifetime Achievement Award**  
**Bruce Ward - San Diego Unified Schools, San Diego Section**  
**Edmund Strelow Media Award**  
**Randy Rosenbloom - Channel 36 Sports Director, Los Angeles**  
**Jim Brownfield Mentor Award**  
**Tim O'Rourke - El Monte High School, Southern Section**

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**CALCOACHES**  
**ASSOCIATION.**  
**NET**

*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**



# THANK YOU DENNIS!

## Dennis McClanahan retires from his post as the CCA President



In 2009, Dennis followed long time California Coaches' Association advocate, Jim Rear as the president of the organization. During Dennis' seven years at the helm of the organization, the California Coaches' Association has continued to move forward.

During his tenure, the membership has increased over 25% and he has instituted many progressive programs to encourage even further growth in the organization. Aggressively recruiting representatives from all ten sections in the state, Dennis has been instrumental in recognition of more of the elite coaches in the state. Through his hard work, the organization now has on line registration, expansion of the Coach of the Year program and has helped establish the rebirth of the newsletter. In addition, through innovation, Dennis has established partner relationships with several single sport coaches' association and has expanded the number of options for both individuals and schools to be a portion of the association. Simply put, Dennis has expanded the outreach of the organization and in doing so, has increased the impact the California Coaches' Association has statewide.

Dennis has been the face of the organization for the past seven years. He has continued to cultivate the outstanding relationships the CCA has with both CIF and the various coaching associations across the state. He has helped continue the outstanding ethical standards of the association set by the original members. The executive committee of the California Coaches' Association would like to thank Dennis for his guidance of CCA and look forward to his continued involvement in the organization.

*-Ken Reeves, Southern Section Representative*

## 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

*John Carroll*  
**Oceanside High School**

*248-75-6* Career Record

*26* years as Head Football Coach at OHS (1989-2014)

*22* straight teams made the playoffs

*13* CIF Championships

*7* CIF Championships in a row (2004-2010)

*2* State Bowl Championships (2007, 2009)

*21* Consecutive CIF Semi Final appearances

*11* straight CIF Finals appearances

*76%* overall win percentage

*#6* dynasty in California by Maxpreps







Long time Oceanside High School Football Coach **John Carroll** recently [retired from coaching](#). But not before amassing one of the greatest win/loss records and number of championships that this state has ever seen.

In the San Diego Section, there is what is known as “B.C.” and “A.C.” in the football community. “Before Carroll” and “After Carroll.” There is a great difference in the way that football is played in the Northern part of the county specifically. John Carroll provoked change in the landscape of San Diego football rarely seen before.

For his outstanding, and record setting career, Coach Carroll was inducted into the California Coaches Association Hall of Fame on June 13, 2015.

He's the type of coach that districts [name stadiums after](#) the same month that they retire. **He finished an astounding 248-75-6.** His worst record in the last 10 years was 9-3-1 (2011).

Congratulations on an outstanding career both on and off the field Coach Carroll!





# 2015 COACHES OF THE YEAR



**JOHN ACHEN**, Palisades HS  
*Athletic Director (Boys)*



**STEVE CHAPPELL**, Northgate HS  
*Athletic Director (Boys)*



**ROBIN NIXON**, Coronado HS  
*Athletic Director (Girls)*



**JESSICA PEISCH**, Redwood HS  
*Athletic Director (Girls)*



**DAVE O'CONNER**, San Pasqual HS  
*Male Assistant Coach*



**CARRIE STATHUS**, Steele Canyon HS  
*Female Assistant Coach*



**TIM PENPRASE**, Oaks Christian HS  
*Baseball*



**MIKE TALPS**, Head-Royce HS  
*Baseball*



**MIKE WALL**, Folsom HS  
*Basketball (Boys)*



**DARREN JACKSON**, North Salinas HS  
*Basketball (Girls)*



**KEVIN KIERNAN**, Mater Dei HS  
*Girls Basketball (Girls)*



**JOHN PELSTER**, De La Salle HS  
*Cross Country (Boys)*



**LAURA SCHMITT**, Redwood HS  
*Cross Country (Girls)*



**DENNIS Mc CLANAHAN**, Mt. Carmel HS  
*Cross Country (Girls)*



**JEFF EVANS**, Long Beach Wilson HS  
*Golf (Boys)*



# 2015 COACHES OF THE YEAR



**CHRIS DRAKE**, Torrey Pines HS  
*Golf (Girls)*



**JIM FULWILER**, Dublin HS  
*Soccer (Boys)*



**JEFF RICCITELLI**, Carlsbad HS  
*Soccer (Boys)*



**JON NISHIMOTO**, Bishop O'Dowd HS  
*Soccer (Girls)*



**PAT GRAY**, Poly HS  
*Soccer (Girls)*



**TERESA BORCHARD**, Amador Valley HS  
*Softball*



**JOHN PEREZ**, Santiago HS  
*Softball*



**ISMAEL PEREZ**, Mark Keppell HS  
*Swimming (Boys)*



**HEATHER JOHNSTON**  
San Ramon Valley HS *Swimming (Girls)*



**MAGGIE NANCE**, Palisades HS  
*Swimming (Girls)*



**LORI HOLLISTER**, Arroyo Grande HS  
*Tennis (Boys)*



**DOONEY JONES**, Castro Valley HS  
*Track and Field (Boys)*



**VAN LATHAM**, Carpenteria HS  
*Track and Field (Girls)*



**ROGER EVANS**, Simi Valley HS  
*Track and Field (Girls)*



**JON VUONG & DAVE CHEN**  
Campolinda HS, *Volleyball (Boys)*



# 2015 COACHES OF THE YEAR



**MARTY SOYAMA**, El Camino HS  
*Volleyball (Girls)*



**BRENNAN DEAN**, Torrey Pines HS  
*Volleyball (Girls)*



**MATT JOHNSON**, Gunn HS  
*Water Polo (Boys)*



**DOUG PEABODY**, Bishop HS  
*Water Polo (Girls)*



**DWAYNE BUTH**, La Costa Canyon HS  
*Wrestling*



**BRIAN BOTTEEN**, San Ramon Valley HS  
*Rookie Coach*



**JUN REICHL**, El Camino Real HS  
*Rookie Coach*



**TERESE HOWELL**, Chico  
*Official*



**SAUL PACHECO**, Los Angeles  
*Official*

The following coaches were not able to make the event, and are not pictured.

STEVE BIRCH, Del Oro HS—Male Assistant Coach  
AMBRISH BATHHEJA, Fremont HS—Badminton  
DAVE KLECKNER, Etiwanda HS—Basketball (Boys)  
JEREMY MATTERN, Brea-Olinda HS—Cross Country (Boys)  
KEVIN MACY, Campolindo HS—Football  
MATT LOGAN, Corona Centennial HS—Football  
PHIL MARRONE, St. Francis HS—Golf (Girls)  
ALVIN KIM, Cerritos HS—Tennis (Girls)  
MICHELLE MC GUIRE, Windward HS—Tennis (Girls)  
BRIAN WEATHERSBY, Santa Margarita HS—Water Polo (Boys)  
PETER GALLI, Drake HS—Water Polo (Girls)

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



# NEW PRESIDENT



## Chris Walsh

By a unanimous vote at the annual CCA meeting, the Executive Board is proud to announce that Chris Walsh is the new California Coaches Association President. He has served as the CCA North Coast Section Representative since 2005. Coach Walsh is the Chair of the PE Department at Campolindo High School in Moraga.

***"It is truly an honor and a privilege to take the reins as CCA President from Dennis McClanahan who has done a magnificent job for the organization over the past seven years. I hope to keep pace with what Dennis and the Executive Board has accomplished for the coaches in California."***

Walsh graduated from Southern Connecticut State University in 1978 with a B.S. in Physical Education, and from the University of Oregon in 1981 with a M.S. in Physical Education. As a graduate student at Oregon, Walsh ran for the Oregon Track Club under the guidance of former Oregon legendary coach Bill Bowerman. In 1983 Walsh authored a book on the Oregon system entitled *"The Bowerman System."*

Chris began coaching in 1986 as an assistant women's coach at the University of California, Berkeley. He has coached track & field and cross country at the club, middle school, high school, junior college and university levels. His longest tenure was a 17 year stint at Campolindo High School (Moraga North Coast Section).

Chris' teams won 11 NCS section titles in cross country. The Campolindo girls cross country team went undefeated from 1997-2001 capturing the CIF State Division III Championship in 2001. Walsh's cross country teams have been in the top 5 at the CIF state meet every year from 1995-2005. The Cougars also had 11 appearances on the CIF state XC podium (top 3 teams). Walsh also coached the girls state Division IV champion Sarah Riley in 1989. Riley would later become the University of Notre Dame's first female cross country All American in 1993.

Walsh was the CCA Girls Cross Country Coach of the Year in 2003 and a Finalist for The National Federation of State High School Associations National Coach of the Year.

**[CALCOACHESASSOCIATION.NET](http://CALCOACHESASSOCIATION.NET)**





# ATHLETE OF THE YEAR

**CHICAGO** — In its 30th 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 2014-15 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, 160-pound junior sprinter won the 200-meter dash with a state-record time of 20.30 seconds and the 400 in a state-record 45.19 at the state meet this past season, clocking the nation's No. 1 times among prep competitors in 2015 at the time of his selection. Norman's 200-meter finish marked the fastest time ever recorded in the event at a meet sanctioned by the National Federation of State High School Associations, and both sprints ranked among the 10 best performances in U.S. prep history.

The Press Enterprise's returning All-Area Boys Track Athlete of the Year, he also anchored the third-place 4x400-meter relay quartet that crossed the line in 3:14.81 at the state meet, helping to clinch a state team title for the Bronocs. His contributions to Vista Murrieta's 4x100, 4x200 and 4x400 relays keyed top-six performances nationally in each event this season.

Norman has maintained a 3.54 weighted GPA in the classroom. In addition to donating his time as a youth track instructor, he is a member of his school's community assistance club and has volunteered locally in shoe and canned food drives for the needy. He has also donated his time on behalf of the Special Olympics, the Susan G. Komen Race for the Cure and Buchanan Elementary School's

"Michael has a hunger for great competition," said Vista Murrieta head coach David Olson. "He wants to race against the best and has a reverence and respect for his sport. What truly distinguishes Michael from every other athlete I've ever coached is the unique combination of talent and all the intangibles that define greatness." Norman will begin his senior year of high school this fall.



**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](http://www.gatorade.com/poy).**

*(This press release is from June 17, 2015)*





# ATHLETE OF THE YEAR

**CHICAGO** — In its 30th year of honoring the nation's best high school athletes, The Gatorade Company, in collaboration with USA TODAY High School Sports, today announced Jasmyne Graham of Eleanor Roosevelt High School as its 2014-15 Gatorade California Girls Track & Field Athlete of the Year. Graham is the first Gatorade California Girls Track & Field Athlete of the Year to be chosen from Eleanor Roosevelt 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 Graham as California's best high school girls track & field athlete. Now a finalist for the prestigious Gatorade National Girls Track & Field Athlete of the Year award to be announced in June,



The 5-foot-2 senior won the 100-meter high hurdles with a time of 13.17 seconds and the 300-meter intermediate hurdles in 40.73 at the state meet this past season, leading the Mustangs to fifth place as a team. Her 100- and 300-meter hurdles times at the state meet each ranked as the nation's No. 1 prep performance in 2015 and amongst the 15 fastest performances in U.S. prep history at the time of her selection. Also the Citrus Belt Area Athletic Directors Association Female Athlete of the Year, Graham chipped in by running the opening leg for the eighth-place 4x100-meter relay quartet that finished in 47.54 seconds as well as the second leg of the ninth-place 4x400-meter relay squad that crossed the line in 3:49.90.

Graham has maintained a 3.14 GPA in the classroom. In addition to donating her time as a running instructor and guest speaker for youth track athletes, she has volunteered on behalf of the Black Coal and Red Roses mentoring program for girls.

"Jasmyne is the most fierce high school competitor I have seen," said Eleanor Roosevelt coach Aaron Shires. "Her parents have instilled in her the discipline, desire and commitment to excellence that John Wooden would be proud of in an athlete. The reason Jasmyne can take over a race the way she does is because of her preparation. She attends extra training sessions; she treats her body properly with the right nutrition and sleep. She lives a life that is not just committed to being great at track, but (to) being the best she can be at anything she does."

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

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.

*(This press release is from June 17, 2015)*







Founded in 1985, the Gatorade Sports Science Institute (GSSI) is committed to helping athletes optimize their health and performance through research and education in hydration and nutrition science.



GSSI scientists study the effects of nutrition on the human body before, during and after exercise. For more than two decades, hundreds of amateur, elite and professional athletes have participated in testing with GSSI and in studies with university research partners around the world. GSSI's headquarter lab, mobile and satellite laboratories and on the field testing enable GSSI to do leading research with the aim to provide athletes with advice and products that help their performance and achieve their goals.

### [SSE #146 Fueling a Football Team](#)

### [SSE #144 In-Season Recovery Nutrition for American](#)

### [SSE #143 Physiological Demands of American Football](#)

### [SSE #142 Training and Nutrition to prevent soft tissue injuries and accelerate return to play](#)

### [SSE #141 Hydration for Football Athletes](#)

### [SSE #140 Carbohydrate Nutrition and Team Sport Performance](#)

### [SSE #139 Physiological Adaptations to Low-Volume High-Intensity Interval Training](#)

### [SSE #138 Endurance Exercise and Antioxidant Supplementation: Sense or Nonsense? - Part 2](#)

### [SSE #137 Endurance Exercise and Antioxidant Supplementation: Sense or Nonsense? - Part 1](#)

### [SSE #136 Using Nutrition and Molecular Biology to Maximize Concurrent Training](#)

### [SSE #135 Monitoring Fatigue and Recovery](#)

### [SSE #134 Manipulating Carbohydrate Availability to Promote Training Adaptation](#)



**G Series Performance Package: \$225**  
(Up to \$1,115 retail value)



**OUR PREMIUM PERFORMANCE PACKAGE**

- (4) Cases of Gatorade Prime® Energy Chews (96 servings)
- (2) Cases of Gatorade® Thirst Quencher Powder (yields 168 gallons total)
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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)



# TEAM PROFILE



**The Redlands East Valley High School** football team in Redlands was one of California's 2014 State Champions. R.E.V. won the Division 2 Championship by beating Concord Clayton Valley Charter 34-33. Their Head Coach is Kurt Bruich. He took over the program at 1-48 13 years ago, and has done nothing but build a Champion in Redlands.

According to Pete Marshall of the Redlands Daily Facts, Coach Bruich was named the California Coach of the Year by Cal Hi Sports. Marshall said "Bruich wins the award for the first time and he and his father Dick (who won the award as Fontana's coach in 1989) are the first father-son duo to win the award."

R.E.V. has a unique program to incentivize players to earn their names to be put on the back of their jerseys. As told by Coach Bruich, here is how their players earn that right.

When I first landed at 13 years ago, I realized cut out for me. The had an overall football of the program had low of focus on academ- with maintaining a CIF needed to change eve- had to establish some ty.



Redlands East Valley, some that I definitely had my work school was 5 years old and record of 1-48. Every aspect self-esteem, including the lack ics. Players were satisfied eligible 2.0 GPA. I knew we ryrthing about the program and kind order to make this a reali-

I started by developing the program's philosophy, which I have not altered much to this day:

- We are here for the kids. We must strive every day to make them better people- on and off the field. We must teach our boys how to be winners in life; which will make winning games seem easy.
- We must stress the importance of **ACADEMICS, ATTITUDE & EFFORT**. These are three absolutes in our program. We cannot let kids slide in any of these areas.

We talk about a 2.0 GPA being great for getting athletically eligible, but a 3.0 GPA sets them up to be college eligible. This is what we strive for; ***the ability to further our future by having options after high school.*** This is also when I decided I needed to implement a reward system to ensure that our philosophy was being matched by our actions.



### **The Rules**

We use two different grading periods to reward our 3.0+ student athletes. **The first checkpoint is at the end of the June semester.** If a player has a 3.0 or higher at that time, he will get his last name put on his jersey. This is my favorite grading checkpoint because it is a player's semester marks, which means it is permanent on his transcripts. (I have found it is best to stay away from adding or subtracting summer school grades because it can get pretty tricky or technical.)

Then, one of the first things we do when we return for summer workouts is honor those players who will be representing their families on their jerseys.

The next grading period we use to challenge the team is at the culmination of the first quarter. For REV, this usually occurs around week five of the season. It works the same as at the June semester- those who earn a 3.0+ GPA or higher will get their last names on their jerseys or maintain having their names on their jerseys.

However, any player who dips below a 3.0 that previously had his name on his jersey will have it removed. It makes for a great start to the school year and is the one grading period that we gain the most 3.0+ GPA's.

***Thank you very much to Coach Bruich for his contribution to THE WHISTLE!***



# **2014-15 CIF ACADEMIC TEAM STATE CHAMPIONS**

**SACRAMENTO** — The California Interscholastic Federation (CIF) today announced 29 state academic team champions for the 2014-2015 school year. The CIF State Academic Team Champions program was initiated in 1996 as a way to reward teams with the highest collective grade-point-averages, based on an unweighted 4.0 scale, in their respective sport.

CIF State Academic Team Champions will receive a banner, suitable for display in their school gym, to recognize this accomplishment. All nominees were their respective CIF Section academic team champions. Section offices forwarded their winners in all sports to the state office for consideration.



The Southern Section had 14 teams represented, followed by four teams for the Central Coast and San Francisco Sections. The North Coast Section and San Diego Sections had three teams respectively, followed by the Central Section, Northern Section with one team each.

***SOURCE: CIFSTATE.ORG***

Girls Cross Country	San Francisco International	San Francisco	<b>4.00</b>
Girls Track & Field	San Francisco International	San Francisco	<b>4.00</b>
Girls Golf	The Webb, Claremont	Southern	<b>3.97</b>
Girls Wrestling	San Francisco International	San Francisco	<b>3.97</b>
Girls Swim & Dive	Liberty, Bakersfield	Central	<b>3.95</b>
Girls Basketball	Alex Pilibos Armenian, Los Angeles	Southern	<b>3.94</b>
Boys Track & Field	Gretchen A. Whitney, Cerritos	Southern	<b>3.94</b>
Girls Water Polo	Santa Barbara	Southern	<b>3.93</b>
Girls Soccer	Castilleja, Palo Alto	Central Coast	<b>3.92</b>
Girls Tennis	The Webb Schools, Claremont	Southern	<b>3.91</b>
Boys Cross Country	Eastside Christian, Fullerton	Southern	<b>3.90</b>
Girls Volleyball	Alex Pilibos Armenian, Los Angeles	Southern	<b>3.90</b>
Girls Lacrosse	St. Ignatius, San Francisco	Central Coast	<b>3.89</b>
Boys Tennis	Hemet	Southern	<b>3.89</b>
Boys Golf	Ocean View, Huntington Beach	Southern	<b>3.87</b>
Badminton (co-ed)	George Washington, San Francisco	San Francisco	<b>3.85</b>
Boys Soccer	Mission San Jose, Fremont	North Coast	<b>3.85</b>
Boys Basketball	Calvin Christian, Escondido	San Diego	<b>3.80</b>
Boys Water Polo	Mission San Jose, Fremont	North Coast	<b>3.80</b>
Softball	Flintridge Sacred Heart, La Cañada Flintridge	Southern	<b>3.79</b>
Boys Swim & Dive	Cardinal Newman, Santa Rosa	North Coast	<b>3.79</b>
Boys Volleyball	Calvary Chapel School, Murrieta	Southern	<b>3.79</b>
Baseball	Poly, Pasadena	Southern	<b>3.76</b>
Boys Wrestling	Atascadero	Southern	<b>3.73</b>
Field Hockey	Valley Center	San Diego	<b>3.71</b>
Football	Flintridge Prep, La Canada Flintridge	Southern	<b>3.68</b>
Football	Santa Fe Christian, Solana Beach	San Diego	<b>3.68</b>
Gymnastics	Mountain View	Central Coast	<b>3.61</b>
Boys Lacrosse	St. Ignatius, San Francisco	Central Coast	<b>3.60</b>
Girls Skiing	Enterprise, Redding	Northern	<b>3.52</b>

# THE CLIPBOARD

*News you can use*

**1. NEW NFHS SUDDEN CARDIAC ARREST COURSE** Sudden Cardiac Arrest is the number one cause of death in the United States for student athletes during exercise. Caused by a structural or electrical problem associated with the heart, Sudden Cardiac Arrest happens when the heart unexpectedly stops beating and pumping blood.

**[CLICK HERE TO ACCESS THIS COURSE](#)**

**2. 2015 STATE TRACK AND FIELD CHAMPIONSHIPS**

**[CLICK HERE TO ACCESS RESULTS](#)**

**3. 2015 STATE BOYS GOLF CHAMPIONSHIPS**

**[CLICK HERE TO ACCESS RESULTS](#)**

**4. 2015 NFHS FOOTBALL RULE CHANGES**

**[CLICK HERE TO ACCESS FOOTBALL RULES CHANGES](#)**

**5. 2015 NFHS VOLLEYBALL RULE CHANGES**

**[CLICK HERE TO ACCESS VOLEYBALL RULES CHANGES](#)**

**6. 2015 NFHS CROSS COUNTRY RULE CHANGES**

**[CLICK HERE TO ACCESS XC RULES CHANGES](#)**

**7. NFHS HEAT ACCLIMIZATION AND HEAT ILLNESS PREVENTION**

**[CLICK HERE TO ACCESS INFORMATION](#)**

**8. AN INFORMED PARENT IS A HAPPY PARENT**

**[CLICK HERE TO ACCESS ARTICLE](#)**

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## **EXECUTIVE BOARD**

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[cwalsh@acalanes.k12.ca.us](mailto:cwalsh@acalanes.k12.ca.us)

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[grialous@att.net](mailto:grialous@att.net)



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**CIF Northern Section** *Pam Borg-Yreka*

**CIF North Coast Section** *Chris Walsh-Campolindo, Linda Ghilarducci*

**CIF Sac-Joaquin Section** *Joe Mazzuca, Mary Jo Truesdale*

**CIF San Francisco Section** *John Donohue*

**CIF Oakland City Section** *Rob Grialou*

**CIF Central Coast Section** *Jim Rear*

**CIF Central Section** *Dan Swagerty*

**CIF Los Angeles Section** *Scott King*

**CIF Southern Section** *Ken Reeves, Chris Fore*

**CIF San Diego** *Anne Rosser, Jim Cervany, Dennis McClanahan*

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.