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**BACKUP MATERIAL  
BOARD OF MANAGERS MEETING  
October 7, 2015  
The Reserve at Spanos Park**

**CONSENT CALENDAR**

The following items are considered for your approval. If requested, any of the following items may be removed and placed on the regular agenda.

**Section**

- 1. Approval of Minutes of April 29, 2015 Board of Managers Meeting**

**OLD BUSINESS (Voting Items)**

**Section**

- 1. Appointment of Representative to the Federated Council – No Backup Material**  
Debbi Holmerud contacted the Section office in late May 2015 and apologized for her absence of meetings during the 2014-15 school year due to her heavy travel commitments. She felt like things would not slow down for her this year, therefore she felt it was best for the organization that she resign her position. With Debbi's absence, we are in need of a female to serve in the role of Representative to the Federated Council. The Executive Committee is recommending appointing Sara Wetteland, Assistant Principal at Center High School and former Board of Managers rep for the PVL. The Executive Committee is recommending be appointed for a two (2) year term (2015-16 and 2016-17) at which time the position will run its normal course of election.

**State**

- 1. Proposed two-year pilot program – Southern California regional tournament entries for basketball, soccer and volleyball**  
This proposal would make adjustments to several bylaws that govern entry and divisional placement for Regional and State tournaments in basketball (1606), soccer (2401), girls' volleyball (2902) and boys' volleyball (2903) for the Southern California region only. These changes will go into affect IMMEDIATELY. (Pages 1-4)

**NEW BUSINESS (Non- voting Items)**

**Section**

- 1. MEL proposal to Amend SJS Bylaws 1903.3, 504.7.a and 504.9.f (Football Helmets)**  
The Monticello Empire League (MEL) has submitted a proposal that amends current Bylaws 1903.3, 504.7.a and 504.9.a, thus allowing football players to wear helmets during the limited period of practice time, starting May 2016. (Page 5)
- 2. Election of Large School Athletic Director Representative – No Backup Material**  
This position has a two-year term and will serve on the Board for the 2016-17 and 2017-18 school years. Nominations are open to all athletic directors at Division I and II schools (only AD's at schools in the CCC, MMC, SJAA, TCAL, DL, MEL, SFL, CVC, MC and SCAC are eligible). The deadline to submit an application (one-page resume) to the Section office is Friday, December 4, 2015.

**3. Proposed Revisions to Sac-Joaquin Section Constitution, Article 4, Section 1, #4, Section 2 and Section 3.**

This proposal restructures portions of our officers and governance structure. The Executive Committee and Staff are recommending placing the Sac-Joaquin Athletic Directors Association (SJADA) rep. on the Executive Committee. This will eliminate the SJADA rep. as a voting member of the Board of Managers, but allows them the opportunity to have a voice at the next level of our governance structure. In conjunction with this is making each athletic director's rep. (small, medium and large) a voting member of the Board of Managers – in the past there has been one (1) vote for our four (4) athletic director rep's, which has come through the SJADA rep. (Pages 6-8)

**State**

(These are first reading items (informational) at the October 9, 2015 Federated Council meeting.)

**1. Proposed Revisions for Bylaws 204, 207, 213**

The proposed modifications for consideration are to better clarify the residential eligibility and status of a student who has been declared by the local educational agency (LEA) as "homeless" under the McKinney-Vento Assistance Act. (Pages 9-13)

**2. Process and Development of Bylaws for A.B 949 (Information Only)**

This item is information only! If A.B. 949 is signed into law, it directs the CIF to develop policies and procedures for competitive cheer. Associate Director Ron Nocetti will share the proposed timeline and process that the State CIF office is recommending if the bill becomes law. (Pages 14-15)

**3. Bylaw 103 – Weighted Voting (Information Only)**

This item is information only! The only changes on weighted voting for the 2015-16 school year is an additional vote for the Sac-Joaquin Section (18) as our enrollment has increased in excess of 225,000. As a result of our increase the Southern Section increases (36) as they are always double the SJS. (Pages 16-18)

**REPORTS**

**Commissioner**

**1. Watch List Committee Report – No Backup Material**

The realignment committee for the 2014-2018 cycle created a "Watch List" consisting of three leagues and seven schools. The idea was to develop a "Watch List Committee" to take a look at these leagues and schools and decided if any action was warranted at the midpoint of the cycle. The schools and leagues on the "Watch List" are as follows:

**SCHOOLS**

Bear River (PVL)  
Colfax (PVL)  
Grace Davis (MMC)  
El Capitan (WAC/CCC)  
Johansen (MMC)  
Placer (PVL)  
Sonora (MLL)

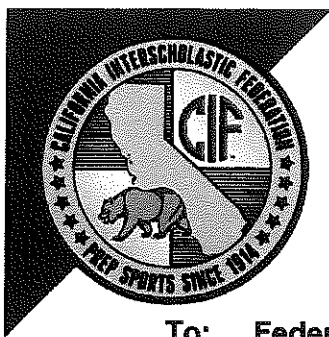
**LEAGUES**

CAL  
GEL  
PVL

The Watch List Committee met on Thursday, May 21, 2015 and Wednesday, September 2, 2015. Staff will provide a report of the outcome of the Watch List Committee meetings. (Pages 19-20)

**INFORMATION / ARTICLES**

1. HeadStrong Concussion Insurance Program (Pages 21-23)
2. San Mateo Daily Journal – San Mateo Grand Jury (Pages 24-26)
3. Mercury News – Club Sports and High School Sports (Pages 27-30)



V.C.1.

ROGER L. BLAKE, EXECUTIVE DIRECTOR

# CALIFORNIA INTERSCHOLASTIC FEDERATION

CIF STATE OFFICE • 4658 DUCKHORN DRIVE • SACRAMENTO, CA 95834 • PH: 916-239-4477 • FX: 916-239-4478 • WWW.CIFSTATE.ORG

To: Federated Council

Date: August 27, 2015

Re: Two-Year Pilot Program – So. California Regional Tournament Entries for Basketball, Soccer and Volleyball

Proposal Originated: C.I.F. Commissioners

## Proposal Reviewed

10/01/2013 – Commissioners Committee  
01/08/2014 – Commissioners Committee  
03/17/2014 – Commissioners Committee  
06/18/2014 – Commissioners Committee  
09/09/2014 – Commissioners Committee  
09/30/2014 – Commissioners Committee  
01/13/2015 – Commissioners Committee  
03/19/2015 – Commissioners Committee  
03/26/2015 – Executive Committee  
04/30/2015 – Executive Committee  
05/01/2015 – Federated Council

## Proposal Recommendation

Discussion  
Discussion  
Discussion  
Discussion & Formats  
Discussion & Formats  
Discussion & Formats  
Discussion & Formats  
Proposal Forwarded 10-0 support  
First Reading  
Support 9-0  
First Reading

Type: Bylaw Revisions (Pilot)

Next: Federated Council, Action Item (Immediate Implementation)

**Proposal Summary:** The Commissioner Committee is forwarding for consideration a Two-Year pilot program that will revise several bylaws that govern entry and divisional placement for Regional and State tournaments in Basketball (1606), Soccer (2401), girls' Volleyball (2902) and boys' Volleyball (2903) for the southern California region only. These changes would be implemented immediately.

**Fiscal Impact:** None

**Background:** For the past several years, the four southern California CIF sections have moved to competitive equity playoffs based upon historical success and other statistical factors. Given that all four sections in the south are using this model, this pilot proposal would allow the southern regional tournament playoffs to be a continuation of this process.

**1606. REGIONAL AND STATE CHAMPIONSHIP DIVISION PLACEMENT OF SCHOOLS**

Each Section will determine the divisional placement for its schools who qualify for the state basketball championships. CIF member schools will be required to participate in the division that has been established by their respective Section unless selected for the Regional Open Division. Sections may use their own established criteria to determine placement of teams in the six seven divisions based on the following guidelines:

Open Division	As determined by Selection Committee
Division I	As determined by Section
Division II	As determined by Section
Division III	As determined by Section
Division IV	As determined by Section
Division V	As determined by Section, but enrollment may not exceed 600
Division VI	As determined by Section, but enrollment may not exceed 200

Divisional placement of teams in the southern California Regional Tournament will be based on rankings provided by each Section at the conclusion of their playoffs. Teams in the southern California Regional Tournament may be moved to a different division than the one in which they participated in during their section playoffs and there will be no enrollment cap in the southern California Regional Division V. This will be a two-year pilot (2015-2016 & 2016-2017) for the southern California Regional Tournament only and will include the Central Section, Los Angeles Section, San Diego Section and Southern Section.

**NOTE:** The State Championship will include Divisions I-V above and an Open Division. Division VI Regional Championship will be in NorCal only. For more detailed information, please refer to Blue Administrative Regulations and Policy Pages contained in the back of the Constitution and Bylaws and the published Basketball Handbook for Regional and State Championship Basketball Playoffs.

(Adopted May 2001 Federated Council/Revised 2002 Executive Committee/Revised February 2005 Federated Council/Revised May 2008 Federated Council/Revised May 2012 Federated Council/Revised May 2014 Federated Council)

**2401. SOCIAL REGIONAL SOCCER CHAMPIONSHIPS**

Southern California boys and girls soccer championships (five divisions) will be held following the completion of Section playoffs for the Central, Los Angeles, San Diego and Southern Sections.

Divisional placement of teams in the southern California Regional Tournament will be based on rankings provided by each Section at the conclusion of their playoffs. Teams in the southern California Regional Tournament may be moved to a different division than the one in which they participated in during their section playoffs. This will be a two-year pilot (2015-2016 & 2016-2017) for the southern California Regional Tournament only and will include the Central Section, Los Angeles Section, San Diego Section and Southern Section.

(Approved Federated Council February 2007/Revised Federated Council May 2014)

**NOTE:** For more detailed information, please refer to Blue Administrative Regulations and Policy Pages contained in the back of the Constitution and Bylaws and the published Soccer Handbook for Regional Playoffs.

**2902. REGIONAL AND STATE CHAMPIONSHIP DIVISIONAL PLACEMENT OF SCHOOLS**

Each Section will determine the divisional placement for its schools who qualify for the state girls volleyball championships. CIF member schools will be required to participate in the division that has been established by their respective Section Sections may use their own established criteria to determine placement of teams in the six divisions based on the following guidelines:

Division I	As determined by Section
Division II	As determined by Section
Division III	As determined by Section
Division IV	As determined by Section
Division V	As determined by Section, but enrollment may not exceed 600
Division VI	As determined by Section, but enrollment may not exceed 200

Divisional placement of teams in the southern California Regional Tournament will be based on rankings provided by each Section at the conclusion of their playoffs. Teams in the southern California Regional may be moved to a different division than the one in which they participated in during their section playoffs and there will be no enrollment cap in southern California Regional Division V. This will be a two-year pilot (2015-2016 & 2016-2017) for the southern California Regional Tournament only and will include the Central Section, Los Angeles Section, San Diego Section and Southern Section.

**NOTE:** The State Championship will include Divisions I-V above and an Open Division. Division VI Regional Championship will be in NorCal only. For more detailed information, please refer to Blue Administrative Regulations and Policy Pages contained in the back of the Constitution and Bylaws and the published Basketball Handbook for Regional and State Playoffs.

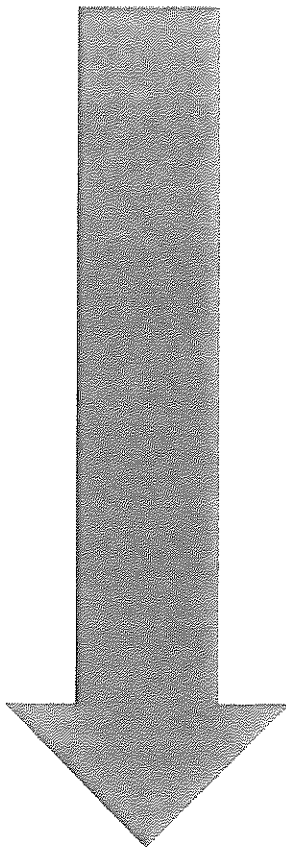
(Adopted May 2001 Federated Council/Revised 2002 Executive Committee/Revised February 2005 Federated Council/Revised May 2008 Federated Council/Revised May 2012 Federated Council/Revised May 2014 Federated Council)

**2903. SOCIAL REGIONAL CHAMPIONSHIP**

A Southern California boys volleyball championship (three divisions) will be held following the completion of Section playoffs for the Central, Los Angeles, San Diego and Southern Sections. Divisional placement of teams in the southern California Regional Tournament will be based on rankings provided by each Section at the conclusion of their playoffs. Teams in the southern California Regional Tournament may be moved to a different division than the one in which they participated in during their section playoffs. This will be a two-year pilot (2015-2016 & 2016-2017) for the southern California Regional Tournament only and will include the Central Section, Los Angeles Section, San Diego Section and Southern Section.

(Approved May 2008 Federated Council)

NOTE: For more detailed information, please refer to Blue Administrative Regulations and Policy Pages contained in the back of the Constitution and Bylaws and the published Boys Volleyball Handbook for Regional Playoffs



**Regional Entry and Seeding Information  
SOUTH**

1. Each section has a minimum number of guaranteed entries, which will be reviewed annually (in June).
2. Each section will rank it's allotted number of teams from 1st through last and teams are entered into brackets by rank order, regardless of section division.
3. All Section Division Champions advance to state regional playoffs.
4. No enrollment cap in any division in Central, Los Angeles, San Diego and Southern sections.
5. Each bracket will be filled.

<b>Basketball</b>		<b>Open</b>	<b>DI</b>	<b>DII</b>	<b>DIII</b>	<b>DIV</b>	<b>DV</b>
Central	14	1	2	2	4	3	3
Los Angeles	13	1	4	3	2	2	2
San Diego	13	1	2	3	2	3	3
Southern	44	4	8	8	8	8	8

**Note:** Additional one (1) entry in Open Division will be filled by Central, Los Angeles and San Diego Sections; If these 3 sections cannot fill all entries, the Southern Section may fill entries.

<b>Soccer</b>		<b>DI</b>	<b>DII</b>	<b>DIII</b>	<b>DIV</b>	<b>DV</b>
Central	6	1	1	1	1	1
Los Angeles	6	1	1	1	1	1
San Diego	8	2	2	2	1	1
Southern	20	4	4	4	4	4

**Note:** Central Section and Los Angeles Section will each be allotted one (1) additional entry in either DIV or DV.

<b>Girl's Volleyball</b>		<b>DI</b>	<b>DII</b>	<b>DIII</b>	<b>DIV</b>	<b>DV</b>
Central	6	1	1	1	1	1
Los Angeles	6	1	1	1	1	1
San Diego	8	2	2	2	1	1
Southern	20	4	4	4	4	4

**Note:** Central Section and Los Angeles Section will each be allotted one (1) additional entry in DIV or DV.

**Note:** In June, 2016, section allotments will be determined if expansion of girl's volleyball is passed at May, 2015 Federated Council meeting.

<b>Boy's Volleyball</b>		<b>DI</b>	<b>DII</b>	<b>DIII</b>
Central	2	1	1	0
Los Angeles	3	1	1	1
San Diego	7	2	2	2
Southern	12	4	4	4

**Note:** Central Section will have one (1) additional entry in DI, DII or DIII  
 Los Angeles Section will have two (2) additional entries in DI, DII or DIII  
 San Diego Section will have one (1) additional entry in DI, DII or DIII



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Joan Mumaugh, Commissioner

jb@mumaugh.com

PURSUING  
VICTORY WITH HONOR

**Received**

April 2015

**MAY - 4 2015**

Mr. Michael Garrison  
President, Sac Joaquin Section  
1365 E. Turner Rd, Ste. A  
Lodi, CA 95240

**CIF Sac Joaquin Section**

Dear Mr. Garrison and the Sac-Joaquin Section Board of Managers:

On behalf of the Monticello Empire League (MEL), we are submitting a proposal for consideration to the Sac Joaquin Section (SJS) Board of Managers for the meeting in October 2015.

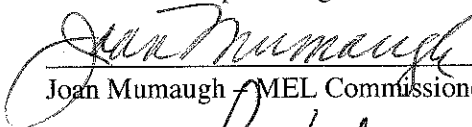
Our proposal will amend the current bylaws 1903.3, 504.7-a, and 504.9 and allow football players to wear helmets during the limited period of practice time, starting in May 2016.

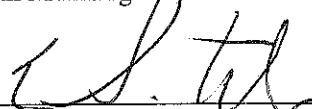
We believe this proposal will address the growing concerns about incidental contact occurring on a regular basis in practices during the limited period. As you are aware, the State of California recently passed AB 2127, which limits the amount of time for full contact practice during the off season and regular season. The focus of our proposal is to provide the necessary safety equipment to our athletes in order to help prevent head and facial injuries.

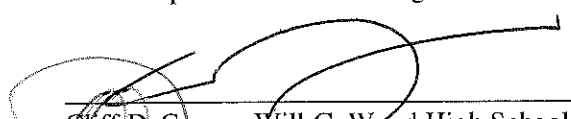
Historically the use of football helmets during "spring football" existed for many years in the SJS. In 1993 the SJS suspended recognizing spring football season and it became an activity under outside organizations. When "spring football," returned to the SJS in 1999 it was reinstated without the use of helmets and continues to exist under those conditions today.

Respectfully,


Monticello Empire League Board of Managers

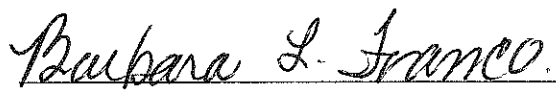
  
Joan Mumaugh - MEL Commissioner


  
Ed Santopadre - Vacaville High School

  
Cliff DeGraw - Will C. Wood High School

  
Mike Pearson - Vintage High School

  
Eric Tretten MEL President; Armijo High School

  
Barbara Franco - Napa High School

  
Clarence Isadore - Rodriquez High School

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**To:** SJS Board of Managers

**Date:** October 7, 2015

**Re:** *Proposal -- Add the SJADA representative to the executive committee and make the small, medium and large school A.D. reps voting members of the Board of Managers. The SJADA rep, as an executive committee, will no longer have a vote on the Board of Managers.*

**Implementation:** Immediately

**Proposal Originated:** Section office

**Proposal Discussed/Reviewed:**  
Executive Committee - August 17, 2015

**Recommendation:**  
Support proposal

**Proposal Summary:** This expands the executive committee to five members and allows each of the A.D. reps (small, medium and large) a vote at Board of Managers.

**Fiscal Impact:** None

**Rationale:** The Section office sees a need to enlarge the executive committee, especially when the past president is unavailable, which occurs frequently. Adding the SJADA rep gives the athletic directors a voice on the executive committee.



## CURRENT LANGUAGE

### ARTICLE 4 OFFICERS

- Section 1. At the spring meeting of the Board of Managers in each even year, the Board of Managers shall elect from the Section a president and a president-elect who shall serve a two-year term in each office. The board shall also elect a representative to Federated Council who shall serve a two-year term and not more than two consecutive two-year terms. The immediate past president's term shall be two years as well.
1. A three-member nominating committee will be established and the immediate past president shall be chair of this committee. In the event there is no immediate past president, the president shall appoint a chair.
  2. The president and the president-elect should be representative of the entire Section. If the president is from the northern part of the Section, then the president-elect shall be from the southern part of the Section and vice versa. The northern leagues include the CAL, CVC, CVCL, DELTA, GEL, MEL, METRO, NPAC, PVL, SCAC, SDL, SFL, SMAL, SVC and the TCC. The southern part of the Section includes the CCAA, CCC, MLL, MMC, MVL, SJAA, SL, TCAL, TVL, VOL and the WAC.
  3. The representative to the Federated Council shall be elected if the president and the president-elect are of the same gender.
  4. The Executive Committee of the Sac-Joaquin Section shall include the president, president-elect, representative to the Federated Council and the immediate past-president.
    - a. **Duties of the Executive Committee**
      - i. Develop operational procedures.
      - ii. Review Section and State annual budgets prior to the spring meeting.
      - iii. Review, monitor and update goals of the Section.
      - iv. Be the decision-making body between meetings of the Board of Managers when it is not necessary to call an emergency meeting.
      - v. Report on any emergency decision that was made between meetings of the Board of Managers.
      - vi. Review the agenda of the Board of Managers meeting prior to each meeting.
      - vii. Recommend positions, considerations and actions to the Board of Managers.
      - viii. Employ the Section Commissioner and contribute to the annual evaluation of the Section Commissioner.
      - ix. Consider and recommend salary and other benefits.
      - x. Monitor the office structure and operation of the Section office.
      - xi. Advise the Section Commissioner on issues, programs and matters brought to the attention of the Executive Committee.
      - xii. Represent the Section at all Federated Council meetings and any committees as appointed by the State CIF President.
      - xiii. Other emergency duties as needed.
- Section 2. Each league in the Sac-Joaquin Section will be represented on the Board of Managers. Each league is entitled to two votes and two representatives on the Board of Managers. The following representatives will be entitled to one vote: athletic director representative (the SJADA representative will be the voting member), school board member and the superintendent's representative. The Executive Committee will only vote on items when there is a tie. A quorum shall consist of two-thirds of the membership of the Board of Managers to conduct business.
- Section 3. A representative elected by Sac-Joaquin Athletic Directors Association shall be a voting member of the Board of Managers. The term shall commence on the even numbered years. League representatives and at-large representatives shall constitute the Board of Managers and shall be authorized to conduct business. A quorum shall consist of two-thirds of the membership of the Board of Managers to conduct business, president to vote in case of tie. Athletic directors shall be elected to two-year terms, as representatives for the large, medium and small schools of the Section. The large schools, the medium schools and the small schools representatives shall be elected at the spring meeting of the Board of Managers of every even numbered year.

## PROPOSED LANGUAGE

### ARTICLE 4 OFFICERS

- Section 1. At the spring meeting of the Board of Managers in each even year, the Board of Managers shall elect from the Section a president and a president-elect, who shall serve a two-year term in each office. The board shall also elect a representative to Federated Council who shall serve a two-year term and not more than two consecutive two-year terms. The immediate past president's term shall be two years as well.
1. A three-member nominating committee will be established and the immediate past president shall be chair of this committee. In the event there is no immediate past president, the president shall appoint a chair.
  2. The president and the president-elect should be representative of the entire Section. If the president is from the northern part of the Section, then the president-elect shall be from the southern part of the Section and vice versa. The northern leagues include the CAL, CVC, CVCL, DELTA, GEL, MEL, METRO, NPAC, PVL, SCAC, SDL, SFL, SMAL, SVC and the TCC. The southern part of the Section includes the CCAA, CCC, MLL, MMC, MVL, SJAA, SL, TCAL, TVL, VOL and the WAC.
  3. The representative to the Federated Council shall be elected if the president and the president-elect are of the same gender.
  4. The Executive Committee of the Sac-Joaquin Section shall include the president, president-elect, representative to the Federated Council, immediate past-president and a representative elected by the Sac-Joaquin Athletic Directors Association (SJADA). The SJADA representative shall serve for two years, commencing in the even years.
    - a. **Duties of the Executive Committee**
      - i. Develop operational procedures.
      - ii. Review Section and State annual budgets prior to the spring meeting.
      - iii. Review, monitor and update goals of the Section.
      - iv. Be the decision-making body between meetings of the Board of Managers when it is not necessary to call an emergency meeting.
      - v. Report on any emergency decision that was made between meetings of the Board of Managers.
      - vi. Review the agenda of the Board of Managers meeting prior to each meeting.
      - vii. Recommend positions, considerations and actions to the Board of Managers.
      - viii. Employ the Section Commissioner and contribute to the annual evaluation of the Section Commissioner.
      - ix. Consider and recommend salary and other benefits.
      - x. Monitor the office structure and operation of the Section office.
      - xi. Advise the Section Commissioner on issues, programs and matters brought to the attention of the Executive Committee.
      - xii. Represent the Section at all Federated Council meetings and any committees as appointed by the State CIF President.
      - xiii. Other emergency duties as needed.
- Section 2. Each league in the Sac-Joaquin Section will be represented on the Board of Managers. Each league is entitled to two votes and two representatives on the Board of Managers. The following representatives will be entitled to one vote: small school athletic directors' rep, medium school athletic directors' rep, large school athletic directors' rep, school board member and the superintendent's representative. The Executive Committee will only vote on items when there is a tie. A quorum shall consist of two-thirds of the membership of the Board of Managers to conduct business.
- Section 3. ~~A representative elected by Sac-Joaquin Athletic Directors Association shall be a voting member of the Board of Managers. The term shall commence on the even numbered years.~~ League representatives and at-large representatives shall constitute the Board of Managers and shall be authorized to conduct business.
1. A quorum shall consist of two-thirds of the membership of the Board of Managers to conduct business.
    - a. The president will vote in case of a tie.
  2. Athletic directors shall be elected to two-year terms, as representatives for the large, medium and small schools of the Section.
    - a. The large schools, the medium schools and the small schools representatives shall be elected at the spring meeting of the Board of Managers of every even numbered year.



V.B.3.

ROGER L. BLAKE, EXECUTIVE DIRECTOR

# CALIFORNIA INTERSCHOLASTIC FEDERATION

CIF STATE OFFICE • 4658 DUCKHORN DRIVE • SACRAMENTO, CA 95834 • PH: 916-239-4477 • FX: 916-239-4478 • WWW.CIFSTATE.ORG

**To:** Federated Council  
**Date:** August 27, 2015  
**Re:** Proposed Revisions for Bylaw 204, 207 and 213

**Proposal Originated:** Legal Counsel and Settlement Agreement

**Proposal Reviewed**

06/17/2015 – Commissioner Committee  
08/26/2015 – Executive Committee  
10/08/2015 – Executive Committee  
10/09/2015 – Federated Council

**Proposal Recommendation**

Discussion  
First Reading

**Type:** Bylaw Revisions

**Next:** October 8, 2015 Executive Committee – Action Item  
October 9, 2015 Federated Council – First Reading

**Summary:** The proposed modifications for consideration are to better clarify the residential eligibility and status of a student who has been declared by the local educational agency as “homeless” under the McKinney – Vento Assistance Act.

**Fiscal Impact:** None

**Background:** Proposed revisions for modifications to Bylaw 204, 207 and 213 regarding “homeless” students as defined by the McKinney - Vento Assistance Act. These proposed modifications are a result of the Settlement Agreement entered into by the CIF in the Sanchez vs. CIF Northern Section and the CIF.

# EXHIBIT A

CIF and NSCIF Bylaw Amendments

204. EIGHT (8) CONSECUTIVE SEMESTERS REQUIREMENT- See also 201.A.(2)

A. Definition of a Semester of Attendance

The first time any student has been entered on the attendance roll for 15 school days in the 9th grade, and/or in any classes taken subsequent to the completion of the 8th grade, at any school whether the student has physically been in attendance at those classes for all 15 days or not, or has played in an interscholastic athletic contest, the CIF will count that as the student's first semester of high school eligibility.

B. Eight (8) Consecutive Semester Rule

A student who first enters the 9th grade of any school following the student's completion of the 8th grade in any school may be eligible for athletic competition during a maximum period of time that is not to exceed eight (8) consecutive semesters following the initial enrollment in the 9th grade of any school and/or in any classes taken subsequent to the completion of the 8th grade, whether or not the student is enrolled in school, whether or not the student is academically or otherwise eligible and whether or not the student avails themselves of the opportunity to participate in interscholastic sports during this time. Eligibility is only available during the student's first eight (8) consecutive semesters of enrollment in high school (grades 9-12).

C. Section Waivers

(1) Waiving Semester Limitation

Each Section may, at its discretion, establish rules and procedures for waiving the limitation on eight (8) semesters of eligibility, providing:

- a. The student is required by the student's school principal to return to grade eight (8) from grade nine (9) and the student did not take part in an interscholastic contest while in the 9th grade for the first time; OR
- b. The student, because of mid-year completion of an 8th grade or a mid-year completion of the 9th grade in a junior high school, is required by the student's school principal to repeat a semester of work in order to conform to a school program having annual terms; AND
- c. The student has not taken part in an interscholastic athletic contest while enrolled for the first time in the semester which the student's school principal required the student to repeat.

(2) Waivers of the Charge of a Semester of Attendance

- a. Other than C.(1) above, relief under this rule may only be granted when the conditions set forth in Bylaw 204.C.(2)b. below are found to be present. Any other past rationales or basis for relief under this Bylaw are invalidated.

(Approved May 2001 Federated Council)

- b. Each Section may waive the charge of one (1) or more of the eight (8) consecutive semesters of eligibility for athletic competition due to a hardship condition that causes the student's absence from

school or to extend the student's attendance in school beyond eight (8) consecutive semesters, provided:

- (i) That a hardship condition exists that, in the judgment of the Section, warrants a waiver. Hardship is defined in Bylaw 213; AND
  - (ii) The hardship caused the student to remain out of school for more than half of any semester during his/her high school career; OR
  - (iii) ~~(iii) The the~~ hardship is the direct and sole cause of the student extending his/her attendance beyond eight (8) consecutive semesters even though the student was in attendance for those eight (8) consecutive semesters. Further, the student's extension of his/her attendance beyond eight (8) semesters has no athletic motivation; AND
  - (iv) That the student was eligible under all rules in the semester immediately prior to either his/her absence or the onset of the hardship condition that is the direct and sole cause for extending his/her attendance beyond eight (8) semesters; AND or the student is or was homeless or in foster care, and his/her status as a foster or homeless youth is the sole and direct cause for seeking a waiver of the charge of a semester of attendance and the student meets all other eligibility requirements unrelated to his/her status as a foster or homeless youth; AND
  - (v) Such a waiver would not grant more than four (4) years of participation in any sport;  
(See Bylaw 504.K. and 504.L.); AND
  - (vi) Hardship applications may not be submitted prior to the conclusion of the student's 7th semester in high school.
- (3) All other eligibility requirements apply.
  - (4) **APPEALS:** A decision to deny such a waiver by the Section Commissioner may be appealed only to the Section and in accordance with the provisions set forth in Bylaw 1101.  
**NOTE:** Failure to satisfy the California High School Exit Exam (CAHSEE), California course requirements (e.g. Algebra I), and/or end of course requirements shall not be considered a hardship.

#### **207.B: [TRANSFER ELIGIBILITY]**

- (1) **Mandatory Applications for Eligibility Determination**  
All such transfer students addressed in 207 must complete the respective CIF Section-required 207/510 Application form. This form must be submitted to the CIF Section for an eligibility determination., which the CIF Section Commissioner shall render in writing within twenty (20) business days of receipt unless a shorter timeframe has been so designated. No transfer student is eligible to compete for their new school of enrollment until a determination has been

made by their respective CIF Section. (See also Bylaws 501, 510 and 700.)

(5)(c)(viii) One (1) of the following hardship circumstances is documented to the satisfaction of the respective CIF Section: [...]

(f) Foster Children or Homeless Children

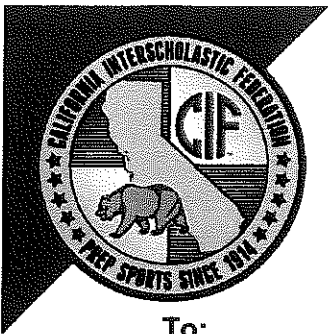
A student who: (1) is under the court-ordered supervision of the California Foster Care System who has changed residences pursuant to a court order and as a result, has transferred schools, OR (2) is homeless as defined by 42 U.S.C. § 11302; shall be determined to be residentially eligible for unlimited participation in interscholastic athletics provided all other CIF rules and regulations are met. A Under circumstance (1), a change of residence ordered by a social worker of the California Foster Care System shall be acceptable, provided all other CIF rules and regulations are met. Under circumstance (2), a determination by a Local Education Agency that the student meets the definition of homeless shall be acceptable, provided all other CIF rules and regulations are met. A subsequent transfer of schools by a homeless student while continuing to reside in the same residence/locale where the LEA declared the student "homeless" is subject to the transfer provisions of Bylaw 207. Section Commissioners shall render eligibility determinations for foster children and homeless children within fifteen (15) business days of receipt.

### 213. HARDSHIP WAIVERS OTHER THAN TRANSFER

A hardship is defined as an unforeseeable, unavoidable, and uncorrectable act, condition or event, which causes the imposition of a severe and non-athletic burden upon the student or his/her family. Due to hardship circumstances experienced by the student, the following bylaws may be waived, provided that the Section has established rules and procedures regulating hardship waivers. Waivers granted by a Section are not transferable to another Section.

Applications to waive the following bylaws must be submitted to the CIF Section for an eligibility determination, which the CIF Section Commissioner shall render in writing within twenty (20) business days of receipt. Section Commissioners shall render eligibility determinations for foster children and homeless children within fifteen (15) business days of receipt.

- A. Twenty-semester credit requirement (Bylaw 205.C.)
- B. Charged semester of attendance (Bylaw 204)
- C. Age requirement (Bylaw 203)



V.B.1.

ROGER L. BLAKE, EXECUTIVE DIRECTOR

# CALIFORNIA INTERSCHOLASTIC FEDERATION

CIF STATE OFFICE • 4658 DUCKHORN DRIVE • SACRAMENTO, CA 95834 • PH: 916-239-4471 • FX: 916-239-4478 • WWW.CIFSTATE.ORG

**To:** Federated Council

**Date:** August 27, 2015

**Re:** Process and Development of Bylaws for A.B. 949

**Proposal Originated:** State Legislature

**Proposal Reviewed**

No Proposal at this time

**Proposal Recommendation**

**Type:** New Bylaw(s)

**Next:** October 9, 2015 Federated Council – Information Only

**Summary:** If A.B. 949 is signed into law, it directs the CIF to develop policies and procedures for competitive cheer. Associate Executive Director Ron Nocetti will share a proposed timeline and process that the state office is recommending if the bill becomes law.

**Fiscal Impact:** Unknown

**Background:** AB 949, as amended, Gonzalez. Physical education: competition cheer.

Existing law describes the California Interscholastic Federation, provides the intent of the Legislature regarding its policies, and requires it to report to the Legislature and the Governor on its evaluation and accountability activities on or before January 1, 2016. Existing federal law, Title IX of the federal Education Amendments of 1972, prohibits sex discrimination in an educational institution's programs and activities.

This bill would require the California Interscholastic Federation, in consultation with the State Department of Education, to, no later than July 1, 2017, develop guidelines, procedures, and safety standards for the purpose of classifying competition cheer as an interscholastic sport, as specified. The bill would require the California Interscholastic Federation to seek a United States Department of Education Office for Civil Rights Title IX compliance designation for competition cheer, and would specify that competition cheer shall not be counted toward a school's Title IX compliance unless the United States Department of Education Office for Civil Rights deems competition cheer compliant with its definition of a sport.



## The Implementation of A.B. 949 – Competitive Cheer Proposed Timelines

<u>Strategy</u>	<u>Timeline</u>	<u>Status</u>
1. Governor Signs Bill into Law	September 2015	
2. Meet with USA Cheer & ACCAA	Sept. / On-Going	
3. Form Cheerleading Advisory Committee	October 2015	
4. CIF Bylaw Development with C.D.E.		
a. Create Joint Sub-Committee	November 2015	
b. Identify Bylaws	November 2015	
c. Begin Draft Bylaw Language	November 2015	
d. Commissioners Review	January 11, 2016	
e. Cheerleading Advisory Committee Review	January 2016	
f. Policy and Procedures Review	January 2016	
g. Executive Committee Review	January 2016	
h. President Advisory Committee Review	January 2016	
i. Policy and Procedures Committee Review	February 2016	
j. Cheerleading Advisory Committee Review	March 2016	
k. Federated Council 1 <sup>st</sup> Reading Proposal	April 8, 2016	
l. Federated Council Action Item for Implementation July 2017	October 2016	



V.B.2

ROGER L. BLAKE, EXECUTIVE DIRECTOR

# CALIFORNIA INTERSCHOLASTIC FEDERATION

CIF STATE OFFICE • 4650 BUCKHORN DRIVE • SACRAMENTO, CA 95834 • PH: 916-239-4477 • FX: 916-239-4478 • WWW.CIFSTATE.ORG

To: Federated Council

Date: August 27, 2015

Re: 2015-2016 Weighted Voting

Proposal Originated: Staff, As per Bylaw 103

## Proposal Reviewed

Staff - July 2015

August 26, 2015 – Executive Committee

## Proposal Recommendation

Forward to Executive Committee

Reviewed for Accuracy, Approved 8-0

**Next: October 9, 2015 Federated Council – Information Only**

**Summary:** This item requires no action as per Bylaw 103 by the Federated Council. The CIF staff requested that the Executive Committee review the figures, and if in agreement, approve the changes in the 2015-2016 Section Weighted Voting to ensure transparency of the process. The Executive Committee concurred with the accounting of the weighted voting as per the Bylaw.

**Fiscal Impact: Marketing Distribution.**

## **Background:**

### **103. WEIGHTED VOTING**

A. Votes cast at any Federated Council meeting shall be determined according to a weighted voting system. CIF Section votes shall be based upon:

- (1) One (1) vote per 0-25 member schools; Plus
- (2) One (1) vote per 0-25,000 students enrolled in the Section.

B. The Southern Section shall have weighted votes equal to double the second largest Section.

C. The composition of member schools and enrollment shall be reviewed every year based upon the prior year's CBEDS enrollment and adjusted accordingly.

(Revised May 2000 Federated Council)

D. Weighted votes on the Federated Council shall be allocated as follows: Central 11, Central Coast 13, Los Angeles 14, North Coast 14, Northern 5, Oakland 2, Sac-Joaquin 47 18, San Diego 12, San Francisco 2, Southern 34 36, State Department of Education 1, President 1, President-Elect 1, Past-President 1, California Coaches Association 1, California School Boards Association 1, Association of California School Administrators 1, California Superintendents Liaison Committee 1, California State Athletic Directors Association 1, California Association of Private School Organizations 1, California Association for Health, Physical Education, Recreation and Dance 1, California Activities Directors Association 1 (Total 436 139).

**NOTE:** The number of votes approved for each Section at the Federated Council will be determined each school year in the spring and any necessary adjustments in the number of votes become effective in the first regular meeting of the following school year.

# 2015-16 CIF FEDERATED COUNCIL WEIGHTED VOTES

## BY SECTION

Revised 08/01/2015

CIF SECTION	2014-15 FEDERATED COUNCIL WEIGHTED VOTES	2014-15 NUMBER OF SCHOOLS	2014-15 9-12 ENROLLMENT	2015-16 FEDERATED COUNCIL WEIGHTED VOTES	2015-16 NUMBER OF SCHOOLS	2015-16 9-12 ENROLLMEN
CENTRAL	11	101 (5)	139,339 (6)	11	101 (5)	142,247 (6)
CENTRAL COAST	13	144 (6)	155,714 (7)	13	149 (6)	158,202 (7)
LOS ANGELES	14	134 (5)	177,763 (8)	14	144 (6)	177,305 (8)
NORTH COAST	14	170 (7)	156,303 (7)	14	172 (7)	159,879 (7)
NORTHERN	5	70 (3)	29,460 (2)	5	71 (3)	28,777 (2)
OAKLAND	2	20 (1)	13,102 (1)	2	23 (1)	12,320 (1)
SAC- JOAQUIN	17	196 (8)	223,164 (9)	18	198 (8)	225,981 (10)
SAN DIEGO	12	123 (5)	164,054 (7)	12	125 (5)	168,689 (7)
SAN FRANCISCO	2	17 (1)	18,499 (1)	2	17 (1)	17,274 (1)
SOUTHERN	34	576	790,163	36	576	791,992
TOTALS	124	1,551	1,867,119	127	1,576	1,882,666

( ) = number of weighted votes per category as per bylaw 103

Bylaw Proposal

SECTION	VOTES	YES	NO
Central	11		
Central Coast	13		
Los Angeles	14		
North Coast	14		
Northern	5		
Oakland	2		
Sac-Joaquin	18		
San Diego	12		
San Francisco	2		
Southern	36		
<b>Sub-total</b>	<b>127</b>	<b>0</b>	<b>0</b>

YES

NO

ORGANIZATION	VOTES	YES	NO
ACSA	1		
CAHPERD	1		
CADA	1		
CAPSO	0		
Cal Coaches	1		
CSBA	0		
CSADA	1		
Department of Education	1		
Superintendents Liaison	0		
President	1		
President-Elect	1		
Past President	1		
<b>Sub-total</b>	<b>12</b>	<b>0</b>	<b>0</b>

YES

NO

FINAL VOTE

YES

NO

TOTAL	139	0	0
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If all in Attendance

By-Laws and Procedure: Majority Vote 70 votes

Constitution Votes: 2/3 = 92 votes.

Reconsideration is 6 sections vote no

PRESIDENT  
PETER EFSTATHIU  
Principal  
Placer High School  
275 Orange St.  
Auburn, CA 95603  
(530) 885-5700  
FAX: (530) 885-1412



COMMISSIONER  
MICHAEL S. GARRISON  
CIF Sac-Joaquin Section  
P.O. Box 289  
Lodi, CA 95241  
(209) 334-5900  
FAX: (209) 334-0300  
Web Site: [www.cifsjs.org](http://www.cifsjs.org)

**AGENDA**  
**WATCH LIST COMMITTEE**  
**CIF SAC-JOQUIN SECTION OFFICE**  
**THURSDAY, MAY 21, 2105 – 10:00 AM**

- A. Welcome and Introductions
- B. Role of Watch List Committee
- C. Review
  - I. Realignment, Spring 2013
  - II. Watch List
  - III. Issues
- D. Current Status
  - I. Review of Schools / Leagues on Watch List
- E. Process
  - I. Options (Proposal vs. Discussion Generated)
  - II. Meeting Format (Public Input)
  - III. Timeline / Meeting Dates
    - a. BOM (10/7/15 vs. 1/27/16)

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**AGENDA  
WATCH LIST COMMITTEE  
CIF SAC-JOQUIN SECTION OFFICE  
WEDNESDAY, SEPTEMBER 2, 2015 – 10:00 AM**

9:30 AM Coffee / Donuts

10:00 AM A. REVIEW

- I. Development of Watch List Committee
- II. Watch List Schools / Leagues
- III. Decision Making Process / Agenda Format
- IV. Results of May 21, 2015 Meeting

B. SECTION INFORMATION

C. PUBLIC INPUT SESSION

(Comments/presentations from the floor are limited to a maximum of five (5) minutes in length. All initial comments/presentations will be heard before any subsequent comments/presentations will be allowed)

- I. Non-School Personnel (Blue Cards)
- II. School Personnel (White Cards)

LUNCH BREAK

D. STUDY SESSION / DISCUSSION

(Only members of the watch list committee will be permitted to speak during the study session. The chair will have the prerogative to ask any member of the public for clarifying comments if information is requested and needed by the watch list committee)

- I. Development of Recommendation(s) to SJS Board of Managers – October 7, 2015, first reading.

E. ADJOURNMENT



Welcome to the Dissinger Reed HeadStrong concussion insurance program! We are pleased your participating organization is now covered by the most comprehensive concussion care insurance policy in the marketplace.

Included within this Welcome Packet, please find the important information needed to administer this program:

- Dissinger Reed HeadStrong concussion care insurance benefit summary
- Complete copy of the Nationwide Life Insurance Company insurance policy
- Guidelines on how to file a claim when an injury occurs
- Claim Form and Other Insurance Questionnaire

Please remember, the Dissinger Reed HeadStrong concussion insurance policy is secondary/excess coverage to any other valid and collectable insurance. You should file any claim first with your primary insurance carrier. Should you have any questions on the insurance policy and other related materials, please feel free to contact us at your convenience. We look forward to your young athletes participating in this program.

Sincerely,

Christian Reed  
Chief Executive Officer  
Dissinger Reed

*For questions regarding the Dissinger Reed concussion insurance policy,  
please contact Christian Reed at 800-386-9183.*

Coverage Period: 07/01/2015 – 07/01/2016  
Carrier: Nationwide Life Insurance Company  
AM Best Rated A+ XV



**Excess Accident Medical Limits:**

Maximum: \$25,000 per injury  
Usual % Customary 100%  
Benefit Period: 1 Year  
Deductible: \$0 per claim  
AD&SL \$5,000  
AS&SL Aggregate \$250,000



**Eligible Person:**

All athletes participating in a Covered Activity.

**Covered Activities:**

Participating in practice or play of sports governed and/or sponsored by the Participating Organization.

Participating Organization: an organization which:

1. Elects to offer coverage under the Policy by completing a Participating Organization Application that has been accepted by Us (Nationwide);
2. Completes a participation agreement with the Policyholder; and
3. Remits the required Premium when due.

**Definition of Injury**

For the Accidental Medical Expense benefits, the following definition of Injury applies:

A bodily injury which is:

1. Directly and independently caused by a specific Accidental contact with another body or object;
2. A source of loss that is sustained while the Insured Person is covered under the Policy and while he or she is taking part in a Covered Activity.
3. Resulting in a concussion.

**Definition of Concussion**

A Specific brain injury defined as a complex pathophysiological process affecting the brain, induced by trauma to the brain and diagnosed by a Physician practicing within the scope of his or her license.

Premium: \$1.50 per Participant of a Participating Organization

Premium is not pro-rated. Coverage will begin on 07/01/15 or date following premium payment if paid after 07/01/15. Coverage will expire on 07/01/16.

Pay plan – 100% due at inception.



## Head Strong - Concussion Insurance Program

Participating Organization application for coverage

Name of Organization \_\_\_\_\_

Organization Address \_\_\_\_\_

Contact Name \_\_\_\_\_

Contact Address \_\_\_\_\_

Contact Phone # \_\_\_\_\_ Email \_\_\_\_\_

Authorized Signature \_\_\_\_\_

Rates: \$1.50 Per Participant \$5,250 Minimum Policy Premium (3,500 participants)

Required Premium	\$1.50 x # of participants = *\$5,250 minimum premium	
	Total Premium:	

Sports and Activities: \_\_\_\_\_

### INSTRUCTIONS:

1. Complete this form and return it with your premium payable to:

Dissinger Reed – 8700 Indian Creek Parkway, Suite 320, Overland Park, KS 66210

2. Please send at least 10 days prior to the start of activities.

3. Coverage will be bound as of the start date, subject to confirmation of application and premium received in full.

4. If you have questions, please contact the Return to Play exclusive insurance agency:

Dissinger Reed, LLC ~ 1-800-386-9183



Printed from THE DAILY JOURNAL, dtd. 07/06/2015

## Student concussions in focus: San Mateo County Civil Grand Jury asks how schools addressing athlete head trauma

July 06, 2015, 05:00 AM By Nathan Mollat Daily Journal staff

A report by the American Academy of Pediatrics released in early June reports concussions have risen 200 percent among teens aged 14 to 19 in the last decade.

Other reports indicate one in five high school athletes will sustain a concussion.

With questions being raised about the safety of sports, how have San Mateo County public high schools fared in addressing the issue of safety and head trauma?

According to a report from the San Mateo County Civil Grand Jury released June 29, schools comprising the Peninsula Athletic League are well aware of the dangers and are doing a relatively good job of diagnosing and treating head injuries.

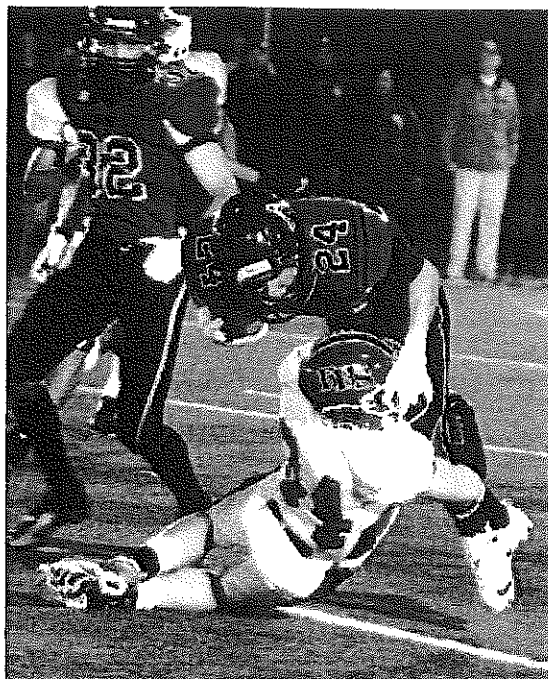
"Our district was out in front of it," said Steve Sell, Aragon's longtime football coach and athletic director.

The San Mateo Union High School District has been the most proactive in protecting student-athletes at their member schools, having instituted districtwide pre- and post-injury neurocognitive testing, as well as the hiring of full-time certified athletic trainers — two of the recommendations the grand jury concluded all districts should strive to reach.

The grand jury's third recommendation is each district establish a database of all head injuries. That information would then be turned over to the Peninsula Athletic League for analysis.

SMUHS utilizes the Immediate Postconcussion Assessment and Cognitive Thinking (ImPACT) test to establish a baseline of all athletes at the beginning of the high school season. Following any kind of head injuries, athletes re-take the test and have the results judged against the baseline test. Until the athlete can equal or surpass their baseline score, they are held out of competition.

According to the grand jury report, SMUHS and the Sequoia Union High School District are the only two in the county that are doing neurocognitive testing. SUHSD conducts its testing through a grant from Sequoia Hospital, while the San Mateo district pays for testing through its general fund. Half Moon Bay High School did use ImPACT testing for football for the 2012 season, but budget constraints have forced the school to shutter the program the last two years.



*Improving the player safety on the football field may come down to changing the way one of the fundamentals of the game is currently performed. Most defenders are taught to get their head across the ball*

The Cabrillo Unified, Jefferson High and South San Francisco Unified school districts do not perform any kind of neurocognitive testing, citing budget constraints, according to the report.

*carrier, top, but leaving the players susceptible to taking knees and thighs to the head. The rugby style tackle, bottom, stresses wrapping up the ball carrier and tackling with the shoulder, with the head on the outside of the ball carrier.*

Jeff Cosico, El Camino High School athletic director, said he has not heard from SSFUSD about implementing neurocognitive testing, but he and South San Francisco High School athletic director Matt Schaukowitch have been talking about implementing a test on their own.

"We want to do it where we're both consistent," Cosico said.

"One of our assistant trainers was kind of pushing (for baseline testing). I said I wanted the district to make the decision. But he showed me a test and I said this is something we could do on our own," Cosico continued. "Player safety is the number one concern. We have the CIF baseline cognitive test, but it wasn't district mandated."

Sell cautions, however, that the testing is only one of the protocol used in determining a concussion and when it is safe to return.

"[Baseline testing is] part of the evaluation. It's not the biggest part. It's not going to replace a doctor," Sell said. "It's just another tool."

In addition to testing, the state of California and California Interscholastic Federation (CIF), the governing body of high school athletics in the state, have enacted legislation to further protect athletes. A couple years ago, CIF passed a law that says any athletes who suffer a head injury can only return after clearance from a doctor. There have also been new rules passed limiting the amount of live hitting football players can do during the year.

"There have been some rules changes from CIF and CCS about what you can and can't do," said John Philipopoulos, Burlingame's football coach and athletic director.

Assembly Bill 2127, which took effect Jan. 1, forces players who suffer a head injury to sit out a minimum seven days after having been evaluated and diagnosed by a physician.

All the testing and laws can't replace making an early diagnosis and taken the first initial steps in treating a possible head injury. Matt Smith, head trainer at Burlingame High School, said nothing is better than seeing firsthand how an injury occurred. And that's where things can get a bit muddy. While football games are required to have a trainer present before the start of all games, other sports don't have that mandate. So during the basketball and soccer seasons, Smith, who has served as the school's trainer for the last 10 years, finds himself have to split time between two different venues, which he said can have an impact on care.

"It can be a bit [hectic], going back and forth," Smith said. "When things like that are going on and there is a head injury, it can make it a little harder because I may not have seen it." Regardless, Smith will go through the protocol and always err on the side of caution.

Sell said it's important to have a trainer who is more concerned with the health of a player than the result on the scoreboard.

"You need, as best as you can, an uninterested third party making the determination," Sell said. "It's good to have someone there who says I don't care if we win or lose, this kid is not going back in."

"The coaches, in this district, put the kids first, but it's nice to have someone who has not prepared all week to win a game."

While the grand jury report focused mainly on the safety of football, it did indicate that football is far from the only sport that places athletes in danger. Girls' soccer and lacrosse have seen a spike in head injuries over the last several years.

"The pace of the game has really sped up. The skill level has gotten better in the last decade," said Jose Navarrete, Woodside's girls' soccer coach and longtime youth coach.

"They do things in a higher gear than a decade ago."

That has also contributed to more head trauma and it's coming at an earlier age. There is a growing movement to ban the youngest age groups from heading the ball and Navarrete is among the group.

"I know there has been a lot of education done," Navarrete said. "I think at the younger age groups, head gear should be mandatory. They're still not in control of their bodies."

"I don't think the element of skill will go away if 8- and 9-year-olds aren't heading the ball."

Therein lies the greatest way to counter possible injuries — education. Sell believes the way the game is taught needs to change, especially in football.

"No matter what sport, people coach the way they were coached," Sell said. "People who are coaching now were taught to get your head across the ball."

Now coaching staffs are realizing that puts defensive players especially in harm's way as it becomes very easy to take a knee to the head by a running back.

Now Sell and the Menlo School coaching staff are utilizing the rugby tackle, which stresses keeping a player's head from crossing the body of the attacking player.

"It's a shoulder tackle," Sell said. "It's a tackle you should be able to make without a helmet on."

Sell, who played football at Aragon and rugby at St. Mary's, said he was a better rugby tackler than football tackler and, after looking at the safety ramifications, said he is a convert.

"I think [the rugby tackle] is easier. ... If you can hug and twist, you can make the tackle," Sell said. "I'd rather give up an extra yard if it means for sure [the ball carrier] will go to the ground and the tackler won't get injured and miss two weeks."

Sometimes the biggest battle is simply protecting the player from himself. Even at the high school level, an athlete is willing to look past any potential injury to get back on the field. It's up to trainers like Smith to make sure that doesn't happen.

"I can't base my decision on how the kids says he feels," Smith said.

If there is a head injury, it's almost assured the player is done for the rest of that game and will be required to see his or her doctor. But Smith has also devised his own cognitive testing to make a quick evaluation on a player's condition.

"I started doing baseline testing about five years ago, before the district brought it into play," Smith said. "I do my own paper-pencil test. It takes about seven or eight minutes. I can add up the scores and compare them to [the baseline scores]. Just the idea of ... having something tangible to go against when player comes out of a game. ... Instead of just going on what the kid was saying, now I say something that is a repeatable test. ... It's not hard and fast, but it gives us info."

Smith said he prefers his test over the ImPACT test, simply because of the time restraints necessary to take the district test.

"It's time consuming," Sell said.

Smith said the post-injury ImPACT test can not be taken for 24 to 48 hours after a diagnosis by a doctor. Because the test is so involved, Smith said it take up to 25 minutes, it could possibly worsen symptoms if taken too soon after the injury.

"I would prefer (my test), in my opinion, than the ImPACT test. It can be given quickly and gives you basic info to see if something is there," Smith said. "With my test, if they get an injury, I can take them right in, re-administer the test and look at the baseline test. I don't have to wait 24, 48 hours."

## Club sports, high school sports trying to co-exist

By John Reid Daily News Staff Writer

Updated: 07/02/2015 12:26:46 PM PDT

MercuryNews.com

[Click photo to enlarge](#)

In the olden days of high school sports, coaches didn't have to deal with athletes playing club sports. Now club participation by high school athletes has become the norm.

"The biggest change (to the coaching profession) has been travel ball," said Carlmont-Belmont softball coach Jim Liggett, who has headed the Scots' program since 1976. "Kids are getting outside instruction, such as a hitting coach, a pitching coach. Kids aren't ready to take instruction from high school coaches after spending big money on the outside. Parents are out for what is best for their kids. Coaches can run into problems with parents."

Liggett said there are pros and cons with kids playing club sports. On the plus side, their skill level is up because they play year-round.

"But playing club softball year-round is not good for their muscle groups. There is no recuperation period," Liggett said. "Girls that play club softball can wear out their arm. They throw, throw, throw. It's an overuse of the same muscle."

Pinewood-Los Altos Hills girls basketball coach Doc Scheppler, who also is a club coach, is concerned how club sports might cause burnout.

"We have a girl who plays for two club teams," Scheppler said. "She played six games the other day. That seems over the top. I understand the value of playing club sports. Sometimes, parents have to put up barriers for their kids. They need to know when to pull back."

Outgoing Central Coast Section Commissioner Nancy Lazenby Blaser said club sports are affecting high school sports in a big way.

"Club sports are impacting us greatly in the expansion of the programs," Lazenby Blaser said. "They are impacting the attitude of parents and, even coaches, coming into the high school ranks from the club world. The high school season, in many sports, is squeezed on both ends by kids' club activities."

The club sports that most affect high school sports are volleyball, basketball, soccer, water polo, baseball and softball.

"We see more and more club tryouts encroaching into the high school season for those sports," Lazenby Blaser said. "That causes disruption of the high school team through stress for the individuals about their performance at club tryouts. These tryouts often happen during critical competitive times in high school sports, such as league championships, league competition or CCS playoffs."

Soccer has become so specialized, some clubs prohibit team members from playing on their high school team.

"Some clubs in some sports run their competitions beyond the start of the high school program," Lazenby Blaser said. "That causes students to try to delay their high school start or try to begin their club season before the high school season is over."

#### Necessary evil

Menlo School-Atherton Athletic Director Kris Weems labeled club sports a kind of necessary evil.

"I understand the need for working on your game and developing your skills in a particular sport," said Weems, a standout guard in his hoop days at Stanford. "I played AAU basketball in high school and it was one of the main reasons I was able to be recruited to play college basketball. I understand many colleges only recruit athletes by viewing them in club competition. But that's only one way to evaluate a student-athlete. There are plenty of high school programs and coaches that, not only teach their respective sports at a high level, but they are also respected by the colleges who recruit players from their schools."

Weems noted his former coach at Stanford, Mike Montgomery, developed relationships with both his AAU coach and high school basketball coach.

"They used that information to figure out if I was a good fit," Weems said. "Same went for my teammates at Stanford. Student-athletes who have experience with both high school and club teams are better competitors and, generally, better prepared for competing at the high school varsity level, as well as collegiate level. More importantly, the student-athletes develop several different groups of friends and support systems to navigate the pressures and issues pertaining to high school students today."

#### Two sides to every coin

Former Palo Alto baseball coach Erick Raich, now running the De Anza College program in Cupertino, founded California Club Baseball over a decade ago. Raich won a Central Coast Section Div. I crown at Paly in 2011, the school's only section baseball title.

"I have a perspective from both sides of the fence," Raich said. "I was a high school coach and am a club coach. I'm unbiased."

When he coached at Paly, Raich had some of his club players on his high school team. Wasn't that a conflict of interest?

"I'm putting the best nine guys on the field," Raich said. "Baseball doesn't conflict with the high school season like volleyball and soccer does. There is no reason for baseball coaches to put the clamps on their players and blackball them. Travel ball isn't for everybody."

Raich insists playing travel baseball is beneficial for the player.

"If you have the top five players on your team and you don't allow them to play travel ball, you are holding them back," Raich said. "It's like letting them play Little League, but not letting them play all-stars."

Palo Alto grad Ben Sneider, a former Daily News pitcher of the year, improved his pitching via travel ball, Raich said.

"Every time out in travel, Ben faced a lineup of Division I recruits," Raich said. "When he got back to high school ball, he had the mind-set he wasn't intimidated."

Many athletes play club sports because of opportunities to showcase their talents in front of college scouts.

"It used to be where the college scouts came to the schools," Liggett said. "That only exists in football now."

There are club coaches out there who are all about the money, Raich said.

"There are travel ball coaches out there who should be wearing ski masks the way they rob people," Raich said. "They take \$5,000 and tell the kid they can get him a Division I ride. I tell kids and parents that there is no guarantee. I help them find the right fit for them."

"I've seen club coaches who promise a scholarship to a kid and the kid ends up in some podunk town," Liggett said.

Can't try out?

Mountain View girls volleyball coach Dave Winn is a former volleyball coach at Los Altos and Palo Alto High.

"When I was coaching at Los Altos, there were four incoming freshmen who were good volleyball players," Winn said. "Their club soccer coach told them they couldn't play any other sport, so they didn't come out for volleyball. How can a 14-year-old know what sport she must focus on?"

Boys soccer has been hurt the most at the high school level with the rise of soccer academies such as the De Anza Force, based in Cupertino, and Juventus Sports out of Redwood City. If a player is a member of those academies, he is not allowed to play for his high school team. The academies are under the direction of the U.S. Soccer Development Academy, which lays down the rules.

Girls belonging to an academy do not have that restriction.

"Some club coaches still tell their kids not to play soccer for their high school team," said Mountain View girls soccer coach Ivan Bandov, who also coaches for Juventus. "I have two girls in De Anza Force who will be freshmen this year, but I'm not sure if they will come out for soccer."

Another factor is more high school coaches are also club coaches. That can be a problem for a few reasons, including conflict of interest and not knowing what coaching high school entails.

"Some of our walk-on coaches who come from the club ranks do not always get the mentoring they need to understand the differences in these two worlds," Lazenby Blaser said. "They bring a club coaching mentality, which is generally and primarily focused solely on skill development for individuals in that sport. Some of our walk-on coaches are unaware of the broader educational nature of our interscholastic sports programs. They sometimes don't realize there are many rules they are required to follow or, in some cases, they don't understand the importance or purpose of our rules and regulations. This leads to more rule violations that result in action from the CCS Commissioner's office to be necessary."

#### Conflicts of interest

Winn has been coaching club volleyball for the past 14 years, the last three years as an assistant for Mountain View Volleyball Club.

"Club serves the purpose for players to play at a higher level of competition," Winn said. "When club volleyball first started, it was for players who were there to get a scholarship. There are different levels of club volleyball now. There are levels for girls who just want to have an outlet to play competitive volleyball."

Winn said there can be a conflict of interest when it comes to a high school coach coaching the same players he coaches in club. MVVC has a policy to prevent any conflict of interest when it comes to tryouts for club.

"We have a conflict-of-interest coach who will evaluate any player I coach in high school," Winn said. "But, if it's even, I would probably go with the player I coach in high school because I feel I can develop that player."

Winn has seen other high school/club coaches who can't resist temptation.

"I've seen high school coaches who think their club team is a farm system for their high school team," Winn said.

Former Menlo-Atherton girls water polo coach Chris Rubin is a firm believer in club sports.

"Club water polo plays a huge role," Rubin said. "When I first started, only a few incoming freshmen had club water polo experience. Now most of them have played club water polo before coming to high school. Having club water polo experience is key to a high school team's success. If you have a lot of kids who have played club water polo, then all you have to do is have them carry out the game plan."

It appears that club sports are here to stay, so high schools need to co-exist the best they can.

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