

CIF and IUSD Sports Board Presentation

June 26, 2018

California Interscholastic Federation



Overview

Southern Section

Composition

Releaguings

New Sports

On the Horizon?

What is CIF?

- CA Interscholastic Federation
 - Goal of CIF
 - Structure
 - Governance
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State Updates and Points of Emphasis

- Calendar changes
- Championship adjustments
- Rule/law changes
 - Cheerleading

In process

- Emergency Procedures/ AED's
- Heat illness training
- Athletic Trainer licensing



Southern Section Yearly Goals



- Every year the Southern Section Commissioner introduces yearly goals
 - The implementation of these goals are overseen by the Executive Committee
 - Currently there are 9 goals

Releaguing



- Area Placement
- New - two year process (was 4 years)
- Proposals
 - Geographic location
 - Enrollment
 - Competitive Equity
- New leagues start with 2018-19 school year

Coaching Certification

Requirements specified in CCR Title 5, § 5593 and 5594

Coach must show knowledge and competency in the areas of:

- 1) Coaching techniques
- 2) Care and prevention of injuries
- 3) Rules and regulations
- 4) Adolescent psychology

Certification to and by the Board is required

Athletic Trainers

Each high school has a full time Certified Athletic Trainer

They provide:

- Rehabilitative care for all athletes with injuries
- Emergency response for large events
- Prevention of injuries
- Connection with the medical community



Athletic Injuries



Injury treatment and prevention includes:

- Concussions
 - ImPact Software
 - Return to Learn
 - Medical bridge
 - Yearly review of data for trends
 - Prevention and Rehab
 - Advocates
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IUSD Sports...On the Horizon

