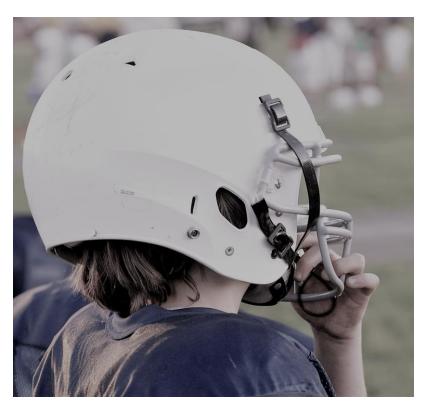
# CIF and IUSD Sports Board Presentation

June 26, 2018

#### California Interscholastic Federation



Overview

Southern Section

Composition

Releaguing

**New Sports** 

On the Horizon?

#### What is CIF?

- CA Interscholastic Federation
- Goal of CIF
- Structure
- Governance



#### 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

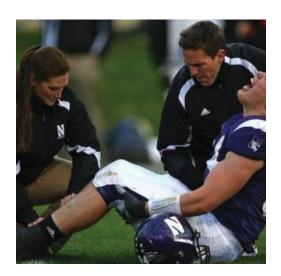
Certification to and by the Board is required

#### **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

#### IUSD Sports...On the Horizon









