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