

2018-2019 SPRING SPORTS PREVIEW

BOYS' & GIRL'S LACROSSE SEASON





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TO: CIF-SS Boys & Girls Lacrosse Coaches
FROM: Thom Simmons, Assistant Commissioner
DATE: February, 2019
RE: 2018-2019 Boys/Girls Lacrosse Season

You will find included in this preview very important and vital information for the 2018 season. **REVIEW THE INFORMATION THOROUGHLY**. If you should have any questions, please do not hesitate in contacting me personally at the CIF-SS Office.

The following items are included:

1. Sportsmanship
2. Code of Ethics
3. 2019 Lacrosse Dates
4. Blue Book Rules
 - A. Special Points of Interest
 1. Rule 125 – Accountability
 2. Rule 600 – Competition on an outside team
 3. Rule 601 – Penalties for violation of Bylaw 600
 4. Rule 2315 – Player Conduct
 5. Rule 2316 – Coach Ejection
 6. Other Points of Interest
 7. Rule 2308 - Summertime Rules
 8. 2019 Boys Lacrosse rules changes
 9. 2019 Girls Lacrosse rules changes
5. Head Coach – Responsibilities
6. Pre-Season Orientation Meeting
7. 2019 CIF-SS Lacrosse Participating Schools



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SPORTSMANSHIP

THE INFLUENCE OF THE COACH

The coach is in a better position to have a positive influence on the youth of a community than any other member of the faculty. He/She has an obligation to develop a personality and character which are above reproach. The example set by the coach is of extreme importance. The character-building potential of athletics is closely related to the character of the coach.

Athletics furnish a setting for the demonstration of attitudes of players which are a direct reflection of the coach. It takes self-discipline on the part of the coach to always let reason, rather than emotions, guide conduct. To build the correct pattern for your athletes, give the following points your attention:

1. Watch your language. Obscenity and profanity have no place on the bench, in the dressing room, or, in fact, in your vocabulary. Additionally, racial or ethnic comments will never be condoned.
 2. You can explain defeat, but do not alibi for it.
 3. Do not gloat in victory; this is even more offensive than the alibi.
 4. Do not challenge the decision of officials.
 5. Do not lose your temper, because with it will go your poise.
 6. Organize your work well in advance, make a work schedule and carry it out effectively.
 7. Do not try to take unfair advantage of the rules.
 8. Give opportunities to your players for leadership.
 9. The coach's job is to develop the individual players and the team into a unit which can give a performance approaching their maximum ability as individuals and as a team. This must be done within the best meaning of the word **SPORTSMANSHIP**.
10. SPORTSMANSHIP - PRIORITY # 1

GOOD SPORTSMANSHIP, ETHICS AND INTEGRITY!!!

"YOU MAKE THE DIFFERENCE!!!"

Again this year, special emphasis is to be placed upon our Code of Ethics. It is requested that school administration, coaches and athletes make a special effort to review our Code this year in an effort to re-dedicate ourselves to our founding principles.

* * * * *

CODE OF ETHICS

IT IS THE DUTY OF ALL CONCERNED WITH HIGH SCHOOL ATHLETICS:

1. To emphasize the proper ideals of sportsmanship, ethical conduct and fair play.
2. To eliminate all possibilities which tend to destroy the best values of the game.
3. To stress the values derived from playing the game fairly.
4. To show cordial courtesy to visiting teams and officials.
5. To establish a happy relationship between visitors and hosts.
6. To respect the integrity and judgment of sports officials.
7. To achieve a thorough understanding and acceptance of the rules of the game and the standards of eligibility.
8. To encourage leadership, use of initiative and good judgment by the players on a team.
9. To recognize that the purpose of athletics is to promote the physical, mental, moral, social and emotional well-being of the individual players.
10. To remember that an athletic contest is only a game - not a matter of life and death for player, coach, school, officials, fan, community, state or nation.

GOOD SPORTSMANSHIP, ETHICS AND INTEGRITY!!!

2018-19 LACROSSE SEASON

Following is a capsule of the CIF Southern Section calendar for the 2018-19 Boys & Girls Lacrosse Season.

DATE OF FIRST CONTEST

No interscholastic matches (practice, tournament or league) may be scheduled prior to **FEBRUARY 23, 2019.**

DATE OF LAST CONTEST

The last allowable date for competition (league, non-league or invitational) is **FRIDAY, MAY 10, 2019.**



BLUE BOOK RULES - SPECIAL POINTS OF INTEREST

ACCOUNTABILITY RULE B

125.1 -- COACH EJECTION -- Upon the ejection of a coach from any CIF-SS contest, it is the responsibility of the principal of said school to file a letter of explanation with the CIF Southern Section Office which includes the circumstances surrounding the matter and what action the principal has taken to prevent a recurrence. Said correspondence is to be filed within THREE school days of notification of the ejection. Additionally, upon ejection, the head or assistant coach shall be disqualified from participating in the remainder of the game and will be ineligible for the team's next contest. A second ejection will constitute a two contest suspension and a third ejection will cause suspension for the remainder of the season.

125.2 -- FAILURE TO COMPLETE A CONTEST -- When a school fails to complete a contest, due to a coach pulling his/her team from the floor, court or field, it is MANDATORY that the CIF-SS Office be notified by the Principal within 24 hours (excluding holidays and weekends). The competing schools and officials will be required to file written reports, and after review of the aforementioned material, the principal of the school involved will be required to respond to the CIF Southern Section Office concerning his/her investigation of the incident.

QUESTION: How serious is such action?

ANSWER: It has been the position of the CIF-SS Executive Committee to expect the building principal of the school concerned to relieve the coach from his/her assignment for the balance of that season or the Executive Committee is empowered to consider recommendations for additional penalties.

2315. PLAYER CONDUCT

Any player who is ejected for any reason shall be disqualified from participating in the remainder of the game and will be ineligible for the team's next contest and may not attend. A second ejection will constitute a two-contest suspension and a third ejection will cause suspension for the remainder of the season. A player who was ejected from the previous contest, who knowingly, or unknowingly, participates in or is in attendance at the next contest, will result in the forfeiture of that contest.

Any player whose conduct merits ejection from a game by an official for fighting or assaultive behavior shall be disqualified from participating in the remainder of the game and will be ineligible for the team's next contest. After the suspension from play, the student may only return after certification by the school principal that the student(s) has completed a conference with a school administrator. The appropriate form (post-ejection return to competition form) indicating the completion of the conference must be uploaded to the CIFSSHome misconduct manager for that specific misconduct. The School must also indicate the date(s) of the contest in which the player will not be in attendance in the "School Action" portion of the misconduct.

A second ejection from a game or contest for fighting or assaultive behavior will cause suspension for the remainder of the season.

A player who was ejected from the previous contest, who knowingly, or unknowingly, participates in or is in attendance at the next contest, will result in the forfeiture of every contest until the suspension is completely served.

Any player who leaves the confines of the bench or team area during a fight that has broken out or may break out will be ineligible for the team's next contest. After the suspension from play, the student may return only after certification by the school principal that the student(s) has completed a conference with a school administrator.

The appropriate form indicating the completion of the conference must be filed with the Section office prior to rejoining the team. The School must also indicate the date(s) of the contest in which the player will not be in attendance in the "School Action" portion of the misconduct.

In the case of any suspension from play, the next contest may not be a forfeited, postponed or canceled game.

QUESTION: What must be submitted to the Section office before a student can be cleared to rejoin his/her team?

ANSWER: The Section office will provide a form on their website that must be uploaded to CIFSSHome or directly emailed to the CIF Office. The School must also indicate the date(s) of the contest in which the player will not be in attendance in the "School Action" portion of the misconduct.

QUESTION: What happens when a student engages in Fighting/Assaultive Behavior during an athletic contest that is not observed by game officials?

ANSWER: In cases when a student engages in Fighting/Assaultive Behavior that is not observed by game officials, it is the expectation of the CIF Southern Section Executive Committee that the building principal of the school involved will impose a minimum onegame suspension for students who commit such offenses.

QUESTION: What is meant by attendance at a contest?

ANSWER: Attendance is defined as being present at the location/site of the contest, which includes at the team bench/area, in the stands/spectator area, any location where the contest can be observed at any time, inside a gymnasium, stadium or playing area. The intent of this rule is that the ejected person is not present at the location/ site of the next contest.

QUESTION: What happens if a student is ejected from the first contest at a tournament when there are two contests on that day?

ANSWER: When a game ejection of any kind occurs, the student should not be present at the next contest except in situations where supervision is necessary (i.e.: in a tournament). In tournament situations, it is understandable that the student remains in an area where they can be monitored (i.e.: bleachers, stands, etc.) however, they are still ineligible to compete or participate in any way. It is not the expectation that the student leave the facility unsupervised.

QUESTION: What happens if a student receives a red card, misconduct of any kind, or an ejection during the last game of the season?

ANSWER: The game suspension(s) carry over to the first game(s) at the beginning of the subsequent season. For example, a sophomore soccer player receives a red card the last game of the 2017 season. He/she will serve a game suspension the first game of 2018 season. Suspensions carry over and must be served before the athlete becomes eligible to compete in that sport. See next Q&A for answers regarding seniors.

QUESTION: What if a senior (12th grader) student receives a red card or misconduct during the last game of the season?

ANSWER: If a senior (12th grade) student receives a red card, misconduct of any kind, or an ejection during the last game of the season, he/she must serve the penalty in the NEXT sport in which he/she participates. If the student does not participate in any other sports, the CIF Office WILL need a letter from the principal indicating the corrective action taken with that student. This letter will be uploaded to the ejection report in CIF-SS Home.

2316. COACH EJECTION

Upon ejection, the head or assistant coach shall be disqualified from participating in the remainder of the game and will be ineligible for the team's next contest. The next contest may not be a forfeited, postponed or canceled game. A second ejection will constitute a two contest suspension and a third ejection will cause suspension for the remainder of the season. A coach who was ejected from the previous contest who, knowingly or unknowingly, participates in or is in attendance at the next contest, will result in the forfeiture of every contest until the suspension is completely served

QUESTION: What is meant by attendance at a contest?

ANSWER: Attendance is defined as being present at the location/site of the contest, which includes at the team bench/area, in the stands/spectator area, any location where the contest can be observed at any time, inside a

gymnasium, stadium or playing area. The intent of this rule is that the ejected person is not present at the location/ site of the next contest.

QUESTION: How does the Accountability Rule affect a coach who coaches more than one level of a particular sport?

ANSWER: A coach who has been ejected from a contest may not be in attendance at ANY contest prior to serving his/her mandatory suspension at the level in which the coach was ejected. (i.e.: An ejected JV coach who is also a varsity assistant may NOT be in attendance at any contest until his/her mandatory JV suspension has been completed.)

<600. COMPETITION ON AN OUTSIDE TEAM

A student on a high school team becomes ineligible if the student competes in a contest on an “outside” team, in the same sport, during the student’s high school season of sport. (See Bylaw 504) The following exceptions apply:

A. If the outside team has half or more of the team members as stated in the National Federation rule book for that sport, it shall be considered the same sport. Examples: three on three basketball — outside team competition prohibited; two on two volleyball — outside team competition permitted.

QUESTION: May a student who competes at the freshman or junior varsity level compete on an outside team during his or her high school season of sport?

ANSWER: No. The Outside Competition Rule pertains to all levels of competition. Thus, any individual participating at the varsity, junior varsity, sophomore and/or freshman levels may not compete on an outside team during his or her high school season of sport. *See exception in above paragraph.

QUESTION: Does this rule apply to a student/athlete who starts the season, plays in a game and then becomes ineligible?

ANSWER: Yes. Once the student is eligible and plays in a game, he/she may not play on an outside team and retain their eligibility for that season.

E. Bylaw 600 shall not be in effect for those sports conducted outside the State adopted season of sport.

F. **SPONTANEOUS RECREATIONAL ACTIVITY** It is permissible for a high school team member to participate in a spontaneous recreational activity or game in which sides or teams are chosen without regard to players representing any group or organization. Such participation would not cause loss of eligibility. (Definition of spontaneous: no prior planning or notice; an unplanned part of another activity which has a primary focus other than the sport.) (Revised May 2004 Federated Council).

601. PENALTIES FOR VIOLATION OF BYLAW 600

A. Individual (1) First Offense in High School Career in Any Sport The student becomes immediately ineligible for participation with his/her high school team for a number of contests equal to twice the number of contests of outside competition in which the student participated. (2) Any Subsequent Offense in High School Career in Any Sport The student becomes immediately ineligible for one year (365 days) from the second infraction in all sports. (3) Appeals Upon written appeal to the Section commissioner, the student may petition his/her Section for reinstatement of his/her eligibility status.

B. Team (1) Games Forfeited Games in which a student participated on his/her high school team after violation of CIF Bylaw 600 shall be forfeited. (2) Appeals Sections may establish rules and procedures to consider requests for waivers of game forfeitures. (Revised May 2004 Federated Council).

OTHER POINTS OF INTEREST --

- 1) **LEVEL OF COMPETITION --** No student shall participate in more than one level of competition in the same sport in the same day.

- 2) **MAXIMUM ATHLETIC CONTESTS** -- All interscholastic contests are to be arranged in such a way that no student shall take part in more than two athletic contests in any one day.
- 3) **TOURNAMENTS** – All interscholastic athletic tournaments (defined as four or more teams) in CIF approved sports are to be arranged in such a way that no students shall take part in more than one tournament in the same sport in any one day.

2308. SUMMERTIME RULES/SUMMER DEAD PERIOD/SPORTS CAMPS

#2308.1 With the exception of the summer dead period, until the beginning of the first official starting date for fall sports, there shall be no restriction on high school coaches working with high school students registered and/or attending their respective high school or entering them in summer competition, provided approval is received from the school principal.

QUESTION: Who may participate in high school summer athletic programs approved by the principal?

ANSWER: Only students registered for the upcoming school year in grades 9 through 12. Additionally, it would be a violation to allow elementary students (8th grade and below) to participate with the high school team. For students enrolled in more than one school, all summer practice and competition must be confined to one school.

#2308.2 High schools may sponsor sport camps and/or allow non-school sponsored sport camps to use their facilities.

* High school students and individuals from the general community can attend.

* The high school name, nickname and identifying marks can be used in the title and/or promotion of the camp.

* The principal of the high school must give permission for the camp to take place; non-school sponsored camps must secure a facility permit for use of any facilities and equipment.

* The camp must comply with all CIF rules, including those pertaining to undue influence and dead period. *

Non-school sponsored camps should provide required liability insurance for the use of any school facilities.

#2308.3 A summer dead period must be declared by the school principal for all sports. The dates of the dead period must be forwarded to the Southern Section Commissioner. The dead period must be the same for all levels and must be three (3) consecutive weeks between the end of school or the first Friday in June, whichever is first, and the last Monday in August. No class could be offered which could circumvent the rule. There are no exceptions to the summer dead period.

During the dead period, weight lifting **ONLY** would be permitted. No running or other type of conditioning would be allowed.

Special nationally recognized programs in various sports that require a national or regional championship format, such as Bobby Sox Softball, American Legion or Mickey Mantle Baseball, etc., would be allowed to continue, until completion, during the dead period.



Boys Lacrosse Rules Changes - 2019

1-6-2: Measuring the length of the head at the front (face) of the head.

1-7-1: The pocket/net must be completely attached to the head and the side walls, leaving no gaps large enough for a ball to pass through.

1-9-1j: Beginning January 1, 2021, a goalkeeper chest protector designed for lacrosse that incorporates the NOCSAE ND200 at the time of manufacture shall be used by all goalkeepers.

4-5-9: A shot is considered a ball propelled toward the goal by an offensive player with the intent of scoring a goal. A shot can only be made when the ball is parallel to or above the goal line extended. Additionally, it can be either thrown from a crosse, kicked, or otherwise physically directed.

4-9-3: If any of the following occur between the end of the period and the shot entering the goal, the goal will be disallowed:

- a. The ball makes contact with any member of the attacking team or his equipment;
- b. The ball is touched by a player of either team other than the defending goalkeeper after hitting the goalkeeper or his equipment, goal posts or crossbar.

4-14-3: If the ball does not touch the center line or something over the center line, no infraction has occurred. A defensive player may reach over the center line with his crosse and bat the ball to keep it in his team's offensive half and thus prevent an over-and-back violation. However, he may NOT reach over the center line and bat the ball with his foot or any other part of his body excluding his gloved hand wrapped around his crosse. If he does so, it shall be a turnover.

5-3 PENALTY: Penalty for violation of Article 5 is a two- or three- minute, non-releasable foul, at the official's discretion. An excessively violent violation of this rule may result in an ejection.

5-4-4: A player shall not initiate a body check legally but slides up into or follows through to an opponent's head or neck.

5-4-5: A player shall not body-check a player in a defenseless position. This includes but is not limited to: (a) body-checking a player from his "blind side;" (b) body checking a player who has his head down in an attempt to play a loose ball; and (c) body-checking a player whose head is turned away to receive a pass, even if that player turns toward the contact immediately before the body check.

5-4-6: A player shall not initiate targeting, which is intentionally taking aim at the head/neck of an opponent for the purpose of making violent contact. This could include a check with the crown of the helmet (spearing) that targets the head or neck of an opponent. **PENALTY: Three-minute, non-releasable foul. An excessively violent violation of this rule may result in an ejection.**

5-4-7: A player shall not initiate targeting that intentionally takes aim at a player in a defenseless position. **PENALTY: Three-minute, non-releasable foul. An excessively violent violation of this rule may result in an ejection.**

5-10e: A coach who is on the field and obstructs play.

5-12-1 PENALTY: Three-minute non-releasable penalty for a player, substitute or non-playing team member or a one-minute non-releasable penalty for a coach and ejection for the remainder of the game. The ejected coach

shall be removed from the premises (bench and field area). The ejected player, substitute or non-playing team member shall be removed from the premises if there is authorized school personnel present to supervise the ejected student. If no authorized school personnel is available, the student shall be confined to the bench area. The sponsoring authority is responsible for notifying the appropriate school of the ejection.

6-3-2a: A player shall not use the portion of the handle that is between his hands to hold an opponent, when his hands are more than shoulder-width apart.

6-3-3e: Holding is permitted if a player uses the portion of the handle that is between his hands, which are no more than shoulder-width apart, to hold an opponent on the torso with no more than equal pressure and no thrusting motion.

6-5-2b(4): A player shall not exchange his crosse with that of a teammate during live play while the ball is in either crosse.

6-11-2: A player in possession of the ball with both hands on his crosse shall not use his hand or arm to push the body of the player applying the check. NOTE: Illegal body checks (5-3), "spearing" (5-4-3) and unnecessary roughness (5-9-3 SITUATION E) shall be strictly enforced as personal fouls.

Girls Lacrosse Rules Changes - 2019

2-7-3: Requires all headgear to be worn properly and securely affixed with the chinstrap in place as intended for use.

Rationale: Ensures appropriate wearing of headgear, minimizing the risk of injury.

2-9-2: Adds the option of white bottoms by the goalkeeper.

Rationale: Aligns the goalkeeper's uniform with the undergarment color options.

3-7-2d: Requires the horn to sound twice to indicate a time-out.

Rationale: Differentiates between the horn for time out and other horns.

4-8-1, 4-8-2 NEW, 4-8-3c: Establishes the release of the ball from the crosse before time expires as a legal shot.

Rationale: Eases the determination of a legal shot when time is expiring.

5-1-1; 5-1-3; 5-2 PENALTIES; 5-4-1 thru 4 NEW; 6-3-1a, c; 6-3-2a; 9-1-1c(3); 13 NEW: Establishes the specific allowances for restarting play with a self-start.

Rationale: Decreases the amount of official involvement in restarting play and allows for greater flow of the game.

5-4-3b: Establishes alternate possession in the critical scoring area is awarded at the closest dot.

Rationale: Simplifies the administration of alternate possession in the critical scoring area.

7 PENALTIES 1: Moves the administration of goal circle fouls to the dot.

Rationale: Eases administration of goal circle fouls and minimizes the risk of injury.

10-1-1 PENALTIES 3c, e; 13 NEW: Establishes a penalty zone that must be cleared when a major foul by a defensive player occurs in the 8-meter arc.

Rationale: Increasing safety around 8-meter free position.

10-1-1 PENALTIES 3 NOTE: Establishes specific allowance to the placement of defensive players ball-side on the adjacent hash for an 8-meter free position.

Rationale: Increases the flow of the game by eliminating delays while players compete for the inside position.

12-8-1 EJECTION PENALTIES 3: Establishes that an ejected player receiving a red card may be prohibited from attending the next game per state association administration if in attendance at the next game

Rationale: Clarifies state administrative options for ejections.

2019 Girls Lacrosse Editorial Changes

2-4-3c; 2-6-1; 3-5-1; 4-6-1; 5-2-3b; 5-2-5; 5-2-5e; 5-2-5 PENALTY; 11; 12-8-1; 13 DEFINITION OF TERMS – EJECTED PLAYER, RUNNING CLOCK; Appendix B-8; Appendix B 19-20; Appendix B-20; Appendix B-21

2019 Girls Lacrosse Points of Emphasis

1. Obstruction of Free Space to Goal – Opportunity to Shoot
2. Rough and Dangerous Play
3. Empty Stick Check – Intentional vs. Incidental Contact



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HEAD COACH - JOB RESPONSIBILITIES

- I. REPORTS TO: Athletic Director
- II. SUPERVISES: Assistant coaches, trainer, and student assistants.
- III. BASIC FUNCTION: To provide leadership, supervision, and organization of a specific athletic activity, and to carry out the objectives of the total athletic program.
- IV. PRIMARY RESPONSIBILITIES:
 - A. **Year-round Responsibilities -**
 1. Formulate objectives for the coming sport season.
 2. Keep abreast of new ideas and techniques by attending clinics and workshops, reading in his/her field and encouraging the assistant coaches to do the same.
 3. Be knowledgeable of rules and regulations concerning his/her sport.
 4. Keep abreast of rule changes in his/her sport.
 5. Implement proper procedures for out-of-season practices according to state high school association guidelines.
 6. Be active in professional organizations such as the state coaches association.
 7. Inventory, selection, care and maintenance of equipment.
 8. Assists the athletic director as needed.
 - B. **Season Responsibilities -**
 1. **Before** Season
 - a. Assist athletic director with proper registration of all athletes.
 - b. Assist athletic director in the payment of necessary fees.
 - c. Review the district policy on accident reporting and insurance procedures.
 - d. Assist athletic director in compiling eligibility lists and other reports.
 - e. Post an emergency phone and doctors list.
 - f. Arrange for a systematic issuance of school equipment.
 - g. Make sure all athletes have had physicals.
 - h. Explain all regulations of the district presented in the Players' Handbook.
 - i. Clarify to athletes the letter award policy.
 - j. Select and instruct team managers on proper care of equipment, facilities, and other duties as assigned.
 - k. Check arrangements for all bus trips with athletic director.
 2. **During** Season
 - a. Assume responsibility for constant care of equipment and facilities being used.
 - b. Assume supervisory control over all phases of teams in the program.
 - c. Organize and schedule practice sessions on a regular basis with the idea of developing the athlete's greatest potential.
 - d. Apply discipline in a firm and positive manner as outlined according to athletic policy.
 - e. See that facility regulations are understood and enforced.
 - f. Emphasize safety precautions and use accepted training and injury procedures.
 - g. Conduct oneself and teams in an ethical manner during practice and in contests.
 - h. Report outcome of contest to the media.
 - i. Instruct players on rules and rule changes, and new ideas and techniques.

- j. Provide to the athletic director for file purposes a copy of all general correspondence and bulletins to student athletes and parents.
 - k. Adhere to the rules and regulations of the school district regarding school bus regulations.
 - l. File a discipline report with the athletic director when applicable.
 - m. Directly supervise or designate a supervisor of all dressing rooms and shall lock up all facilities at the close of each practice or contest.
 - n. Accompany and direct the varsity team in all interscholastic activities at home and assistant coaches at such activities.
 - o. Designate one or more of assistant coaches to be responsible for the junior varsity team and freshman team.
3. End of Season
- a. Arrange for the systematic return of all school equipment and hold the athlete responsible for all equipment not returned.
 - b. Arrange for cleaning, storing, and conducting an inventory of all equipment.
 - c. Recommend student athletes who have fulfilled requirements for athletic letters, certificates or special awards.
 - d. Recommend additions and/or improvement for the care and maintenance of facilities.
 - e. Recommend to the athletic director and principal, personnel for assistant coaching position.
 - f. Submit recommendations for schedule for next year.
 - g. Select equipment and make recommendations for purchases of such.
 - h. Prepare a budget in conjunction with the athletic director.
 - i. Maintain records of team and individual accomplishments.
 - j. Evaluate past season.

PRE-SEASON ATHLETE ORIENTATION MEETING

Pre-season orientation meeting is an absolute **MUST** prior to the beginning of your season. In order to assist you in meeting your **OBLIGATION OF INFORMING YOUR ATHLETES**, I have included a sample agenda for a starting point. If you should need any additional information or assistance, don't hesitate to call me at the CIF-SS Office.

EXAMPLE - ATHLETE ORIENTATION MEETING

I. SEASON OVERVIEW

- A. Season Dates
- B. Practice
 - 1. Times
 - 2. Expectations
 - 3.
- C. Game Schedule
 - 1. Home Procedures
 - 2. Away Procedures
 - 3.
- D. Equipment Responsibilities
 - 1. Home Games
 - 2. Away Games
 - 3.

II. RULE AND REGULATIONS

- A. CIF-SS Blue Book Rules
 - 1. Outside Competition
 - 2. Summertime Rules
 - 3.
- B. School Rules and Regulations
 - 1. School Attendance
 - 2. Code of Conduct for Athletics
 - 3. Eligibility Standards
 - 4. Discipline
 - 5.
 - 6.

III. COACHES' RULES AND REGULATIONS

- A. Athlete Behavior
- B.
- C.
- D.
- E.
- F.
- G.

@Preparing My First Aid Kit for Practice & for the Game@

By Jim Clover, A.T.,C.

First and foremost, when putting an athletic training kit together for the field, practice, or competition, here are some examples of checklists for supplies and equipment for your kits. These check lists should be easily accessible and easy to understand. (It should be USED not stored in a file.) This list is your only way of knowing if your kit is stocked and ready to go EVERYTIME.

Other paperwork you will need in your kit and in your first aid or training room are:

- a way to report the injuries
- Coach's Student Injury Report
- the Physician's Report
- Instructions to Patients with a Head Injury Form

In addition to your paperwork, your kits should also include:

9. Adhesive tape 1½" (five or more rolls)
10. Pre-wrap (one or more rolls)
11. Ace wraps (one 3", 4" and 6")
12. Band-aids (various sizes, preferably in a metal container)
13. Tape adherent (Pre-tape)
14. Butterfly band-aids or sterile strips
15. Q-tips
16. Tongue Depressors
17. First-aid cream
18. Skin lube
19. Peroxide (surgical scrub or something to irrigate the wound)
20. Sterile gauze pads (six 4" and other sizes if you have room)
21. Toppers 4x4 (three each, used for soaking up blood)
22. Sterile Telfa Pad (4 each) Pen/chalk
23. Tape scissors Paper bag
- Triangular bandage Pocket knife (common, phillip head screw driver, blade, drill)
- Some kind of heat balm
24. Mirror change for a phone call
25. Air way Training bag check list
26. Powder Injury log
27. Pen light Insurance information
28. Tweezers Emergency phone numbers
29. Eye cup or eye wash Head injury information sheet
30. Nail clippers Pocket emergency book
31. Ammonia capsules Tuff Skin
- 32.

This is your basic kit. Now the extras you will need to upgrade your basic kit:

10. Sewing kit with a good supply of safety pins
11. Glasses repair kit
12. Bar soap
13. Phisodex
14. Cold spray (ethyl chloride metal tube)
15. Contact lens case
16. Shoe strings (assorted sizes)
17. Felt or foam horse shoe (for sprained ankles)
18. Razor blades
19. Glasses anti-fog and cleaner
20. Goggles (eye protectors)
21. Heal and Lace pads (foam pads to protect a sensitive area when taping)
22. Derma clear tape ½"

23. Tape 2" 1" and 2" Elasticon 1" 2" and 3"
25. Conform or J-Flex 12" and 2"
26. Ace wraps more 2", 3" and 6"
Extra long 6" ace wraps for groins, hamstrings, and quadriceps
27. Magnify glass with light Cepastat (sore throat medicine)
28. Extra large band aids
29. Water key Chap stick
30. Light key. Water bottles
31. Tape measure Cups
32. Extra batteries Thermometer
33. Contact lens remover Aspirin (ascription)
34. Septic pencil Gum
35. Tooth ache jell Ammonia capsules
36. Air way Antacid
37. Mole skin Tweezers
38. Finger tip band aids Foot anti fungus spray

Here are some specific basic kits, broken down for you by sport:

Baseball, Softball: Magic Nails, Stockinette, Sun Lotion, Zinc Oxide, Burn Cork or Anti-Eye Glare, Sun Glasses Flip Ups, Extra Large Telfa Pads (for siding aberrations), Elbow, Shoulder, and Elbow Shoulder Thermal Sleeves (these carry ice and are easy for the player to use), and possibly a Nose Guard, Elbow Pads, Knee Pads.

Basketball, Tennis, Volleyball: Heal & Toe Glides (the best thing ever to come out on the market for blisters), Felt or Foam horse Shoes for ankle swelling, Glass Cleaner & Anti-Fog, Glasses Strap, Mole Skin (for blisters), Second Skin (for blisters), Air Cast (left & right for ankles), Swede-O Ankle Brace (for ankles), Elbow, Shoulder, Ankle, Thermal Sleeve, Cotton Roll (for making a soft cast), Finger Splints, Callous Remover, Elbow Pads, Knee Pads.

Football, Soccer, Lacrosse, Ice Hockey, Rugby: Foam Padding, Packing foam, Neck Collar, Should Harness, Orthoplast, Mouth Piece, Felt, Cervical Collar, Bolt Cutters, Rib Pads, shin guard, Knee Brace (single and bilateral hinge), Protective Cup, wire Bundle Tie (Ned Berger, California Angel thought this up to use as a quick fix instead of shoe strings), Nose Guard, Eye Goggles, Full Mask, Padded Chin Strap, Flexible Collodion (new skin), Callous Remover.

Swimming, Diving, Water Polo: Swim Ear (for ear infections), Water Proof Tape (various sizes), Sun Lotion, Zinc Oxide, Goggles, Razors, Clippers, Vaseline.

Gymnastics: Powder, Grips (various types), Wrist Supports.

Wrestling: Flexible Collodion, Tampons (nose bleeds), Razors, Finger Nail Clippers, Cervical Collar.

Playground Kit: Basic Kit with Snoopy Band-aids.

2019 BOYS LACROSSE SCHOOLS

Agoura	Huntington Beach	Royal
Aliso Niguel	Irvine	Sage Hill
Beckman, Arnold	JSerra Catholic	San Clemente
Beverly Hills	King, Martin Luther	San Juan Hills
Brentwood	Laguna Beach	San Marcos
Cabrillo/Long Beach	Laguna Hills	Santa Barbara
Calabasas	Los Alamitos	Santa Margarita
Canyon/Anaheim	Loyola	Santa Monica
Capistrano Valley	Lutheran/Orange	Santiago/Corona
Cate	Lynwood	Saugus
Centennial/Corona	Malibu	Segerstrom
Chaminade	Marina	Servite
Chaparral	Mater Dei	Sierra Canyon
Corona del Mar	Millikan	Simi Valley
Crean Lutheran	Mira Costa	St. Francis
Crespi	Mission Viejo	St. John Bosco
Culver City	Murrieta Mesa	St. Margarets Episcopal
Damien	Murrieta Valley	Temecula Valley
Dana Hills	Newbury Park	Tesoro
Dos Pueblos	Newport Harbor	Thacher
Downey	Norco	Thousand Oaks
Dunn	Northwood	Trabuco Hills
Edison	Notre Dame/Riverside	Tustin
El Dorado	Notre Dame/Sherman	University
El Modena	Oaks	Valencia/Placentia
El Segundo	Oak Park	Valencia/Valencia
El Toro	Oaks Christian	Viewpoint
Esperanza	Ochoa Prep Academy	Village Christian
Foothill/Santa Ana	Palos Verdes	Vista Murrieta
Glendale	Peninsula	West Ranch
Grace Brethren	Poly/Long Beach	Westlake
Great Oak	Poly/Riverside	Wilson/Long Beach
Hart	Portola	Woodbridge
Harvard-Westlake	Redondo Union	Yorba Linda
Hemet	Roosevelt, Eleanor	

2019 GIRLS LACROSSE SCHOOLS

Agoura	King, Martin Luther	Sage Hill
Aliso Niguel	La Canada	San Clemente
Beckman, Arnold	La Reina	San Juan Hills
Beverly Hills	Laguna Beach	San Marcos
Cabrillo/Long Beach	Laguna Hills	Santa Barbara
California	Los Alamitos	Santa Margarita
Canyon/Anaheim	Louisville	Santa Monica
Capistrano Valley	Lutheran/Orange	Santiago/Corona
Cate	Marlborough	Saugus
Centennial/Corona	Mater Dei	Segerstrom
Chadwick	Millikan	Sierra Vista
Chaminade	Mira Costa	Simi Valley
Chaparral	Mission Viejo	St. Margaret's Episcopal
Corona del Mar	Murrieta Mesa	St. Monica Academy
Crescenta Valley	Murrieta Valley	Temecula Valley
Culver City	Newbury Park	Tesoro
Dana Hills	Newport Harbor	Thacher
Dos Pueblos	Norco	Thousand Oaks
Downey	Northwood	Trabuco Hills
Dunn	Notre Dame/Sherman Oaks	Tustin
Edison	Oak Park	University
El Dorado	Oaks Christian	Valencia/Placentia
El Modena	Ochoa Prep Academy	Valencia/Valencia
El Segundo	Palos Verdes	Vista Murrieta
El Toro	Peninsula	West Ranch
Esperanza	Poly/Long Beach	Westlake
Foothill/Santa Ana	Poly/Riverside	Westridge
Glendale	Portola	Wilson/Long Beach
Great Oak	Redondo Union	Woodbridge
Hemet	Roosevelt, Eleanor	Yorba Linda
Irvine	Rosary Academy	
JSerra Catholic	Royal	



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