

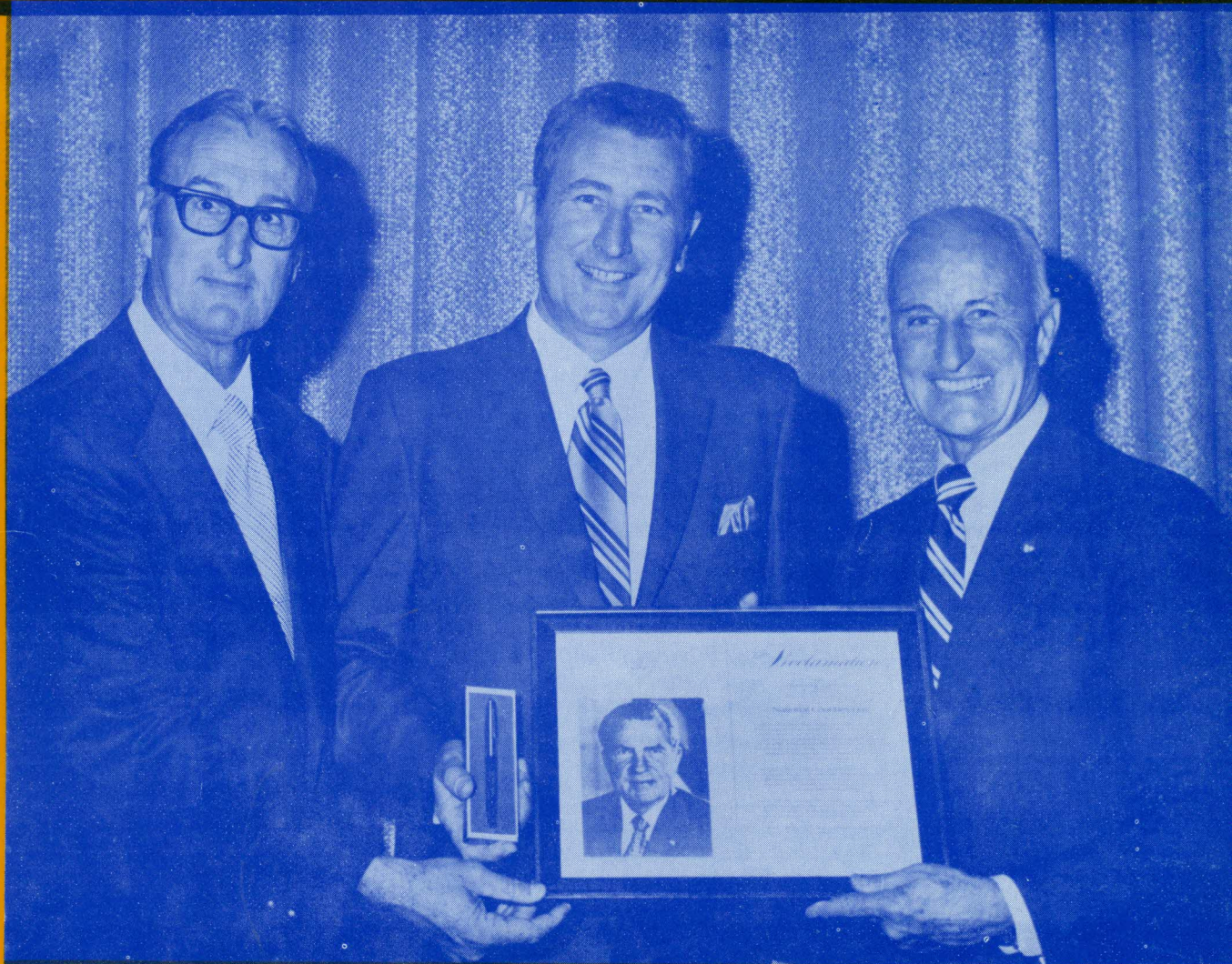


DECEMBER, 1972

Cal

COACH

Published Quarterly by the California Coaches Association



IN THIS ISSUE:

- BASKETBALL – DEVELOPING THE HIGH SCHOOL BREAK
- BASKETBALL – THE HI – LO ZONE OFFENSE
- 1973 CONVENTION ANNOUNCEMENTS
- NIXON & AGNEW MESSAGES TO OLYMPIC TEAM

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OFFICIAL PUBLICATION OF

CALIFORNIA COACHES ASSOCIATION

Volume 14 • • Number 2 • DEC. • 1972

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CCA ORGANIZATION MEMBERSHIPS

Los Angeles City Coaches Association
Los Angeles College Coaches Association
Southern Cal. Interscholastic Football Coaches Assoc.
Southern Cal. Basketball Coaches Assoc.
Southern Cal. Wrestling Coaches & Officials Assoc.



COVER: Casey Conrad, Executive Director of the President's Council on Physical Fitness and Sports, presents a framed proclamation and a pen used by President Nixon to Doug Pederson and John Klumb. John represents the State Department and Doug is chairman of the National Council of State High School Coaches Association and CCA Past President.

Ed Strelow, Editor

CAL COACH is the official publication of the California Coaches Association. It is published four times a year, September, November, February, and May. **CAL COACH** goes to members of the association. The views and opinions of writers and contributors do not necessarily reflect the views of the California Coaches Association.

PROFESSIONAL ARTICLES, NEWS ITEMS, and ADVERTISING are invited. Address all correspondence to: **CAL COACH** Editor, 445 Crestmont Dr., Oakland, CA. 94619. Deadlines for all material are: September issue—August 1st, November issue—Oct. 1st, February issue—Jan. 1st, May issue—Apr. 1st.

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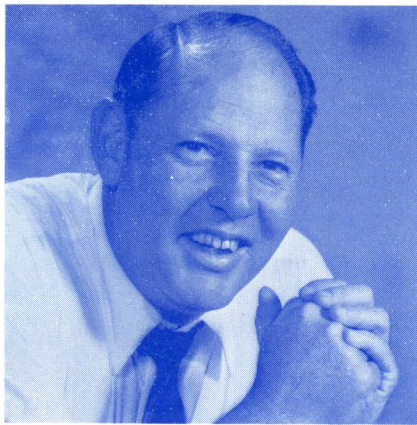
CURRENT TEACHING SALARY _____ TAXABLE INCOME _____

YEARS TEACHING IN CALIF. _____ NUMBER DEPENDENTS CLAIMED _____

SCHOOL DISTRICT _____

YOUR CCA BOARD OF DIRECTORS HAS COMPARED T.S.A. PROGRAMS AND FIND THIS PROGRAM
MERITS YOUR CAREFUL CONSIDERATION AND REVIEW.

FROM THE PRESIDENT'S DESK



AL GREENLEAF, President
El Camino College

The Coach and the Community: The coach today, as in years past, must stand before the public as a living example of the virtues he teaches and of the skill which he hopes to develop in his squads. But in today's society there is another office which he must fill, an office that calls for much patience, knowledge, and care. Today's coaches must always be in a position to defend publicly and convincingly the athletic system of which they are a part.

Athletics and the coaching profession have suffered severe criticisms in many quarters of our present society. As this is being written, there is a nation-wide objection to various aspects of our program. Short-sighted and unknowing persons will always be ready to vote major competitive sports out of our school system. Foolish, you may say, but this has been done recently in some schools across our state and nation.


Periods of general criticism have been a threat to athletics before; rivalry between two schools, rivalry between two sections of the country, gambling, unfortunate accidents to team members, and more recently dehumanization, have all been excuses used to attack athletics. In all past attacks, the coach stood as a buffer between the higher values of athletic competition and the misguided efforts of economists and sentimentalists. Today those who attack our profession will grasp any reason large or small to take shots at our programs with the eventual major objective of destruction.

The coach today, as the coach of yesterday, has obligations toward his profession and toward the public he serves. He must stand squarely against those acts that lead to criticism of athletics. He must act as an instructor to the public on the functions and ideals of athletic performance. As

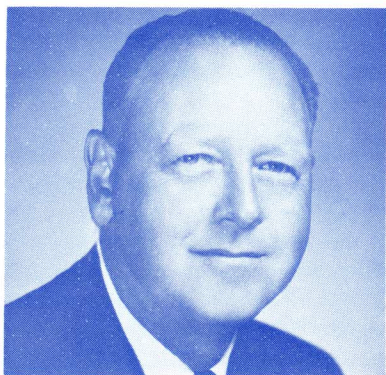
coaches, we must today, more than ever before, keep before the public the values of competition.

President Ferdinand E. Marcos of the Philippines, in a recent address stated, "The conquest of difficulty, the overcoming of pain, the breakthrough that comes from a last heave of the will—these are experiences that fortify not only the bodies, but the spirit of people. That is the reason a wise society would give the highest priority to physical fitness training. That is why every government should demonstrate this priority by allocating sufficient resources to this goal."

California Coaches Association must stand up and be counted now more than ever before. We have many influential persons on our team, but we must carry the ball. At every opportunity go on the offensive for your profession, the athletes you work with, the community, and for yourself.

On October 18, a retirement dinner was held at the Woodlake Inn, Sacramento, honoring C. Carson Conrad, who has officially retired from his state position to accept the post of chief of the President's Council on Physical Fitness and Sports. CCA wishes Casey the very best and a public thanks for all of the effort that he has put forth for our profession. 

CIFacts



by
William W. Russell
State CIF Commissioner

It's no secret that girls all over the country want to be involved with interscholastic sports teams, and not as yell leaders, song leaders, and drill team members either. They want the opportunity to compete against other girls, and if that opportunity is not provided, they want to be on the boys sports teams. It's happening in California as well in most of the other states. It's probably happening at your school.

In October 1972, a freshman girl student at a high school which does not field girls sports teams, asked a federal court to issue

an injunction against the CIF so as to compel the CIF to permit her to run on the boys cross country team at her high school. The federal court judge denied the request for injunction. Affidavits filed with the court by women physical education leaders and coaches of girls interscholastic sports teams indicated that it was in the best interests of all the students if separate athletic teams were sponsored. Separate teams for girls would provide far more opportunity to compete than would be afforded girls if their desire for competition were to be met by offering them a chance to beat out the boys on the boys teams.

The court stated that there must be a ration basis for the sexes being treated differently, and the CIF rule was adopted after due deliberation and consideration for the development of and encouragement for girls' sports opportunities. The rule was not adopted arbitrarily, capriciously, or irrationally.

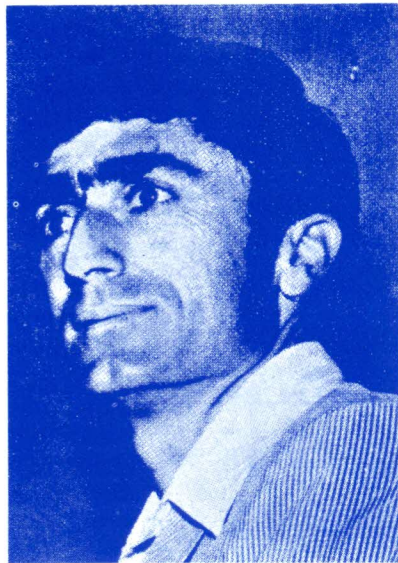
The court action was to deny the request for injunction. The merits of the case, that a girl should be permitted to run on a boys cross country team, were not argued before the court as such. But the court indicated it was not convinced of the probability of success by the plaintiff on the merits of the case, and that it felt the CIF rule bore a state purpose.

It is the responsibility of school districts to determine whether it will support boys interscholastic teams and whether or not it will support girls sports teams. School districts provide educational opportunities for their pupils, including the educational opportunities afforded by interscholastic athletics, within the limitations of budget, facilities, and staff that it can afford. The CIF cannot compel a school to field a team in a sport, either for boys or for girls. Such is a school district responsibility. When there is sufficient support in a community for girls interscholastic sports teams, a school will field girls sports teams.

It appears to us that it would be a disservice to girls to tell them their opportunity in interscholastics was open if they could displace the boys from the boys teams. In the Olympics, if girls sports team competition were abolished, how many girls would qualify for Olympic teams? How many girls have such great skill and talent that they could displace the men on the men's teams?

We fully understand that it would be an easy solution for some school districts to meet the demand for girls sports opportunities if they could say, OK, try out for the boys team. But is that answer in the best interests of all the boys and girls in our
Continued on Page 12

A FUNDAMENTAL APPROACH TO DEVELOPING THE HIGH SCHOOL BREAK



By George Terzian
Pasadena High School

George received Coach of the Year honors in 1968 and 1972 and was named coach of the South All Stars in 1972. His 10 year coaching record stands at 214-65. His Pasadena teams were McLane Tourney champs in 1972, Southern Section CIF finalists in 1972, semifinalists 2 years, and in the CIF Play-offs eight of ten years.

—oOo—

Few people, knowledgeable in basketball, doubt the effectiveness of a cleverly executed fast break. Spectators love the excitement of the break, and players seem to enjoy its quick-hitting style. Add to this the demoralizing effect on opponents caused by a series of lay-ins and the advantages of using the fast break become obvious. Still, however, few coaches implement the break into their game plan. Some even spend considerable time working on the break only to discourage their players from using it in games due to a fear of turnovers.

Our contention is that on entering their junior or senior year most players lack the individual ball handling techniques necessary to make a break successful. If they are sound fundamentally, many are still unable to perform without error while moving the ball at top speed over, around, and through the defenders. We feel that if a player can master the techniques of the rebound and outlet pass, the receiving of the outlet pass, and dribbling or passing through traffic, the major cause for turnovers on the break can be controlled.

We spend at least thirty seconds per drill per day throughout the season on the

following fundamental drills. From freshmen through senior year, for big men as well as small, our players are encouraged to aim at perfection of execution and to become as good a ball handler as any player they have seen. This work forms the basis on which our more advanced three, four, and five man break drills are based.

DRIBBLING DRILLS - STATIONARY

The players are lined up equidistant down the sideline facing the coach. Each player is given a ball.

1. **Form dribble.** In a fundamental basketball stance, the ball is bounced crisply on the floor between the legs with the arm fairly straight during the downward motion to a full extension after the dribble. Most of the thrust comes from the wrist and fingers with the palm of the hand not touching the ball.

2. **Side to side stiff arm dribble.** With the arms extended outward from the sides of the body, the ball is dribbled to the floor from hand to hand with the arms straight. Power for the dribble comes from the wrist and fingers.

3. **Change-over.** The ball is dribbled a bit in front of the right foot, then quickly changed over to the left hand with a snap of the wrist and fingers. The arm and shoulder do not enter into the motion of the change-over. At the extreme left side, the left hand picks the ball up very low and continues the dribble near the left foot preparatory to snapping the ball over to the right hand.

4. **One hand change-over.** The ball is changed over from right foot to left foot using just one hand. Application of direction comes from the wrist and fingers. The elbow and shoulder are virtually motionless. Both hands are practiced.

5. **High and low dribble protection.** The ball is dribbled crisply, then the hand is lowered quickly, cutting the height of the dribble. The dribble is raised and the procedure repeated. Left and right hand are used.

6. **Side dribble - forward and backward.** With the arm along the side of the body, the ball is moved from an extreme front position to an extreme behind the back position and then returned to the front position and repeated. At the behind the back position the fingers are pointed backward.

7. **Behind the back.** The ball is dribbled behind the back from right to left to right and repeated. The fingers are pointing outward from the sides.

8. **Through the legs.** With the right foot

extended, the ball is dribbled between the legs. The back is straight and the ball is snapped hard to the floor so that it rebounds to extended arms. The same is executed with the left foot extended.

9. **Figure eight pass.** The ball is passed around the right leg twice, then reversed twice, then the same with the other leg. Next it is passed like a figure eight around the legs twice, reversed twice, and finally passed twice around the waist in one direction and twice in the other direction.

10. **Figure eight dribble.** The same as drill nine except that the ball is dribbled. Players are encouraged to dribble with the finger tips only and as low as possible. The fingers must point backwards when the ball is taken behind the legs.

11. **Alternate leg catch.** With the legs parallel and the body in a crouch, the hands hold the ball with one arm in front of the legs and one arm behind. The ball is dropped and the hands quickly alternated, catching the ball before it touches the floor.

12. **Front and back leg catch.** The same as above is executed except both hands hold the ball in front of the legs. The ball is flipped with the fingers and caught with both hands behind the legs, then repeated.

DRIBBLING DRILLS - MOVING

The players are lined up equidistant down the endline facing the coach. Each player is given a ball.

13. **Rocker step.** The ball is held on the right hip, the left foot is extended forward with the weight on the back foot. On command, players transfer the body weight to the front foot and move left or right depending on the signal. If the move is to the right, the ball is put on the floor before the pivot foot is raised. Going left, the ball is quickly pulled across the body and dribbled with the left hand with the ball hitting the floor before the pivot foot lifts. The same is practiced with the ball on the left hip and the right foot extended.

14. **One hand change-over on command.** Drill number four is executed with the player moving three or four dribbles in the direction of the signal.

15. **Spotlight.** All of the previously practiced ball handling fundamentals are used in a routine created by the player. Each player may move two or three steps in any direction.

16. **Stops and turns.** The players dribble out and stop quickly securing the ball in both hands under the chin. A right reverse
Continued on Page 12

CAL COACH, DECEMBER 1972

1973 CONVENTION & CLINIC

APRIL 18-19, 1972 ——— SAN FRANCISCO HILTON AND TOWER

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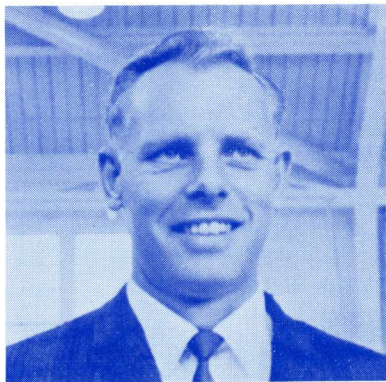
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THE HI-LO ZONE OFFENSE



By **Ralph Krafve**
East Bakersfield High School

In his 12 years at East Bakersfield High School, Ralph's teams have a 242-53 record. Their record includes 8 league championships, and 3 CIF Central Section championships. In 1967-68 they put together a 46 game winning streak. Ralph was coach of the North team in the 1972 All State game.

—o0o—

With more and more teams going to the zone and combination zone and man to man defenses, we realized the need for a strong offensive pattern that could:

1. Give us the high percentage shot -2 to 15 feet.
2. Provide adequate rebounding.
3. Be effective against zone, combination, and man to man defenses.
4. Be fairly simple with enough options to keep the defense "honest."
5. Keep pressure on the defense at all times.
6. Create floor balance.
7. Have continuity so there will be no slowdown in the offensive action.

The Hi - Lo pattern was the answer. We have had excellent results with it and have modified, changed and improved it over the last few years.

Our philosophy has always been to take high percentage shots, rebound, and rely on teamwork to gain the best results. Although the Hi-Lo pattern in simple, timing becomes the most important part of the offense. Without proper timing and teamwork very few offenses would be effective. And, of course, the only way to perfect timing is through constant practice and effort on the part of your players.

Diagram 1 shows our basic alignment. It can be run to either side of the floor; however, we prefer the right side. All of the players should be good passers; the inside men and the corner man should be good rebounders; the outside men strong shooters and feeders.

Our initial pass (Diagram 2) goes to the strong side from player 1 to 2. 2 has the option to shoot, pass to 4 or pass to 3. We tell our players that the inside man is open if the defense is playing behind him, and the ball should be passed to him. If 4 gets the pass he can shoot, pass to 5 who moves low across the lane as the ball goes to 4. pass to 3, or back to 2 if the defense sags in on him. To create our continuity, normally 2 will pass to 3.

We have assumed that 2 passes to 3 (Diagram 3) As the pass is being made, 4 slides down to the low post and 5 comes across to the high post. If 3's man sags off on 4, 3 may move in and shoot the jumper. If he does not sag, player 3 can pass directly in to 4. As the pass goes to 4, 5 crashes the boards for the rebound or possible pass from 4. Player 3 also may pass to 5 who is often open when he fills 4's high post position. On occasion 1 can break behind the defenders and receive a cross-court pass from 3 for a quick shot.

Assuming 3 cannot get the ball inside, he returns the ball to 2 (Diagram 4). Player 2 looks in to 4 or 5. He can also shoot or pass back to 3 if the defense shifts over too far after he receives the pass from 3. To move the ball to the left side, 2 will pass to 1.

As 2 passes to 1, 5 breaks to the corner and 4 to the high post. Player 3 moves to the low post (now the weak side). Player 2 fills 1's position (Diagram 5).

A very effective option is for 1 to fake a pass to 4 and then pass back to 2 who can shoot or pass in to 3. The defense will anticipate that you are going to the left side and often will over-shift its zone, especially if you run through and pass to 5 early in the game.

Player 1 must dribble over and can pass to 4, to 5, or back to 2. Normally we go to 5. As the ball goes to 5, 3 delays break and then goes to the strong-side to meet the ball at the low post.

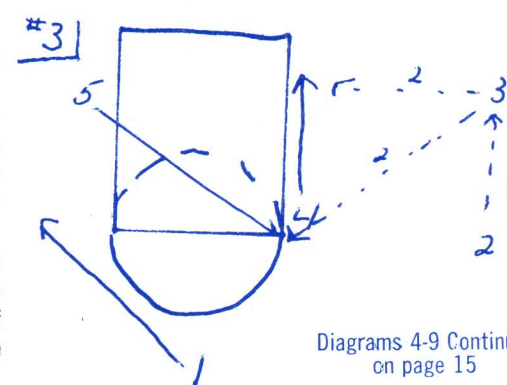
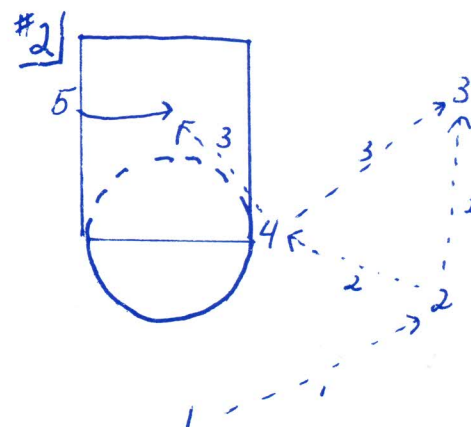
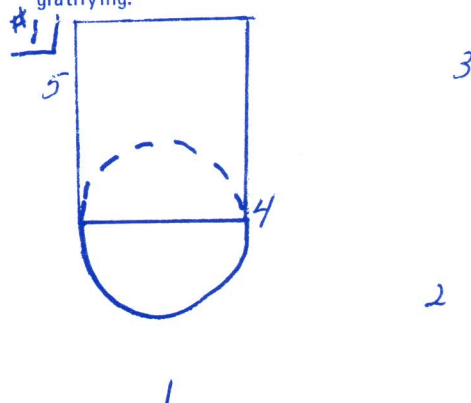
Player 5 passes to 3 as he comes to meet the ball. Player 4 then crashes the board and looks for a pass from 3. However, 3 will usually shoot. Player 5 may also shoot if his man sags in on 3.

If 5 can't get the ball inside, we can move the ball back to the other side with the aforementioned options and timing. Of course, this pattern can be run until the shot is taken (Diagram 6).

An effective option is to have 1 dribble left and 5 come up and screen and roll for a quick basket (Diagram 7). Player 1 can also pass directly in to 5 (Diagram 8) and

break off of him. Player 2 would then fill for 1. Another option is to have 2 cut through after passing to 3 (Diagram 9). Player 3 quickly passes to 1 who passes to 2 for a quick shot.

An imaginative coach can add many options to the Hi-Lo pattern. However we recommend that you stay with the initial pattern for the first year or two. We believe that you will find the results most gratifying.



Diagrams 4-9 Continued
on page 15



U. S. OLYMPIC TEAM RECEIVES MESSAGES FROM PRESIDENT NIXON AND VICE-PRESIDENT AGNEW PRIOR TO THE TEAM'S DEPARTURE TO MUNICH

THE WHITE HOUSE
WASHINGTON

TO THE MEMBERS OF THE UNITED STATES OLYMPIC TEAM

The first of the milers to break the four minute barrier, Roger Bannister, has written, "There is a need to feel our bodies have a skill and energy of their own, apart from the man-made machines they may drive. There is the desire to find in sport a companionship with kindred people. I have found all these."

The time is near when each of you—the finest athletes of this good land—will match these skills and energies against competitors from across the world. You have emerged from the fires of countless testings as champions in your own right. You have persevered and endured, striving not only to win but to excel. Like Bannister, you have driven yourselves unsparingly and all Americans join as one in saluting you.

We are deeply proud of our Olympic Team, not simply because you will carry our colors with honor, but also because you have had the courage to be yourselves. You have proven the surpassing value of individual effort and determination. Now, once again, you will be tested as individuals, called upon to give that extra measure which sets Olympians apart from all others.

Your countrymen look forward to honoring you for the victories you will doubtless earn. But, as we know, the ultimate goal of the Olympic Games is not victory. It is, rather, the element of participation in one of this earth's worthy endeavors to bring its inhabitants together—"the companionship of kindred people" in a mutual pursuit of excellence. Centuries ago, a wise Roman remarked that "in great attempts, it is glorious even to fail." The XXth Olympiad is one of those attempts, and whatever the measure of your success during the Games, you will have brought honor to your country and to yourself.

You are America, and her traditions, aspirations, and indomitable spirit go with you on your journey. Good luck and Godspeed.

Richard Nixon

C. CARSON CONRAD RETIRES

California Coaches Association was present to honor C. Carson Conrad at a retirement Banquet held in Sacramento on Wednesday October 18, 1972. The CCA distinguished service award was given to "Casey" by CCA president Al Greenleaf.

Casey has been a member of the professional staff of the California State Department of Education for Twenty-three years and since 1954 he has served as Chief of the Department's Bureau of Health Education, Physical Education, Athletics and Recreation.

Casey was appointed Executive Director of the President's Council on Physical Fitness and Sports on September 25, 1970. He directs staff activities for the nations physical fitness program for Captain James A. Lovell, Jr., USN, Chairman of the president's Council

In addition to the California Coaches Association the following organizations had representatives present to honor Casey with special awards: California Inter-scholastic Federation, California Association for Health, Physical Education and Recreation, Athletic Institute, and a representative for the Legislature of the State of California.



REMARKS OF THE VICE PRESIDENT OF THE UNITED STATES AT THE DINNER GIVEN BY THE PRESIDENT'S COUNCIL ON PHYSICAL FITNESS AND SPORTS HONORING THE U.S. OLYMPIC TEAM

Washington, D.C.
August 17, 1972

It is a special honor to visit tonight, even briefly, with this group of America's finest athletes.

In Munich you will serve as American ambassadors, and your abilities and your achievements will do more to spread international good than any army of professional diplomats could ever approach.

The international significance of the Olympic Games is widely recognized. Yet there is perhaps less recognition of the general role of athletics in our society. As you all know, there are many critics of athletics—people who tend to intellectualize against athletic competition, who see sport as an inconsequential time waster.

Nothing, I believe, could be farther from the truth. Athletics play a profound social role as one of the few bits of glue that hold our society together, one of the few activities in which young people can proceed along traditional lines and where the objectives are clear.

In athletics the desire to win is not only permissible, it is encouraged and, conversely, an athlete also learns how to lose without being destroyed by the experience. And that, ladies and gentlemen, is one of the great lessons of maturity.

Our society has recently experienced a great deal of turbulence. In my judgement, one of the things that contributed to that turbulence is that man's basic need to have objectives and to achieve has been obscured by all manner of philosophic gabble that dilutes his taste for competition.

But in athletics the objective fortunately, is still to win. And, like all of you here tonight, I would not want to live in a society that did not include winning in its philosophy. In such a society we would live our lives as identical lemmings, never trying to be best at anything, all headed in the same direction, and never striving for individual excellence. I would rather lose a heat or two in a competitive society, ladies and gentlemen, than float listlessly forever on a sea of nonachievers.

Some of you tonight that are here may not finish first in your events. But you will give your very best efforts, and by doing so you're going to win the respect of your countrymen and the citizens of all nations of the world who will be vicariously participating in this year's Olympic Games. And, most important of all, by giving your very best, you will once again enhance your own sense of self-respect.

And that, ladies and gentlemen, is something that those who refuse to attempt to win will never understand, because they fear to fail. Failure is never good. It's never easily acceptable, but it's better than not trying. Good luck to you all.

JC ROUND - UP



By FRED BAER
 Director, JC Athletic Bureau
DECEMBER
FEATURES MULTITUDE
OF JC TOURNAMENTS

December is traditionally "tournament" month in the California Junior College Association.

While fall sports wind-up with football and water polo championships early in the month, all five weekends are filled with a total of 27 basketball tournaments, plus a sprinkling of wrestling invitationals.

State championship in the latter two sports will be contested in March, however, with the cage event returning to Ventura for a second straight year.

Santa Monica, with many of its top players back from last year's basketball title team, is hopeful of repeating. The Corsairs will get stiff early tests, however, as they're entered in three December tourneys—at Citrus, Nov. 30 - Dec. 2; at Chabot, Dec. 20-22; and their own invitational, Dec. 27-29.

Tallest team in the state this season should be Compton, which is trying for a

return to 1969-70 form when the Tartars were 33-0. Complementing 7-0 veteran center Ed Gregg are Pepperdine transfer Ike Whitfield (6-7) at forward, a prep all-stater in Indiana, and 6-5 veteran Al Forney at guard. The Tartars can use 6-8 Dean Bowser, an Arizona State transfer, at the other guard and have two other 6-8 (plus two 6-7) players for other front line usage.

Compton will compete in the Merced tournament, Dec. 14-16; at Modesto, Dec. 20-23; and at Santa Monica.

DECEMBER JC BASKETBALL TOURNAMENTS

Nov. 29-Dec. 2: Antelope Valley Tourney at Lancaster.

Nov. 30-Dec. 2: Bakersfield College Invitational; Don Edwards Tourney at Citrus; Moorpark College Invitational.

Dec. 1-2: Fiesta Classic at San Jose CC; Tip Off Tourney at Roseburg, Ore. (includes Redwoods and Siskiyou).

Dec. 6-9: Miles Eaton Invitational at Orange Coast, Costa Mesa.

Dec. 7-9: Mid-State Tourney at Cuesta, San Luis Obispo; Fresno CC Tourney.

Dec. 13-16: Chaffey College Invitational at Alta Loma.

Dec. 14-16: College of Marin Invitational at Kentfield; Merced College Invitational; Cabrillo Tourney at Aptos; Mt. San Jacinto Tourney at Gilman Hot Springs.

Dec. 18-20: Golden Valley Conference Tourney at Lassen College, Susanville.

Dec. 20-22: Chabot College Classic at Hayward.

Dec. 20-23: Modesto JC Tourney.

Dec. 27-30: Desert Holiday Tourney at Palm Desert; Riverside CC Tournament of Champions.

Dec. 28-30: San Diego Mesa College Invitational; San Joaquin Delta Tourney at Stockton; Allan Hancock Tourney at Santa Maria.

Dec. 28-29: Skyline College Classic at San Bruno; Monterey Peninsula College Tourney; MiraCosta Tourney at Oceanside; Rotary Tourney at Central Ore., Bend, Ore. (includes Marin and Yuba).

Dec. 29-30: Silvertip Classic at Feather River College, Quincy.

Rio Hondo hosts the state water polo championships, Dec. 1-2, with defending champion De Anza and Orange Coast expecting to fight for top honors. Fullerton, San Mateo, Foothill, and Long Beach CC are other top contenders.

Long Beach coach Monte Nitzkowski and De Anza's Art Lambert tutored the U.S. water polo team to a bronze medal in the Munich Olympics.

FOOTBALL TITLES AT STAKE

Dec. 2 also marks the state small division football championship game at a to be determined site, depending upon the semi-final winner.

Large division finale is set for Bakersfield, however.

In fact the latter contest marks a return to 19,467 capacity Bakersfield Memorial Stadium of the Potato Bowl—at 1 p.m., Dec. 9.

The Kern County Shrine Club will jointly sponsor the game with the California Junior College Association. Kern's unit of the Al Malaikah Temple will donate its share of proceeds to the Shrine hospitals and other charities, according to club president Jim Stewart.

This is the first time the state championship game will involve the full pageantry and festivities of a bowl game and will make Bakersfield the center of community college activity for the entire weekend.

For 20 years, until 1967, the Potato Bowl featured a match-up of two outstanding JC teams, selected at large. But, when

(Continued on Page 14)

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PREP SPORTS



By JERRY WEINER

Los Angeles City High Schools

Sports Information Director

Although nearly every section of the state has yet to complete its post-season championship playoffs, the 1972 high school football season has already established a number of teams and individuals as standouts in every sense of the word.

Clearly, the matter of "Who's Number One?" cannot be determined clearly, short of a state championship, which may never evolve. But the progressive steps being taken in most areas of California do point to a more firm delineation as to which schools, on the C.I.F. Sectional level, at least, can justifiably lay claim to the contemporary boast, "We're Number One!"

And when one notes that the Los Angeles City and Southern Sections are exploring the feasibility of a game between their respective playoffs winners as a grand climax to the 1973 season, it sheds an additional ray of encouragement to those who would dearly love to see a statewide playoffs someday...impossible as that dream may be.

Surveying the entire state, with the help of such highly-informed and authentic sources as Will Watson (San Diego Tribune), Don Clarkson (San Diego CIF), Phil Klusman (Bakersfield California), Terry Betterton (Fresno Bee), Dave Lovecchio (Oakland Tribune), Lance Gilmer (San Francisco Examiner), Fred Schwartz (Modesto Bee), Larry Irby and Ron Bellamy (Sacramento Union), Fran Errota and Dave Crawford (San Jose Mercury-News), Mike Peck (Southern CIF Section), and this writer (Los Angeles City CIF Section), the picture just before "bowl" games on Thanksgiving Day and the plethora of playoffs looked as follows:

The Southern Section is replete with powerhouses like 4-A giants St. Paul (Santa Fe Springs), 9-0; Western (Anaheim), 9-0;

Santa Fe (Santa Fe Springs), 9-0; Alhambra, 8-1; La Serna (Whittier), 8-1; Westminster, 7-2; Anaheim, 7-2; Mater Dei (Santa Ana), 7-2; Hueneme, 7-2; Pasadena, 7-2; and Santa Ana Valley, 8-1. The 3-A top dogs include La Habra, 9-0; Antelope Valley (Lancaster), 9-0; Santa Maria, 9-0; Los Altos, 7-0-2; Cabrillo (Lompoc), 8-1; West Covina, 8-1; Claremont, 8-1; Orange, 7-1-1; Pacifica (Garden Grove), 8-1; Santiago (Garden Grove), 8-1; Thousand Oaks, 7-2; Newbury, 7-2; and Monrovia, 7-2. Leading 2A records include Temple City, 9-0 (39 wins in a row for new Southern California record, closing in on state best of 42 by Willow Glen, San Jose, when Bob Berry Sr. was coaching his later-famous quarterback son, Bob Jr.), Saint Bernard (Playa del Rey), 9-0; Walnut, 9-0; Brea-Olinda, 9-0; Murphy (L.A.), 8-1; North (Riverside), 8-1; Neff (La Mirada), 8-1; Palo Verde (Blythe), 8-1; Charter Oak (Covina), 7-2; Northview (Covina), 7-2; and Corona, 7-2. The 1A leaders are Baptist (L.A.), 9-0; Carpinteria, 9-0; Imperial (Riverside), 8-0; Big Bear (Arrowhead), 8-1; Banning, 7-2; Desert (Edwards AFB), 7-2; Paso Robles 7-2; and Twentynine Palms, 7-2.

Los Angeles City top records include defending City champion Carson (Torrance), 8-0 (20 wins in a row through the end of regular season, new L.A. record); Wilson (El Sereno), 8-0; Sylmar, 8-0; Huntington Park, 7-0-1; Dorsey, 7-1; Gardena, 7-1; Bell, 6-2; Franklin (Highland Park), 6-2; Manual Arts, 6-2; Palisades, 6-2; North Hollywood, 6-2; Granada Hills, 6-2; Taft (Woodland Hills), 6-2; and Hollywood, 5-2.

San Diego Section reflects top efforts by Sweetwater, 9-0; Madison (S.D.), 8-0-1; Vista, 8-1; Lincoln (S.D.), 7-2; Mt. Miguel (Spring Valley), 7-2; Henry (S.D.), 7-2; Kearny (S.D.), 6-2-1; and Helix (La Mesa), 6-3. One of these will replace defending champ Grossmont (La Mesa).

Central Section leaders are McLane (Fresno), 10-0; Delano, 8-1; San Joaquin Memorial (Fresno), 8-2; Reedley, 8-2; Foothill (Bakersfield), 7-2; Shafter, 7-2. Among smaller schools, Woodlake, 9-1, had the best record.

Central Coast Section reports top drawer production from Oak Grove (San Jose), 10-0, Leland (San Jose), 10-0, Saratoga, 9-0, Hillsdale (San Mateo), 9-0; Monte Vista (Watsonville), 8-0-1, Woodside, 8-1; Cupertino, 7-1-1; Riordan (S.F.), 8-2; St. Ignatius (S.F.), 8-2; San Mateo, 8-2; Monterey, 7-2. In addition to Riordan and St. Ignatius, San Francisco City Section powers were Lowell, 7-2, and Mission, 7-2.

Oakland Section front runners were Skyline, 6-3, and Oakland, 7-2. Other top

teams in the area were Berkeley, 9-1, Kennedy (Richmond), 9-1, Miramonte (Orinda), 8-2; Livermore, 8-2; Ignacio Valley, 8-2, San Leandro, 8-2, Piedmont, 8-2, Mt. Diablo (Concord), 8-2, St. Patrick (Vallejo), 7-2; Amador Valley (Pleasanton), 7-2, Las Lomas (Walnut Creek), 7-1-1, Sunset (Hayward), 7-1-1, Antioch, 7-3, San Ramon (Danville), 6-1-1, Kennedy (Fremont), 6-2, and Emery (Emeryville), 6-2.

In the Sac-Joaquin area, the finest seasons were enjoyed by Mira Loma (Sacramento, 10-0, Cordova (Rancho Cordova), 9-0, Colusa, 9-0, Sacramento, 9-1, Downey (Modesto), 9-1, Norte del Rio (Sacramento), 8-2, Modesto, 7-0-1, Armijo (Fairfield), 7-1, Vacaville, 7-1, Christian Brothers (Sacto.), 6-2.

Most exciting players in the Southern Section this year include Steve Tetrick, fullback from L.A. Baptist, a school with only 370 students; Rick Brown, quarterback, and Mike Nanke, tailback, for all-conquering Temple City; Bill Wargo, St. Paul running back; Ron Himes, Walnut quarterback; Bob Acosta, Western quarterback; Jack Davis, Jr., Hueneme quarterback and coach's son; Rob Hurtle, Los Altos, quarterback; Mike Draper, Santa Maria running back; Bob Trudeau, West Covina running back; Randy Castaneda, quarterback, and Tony Mendez, split receiver, Santa Fe; Mark Bailey, El Rancho (Pico Rivera), running back; and Mike Garcia, Bishop Amat quarterback, among many others.

Tetrick wound up regular season with 1,948 yards, 243.5 per game, third highest in Southern Section history and 152 points. He racked up 46 points in a single game, in which he ran for 363 yards. On the career side, he entered the playoffs with 4,758 yards, second only to Centennial's Mickey Cureton. Wargo went through his first eight games for 185 carries and 919 yards, scoring 11 touchdowns for a team that allowed only 23 points in those eight games. Himes completed 145 of 271 passes for 2,103 yards and 24 touchdowns, while Hurtle hit 135 of 202 for 2,087 yards and 13 TD's, and Acosta gained 693 yards in 108 carries while passing 56-for-106 and 1,041 yards, accounting for 13 TD's running and passing. Bailey gained over 1,000 yards for a team which won one of its first eight games. Castaneda gained over 1,500 yards passing, half of it to Mendez. Draper scored 18 TD's. Sophomore Kenny Walker of Burbank gained over 800 yards in his first seven games. Two stickotut kickers were Jim Hayes, Warren, who had a 52-yard field goal, and John Corlett, Pomona, with a 50-yarder.

(Continued on Page 14)

CAL COACHES OLYMPIC TOUR

BY HAL BUFFA




One part of the group on the CCA Olympic Tour. Taken at the Palace of Versailles.

Rear, l. to r.: Les Atteberry, Birgit Schreiber (tour guide for this group from London to Munich), Bob During, Pat Schon, Maxine Cook, Al Greenleaf, Norma Greenleaf, Rob Grialou, Sue Grialou, Jennifer Echols, Jim Echols.

Front, l. to r.: Our guide in France, Leslie Oakes, Judy Smith, Mrs. Robert Riddle, Ruth Riddle, Bob Riddle, Mollie Kavanagh, Frances White, Marjorie Kavanagh, Doris Echols.

CI FACTS (Continued from Page 5)
schools today? It is a difficult question, and trying to find the answers to opportunities for girls in interscholastic sports competition is also more difficult. We have a hunch the question will be around for some time.

Plans for the first State CIF Wrestling Championship Tournament are well along. Lynn Dyche of Oak Grove HS in San Jose, has been named as Tournament Director for the host CIF Central Coast Section. The Tournament will be held on Friday and Saturday, March 2-3, 1973 at California State University-Hayward. The State CIF Office sent an advance information bulletin to all CIF schools in November; additional copies are available if required. The State CIF is indebted to the Northern California Wrestling Coaches Association for its valuable assistance in planning for the meet. Wrestling coaches are reminded that the CIF January weigh-in is especially important in view of the first statewide championship tournament. 

A FUNDAMENTAL APPROACH TO DEVELOPING THE H.S. BREAK

(Continued from Page 6)

pivot is made with care taken to preserve good body balance. The head should stay very level on the turn. Next a left reverse pivot is made.

17. **Walk out - through the legs.** Walking forward, the ball is dribbled once between the legs with each step taken. The players move from endline to endline.

18. **Moving - Change-over.** Using a quick change of pace and direction, the ball is changed over from the right hand to the left hand. The ball is picked up low after each change-over.


19. **Moving - behind the back.** The movement is the same as drill number eighteen except the ball is dribbled behind the back. Care is taken to allow the dribble to lag behind the body before it is pushed with a snap of the wrist to the opposite hand. Change of direction is simultaneous with change of ball.

20. **Reverse pull.** Dribbling hard to the right with the right hand, the body is turned quickly by means of a reverse pivot off the left foot. The ball is pushed, not carried over, by a flick of the wrist and fingers. The ball is passed in front of the turning body to be picked up with the left hand. Continuing with the left hand, the body is again reversed with a subsequent change of direction, moving the ball from left to right hand.

21. **Moving - through the legs.** (conventional) Dribbling to the right, the ball is passed through the legs. As the change of

Our Cal Coaches Olympic Tour and clinic was a super experience for all of the participants. Our clinic was held in Garmisch-Partenkirchen under the direction of Dallas Yost. We had the Japanese coaches and participants from the Japanese Olympic team as our instructors and staff. Certificates of completion were awarded to our workshop participants.

Although we were housed in Garmisch-Partenkirchen which is some seventy miles from Munich the daily train ride was eventful and refreshing. You have all read about the tragic events which clouded the games, but let us always remember the tremendous organizational work that went into these twentieth Olympics.

Cal Coaches and families are invited to join me on a physical education workshop this summer aboard a passenger freighter to the far east. If you would care to have some information on this trip write to Hal Buffa, Diablo Valley College, Pleasant Hill, Ca. 94523. 

direction is from right to left, the ball is dribbled in front of the right, direction changing leg and behind the lead leg. Continuing up court the ball is dribbled from left to right hand through the legs.

22. **Moving - through the legs.** (unconventional) The same is practiced as drill twenty one except as the change of direction goes from right to left, the ball is dribbled behind the right push off leg and in front of the lead leg.

23. **Moving - spotlight.** Each of the above techniques is used in a creative routine moving quickly up the court changing direction and pace often.

COMPETITIVE DRIBBLING DRILLS

24. **Dribble challenge.** Three defensive players are lined up on the court approximately twenty five feet apart. A fourth player with the ball approaches each defensive player and, without slowing up, dribbles by them using any ball handling technique desired. If the dribbler errors, he returns to that point and attempts to pass without faulting. The dribbler must go all the way down the line, turn and return through again. The defenders are allowed to move one step in every direction and are encouraged to be aggressive on the approach and to attack from behind as the dribbler passes. (Continued on Page 13)

CCA BOARD WELCOMES NEW MEMBERS

The State Board of Directors at its September Meeting welcomed these newly elected members. They serve for a 3 year term. At the same time the Board expressed thanks and appreciation on behalf of the entire membership to retiring members, Stan Pouko and Shirley Moore, for their long and faithful service to the association and athletics in California.



Arlie A. Ruble
Madera High School



Hal Sherbeck
Fullerton Jr. College
(Re-Elected)



Harry Frum
Monroe High School, Sepulveda

CCA AT WORK

BOOSTER CLUBS AND ORGANIZATIONS: Claire VanHoorebeke

CCA REPRESENTATIVE TO ATHLETIC DIRECTORS ASSOC: Jim Echols

CCA REPRESENTATIVES TO CAHRER: Harry Frum, Hal Sherbeck

NOMINATING COMMITTEE FOR BOARD MEMBERS FROM EACH REGION:

LIFE MEMBERSHIPS AND SPECIAL AWARDS: Paul Briggs, Birt Slater

REGION COACH OF THE YEAR AWARD: Paul Briggs, chairman, Arlie Ruble, Harry Frum, Loren Lansberry

NATIONAL HIGH SCHOOL ATHLETIC ASSOCIATION REPRESENTATIVE: Doug Pederson, chairman

ADVERTISING AND PUBLICITY FOR CCA MAGAZINE, ETC: Ed Strelow, chairman, Bob Troppmann, Harry Frum

Note: Each region chairman to appoint two committee members.

Region No.1 North: Al Baeta, chairman
Region No.2 North Coast: Jim Echols, chairman

Region No.4 Central Coast: Loren Lansberry, chairman
Region No.5 Southern: Claire VanHoorebeke, chairman



A FUNDAMENTAL APPROACH TO DEVELOPING THE H.S. BREAK

(Continued from Page 12)

25. **Two against one.** Two defensive players attack one player with the ball in a half court area. The dribbler is encouraged to make moves and feints which will enable him to dribble between the defenders.

26. **King of the line.** Each player has a ball and must stay within one step of the sideline as he dribbles from the endline to the half court line and back again. A dribbler may slap the ball away from any other dribbler in front or behind him. As a dribbler loses possession of the ball, he retires from the line.

PASSING DRILLS

The players are lined up in parallel lines. One ball for every two men.

27. **Two hand chest pass.** The ball is passed quickly with the distance of the Passes gradually increased.

28. **Fake two hand chest pass then bounce pass.**

29. **Baseball pass - left and right hand.**

30. **Overhead wrist pass.** This is the basic outlet pass we use in the break. The distance between the passers is gradually increased.

31. **One hand underhand pass.**

32. **Fake overhead pass then underhand pass.**

33. **Fake over head pass then baseball pass.**

REBOUNDING AND OUTLETT PASSING.

Players are in parallel lines. One ball for two men.

34. **Rebound form.** The player lobs the ball into the air and rebounds it strongly, securing it under his chin.

35. **Rebound - one half turn and overhead pass.** The player with the ball turns his back to the player he will throw the ball to, then he lobs the ball into the air and rebounds it strongly making a quarter turn with his body and a quarter turn with his head. Now, with a good view of the player he will pass to, he completes the pass. The

receiver must take one step toward the ball then turn his head up court before starting a two dribble move up court.

36. **Rebound - one half turn - fake overhead pass then throw under hand pass.**

37. **Rebound - one half turn - fake overhead pass then throw baseball pass.**

38. **Rebound - kick out.** The ball is lobbed into the air and rebounded strongly making the proper body and head turns. With extreme body lean the player dribbles out quickly for two dribbles then passes.

39. **Rebound - fake overhead pass and kick out.**

40. **Rebound under pressure.** The rebounder, under pressure from a defender, may use any of the methods described in drills thirty five through thirty nine to get the ball to the outlet receiver. The outlet receiver also is under pressure as a defensive player is positioned ten feet away and may try to intercept the outlet pass.



J C ROUND-UP

(Continued from Page 10)

state playoffs were inaugurated, the Potato Bowl utilized a college all-star format for a year.

Now, under the historic new agreement, the well-known bowl will culminate three weeks of playoffs among Californis's eight large division community college leagues.

The 59-teams in the division comprise the largest group in the nation contesting a JC gridiron championship.

The California title has been decided in Bakersfield's stadium the past two years, College of the Sequoias defeating Fullerton JC for the 1970 title and El Camino downing Santa Rosa JC in 1971.

Herb Loken, Bakersfield College director of athletics, has been one of the prime leaders in getting the state championship game to Bakersfield and is enthusiastic about the new arrangement. "With the Shriners behind the ball, I don't see how it can't be a success," he noted.

All seats for the game are reserved and tickets are available from the Bakersfield College ticket office and the Kern County Shrine Club office.

JC TRANSFERS HONORED

Six JC football transfers were among the 16 players named most valuable on their teams by Northern California senior colleges this season.

Northern California football writers in turn selected Stanford linebacker Jim Merlo (ex-Fresno CC) and California end Steve Sweeney (ex-Yakima, Wash. JC) as the top University Division defensive and offensive players. Both were former first team JC All-Americans.

Cal also cited Bob Kampa, defensive tackle from Gavilan College, as most valuable Bear defender.

University of Pacific chose fullback Mitchell True as its top defensive player, while UC Davis picked True's former Bakersfield College teammate Nick Lowe, a tackle, as best defender on the Aggies' Far Western Conference championship team.

Louis Quint out of American River College was most valuable defensive player for San Francisco State.



PREP SPORTS

(Continued from Page 11)

Los Angeles City heroes are led by Wesley Walker, Carson's exciting split end who was also devastating on punt and kick-off returns and a standout defensive cornerback; Frank Quinones, Huntington Park's great passing quarterback; Randy Garcia, another fine throwing quarterback, from Wilson; Howard Studdard, Manual Arts quarterback; Julius Mathis, Dorsey quarterback, and Duane James, his favorite receiver; Floyd Perry, Jordan halfback; Dwight Ford, Bell halfback; Rick Taylor, Carson halfback; Wendell Tyler, Crenshaw halfback; Ricky Bell, Fremont halfback-liner; Stuart Lewis and Rob Stansbury, Taft running backs; Bill Kennedy, Cleveland halfback; Kevin Cole and Everett Marshall, Gardena running backs.

San Diego leaders: Wally Henry, Lincoln running back; Stan Smith, Helix running back; Bill Delaney, Vista quarterback; Dave Semensow, Vista fullback; Mike Hubbard, Madison running back; Scott Brisban, Henry running back; Leroy Brown and Rudy Nanquil, Sweetwater running backs.

Central Section: Jeff Beck, Delano halfback, 1,183 yards and 22 touchdowns; Gary Blackford, Foothill halfback (sophomore), 1,333 yards and 17 TD's coming into last game; Bernard Parver, Arvin, and David Turner, Shafter, both over 1,000 yards; Rob McCombs, West Bakersfield running back; Rod Kraft, 1,367 yards passing, 16 TD's, Larry Mucher, and Sam Donabedian, quarterback, end, and running back from McLane; Richard Walthen, quarterback, 120-229, 1,817 yards and 16 TD's, Bruno Lometti, running back, and Nelson Beazley (6-5 215), tackle, SJ Memorial; Larry Hall, Dinuba back, 1,481 yards, 24 TD's; Tim Drew (6-7 249), Reedley tackle; Don Schutte, Woodlake quarterback, 1,831 yards, 21 TD; and George Perez, Kerman running back, 962 yards, 14 TD.

Central Coast Section: Steve Poor, Saratoga running back, 1,000 yards, 15 TD; Jim Miller, Leland quarterback, 16 TD's; Danny English, Cubberly (Palo Alto) quarterback; Fred DeLeon, Oak Grove fullback; Brian Raich (6-3 240), tackle, John Tuttle, run-

ning back, and Bob Quail, quarterback, all from Saratoga.

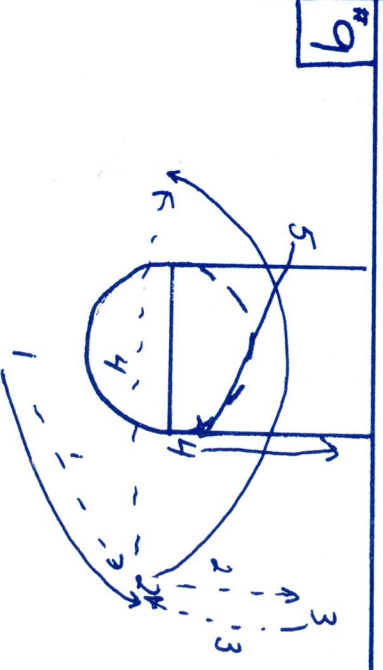
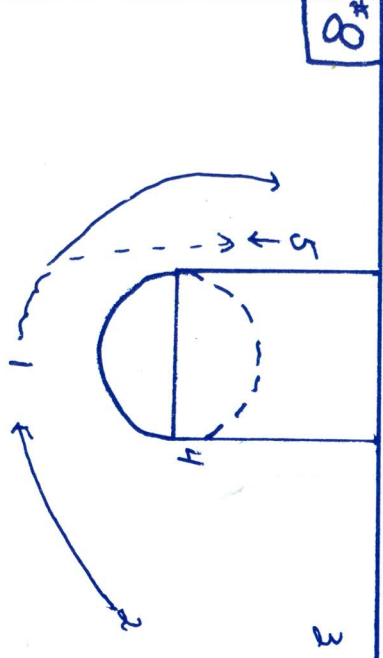
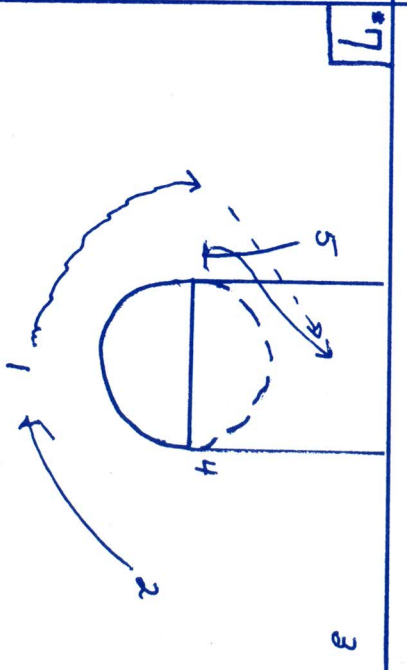
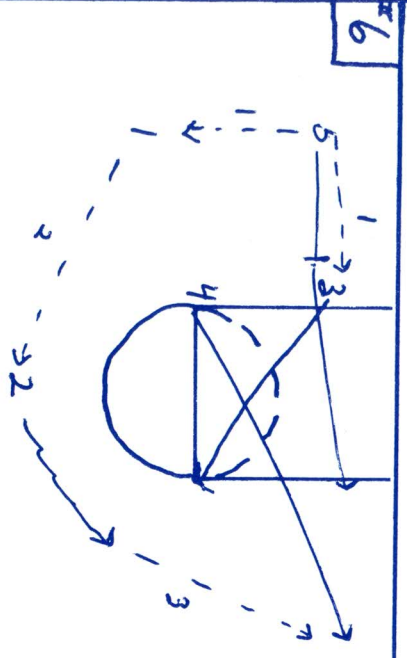
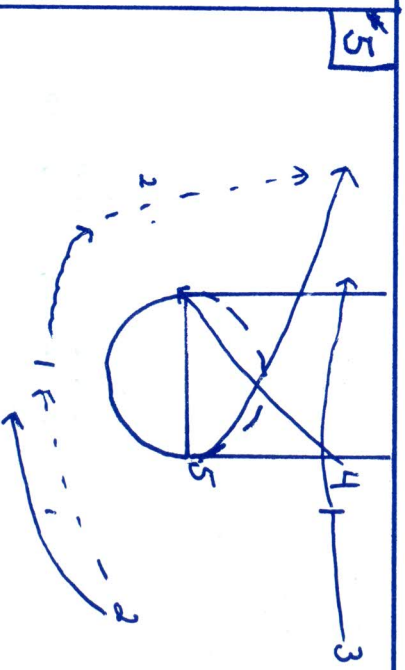
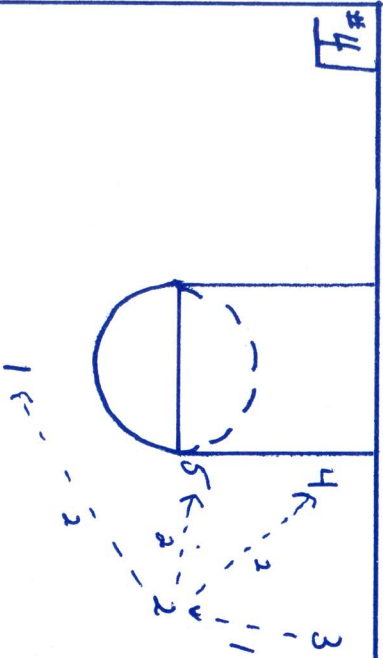
Bay Area: Alex Karakoroff, 6-4 230, SI tackle; James Reed, Wilson (SF) tackle; Marvin Chalton, Mission (SF) quarterback; Bob McCutcheon, Lincoln (SF) running back; Mike Carey, Riordan (SF) quarterback; Mike Gill, Mitty (San Jose), running back; Wayne Jackson and Levi Armstrong, Mission receivers; Jeff Green, Washington (SF), receiver; Greg Fields, 6-6 240, Mission tackle; Greg Smith, Balboa (SF) back; and Jim Turner, Mission back.

Oakland Area: Donnie Thomas, Fremont quarterback? Donn Flaschi, Skyline quarterback? Lee Smith, Berkeley running back; Jim Eversole, Pinole Valley receiver; Paul Onariuzza, Pinole Valley quarterback; Steve Mason, Berkeley's 6-4 230-lb. quarterback; Rich Kane, Amador Valley (Pleasanton) running back; Blake Pelletier, Ignacio Valley quarterback; Doug Rader, Kennedy running back; Don Reynolds, Alameda running back; Kaderra McDaniels, Eils (Richmond) running back; and Bill Harris, Piedmont quarterback.

SAC-JOQUIN AREA:

Lincoln tackle; Rick Vanderpool, Cordova tackle; Barry Nesbitt, Sacramento end; Bruce Day, Rio Americano halfback; Ron Inge, St. Mary's halfback; George Ban, Kennedy quarterback; Larry McGovern, Jesuit (Carmichael) quarterback; Glen Yates, Cordova quarterback; Dave Schultz and Tim Corlett, Mira Loma halfbacks; Tim Addington, Yuba City fullback; John Cartwright, Christian Brothers tackle; Paul Bridges, Cordova guard; John Allen, Randy McGilvary, and Don Brown, Mira Loma guard; end, and defensive back, respectively; Rod Massey, West Sacramento linebacker; O.B. Perkins, Sacramento, and George Harper, Cordova, defensive backs; Dale Caldwell, Anderson, guard; Steve Weeks, Foothill, center; and Rick Brister, Roseville, guard.





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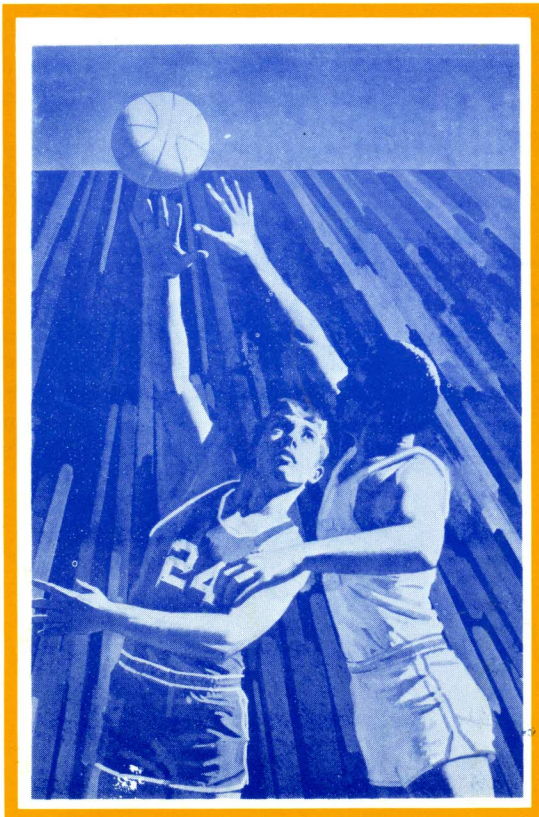
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