

Northern Section Interscholastic Federation Newsletter

Congratulations to the Fall Champions

Football

- Div. I – Paradise High School
- Div. II – Anderson High School
- Div. III – Mt. Shasta High School
- Div. IV – East Nicolaus High School
- Div. V – Maxwell High School
- Div. VI – Butte Valley

Volleyball

- Div. II – Pleasant Valley High School
- Div. III – West Valley High School
- Div. IV- Sutter High School
- Div. V- Fall River High School
- Div. VI – Bishop Quinn High School

Girl's Golf

- Pleasant Valley High School
- Ind. Tiffany Krumark from Las Plumas

Swimming

- Div. I and Masters –
 - Boys- Shasta High School
 - Girls- Chico High School
- Div. II- Boys West Valley High School
- Girls- Durham High School

Cross Country

Overall Girls and Boys- Mt. Shasta High School.

- Div. II- Chico
- Div. III- Shasta
- Div. IV – West Valley
- Div. V- Mt. Shasta

These schools won both the girls and boys competition in their respective divisions.

Div. V State Champions-Mt. Shasta Girls

Tennis

- Div. I – Shasta
- Div. II- Sutter
- Individual-Rafaela Boldt – Anderson
- Doubles- Rafaela Boldt & Terri Dibble – Anderson High School

Our web address www.cifns.org

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Please have your coaches get the Playoff Guidelines for their sport off the web page.

<http://cifns.org/playoff/> This will help them better understand the rules governing the sport and the seeding process and procedure.

Wrestling coaches need to call the Section Office to obtain their school ID and coaches' password for the weight management program. Please remind the coach's that they need to take this information with all wrestlers to every match.

New students to your school who did not have a valid (bonafide) move, with their parents or guardians, and who have established residential eligibility within the ninth grade, you have paperwork to do on them in order for them to be eligible to participate in interscholastic competition. Please double check all you student/athletes.

I have heard that many schools are practicing on Sunday; this is prohibited. Please refer to By-Law 309-SUNDAY RESTRICTIONS. "In order to provide at least one day of respite from involvement in interscholastic athletics each week, no interscholastic games or practices of any kind are to be held on Sunday." (Approved May 2000 Federated Council)

"The importance of character, ethics, and sportsmanship should be emphasized in all communications directed to student-athletes and their parents." Taken from *Pursuing Victory with Honor*.

The next Board of Managers meeting is January 17, 2007, at the Courtyard by Marriott in Chico.