

NBL Football Coach Meeting Minutes  
Monday, July 28 2014, 5:30 PM  
Montgomery High School, Viking Room

- I. Attendance
  - a. Cardinal Newman: Jerry Bonfigli, athletic director
  - b. Casa Grande: Trent Herzog, varsity head coach and one assistant coach
  - c. Maria Carrillo: Jay Higgins, varsity head coach
  - d. Montgomery: Marcelo Bautista, varsity head coach
  - e. Rancho Cotate: Gehrig Hotaling, assistant coach
  - f. Santa Rosa: Dave Duncan, varsity head coach
  - g. Ukiah: David Duncan, varsity head coach
  - h. Windsor: Todd Fletcher, assistant coach
- II. **An updated directory is attached to this email**
- III. League schedule
  - a. First day of practice: Monday, August 11, 2014
  - b. Revisions of the schedule may ONLY be made with approval of the athletic directors and principals of involved schools
- IV. Handouts discussed and distributed at this meeting:
  - a. Sexual Harassment and Hazing, sportsmanship, steroids
  - b. NFHS Information and application for membership
  - c. Sportsmanship ballot
  - d. Pursuing Victory With Honor, CIF Expectations for Coaches
  - e. Estimated Probability of Competing in Athletics Beyond the Interscholastic Level
  - f. Strategies for Socializing
- V. CIF/NCS/NBL Practice Guidelines (discussion)
- VI. CA Bill AB 2127 (signed by Governor Brown, will go into effect January 1, 2015)
  - a. Several questions generated by coaches were forwarded to Gil Lemmon, NCS Commissioner following this meeting. Gil will take them to the next CIF Commissioners' meeting for discussion and clarification.
- VII. CIF and NCS rules (distributed and discussed)
  - a. Season of sport information (NCS 100, 200, 300 series handouts)
  - b. General rules and undue influence interpretations (NCS 500 series handout)
  - c. Undue Influence Rule Interpretations: **A new copy, updated on June 23, 2014 is attached to this email**
  - d. NCS Practice and Conditioning Rules Interpretations
- VIII. NBL Constitution (full constitution available online at [sss.northcoastsection.org](http://sss.northcoastsection.org))
  - a. General Rules and Football rules (distributed and discussed)
  - b. NCS Football bylaws (distributed and discussed)
  - c. NCS Ejection policy (distributed)
- IX. NCS Championships: Championship bulletin available at [www.cifncs.org](http://www.cifncs.org)
  - a. NCS Official Ball: Wilson GST; Any Wilson ball which meets the National Federation Football Rules Book specifications (page 14) will be allowed. This includes panels made of cowhide, composition and rubber.
- X. Caffeine Powder Dangers (*Press Democrat* article, distributed and discussed)
- XI. Sports Drinks vs. Energy Drinks (handout distributed and discussed)
- XII. Guide to Heat Acclimatization and Heat Illness Prevention (distributed)
- XIII. CIF Sports Medicine: [www.cifstate.org](http://www.cifstate.org)--excellent resource for sports medicine information

XIV. North Bay League web site: [www.northbayleague.org](http://www.northbayleague.org)

XV. New Business

- a. Jan will contact Mick O'Meara to obtain copies of all-league nomination forms that may be helpful to NBL coaches.