

WCAL

WEST CATHOLIC ATHLETIC LEAGUE

LEAGUE HISTORY

The W. C. A. L. (West Catholic Athletic League) was founded in 1967 to provide for the administration of athletic competition among its member schools. The W. C. A. L. is a member of the Central Coast Section (C. C. S.) of the California Interscholastic Federation of Schools (C. I. F.). The W. C. A. L. currently has ten member schools providing athletic competition in thirteen different sports for Boys, and ten sports for Girls within the league. Information and location for each school is listed under Member Schools.

The following are the schools that provide the Boys sports: Archbishop Mitty, Archbishop Riordan, Bellarmine, Junipero Serra, Sacred Heart Cathedral, Saint Francis, Saint Ignatius, and Valley Christian (San Jose). The sports offered through the league for Boys are: Football, Water Polo, Cross Country, Basketball, Wrestling, Soccer, Baseball, Lacrosse, Track, Swimming, Golf, Tennis, and Volleyball.

The following schools provide competition in Girls Sports: Archbishop Mitty, Notre Dame (Belmont), Presentation, Sacred Heart Cathedral, Saint Francis, Saint Ignatius, and Valley Christian (San Jose). The sports offered through the league for Girls are: Cross Country, Water Polo, Golf, Tennis, Volleyball, Basketball, Soccer, Softball, Track, and Swimming.

The governing body of the W. C. A. L. is the Principals Council, composed of the Principals of all the member schools. The Principals Council meets four times each year to decide issues involving the league.

The Athletic Directors Council, composed of the Athletic Directors of all member schools, is the advisory body to the Principals Council. The Athletic Directors Council meets six times each year, and makes recommendations to the Principals Council regarding league rules, procedures, policies, schedules and other matters which are deemed necessary.

Finally, there are Sport Committees for each league sport. A Sport Committee is composed of all the Varsity Coaches of the same sport. Their function is to meet periodically each year to discuss any and all aspects of their sport with the intention of improving the sport and the W. C. A. L. as a whole. They make recommendations to the Athletic Directors Council regarding changes, revisions, additions or deletions to existing league rules and procedures which govern their sport.

The W. C. A. L. employs a League Commissioner who has the responsibility of liaison between the Principals Council, Athletic Directors Council and the Sport Committees. The League Commissioner is the main administrative and financial officer for the entire league. The League Commissioner prepares the final schedules, records brochures, and League Constitution and Sport Bylaws every year, and distributes copies of these documents to every school.

League Championships are determined for each sport. The results of the round robin league schedule solely determine the championship in Football and Tennis. The League Championships in Basketball, Soccer, Baseball, Softball, Lacrosse, Water Polo, Volleyball, Golf, Swimming, Wrestling and Track shall allow for possible co-champions. The co-champions in these sports would be the team that wins the round robin together with a different team if that team wins the League Playoffs. League Playoffs are held after completion of the round robin season. All teams who participated in the league round robin schedule are eligible for the League Playoffs. If the same team wins both the round robin and the league playoffs that team shall be the sole league champion of that sport. Finally, the League Champion in Cross Country shall be determined by the combined results of the round robin competition and the final league meet.