



April 2020 ISSUE

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IHSAA EXPRESS

Supporting Education Through Activities

IHSAA POSTPONES STATE DEBATE/SPEECH, SUSPENDS SPRING ACTIVITIES

The Idaho High School Activities Association, in the response to COVID-19, and to best serve our member schools, student participants, coaches and Idaho families are announcing the following:

- ** The State Debate and Speech Championships are postponed.
- ** Suspension of sanctioned sports and activities for all member schools effective Tuesday, March 17 through Monday April 20th.

Extending the date to April 20th was to align with the recommendations from the Idaho State Board of Education.

Implementing cancellations and/or suspension is taken in part with consultation with public health officials to implement best practices in slowing the spread of COVID 19 and therefore aid in protection of students and the general public; to reduce competitive inequity among member schools and in an effort to have the opportunity to hold our spring state tournaments/ events on the assigned dates/sites.

During the suspension, IHSAA member schools are not to compete in games or contests. Member schools are not to conduct practices in IHSAA sanctioned sports at any location. Neither member schools nor their coaches nor student athletes are to hold meetings. Member schools are not to allow students or coaches at any IHSAA member school to use the school's athletic facilities for a practice, game or contest in any IHSAA sanctioned sport regardless of the affiliation (club or otherwise) of the group seeking to use the facilities. The use of athletic facilities for currently scheduled classes as a part of the regular school curriculum such as P.E. classes is allowed. Rule 8-11, "Outside Competition Rule" is still in effect.

The IHSAA office as well as the Board of Directors, will continue to monitor the rapidly changing landscape of the COVID-19 information and will work with our member schools and health officials to make informed and well thought out decisions while working on contingency plans for spring activities.

Idaho COVID-19

coronavirus.idaho.gov



GUIDANCE FOR GOVERNOR BRAD LITTLE'S STATEWIDE STAY-HOME ORDER

Updated March 25, 2020

Self-isolate

ALL residents of Idaho must self-isolate and stay and work from home as much as possible, unless you work in healthcare, public safety or an identified "essential business" as defined in order.

Residents can leave homes to obtain or provide essential services.

People at higher risk (over 65 and/or health-compromised) should avoid leaving their homes.

Employers that do not provide essential services as defined in order must take all steps necessary for employees to work remotely from home.

"Essential" facilities & services open

Grocery stores, healthcare facilities, gas stations, pharmacies, essential state and local government functions, laundromats/laundry services, financial institutions, residential and home-based care, veterinary services, hardware stores, limited child care for essential workers, infrastructure, and other businesses essential to the safety and well-being of the residents as defined in the order remain open. Restaurants open but only for drive-thru, carry-out, or delivery.

"Non-essential" facilities & services closed

Includes indoor gyms, recreational facilities, nightclubs, bars, entertainment venues, convention centers, hair and nail salons, public events and gatherings, dine-in restaurants (drive-thru, carry-out, delivery to continue), and other facilities and services not included in "essential" businesses as defined in order.

Limit public transit

Only to provide or obtain essential services.

Limit travel

All non-essential travel must cease.

No gatherings

Limit all non-essential gatherings of any number of individuals outside the household.

Outdoor activity OK

Outdoor activity near your home is not prohibited but residents are encouraged to keep distance of 6-feet from others not in their household.

Practice good hygiene

Wash hands, clean high touch surfaces, cover coughs and sneezes, and do not shake hands.

Order in effect Wednesday, March 25, 2020, and will remain in effect for at least 21 days
Governor Little and public health officials will reassess before end of 21-day period
Final Stay-Home Order will be available at coronavirus.idaho.gov

ADMINISTRATION CORNER

DATES TO REMEMBER

- 4/1 Winter Sports Concussion Survey Due
- 4/5-7 IAAA State Conference (POSTPONED)
- 4/8 IHSAA Board of Directors Meeting (on-line)
- 4/10 Interscholastic Star Applications Due
- 4/12 Easter
- 4/17-18 State Speech (POSTPONED)
- 4/17 Spring Sports Eligibility Verifications Due

APRIL CHECKLIST

- ___ Add spring team rosters and pictures to your MaxPreps account
- ___ Send sportsmanship information to parents
- ___ Sign contracts for 2020-2021 sports seasons
- ___ Verify Eligibility and Complete EV Forms
- ___ Turn in concussion survey for winter sports
- ___ Nominate a student for the IHSAA Student Advisory Council
- ___ Nominate a student for the Interscholastic Star Scholarship
- ___ Nominate a student for the Spirit of Sport Award
- ___ Put together a Unified Activities Program for your school

SUSPENSION OF SPRING ACTIVITIES DUE TO COVID-19 MARCH 17-APRIL 20

During the suspension, IHSAA member schools are not to compete in games or contests. Member schools are not to conduct practices in IHSAA sanctioned sports at any location. Neither member schools nor their coaches nor student athletes are to hold meetings. Member schools are not to allow students or coaches at any IHSAA member school to use the school's athletic facilities for a practice, game or contest in any IHSAA sanctioned sport regardless of the affiliation (club or otherwise) of the group seeking to use the facilities. The use of athletic facilities for currently scheduled classes as a part of the regular school curriculum such as P.E. classes is allowed. Rule 8-11, Outside Competition is still in effect.



How the Coronavirus is Changing Interscholastic Sports Across the Country
[CLICK HERE](#) for the podcast from the NIAAA

SPORTSMANSHIP MATTERS



SCHOOL SPORTSMANSHIP AWARDS

A sportsmanship award is presented at state tournaments in boys and girls soccer, volleyball, and boys and girls basketball to the school in each classification that exhibits the best sportsmanship.

2020 Winter Season Sportsmanship Award Winners

	<u>Girls Basketball</u>	<u>Boys Basketball</u>
5A	Mt. View Mavericks	Eagle Mustangs
4A	Caldwell Cougars	Preston Indians
3A	Kimberly Bulldogs	Sugar-Salem Diggers
2A	Bear Lake Bears	West Side Pirates
1A DI	Grace Grizzlies	Grace Grizzlies
1A DII	Lakeside Knights	Carey Panthers



2020
**LEAD & ACHIEVE SUMMITS
CANCELLED
DUE TO COVID-19**

A MESSAGE FROM SAC

Leadership is all about adapting to change. There is no better time to practice that leadership skill than the present, and no time that people need it more. This is a hard time for everyone, no matter who you are. As humans we like routines and only welcome change when it's self-initiated. However, oftentimes things don't go the way we expect, like the current situation we're all in. But how do you lead in a time like this?

Message someone you've lost contact with, show them you still care. Work on yourself and define the kind of person you want to be. Imagine your goals, make a plan for the future. The most common daily excuse is "I don't have time" which is no longer a problem. Hidden under the worry and confusion of our current circumstances are beautiful opportunities to finally do what you haven't had time for. Take this change in routine to discover a new hobby, finally catch up on sleep, and spread kindness instead of germs. Keep looking for the good, it'll always be there.

Stay healthy!

-Dakota Gorges, SAC Reporter



idaho_SAC



@idaho_SAC

FOLLOW US



"NOW IS AN INCREDIBLE OPPORTUNITY FOR YOU TO HELP YOUR ATHLETES WITH TWO THINGS:
(1) THE CULTURE OF YOUR TEAM, AND
(2) THE MENTAL PART OF THEIR GAMES."

GREG DALE, PH.D.

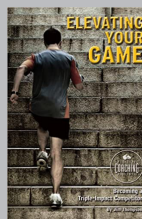
@PositiveCoachUS

COACHES CORNER

CLICK HERE TO RSVP

Watch the Positive Coaching Alliance virtual presentation on what schools and coaches can do to help strengthen their program culture once we return to normal

April 7th 9:30-10:30 MST



Positive Coaching Alliance's online Triple-Impact Competitor course includes Doc Rivers, Julie Foudy, Shane Battier and other top coaches, athletes, and experts teaching student-athletes how to make positive contributions on three levels- Personal Mastery (Improving Oneself), Leadership (Improving Teammates), and Honoring the Game (Improving the Sport). This highly interactive course provides specific tips and techniques for mastery and continuous improvement in any sport, seizing opportunities to encourage and support teammates, and competing fiercely to win, but only within an ethical context of Honoring the Game.

*Please note our athlete course is most appropriate for 12-18-year-olds.

BECOME A NATIONALLY CERTIFIED AND EARN U of I CREDITS

In an effort to assist in coaches' education throughout the State of Idaho, The Idaho High School Activities Association in cooperation with the NFHS and the University of Idaho is announcing a new opportunity in Idaho. Coaches can earn (3) college credits from the University of Idaho by becoming a Certified Interscholastic Coach (CIC) through coursework developed by the NFHS.



Building a Championship Culture During a Pandemic

Patrick Irving, Director of Physical Education, Health and Athletics - Gates Chili Central School District

It is hard to believe that schools, and most businesses, are closed right now due to the Covid-19 pandemic. There is uncertainty, speculation and concern in our society. We are certainly in unfamiliar territory. Social distancing is a new term and reality for most people. Schools are creating at-home learning opportunities while coaches and student athletes are struggling with not being able to gather for practices. Spring Break games, commencement ceremonies, dances, plays and other school-sponsored events are being postponed with no end date at this time. But that does not mean that athletic administrators cannot use this time to improve their athletic programming and local community. Times like these are when athletic departments need to reflect on why we exist and how we can help support our community in this difficult time.



The principles of education-based athletics set us apart from other athletic organizations that are only in existence to make money from young athletes. Our schools merge academics and athletics to help develop the skills needed to be successful in life. Although the education of our students has transitioned almost entirely to online resources and at-home learning opportunities, your education-based athletics program should not cease to exist. Athletic administrators must challenge themselves to continue the work needed, even during a pandemic, to bolster the education of their students through an athletic program that serves our student athletes and the larger community.

I find myself at this time meeting with staff virtually and discussing how best to connect with our students, how we can create resources to continue their education from home and other ways to celebrate our school community.

But without games and practices, how do we advance our athletic programming? What should athletic administrators be doing right now?

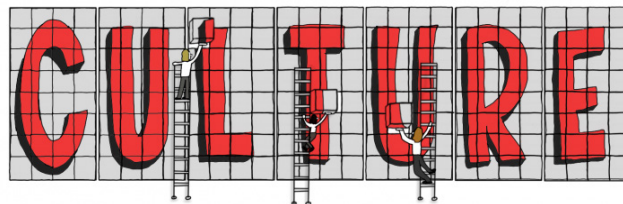
In the last week I have been thinking about four different ways to advance our programs **(1) celebrating and connecting the student athletes who are currently missing their spring season, (2) refocusing the budget, (3) continuing my education through NIAAA LTC webinars and other local professional development opportunities and (4) starting to complete those tasks on my school “to do” list that you never have time to do.**

To start, it is important to have coaches continue to connect with their student athletes. We have told our coaches and communities that we are unable to gather and hold practices. But many coaches are doing a great job staying in contact with their teams and letting them know that we have not forgotten about them. I see coaches are using social media platforms to provide at-home coaching instruction to their student athletes. Our student athletes are then completing the tasks and sharing videos with the program. It has turned into a nice community-building activity in many programs both in my district, but also in countless other districts around the country. This example is not about improving the backhand of your tennis team, it is about letting children know that the school community cares about them.

Secondarily, this unfortunate situation has created an opportunity. With school closures, my budget is currently not spending on transportation, athletic training services, strength and conditioning services, officials, game supervisors and more. It is paramount for athletic administrators to determine the funds they are currently not spending and have a sense of what they will save monetarily if our closure continues into April, May, or later.

Once those reports are run and athletic administrators know what funds they will have at their disposal, they should begin gathering quotes for purchases that we advance their program and celebrate the student athletes of the district. It is important, that when we do return to normalcy, we do it with a bang. Athletic administrators should use unexpected funds to improve their facilities, programs and different offerings. How about investing in one or more of the following:

1. Windscreens on fencing with your school's logo
2. Banners in your gymnasium
3. Window decals for the families of your student athletes
4. Shirts for three-sport athletes
5. Fitness center updates
6. Uniforms purchases for the 2020-2021 school year
7. Light pole banners
8. A new scoring table for the gymnasium
9. Floor mats in the athletic wing



What is important in your community? Think of something that will generate excitement when the students come back to school.

Educators should always consider themselves students first. Personal understanding and continued education are great ways to improve your programming in the immediate. The NIAAA is offering webinars for leadership training courses <https://members.niaaa.org/general/custom.asp?page=LeadershipTraining> for athletic administrators.

Consider taking a course while away from school. Investing in yourself is a great way to advance your program. By holding the classes online, you can complete the courses in the comfort of your own home and continue your reflection process for the next big task to add to your “to do” list.

Finally, look at that “to do” list sitting on your desk, notebook or laptop. Now is the time to tackle something on that list. What can you start working on that you never seem to have time to complete?

What can you introduce or reinvent in your athletic department that will help sustain it and bring pride to the community? Consider the following:

1. Create an athletic Wall of Fame application for past student athletes
2. Organize stakeholders to serve on an Athletic Hall of Fame Committee
3. Reread your athletic handbook and start mapping out what policies and practices need to be revisited
4. Improve student voice in your athletic department by creating a student advisory council to help you develop these large tasks on the to do list
5. Establish a coach's corner/workshop opportunity for coaches to learn from one another
6. Add a club in your high school tasked with organizing a positive cheer section in your school district
7. Work with your coaches to update record boards and team banners
8. Review the athletic website for your school district and update information that no longer applies

Not all these suggestions will be a possibility for every athletic administrator, especially because there are funds tied to many of them. At the very least, have your coaches stay connected to your student athletes and encourage those student athletes to stay active. Simply checking in with your student athletes will remind them and their families that your athletic department is about community and their overall education. Lead by example and start sharing different posts and emails that simply recognize those student athletes and their families. Athletic administrators to be highlighting the great work their coaching staff is doing in the community. Share how your coaches are building a championship culture. Many teams across the country to using creative ways to stay connect through social media posts.

In times like these, challenge yourself to think differently during this difficult time in our lives. If you return to school and have not advanced either the athletic program or your own education, you have done a disservice to your community. Champions can find the light even in dark times. What can you do to advance your athletic program today



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You're on a journey to becoming
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a boost, dairy is there to fuel you
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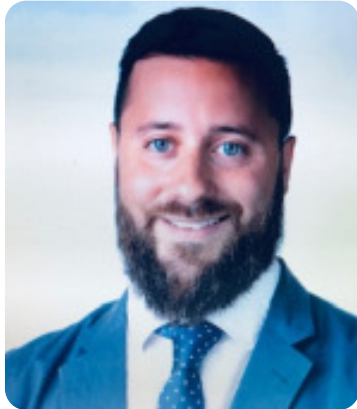
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An Open Letter to High School Seniors During Coronavirus Crisis

by Chris Dier

Chris Dier is Louisiana's 2020 Teacher of the Year. He teaches social studies in St. Bernard, Louisiana



Dear High School Senior,

On Friday afternoon a few seniors came into my classroom after the last bell rang. They were concerned about prom and their senior trip. It broke my teacher heart to listen. As you're reading this, you most likely have similar concerns.

This is supposed to be your year. The year for your senior prom, sporting events, cheer competitions, senior trips, clubs, and the rest of what senior year has to offer. You were supposed to be the captain of that team, the officer of that club, or that student who wanted to be with their friends one last year before venturing into the unknown. This was THE year that your entire schooling was building up to. But it was robbed from you because of this global pandemic.

Let's be abundantly clear – you were robbed, and it's unfair. If you're upset, then you should embrace those feelings. Commiserate with one another. Some folks will downplay the situation because they won't know what it feels like to have their senior year stripped at the last moment.

I, for one, will not downplay it as it happened to me. Hurricane Katrina devastated my community when I was a high school senior.

I remember leaving my school on a Friday afternoon with my buddies only to never return to that school. I was supposed to be the captain of my soccer team, go to prom with my longtime crush, and finish the year with my lifelong friends. But it was all canceled. Instead, I stayed in a shelter and finished my high school in a different state. It was tough, and I had to find solace in places I never envisioned. It was hard, but we made it through. And I'm reliving that pain as I think of your disruption to your senior year.

Most do not need to experience Katrina to know that this is tough on you. Those of us who work in schools do so because we care above all else. That caring does not stop once you leave those school walls. In situations like these, we worry more about you. There is a lot of uncertainty, but rest assured, districts across the nation are working in creative ways, from potentially abbreviated school years to organizing social events when this subsides, to make this situation the best they possibly can for you. Some educators are working endlessly to transfer to virtual learning and accompany those without the internet. Administrators are working to get those meals together for those who need them. We are all in crisis mode but know that we are all doing everything we can to help during this tumultuous time. You are not forgotten. We are thinking about you. We are here for you. We care.

There's nothing I, or anyone, can say to make up for that time you are losing in what is supposed to be one of the best years of your life.

But I can offer some encouragement. Right now, you have the power to make the most out of this unfortunate situation. If a decade of teaching has taught me anything, it's that people your age are resilient and innovative.

Your generation can navigate multiple worlds and bounce between physical and digital spaces with ease. You are part of the most racially and ethnically diverse generation, and you embrace those differences in ways adults seem to struggle. You courageously put yourselves out there for the world to see and criticize. You push boundaries and challenge norms. You find ingenious ways to compensate for any gaps you may have accrued without the help of educators, whether it's through Khan Academy or a sibling. It's a small wonder why "post-Millennials are on track to become the most well-educated generation yet."

I can also offer some advice. Help one another and your family. They need you. Do your grandparents or your elderly neighbors need groceries? Offer support. Some teachers may even need your help as many try to transition to online learning. We need you. Utilize your tech savvy ways to bring yourselves closer together. Practice "social distancing," or physical distancing, but stay as social as ever. FaceTime. Text. Tweet. Snapchat. Make Tik Tok videos (I don't know if that's still a thing so don't laugh if I'm already out of date). Use these platforms to connect and uplift.

Binge Netflix and Disney+. Make memes. Exercise. Read books – maybe even those boring ones your English teachers were stoked for you to read. Or just read manga. Read something! Reach out to those friends you know don't have internet access. Call and check up on 'em. Listen to podcasts. Make a podcast. Start a hobby. Journal for posterity. You're living through history. Your bold reaction to this is going to make history.

Lastly, I can offer some support. You may not know me, but I feel your pain; it stings. We as educators mourn with you. Again, you are not forgotten. We see your hard work. We value your unique perspectives. We hear your audacious voices. We cherish all of it, and we will continue to do so even from afar.

I am sad for you; truly, I am. I feel deeply for you; truly, I do. It makes my heart hurt as I write. But if there is any group that can plow through this in creative ways, it is your group. There is no pandemic strong enough to silence you or dent the passion of your generation. Keep your head up and keep fighting. Our country needs you because you provide hope for our future. This year may not be what you envisioned, but I'm eager to see what you do with it.

After all, it is still very much your year.

Stay healthy,

Chris Dier, a high school teacher



WE WANT YOU...

Be a Part of the Idaho High School Activities Association

INTERSCHOLASTIC STAR SCHOLARSHIP



2019 Idaho Interscholastic Star Jackson Headley Post Falls High School

Do you have a “jock” in your dance/cheer program? If so, this scholarship opportunity may be perfect for him/her. The Idaho High School Activities Association sponsors the Interscholastic Star Scholarship program.

This award is geared towards those well-rounded, leaders in your school who participate in IHSAA sports and activities.

Five, \$1000 awards are given (one for each classification) to the recipients’ college of choice. Five, \$500 awards are given (one for each classification) for each runner-up. Not only do the kids get money, five schools will also receive money from the IHSAA (\$500 for winners’ schools). It is a GREAT program! Here are the basics:

- All applicants must be current JUNIORS
- All applicants must participate in at least one IHSAA sport and one IHSAA activity (or have done so at some point in their first three years of high school). It’s not an either/or thing, they have to have done both!
- All applicants must be nominated by their principal. There are a limited number of applications allowed per school (see application and guidelines attached).
- **All applications are due to the IHSAA by APRIL 10th.**
- Applications on-line at www.idhsaa.org

Identify a deserving student and encourage them to submit an application.

If you have any questions, please feel free to contact the IHSAA

STUDENT ADVISORY COUNCIL

The SAC is a diverse group of students who participate in interscholastic athletics/activities and are focused on providing education and leadership through open and honest communication with all member school students, administrators and coaches. The committee serves as a liaison between students, administrators, the IHSAA Staff and Board of Directors. The Student Advisory Council promotes the ideals of the IHSAA, including leadership, sportsmanship and integrity.

Students nominated for the IHSAA Student Advisory Council must:

- Display strong character and commitment to sportsmanship and integrity
- Demonstrate leadership in your school
- Be involved in at least two IHSAA sponsored activities
- Demonstrate a commitment to representing the interest of all students participating in interscholastic activities

The 2020-21 SAC will consist of two students from each activity district. Any IHSAA member school administrator can nominate one current Sophomore or Junior student to be a member of the 2020-21 Council.

Two students will be chosen for an all expense paid trip to attend the National Student Leadership Summit in Indianapolis, Indiana in the summer of 2021.

Applications are due May 1st



SPIRIT OF SPORT AWARD



EMMALINE PINKERTON
BONNERS FERRY HIGH SCHOOL
2019 SPIRIT OF SPORT AWARD

The IHSAA has developed the “Idaho High School Spirit of Sport Award”. The recipient must be an individual from a high school that is a member of the IHSAA.

The recipient must be a current coach or student-athlete involved with the schools’ athletic or activities program.

This award seeks to recognize those individuals who exemplify the ideals of the positive spirit of sport that represent the core mission of education-based participation. The award may be given in recognition of a specific act or for an activity of longer duration.

For example, it could be given to an individual who has gone beyond the normal everyday expectations of assisting others within the school or community. It could also be given to an individual who has overcome some sort of adversity or challenging circumstances.

The IHSAA seeks to identify worthy award recipients by nominations submitted from anyone from the school or community. All nominations must be forwarded to the IHSAA. A committee made up of IHSAA Board of Directors members will then review all nominations and select the one Spirit of Sport Award winner.

If you have a candidate you wish to nominate, please complete and return the nomination form to the IHSAA.

Applications may be submitted electronically by completing the application form and emailing it to IHSAA Assistant Director, Julie Hammons at hammonsj@idhsaa.org

Deadline for returning the completed nomination is May 1.

Can't Coach Your Athletes' Physically? Help Them Be Mentally Tough.

COVID-19 COACHING - Jim Afremow

"These [are] anxious and baffling times."

Winston Churchill



When you thought about the upcoming season last summer or fall, chances are that this isn't how you saw it playing out. But while you can't control many things that happen to you and your team – like COVID-19 shutting down your competitive calendar – you CAN control how you respond to them. In the wake of dejection, anger, and frustration, you can help yourself and your athletes foster resilience, perseverance, and a warrior spirit. And while you're unable to get your players bigger, faster, and stronger, you can help them become mentally tougher than ever.

This Season Was a Win

It's all too easy to write this off as a lost season for your team. And yet, I don't believe that's truly the case at all. With a little reframing, I bet you can pull multiple positives from what transpired before the shutdown. I'd encourage you to consider this an opportunity to reflect on where you've been, what you've done, and where you're heading in a way that probably wasn't possible during the clamor of in-season practice and competition. Then consider how what you achieved gets you closer to your ultimate goals – like a division title, NCAA berth, or whatever the main aim is.

Later today, set aside at least 10 minutes to mimic what you do with your players in the film room. Run a highlight reel in your head and take time to celebrate the bench player who stepped up when a starter was hurt, the way your players refused to quit in that game when you were down big, and that game-winner that seemed to come out of nowhere. Over the next couple of weeks, you could progress this and find at least one moment for each of your players to be proud of. Then email or text them and tell them how thankful you are for that stellar performance, their work ethic, and the opportunity to coach and mentor them. If you or a member of your staff is handy with video editing, maybe you can compose a short montage of practice and game footage and share it with the entire team.

"Thank You" is Underrated

Got some graduating seniors? Take a leaf out of Anson Dorrance's book. The thing that impresses me most about him is not that he has won 20+ national championships and coached the likes of Mia Hamm, but the level of personal attention he pays to his players. One of his trademark practices is to write a handwritten note to each senior who's either going on to play pro soccer or to some new challenge. Try it for yourself. Write a postcard or letter to your outgoing seniors about how you value them as a person and their contribution to your program, and can't wait to see all the great things they'll achieve in life. This will show that you not only care about their performance, but also who they are as a person.

No matter how tough they are, your players are dealing with the same emotional ups and downs right now. With the coronavirus situation changing in real time like shifting sand beneath their feet, it's hard to obtain and preserve a sense of calm in these turbulent moments. This presents another opportunity for you to step up and lead from the front. It's up to you to make your players feel reassured and valued, which will help them buffer the extreme stressors we're all being subjected to.

That being said, you don't need to play an Army drill sergeant. Rather, it's OK to admit that you're reckoning with the unknown and reveal your vulnerabilities. Throughout my career in working with teams at every level of sports, I've found that when coaches offer something up that shows the chinks in their armor, it makes their athletes trust and confide in them more readily. Though data, analytics, and measurables continue to become more prominent, you're ultimately in a people-driven business where relationships matter. And even though you can't be with your players in person right now, you can keep the lines of communication open to let them know that you will stick with them through thick and thin, and can't wait to get them back on the practice field when circumstances allow.

Rally Your Troops

Another use case for daily mental skills training while you and your team are sequestered is that it provides a conversation starter. In the app I co-founded, the Champion's Mind, there are over 80 brief audios that focus on things like confidence, stress management, and mental recovery. You could have all your players download the app and then send out a group assignment to listen to a certain one each day. Then ask your athletes to comment on what they liked about it, how it made them feel, and so on. You could do this via a group text or social media – maybe even set up a private Facebook group for you, the players, and your staff. This is just one more way to increase engagement and help overcome the feelings of isolation that you and your team might be experiencing.

You could also encourage your athletes to spend a little extra time on self-care. If they spend just five to 10 minutes a day, every day on restorative practices like mindfulness and breath-focused meditation, it will help them overcome any anxiety they might be feeling about the virus and from any other stressor in their lives. You can also encourage them to take hot tub soaks, improve their mobility, and stay in shape. This way, when your sport's next season starts, they will show up relaxed, repaired, and raring to go.

Getting Through Difficult Times

by Coach George Ravling

Truth and teamwork will be our saving grace and moral guiding compass over the coming days, weeks, and months. This too shall pass!

When we travel the highways and byways of life, in pursuit of excellence, service to others, and self-mastery, there will inevitably be moments of despair, negativity, disappointment, and adversity. Our humanity is dealing with unprecedented times. But the unrest presents an opportune moment for all of us to step forward as a courageous, servant and empathetic leader. Self-leadership and self-discipline are more critical in our lives than ever. We must lead from a place of courage and truth, not fear and lies.

Each day we must harvest a greater dose of strength, faith, and perseverance to turn obstacles into opportunities. It is through the sharing of our trials, traumas, joys, fears, achievements, and resiliency that makes us human and interconnected with our neighbors. This is a good time to be good to one another.

When obstacles, darkness, and detours present themselves on our journey, may we find light, comfort, and peace in the following quote from Mother Teresa:

People are often unreasonable, irrational, and self-centered.

Forgive them anyway.

If you are kind, people may accuse you of selfish, ulterior motives.

Be kind anyway.

If you are successful, you will win some unfaithful friends and some genuine enemies.

Succeed anyway.

If you are honest and sincere people may deceive you.

Be honest and sincere anyway.

What you spend years creating, others could destroy overnight.

Create anyway.

If you find serenity and happiness, some may be jealous.

Be happy anyway.

The good you do today, will often be forgotten.

Do good anyway.

Give the best you have, and it will never be enough.

Give your best anyway.

Realize one of the most profound traits about humankind is our capacity to heal, grow, survive, and thrive in times of immense uncertainty. Truth and teamwork will be our saving grace and moral guiding compass over the coming days, weeks, and months. This too shall pass!

2020 IHSAA WINTER STATE CHAMPIONSHIP RESULTS

REPLAY EVERY MOMENT



Get the Digital File



Order the DVD

[VISIT THE STORE](#)



State Girls Basketball Championship Teams

- 5A Mt. View
- 4A Bonneville
- 3A Timberlake
- 2A Soda Springs
- DI Lapwai
- 1A DII Rockland



State Wrestling Championship Teams

- 5A Post Falls
- 4A Kuna
- 3A South Fremont
- 2A/1A Ririe



State Boys Basketball Championship Teams

- 5A Borah
- 4A Preston
- 3A Sugar-Salem
- 2A North Fremont
- 1A DI Ambrose
- 1A DII Lakeside



BECOME AN NFHS NETWORK SCHOOL

The NFHS Network School Broadcast Program (SBP) makes it easy for students to produce live video broadcasts by providing the software, tools and training they need. With our proprietary technology, schools can produce and distribute high quality events throughout the year including regular season sports, graduation, band, cheer events, as well as other school activities. Broadcasting these events on the NFHS Network is a great way for a school to showcase its students and activities while strengthening the connection with parents, players, boosters and the community. The platform allows both live streaming and archiving for on-demand viewing. Your fans will be able to watch your events whenever they want, wherever they are. Becoming part of the NFHS Network School Broadcast Program is easy and you can get started with as little as a camera, a laptop, and an Internet connection.

BENEFITS of PARTNERSHIP

EDUCATION



The NFHS Network School Broadcast Program provides a platform for students to learn about production and broadcast journalism. The program gives students an unprecedented opportunity to gain hands-on video production and on-camera experience. Participation in the program helps prepare students for college and professional careers in the journalism industry.

REVENUE



Live broadcasts of sporting events on the NFHS Network require viewers to purchase a pass to watch. The pass model enables schools to participate in the School Broadcast Program for free and provides an opportunity for the school to raise money. Schools receive 50% or more of the proceeds from school produced live events.

COMMUNITY



The NFHS Network School Broadcast Program provides schools with a platform to showcase excellence and to enhance their connection with the community. Participating schools have a dedicated school-branded channel that makes reaching alumni, friends, and family outside the local area easy. Broadcasting school events is a unique way to increase school spirit throughout the community.

[Contact NFHS Network NOW](#)

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