



- * **STUDENT ADVISORY COUNCIL - Leadership Summits**
- * **SPORTSMANSHIP - Stay in Your Lane**
- * **:)BE HAPPY:)**
- * **UNIVERSITY OF IDAHO - PD Credits for Coaches Ed.**
- * **GOING TO THE BALCONY**
- * **HEART OF THE ARTS SECTION 8 WINNER!**
- * **PA ANNOUNCEMENT - Bench Bad Behavior**
- * **NOTE TO SELF - Scottie Scheffler**
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- * **RULE OF THE MONTH - Rule 8 Academic Eligibility**

April
2024 ISSUE



IHSAA EXPRESS

Supporting Education Through Activities



“I am learning every day that happiness isn’t always tied to needing a reason. That when the world or people ask you to give reasons for your happiness, you get to say you’re happy simply because you are and without the need to prove why. But at the same time, let happiness be something you teach yourself to fight for. Let it be a life you work to believe in. Let it be the ordinary day. The simple moment. The little part in your minutes. Let it be as hopeful as believing you’ll get back up when you fall. Let it be the safe harbor you swim for while facing the storm. And then never let it be something so easily defined by what it must be and what it should be. Because happiness undefined, is what it can be. What it can grow to be. To you, from you, and with you.”

- Darren S., Braver Hope



STAY IN YOUR LANE...

Each of us play an important role at any athletic event. It is critical to stick to our roles to maintain a positive environment for ALL.



Your BEHAVIOR Matters



ADMINISTRATORS

YOUR ROLE

Promote good sportsmanship and appropriate behavior expectations and reward positive behavior at your events.

EXPECTATIONS

What you permit is what you promote. Negative and disrespectful behavior has NO place within interscholastic programs. Promote a positive, educational environment.

BEHAVIOR IS SPORTSMANSHIP

FANS & PARENTS

YOUR ROLE

Support your respective student and team throughout the contest. Avoid displaying ANY negative behavior.

EXPECTATIONS

Let the officials manage game issues, and the coach manage team and student issues. Manage ONLY your own behavior and emotions. Be a good example.

BEHAVIOR IS SPORTSMANSHIP

COACHES

YOUR ROLE

You are a teacher first. Focus on the fundamentals of the game and positively model your behavior for your students, parents and fans.

EXPECTATIONS

Do NOT try to control the calls in the game or argue them. By arguing calls, you teach that the outcome is more important than teaching your students self-control and perseverance.

BEHAVIOR IS SPORTSMANSHIP

STUDENTS

YOUR ROLE

Compete with integrity and vigor, and support your teammates and classmates. It is NOT your responsibility to officiate or coach.

EXPECTATIONS

Represent your school and community to the best of your ability. Set the standard for your fans and help create a positive environment at your school.

BEHAVIOR IS SPORTSMANSHIP

OFFICIALS

YOUR ROLE

Enforce the rules of the contest, impartially and to the best of your ability. Do NOT aim to be the center of attention.

EXPECTATIONS

Teach the students the rules of the game. Display pride and professionalism at ALL times. Communicate with coaches, students and administrators to the best of your ability. Do NOT try to control the fans in the stands.

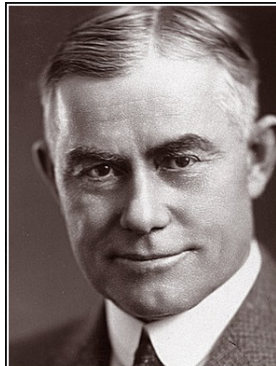
BEHAVIOR IS SPORTSMANSHIP



Sports is a moral undertaking because it requires of participants, and it schools spectators in the appreciation of, noble things - courage, grace under pressure, sportsmanship.

— George Will —

AZ QUOTES



Sportsmanship is that quality of honor that desires always to be courteous, fair, and respectful, and it is interpreted in the conduct of players, spectators, coaches, and school authorities.

— Fielding H. Yost —

AZ QUOTES

#BENCHBADBEHAVIOR



If you downloaded these resources, then you agree that bad behavior at high school athletic events has to stop. Enough is enough. Let's restore civility in our schools and make it clear that bad behavior will not be tolerated.

This toolkit contains FREE materials to encourage people to #BenchBadBehavior at your athletic events. No matter if you're a coach, administrator, state association representative, or even a fan, we can all play a part in helping to protect the integrity of high school sports!

Here is what's included and suggestions on how to use them:

PRINTABLE FLYER



This printable flyer can be used to promote #BenchBadBehavior messages in your school! All you have to do is print it off and hang it up throughout your facilities.

PROGRAM ADS



These are perfect for event programs because they reach people where the bad behavior typically occurs—in their seats! They can also be used as handouts at parent meetings.

PLAYER/PARENT CONTRACT



Signing this contract could be required at the preseason parent meeting. Use it as an opportunity to set the tone for the season. You'll have it in writing that they vow to behave appropriately and can use it to hold them accountable if they don't follow through.

PA ANNOUNCEMENT SCRIPT



Give this to your PA announcers to read before and during your events. Better yet, encourage a student to read it for an even bigger impact!



IHSAA CITIZENSHIP CITATION

CONGRATULATIONS to the following students from **Potlatch High School** for receiving the IHSAA Citizenship Citation Award!



Kaycee Clark
Pablo Gonzalez
Madi Sorenson
Jaxon Vowels
Victoria Weber

Schools may submit student nominations for the IHSAA Citizenship Citations to the IHSAA twice a year. Names will be published in the December and April IHSAA Express. Individualized certificates will be mailed to the schools for presentation to their students.

Criteria for receiving the citation are:

1. Participation in an IHSAA sponsored activity
2. Demonstrates generosity and a genuine concern for others
3. Demonstrates a willingness to abide by rules of the school
4. Maintains self control at all times

GO Loggers!!!!



5,129

SWEATSHIRTS GIVEN TO WINTER STATE CHAMPIONSHIP PARTICIPANTS



30,702

MILKS HANDED OUT AT WINTER STATE CHAMPIONSHIPS

REFUEL, REBUILD, REPLENISH

ADMINISTRATION CORNER

DATES TO REMEMBER

- 4/1 Winter Sports Concussion Survey Due
- 4/7-9 IAAA State Conference
- 4/9 Board of Directors Work Session
- 4/10 IHSAA Board of Directors Meeting
- 4/12-13 State Speech
- 4/15 Interscholastic Star Scholarship Application Due
- 4/16 District I - SAC Leadership Summit
- 4/18 District II - SAC Leadership Summit
- 4/19 Activities Participation Survey Due
- 4/19 Spring Sports Eligibility Verification Due
- 4/22 District III - SAC Leadership Summit
- 4/23 District IV - SAC Leadership Summit
- 4/24 District V - SAC Leadership Summit
- 4/25 District VI - SAC Leadership Summit

APRIL CHECKLIST

- ___ Add spring team rosters and pictures to your MaxPreps account
- ___ Send sportsmanship information to parents
- ___ Sign contracts for 2024-2025 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
- ___ Follow up on Professional Development Certification
- ___ Verify district and state tournament dates/sites/times



IHSAA Rule of the Month

Rule 8 - 1 ACADEMIC ELIGIBILITY

8-1 To be academically eligible for athletics, a student must be enrolled full-time in his/her school, on target to graduate based on State Board of Education graduation requirements, and have received passing grades and earned credits in the required number of courses during the previous reporting period. Equivalency is determined by the following criteria:

- 3 classes attempted must pass all three
- 4 classes attempted must pass at least three
- 5 classes attempted must pass at least four
- 6 classes attempted must pass at least five
- 7 classes attempted must pass at least five
- 8 classes attempted must pass at least six

a. Students participating with a cumulative GPA below 2.0 must have an academic improvement plan in place as developed by the local school district. This plan must include monitoring, additional assistance, time provided for assistance, and an appropriate timeline. (The number of students with an academic improvement plan will be reported on the Eligibility Verification Report).

b. Being "on target to graduate by State Board of Education requirements" means: a student not having the necessary number of credits to graduate with their class through the normal school day program, must have a graduation plan that provides for receiving a diploma by the end of the summer following their senior year in order to be eligible for activity participation. (The number of students with a graduation plan will be reported on the Eligibility Verification Report.)

c. Schools may adopt stricter academic eligibility policies.



SAC Leadership Summits

SUMMIT DATES

- 4/16 District I @ Lake City HS
- 4/18 District II @ Lewiston HS
- 4/22 District III @ West Ada SD
- 4/23 District IV @ LA Thomas Gym
- 4/24 District V @ Marsh Valley HS
- 4/25 District VI @ Hillcrest HS

TOPICS INCLUDE

- * Mental Health
- * Sportsmanship
- * Balancing School & Sports
- * How to be a Great Captain
- * Nutrition
- * Servant Leadership
- * How to Work With Others
- * Resiliency



University of Idaho



PROFESSIONAL DEVELOPMENT
3 COLLEGE 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 continuing an opportunity for Idaho coaches/teachers. Coaches can earn (3) professional development credits from the U of I by becoming a NFHS "Level 3" high school coach through coursework developed by the NFHS.



LEARNING CENTER

NFHSLearn.com



NFHS Level "3"
Interscholastic Coach

In October 1962, Cold War tensions were already escalating when the U.S. Navy detected a Soviet submarine hovering in the North Atlantic.

The Americans ordered it to come to surface — and began dropping signaling depth charges to get the attention of the vessel's crew. But unbeknownst to them, the submarine was armed with a nuclear torpedo — and when the Soviets felt the shock from the depth charges, two of the members aboard decided they should fire what was known as “the special weapon.”

But a third man, Capt. First Rank Vasily Arkhipov, paused and said no — reminding them that they were only authorized to do so if the walls of the sub had been breached, which hadn't occurred.

So, the vessel never fired.

Had it released the nuclear torpedo, the fate of the world likely would have been altered. “We came very, very close (to nuclear war), closer than we knew at the time,” former U.S. Secretary of Defense Robert McNamara said decades after the incident.

Arkhipov's choice to pause and express his concerns were what famed negotiation expert William Ury considers “going to the balcony.”

To Ury, “going to the balcony” is about taking a few seconds, gathering ourselves, and reflecting on the situation in front of us with mature perspective.

“Dealing with conflict, dealing with negotiation is an inside job. It starts right here,” Ury recently said on The Learning Leader Show. “You need to start by stopping,” “

The point is that when stakes are highest, we're often tempted to act on our impulses.

But as much as we may hear cliches like “Trust your instinct” or “Your impulses are usually right,” there are plenty of instances where our judgment can easily become clouded — leading us to make choices with dire consequences.

Arkhipov's ability to pause that night likely saved thousands of lives and serves as a crucial leadership reminder when we face pressurized situations with heightened emotions.

The first — and most important — negotiation is frequently with ourselves.

COACH AJ MENTAL FITNESS

5 Things to Know About CONSISTENCY



Prioritize Goals Over Mood

It means choosing daily discipline over how you feel. Set your sights on your long-term goals, not your fleeting feelings. Your actions should reflect your future aspirations and when you take action, your mood will follow.



Live the Details and Embrace the Boredom

Embrace the daily grind accepting that is where true growth happens. Perform with precision and practice with detailed concentration. This focus and precision is what cultivates discipline and leads to mastery.



Schedule It and Prioritize It

Make your priorities non-negotiable by knowing when and where they will happen. This ensures that your most important things aren't overlooked, but are part of your daily routine. Plan your day around your goals, not the other way around.



Remind Yourself of 'Why'

Your 'why' is the heart of your persistence. Keep your core motivations at the forefront of your mind. This constant reminder will help you be resilient when you feel that fear, uncertainty, and doubt.

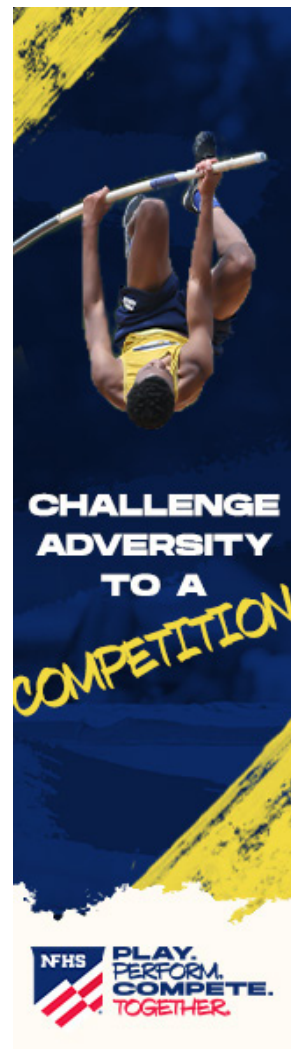


Choose Consistency over Perfection

YStrive for regular progress, not flawless execution or perfection. You won't be perfect and you will miss a day, but hold yourself accountable to keeping it up. This mindset prevents discouragement and promotes a growth-mindset.

“The guys that I like are the guys that I know what I am getting. They're not too high or too low. I know what is going to show up every day.”

-Kyle Shanhan



WINTER STATE CHAMPIONS



LARGE SCHOOL Rigby Trojans
MEDIUM SCHOOL Pocatello Thunder
SMALL SCHOOL Bishop Kelly Knights



5A Owyhee Storm
4A Pocatello Thunder
3A Bonners Ferry Badgers
2A Ambrose Archers
1A DI Lapwai Wildcats
1A DII Camas County Musers

2024 BOYS STATE BASKETBALL SPORTSMANSHIP WINNERS

5A

Timberline Wolves



4A

Sandpoint Bulldogs



3A

Kimberly Bulldogs



2A

Nampa Christian Trojans



1A DI

Victory Charter Vipers



1A DII

Cascade Ramblers



APRIL 12-13
Jerome High School





2024 National High School Heart of the Arts Award

SECTION 8 WINNER

Ethan Harris

Mt. Home High School

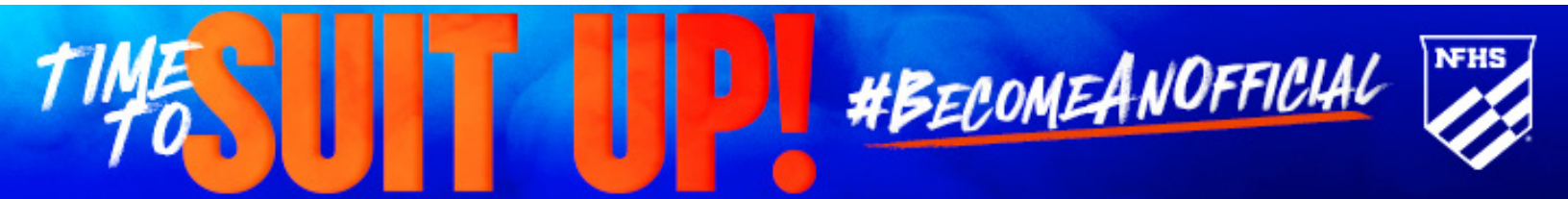


The National High School Heart of the Arts Award was conceptualized by the NFHS in 2014 and has since been utilized to honor those individuals who exemplify the ideals of the positive heart of the arts and represent the core mission of education-based activities.

Along with the national recipient, six students and one performing arts educator were chosen by the NFHS National High School Heart of the Arts Award Selection Committee as section winners of the award.

Section 8 – Ethan Harris, student, Mountain Home (Idaho) High School

After joining the Mountain Home band program in junior high school as a percussionist, Harris, who was born with cerebral palsy, continued to work diligently at his craft last year as a freshman. While carrying a 3.8 GPA, Harris and his ensemble took second place in the small percussion ensemble division at the district festival, qualifying for the state solo and ensemble festival in process. He built on his efforts from last year by becoming a marching band section leader this past fall and is currently working toward earning a bass drum position on the drumline for the 2024 marching season as well as a return to the state solo and ensemble festival this coming spring. **Congrats Ethan!**



PLAY. PERFORM. COMPETE. TOGETHER.

PERFORM HERE. SUCCEED ANYWHERE.

Performing arts give students the tools to succeed both now and in the future.

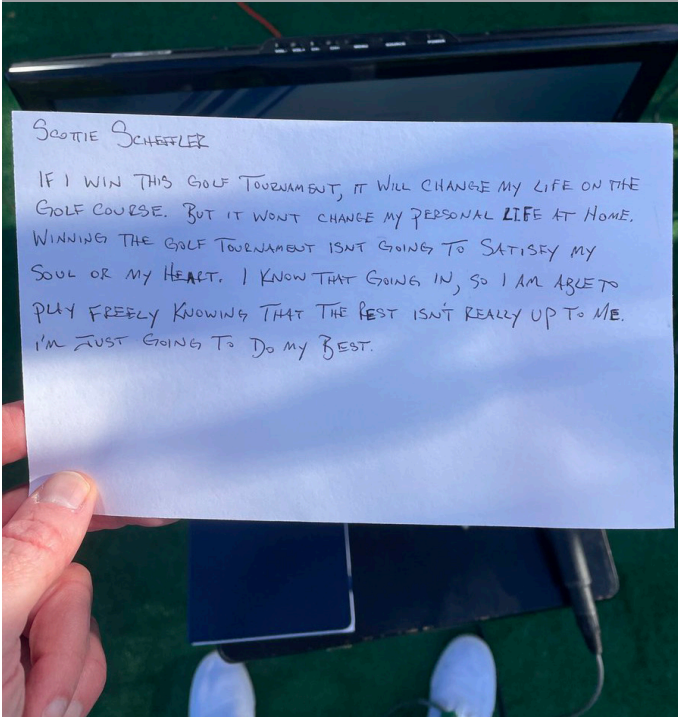


Find your purpose at [PlayPerformCompeteTogether.com](https://www.PlayPerformCompeteTogether.com)



NOTE TO SELF

This note was written by Scottie Scheffler the night before he won the 2022 Masters Golf Tournament



SCOTTIE SCHEFFLER
IF I WIN THIS GOLF TOURNAMENT, IT WILL CHANGE MY LIFE ON THE GOLF COURSE. BUT IT WON'T CHANGE MY PERSONAL LIFE AT HOME. WINNING THE GOLF TOURNAMENT ISN'T GOING TO SATISFY MY SOUL OR MY HEART. I KNOW THAT GOING IN, SO I AM ABLE TO PLAY FREELY KNOWING THAT THE BEST ISN'T REALLY UP TO ME. I'M JUST GOING TO DO MY BEST.

Life is so much better when you're healthy and well. When you have the protection and peace of mind being vaccinated brings, you can enjoy all life has to offer. Schedule your appointment today.

immunizeidaho.com



**Be the future. Stay
vape, chew, and
smoke free.**

**Visit
ProjectFilter.org
to learn more.**



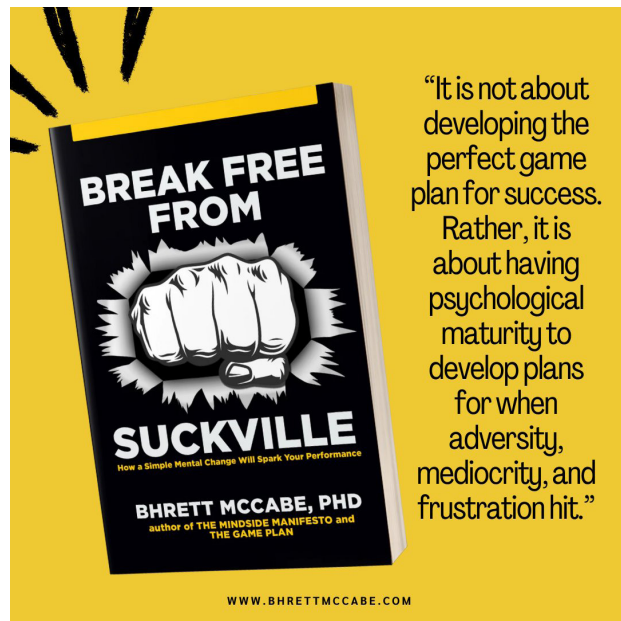
**MY LIFE
MY QUIT** [★]™

Leadership in Coaching Book of the Month

There is a myth in the competitive world that you will eventually reach your potential if you prepare correctly. Why do you leave competitions frustrated with your execution level and regret your effort if that is the case? The truth is you will never reach your potential, and the quest to create that of success and consistency in your game is destroying your mental game. The space between your possibility and the reality of your performance is what I call "Suckville" because the struggles of falling short suck.

As a licensed clinical and sports psychologist, I work with many of the best competitors in the world at their sport and often begin working with them when they find themselves "stuck in Suckville." Break Free from Suckville explores the psychological challenges that lead players, coaches, and parents to get frustrated, angry, and deflated on their competitive journey. Since each competitor has their psychological process, what I refer to as their psychological fingerprint, each competitor must learn to develop their approach to break free from Suckville effectively. In Break Free from Suckville, I share the insights, lessons, and stories of those who have battled through their struggles to become the top players in the world, coach national championship-winning teams, and lead businesses and organizations to record profits.

Every competitor will find themselves mired in Suckville at some point in their career when they lose the joy of competition and find the burden of expectations too painful to endure. It is not about If but When. Break Free from Suckville will become a trusted resource for any competitor who starts destroying their progress because their results seem to fall short of their perceived potential.



FACT:

VAPE ≠ CHILL

VAPING NICOTINE INCREASES STRESS

**KNOW
VAPE**
BE SMART. DON'T START.

"Happiness is something that is gently built. It is what you make ritual within your life, what you allow yourself to get used to. You think of happiness as a constant forward motion, a kind of growing that looks a lot more like reaching — always toward some newer, brighter horizon. Yet, happiness is consistent effort in the same direction. It is the way you strengthen bonds, uncover beauty, and grow to become most comfortable with yourself. It is how you learn to trace the lines of your innermost desires outward into the world, to find within them the pockets where you most belong. It is to live in a way that makes you feel grateful you are here, that affirms how connected you are to something greater, that makes you remember you are working toward something that will one day add up to be more meaningful than all of its parts."

- Brianna Wiest, The Pivot Year