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December 2021 ISSUE



IHSAA EXPRESS

Supporting Education Through Activities

STUDENT SECTIONS & SPORTSMANSHIP



Another school year is well underway, and with the beginning of winter sports, that means another season of IHSAA competition. If you have thought or heard someone say, “I want our student section to be the best in the state, but I don’t know how to get started.” You are in luck. Below are some helpful tips for students and schools to help build the kind of student-fan support that could lead to an outstanding student section. So check out these tips from the IHSAA Student Advisory Council, and get started!

#1 - Work With Your Athletic Director or Designee

Schedule meetings, set expectations and prepare early on

#2 - Organize and Communicate

Form a team, check with your video department, yearbook and/or newspaper staff

Use Facebook, twitter, group texts, and other appropriate ‘connections’

#3 - Create Theme Nights

Be creative on dress-up decisions, cheers, music, etc.
Make sure everyone knows the words to cheers

#4 - Stay Positive

Cheer for your team, not against the other team,
Work with cheerleaders and the band
Do not berate the officials or referees
Be courteous to the visiting parents, media, and fans

#5 - Be Loud- Stay Loud and Be Proud

From the opening of the contest to the final horn
Have a cheer for every situation, teach your student section
Be together in perfect unison

#6 - Be the extra “man”

You are an extension of your team in the stands
Look for appropriate ways to interact with your team and the entire student body

#7 - Be Original

Try out new things or do old things in a new and creative way

#8 - M + D = F

Music plus Dance equals Fun
Work with your PA Announcer and the Pep Band?
Play “your song” at key sections of the contest

#9 - Include Everyone

Especially underclassmen
Parents
Community members
Middle or Elementary Students
Staff members

#10 - Big or Small, Doesn’t Matter

If you have a large student body, stay together
If you are a small school, recruit, and get louder

#11 - Police Yourself

Earn the trust of Administration, Faculty and Staff by taking care of problems that might arise
Put students that are respected in charge of your fan base

#12 - Represent Your School & Community

Take this contest and raising spirit, sportsmanship seriously – the athletic community needs you to set a positive example

ADMINISTRATION CORNER

DATES TO REMEMBER

- 12/1 Fall Sport Concussion Survey Due
- 12/1 1st Wrestling Competition
- 12/3-4 State Drama Competition
- 12/6 Board of Directors Work Session and Appeals
- 12/7 IHSAA Board of Directors Meeting
- 12/25 Christmas Day

DECEMBER CHECKLIST

- ___ Enjoy the Holidays with family and friends
- ___ Work with student section on a sportsmanship plan
- ___ Publish Spring Schedules
- ___ Organize Fall Opponents
- ___ Organize Winter Opponents
- ___ Develop/Review Winter Cancellation Checklist
- ___ Spring Facility Emergency Plans
- ___ Spring Coaches Requirements
- ___ Send a citizenship reminder to parents and coaches

MERRY CHRISTMAS FROM THE IHSAA



BALANCING SCHOOL AND ACTIVITIES

Makenzie Stout
District II Representative
Genesee High School

Being a student athlete can be difficult at times, but in the end, all the hard work pays off when you are winning games! With all of the holidays coming up, and winter sports, this is an especially busy time for student athletes. Here's some tips from the SAC council to help you balance school and sports.

First up, time management. This might be the most important tip of all. When you have free time, use it to catch up, or even to get ahead on any school work. Procrastination is most teenagers' specialty, but the less time you spend catching up, the more time you can spend doing things we all enjoy. So, use your free time wisely, and this does not mean catching up on your favorite social media; put down the phone! This will help tremendously with staying on top of your work and not falling behind in school.

Using your resources and talking to teachers is a huge part of keeping up in school. Sports can also cause you to miss classes, so talking to teachers and catching up on any makeup work quickly keeps you from falling behind. If you know you have a busy week coming up, try and get ahead to keep some weight off of your shoulders so you can enjoy some family time.

Hope you all had a wonderful Thanksgiving and have a Merry Christmas!



@idaho_SAC



idaho_SAC



University of Idaho Course Credit "Fundamentals of Coaching"

In an effort to assist in teacher and 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 teacher/coaches. Teachers and Coaches can earn (1) college credit from the University of Idaho by taking the Fundamentals of Coaching course developed by the NFHS. Information and instructions are on the IHSAA Coaches Education Page



TITLE IX 50
Celebrating and Growing Opportunities

Battle of the Fans 2021-2022

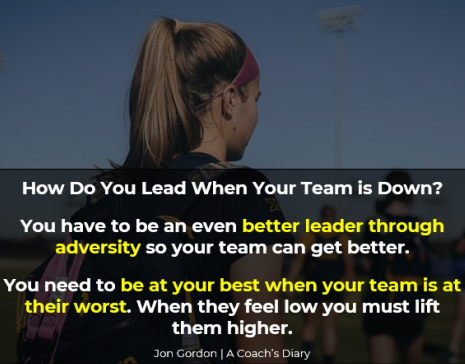
Due: January 31ST 2022
—FEATURING IHSAA FANS—
PRIZE: BATTLE OF THE FANS BANNER

HOW TO BATTLE:

Video Content: Edit it to be no more than two minutes. You must introduce your school and share why your school should win Battle of the Fans. You can use video, Tik Tok clips or lip syncs to show off your school spirit.

POST ON YOUTUBE
EMAIL LINK: federicom@idhsaa.org

Judging Criteria: Your videos will be judged on Sportsmanship, School Spirit, Originality, and Student Participation. Have Fun and Be Positive.



How Do You Lead When Your Team is Down?

You have to be an even better leader through adversity so your team can get better.

You need to be at your best when your team is at their worst. When they feel low you must lift them higher.

Jon Gordon | A Coach's Diary

“

EMOTIONAL INTELLIGENCE ALLOWS US TO RESPOND INSTEAD OF REACT.

#hold

GENMINDFUL.COM



DECEMBER COACHES EDUCATION PAGE

SPORTSMANSHIP ESSAY

by Casey Silver, The Bromfield School Massachusetts Interscholastic Athletic Association

Dear Coach,

I had to write an essay about sportsmanship for English class. So, the first thing I did was look the word up and find that it is defined as, "conduct and attitude considered as benefiting participants in sports, especially fair play, courtesy, striving spirit, and grace in losing." As I was thinking about this definition, I realized that you push our team every day, every game, to demonstrate this. You have high expectations for our behavior and you also set an example for us to follow.

From the beginning, you told us explicitly that you expected us to compete fairly. There was to be no cheating, fighting with players on other teams, or arguing with the refs. We were to play clean and always represent our school in the highest manner possible. We heard this on the first day of practice, with implications that there would be consequences if we did not comply. We really got the idea, though, when we saw you talking with the opposing coach before every game. You were nothing but courteous to them, no matter how important the game or how that team had acted in the past. Also, you shook hands with the opposition firmly with a strong, "Good game," after every match, regardless of the outcome. Your actions showed us exactly how we were supposed to behave.

In many cases dealing with winning or losing can define a team; they can be forever known as the bad losers or the ones you celebrated in our faces. Well, Coach, I think that you have always demanded that we show ourselves in a sportsmanlike way. First of all, part of sportsmanship is the striving spirit, and all you ever ask of us is that we do our best and try our hardest to win. You instill within us a burning passion to do so, and we come out fired up with intensity in every game. When we do win, you tell us, "Congratulate the other team, because they played as hard as you did." When we lose, you tell us to hold our heads high and to be proud of our effort. We never blame the losses on anything else, like the weather or the officials, because you never do. Not a word is ever uttered about the other team. "Congratulate them," you say, "because they played a great game." We do not hang our heads, either, because you do not blame us. We just resolve to do better next time.

I want to thank you, Coach, for promoting sportsmanship on our team. You are an excellent role model, and although your expectations for us are high, they are praiseworthy, and you never allow us to stray from them. I am proud to say that I am on your team because I know that, following your lead, we will never cause another team to think poorly of us. Playing for you, I know that I strive to do my best every time because you push me to do so, although I have the power to accept a loss with a determination to play better the next game. Because of you, Coach, we do have the conduct and attitude that defines sportsmanship, and that is what makes our team really great.

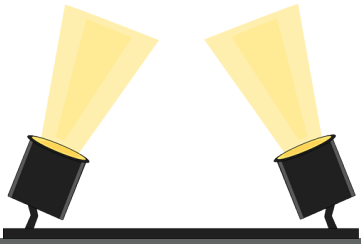
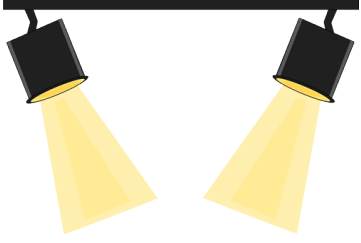
Thank you,
Casey Silver



COACH'S CORNER

You do everything in your power to unleash your athletes' greatness—at every training session or practice, and during every game or competition. But as a coach, you know that the diet and lifestyle choices they make when they're not on your watch can be key to their performance. That's where our selection of Greatness Guide handouts comes in.





DECEMBER 3-4
CENTENNIAL HIGH SCHOOL

2021 IHSAA FALL CHAMPIONS

2021 IHSAA FALL CHAMPIONS

2021 IHSAA FALL CHAMPIONS


STATE FOOTBALL CHAMPIONS

- 5A  RIGBY TROJANS
- 4A  SKYLINE GRIZZLIES
- 3A  WEISER WOLVERINES
- 2A  WEST SIDE PIRATES
- 1ADI  OAKLEY HORNETS
- 1A DII  KENDRICK TIGERS

STATE SWIM CHAMPIONS GIRLS

- 5A  LAKE CITY TIMBERWOLVES
- 4A  BISHOP KELLY KNIGHTS

STATE SWIM CHAMPIONS BOYS

- 5A  BOISE BRAVE
- 4A  BISHOP KELLY KNIGHTS

2021 IHSAA FALL CHAMPIONS

IHSAA SPORTSMANSHIP COMMITTEE

POINTS OF EMPHASIS FOR 2021-22

- Recommendation that all schools promote positive sportsmanship messages via social media
- Positive behavior/examples from coaches in treatment of players
- Promote NFHS Learn Courses for administration, coaches, parents and students
- Create district level contests of sportsmanship in basketball
- Coordinate with the Student Advisory Council on Spring Leadership Symposium
- Promote the need for new officials and retention of officials
- Encourage sportsmanship/The Parent Seat video to be a part of every pre-season parent meeting
- Students reading pre-game sportsmanship announcements
- Local sportsmanship symposiums as needed
- Post Student Section Guidelines at your school
- Recognize positive sporting behavior and present an Award of Excellence



Get Sportsmanship T-Shirts
For Your School
ORDER TODAY

STUDENT ADVISORY COMMITTEE

STUDENT SECTIONS DO & DON'T

A STUDENT SECTION GUIDE FOR STUDENT LEADERS AND ADMINISTRATORS

DO

Support Your Team
Be the Positive Voice
Demonstrate Appropriate Behavior
Cheer Loud and Proud for Your Team
Encourage ALL Players, Coaches, Officials
Have FUN - BUT NOT AT THE EXPENSE OF OTHERS



DON'T

Put Feet and Legs on Gym Floor During Play
Say Negative Things About The Opponent
Try to Distract Opponents
Single out Players
Negative Cheers
Yell at Officials
Boo





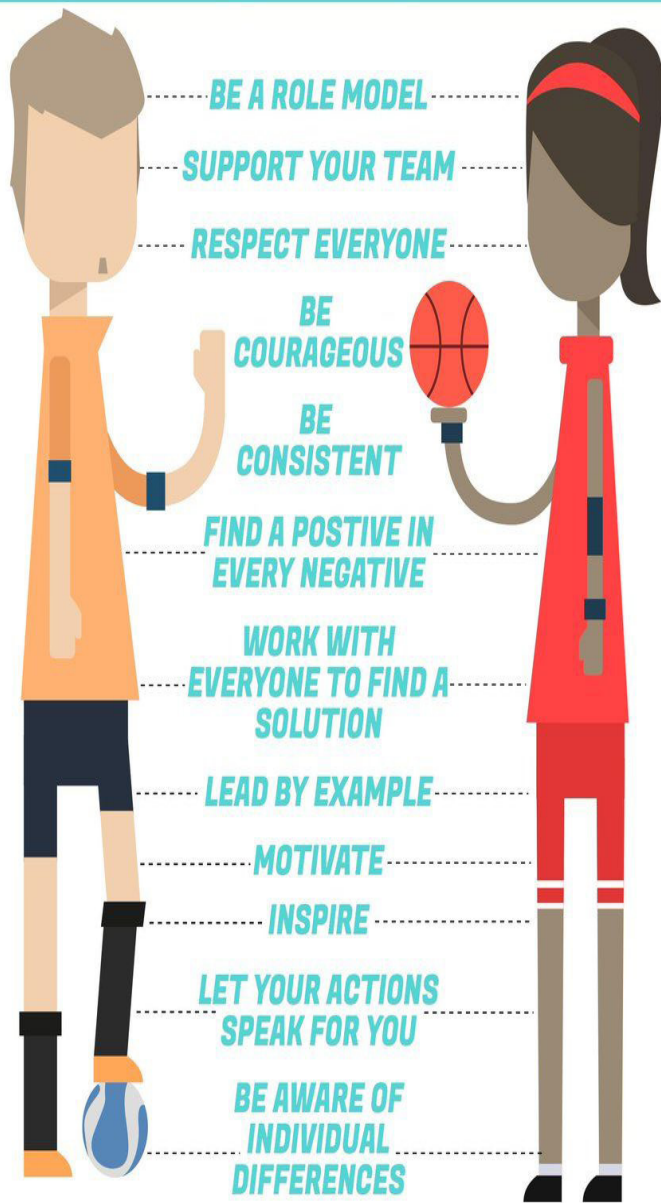
25 things You can CONTROL

- #1 How you respond to challenges.
- #2 Who you ask for help.
- #3 WHEN YOU ASK FOR HELP.
- #4 saying you need a break.
- #5 HOW YOU ACT.
How much effort you put to something.
- #6
- #7 Getting enough sleep.
- #8 Completing your responsibilities.
- #9 Using an i-Statement.
- #10 saying what you need.
- #11 How much exercise you do.
- #12 Setting your boundaries.
- #13 Respecting the personal space of others.
- #14 When and if you forgive others.
- #15 HOW OFTEN YOU SMILE.
- #16 owning up to your mistakes.
- #17 Whether or not you accept yourself.
- #18 Whether you look for the negatives or positives.
- #19 What you focus on in this very moment.
- #20 What goals you create for yourself.
- #21 THE KIND OF ATTITUDE YOU HAVE.
- #22 How you relate to you feelings.
- #23 Whether you help someone out or not.
- #24 How you take care of and treat your body.
- #25 WHEN YOU SHOW EMPATHY.



HOW TO BE A GOOD CAPTAIN IN SPORT

@BelievePHQ



Negativity cannot survive with just one person.

Steve Gruenert

Thank You

To Idaho's Dairy Farm Families for all the
Support of High School Activities

unbottled.



Sm&h invites

**CHOOSE A
WINNING
STRATEGY TO
STAY HEALTHY!**

**EAT A BALANCED
DIET, EXERCISE
REGULARLY,
AND CHOOSE TO
VACCINATE!**



The project described was supported in part by Immunization and Vaccines for Children 93,268 from the Centers for Disease Control and Prevention (CDC) of the U.S. Department of Health and Human Services (HHS). Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the Department or CDC/HHS, Idaho Department of Health and Welfare, October 2021.