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January
2022 ISSUE



IHSAA EXPRESS

Supporting Education Through Activities

GERALDINE CRITCHLEY
TRAILBLAZING IDAHO ADMINISTRATOR THE STATE'S FIRST FEMALE AD, BOARD MEMBER

TITLE IX at 50
Celebrating and Growing Opportunities

THE DAILY COACH
A 2022 Resolution

Geraldine Critchley was the 1st female on the IHSAA Board of Directors, and Idaho's 1st female Athletic Director in charge of both girls & boys sports during her tenure with American Falls HS. She also served as the 1st president of the Idaho Coaches of Girls' Sports.



Give more guidance to those we lead. Give the gift of mentorship to someone young and aspiring.

On Saturday, we welcomed the new year with a list of promises and resolutions. While many leaders are well-intentioned and have purposeful goals, some will inevitably imitate Johnny Rocco from "Key Largo" in the scene above.

"More," Rocco says. "That's right. I want more."

Rocco is never content. He wants it all – and is willing to harm anyone to get it.

Instead of wanting more, our greatest resolution as leaders in 2022 should be to give more. Give more guidance to those we lead. Give the gift of mentorship to someone young and aspiring. Give back to our community. And, most of all, give the gift of time to the people we love and cherish.

The notion of the "selfless leader" is not new. It can be traced back to at least Plato, who said that the good ruler must refrain from seizing power for oneself.

True leadership is never about being selfish, but about benefiting those around us. The selfless leader is the one who puts his/her needs aside to see what he can do for the team. This sets him/her apart from those simply looking out for themselves.

The selfless leader cultivates an environment in which people can grow and be successful. He/she creates opportunities that others would've never otherwise had.

The selfless leader is interested in the success of the whole, not merely the individual. He is willing to sacrifice for the team's sake, even if it means less recognition or more difficult tasks or assignments in the future.

In 2022 year, let's make being selfless our No. 1 goal.

We don't need more.

We need to better share what we already have.

“ Sport has the power to change the world.

It has the power to unite people in a way that little else does. Sport can awaken hope where there was previously only despair. Sport speaks to people in a language they can understand.

Nelson Mandela

ADMINISTRATION CORNER

DATES TO REMEMBER

1/1	New Year's Day
1/1	Wrestling Growth Allowance
1/17	Martin Luther King Jr. Day
1/18	Board of Directors Work Session and Appeals
1/19	IHSAA Board of Directors Meeting
1/28	Winter Sports Eligibility Verification Forms Due
1/31	State Dance/Cheer Rosters & Pictures Due

JANUARY CHECKLIST

- ___ Send a New Year's Sportsmanship Resolution out to parents
- ___ Send the name of a potential official to your commissioners
- ___ Publish Spring Schedules
- ___ Finalize 2022 Fall Opponents
- ___ Finalize 2022/23 Winter Opponents
- ___ Turn in Winter EV Forms
- ___ Finalize Spring Bus Schedules
- ___ Plan Spring Coaches and Parent Meetings
- ___ Nominate a student for the IHSAA Student Advisory Council
- ___ Nominate a student for the Interscholastic Star Scholarship



**LEARNING
CENTER**

NFHSLearn.com

Congratulations to these Idaho Athletic Administrators honored by the National Interscholastic Athletic Administrators Association



Tracy Lienen
Boise HS
NIAAA Hall of Fame
Class of 2020



Larry Schwenke
Coeur d'Alene HS
NIAAA Hall of Fame
Class of 2021



Tom Shanahan
Bishop Kelly HS
State Award of Merit



Tol Gropp
Timberline High School
NIAAA Citation Award



@idaho_SAC



idaho_SAC



SAC Members Erin Morgan and Isabelle Monk present state championship trophies at the 2021 1A DII Milk Bowl

4 Ways to Develop Individual Resilience in Sport

by @inner_drive | www.innerdrive.co.uk



- 1 BE CLEAR ABOUT WHAT RESILIENCE IS**
Resilience is all about the ability to withstand pressure and overcome challenges. But remember, it's not something you either have or don't have, it can be developed over time.
- 2 BRUSH UP ON PSYCHOLOGICAL SKILLS**
Work on athletes' self-awareness, self-talk, mental imagery, and goal-setting and preparation, and resilience will follow.
- 3 MANAGE THE ENVIRONMENT**
Provide an environment that is high in challenge, and high in support, to build athletes' resilience for performing under pressure.
- 4 KNOW YOUR ABCs**
Athletes need to interpret challenges positively in order to overcome them. They can do this by learning their ABCs: recognize *Activating* events, challenge unhelpful *Beliefs*, and fight against negative *Consequences*.

Reference: Sarkar and Page (2021). Developing individual and team resilience in elite sport: Research and practice. Journal of Sport Psychology in Action.



2021 IHSAA Spirit of Sport Award

ISAIAH KROHN
Parma High School



2021 IHSAA Interscholastic Star

BRIDGET MCDONAGH
Bishop Kelly High School

2022 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, complete and return the nomination form to the IHSAA.

APPLICATION DEADLINE
MAY 1, 2022

2022 Interscholastic Star Scholarship

This scholarship, sponsored by the Idaho High School Activities Association, was established in 1992 to recognize and reward outstanding students who participate in high school athletic and non-athletic activities.

Applicants must be juniors who participate or have participated in at least one IHSAA-sponsored sport and one IHSAA-sponsored activity. IHSAA-sponsored activities are: cheerleading, dance, drama, speech, debate, vocal music and instrumental music. These activities must be extracurricular and should be performance-based. Class-only participation will not be considered. Students from 1A and 2A schools may also count FFA and/or student government.

Applicants must be students who:

- Through their participation, strengthen interscholastic sports and activities programs.
- Are active contributors to school and community organizations and programs.
- Are good citizens and positive role models for their peers.
- Promote the ideals of good sportsmanship and citizenship.

Each year \$13,000 in scholarships are awarded to Idaho students and schools who have interscholastics stars.

APPLICATION DEADLINE
APRIL 10, 2022



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.





Accept what you can't change. Change what you can't accept.

JANUARY COACHES EDUCATION PAGE

Things we model for kids whether we realize it or not...



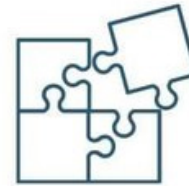
how we approach differences

OOPS

how we handle mistakes



how we deal with frustration



how we solve problems



how we take care of ourselves



how we listen



how we apologize & repair



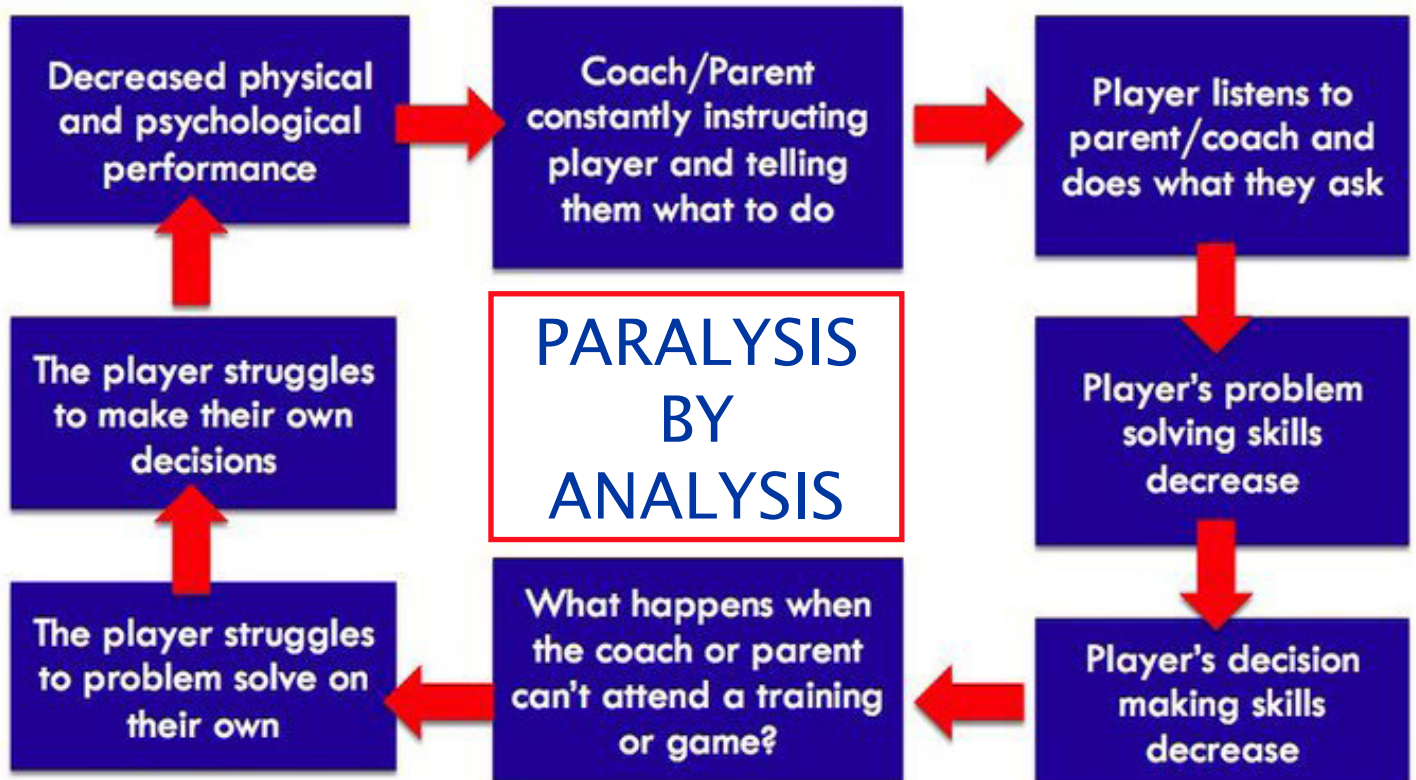
how we ask for help



how we "speak up" for self & others



how we navigate conflict



SCHOOLS OF EXCELLENCE FALL STANDINGS CLASSIFICATIONS TOP 10

5A

		Academic	Athletics	Total
	School	Score	Score	Score
1st	Boise	715	575	1290
2nd	Eagle	700	563	1263
3rd	Rocky Mountain	715	535	1250
4th	Thunder Ridge	705	460	1165
4th	Timberline (B)	735	430	1165
6th	Mountain View	705	315	1020
7th	Highland (P)	740	245	985
8th	Idaho Falls	700	245	945
9th	Madison	730	170	900
10th	Rigby	710	185	895

4A

		Academic	Athletics	Total
	School	Score	Score	Score
1st	Bishop Kelly	750	525	1275
2nd	Twin Falls	710	525	1235
3rd	Sandpoint	700	520	1220
3rd	Skyline	615	605	1220
5th	Moscow	715	415	1130
6th	Pocatello	710	343	1053
7th	Century	710	225	935
8th	Bonneville	705	170	875
8th	Vallivue	705	170	875
10th	Blackfoot	530	338	868

3A

		Academic	Athletics	Total	Qualified
	School	Score	Score	Score	Average
1st	Sugar-Salem	545	580	1125	93.75
2nd	Snake River	530	345	875	72.92
3rd	Kimberly	690	405	1095	68.44
4th	Fruitland	540	270	810	67.50
5th	Timberlake	505	300	805	67.08
6th	Weiser	520	260	780	65.00
7th	Marsh Valley	535	150	685	57.08
8th	Bonnors Ferry	520	150	670	55.83
9th	McCall-Donnelly	530	95	625	52.08
10th	Gooding	600	88	688	49.14

2A

		Academic	Athletics	Total	Qualified
	School	Score	Score	Score	Average
1st	Melba	355	330	685	68.50
2nd	West Side	355	285	640	64.00
3rd	Nampa Christian	365	255	620	62.00
4th	Cole Valley Christian	450	150	600	60.00
5th	Declo	615	310	925	57.81
6th	Ririe	350	225	575	57.50
7th	Salmon	365	195	560	56.00
8th	North Fremont	360	188	548	54.80
9th	Malad	440	90	530	53.00
10th	Firth	535	95	630	52.50

1A DI

		Academic	Athletics	Total	Qualified
	School	Score	Score	Score	Average
1st	Oakley	365	250	615	76.88
2nd	Butte County	355	238	593	74.13
3rd	Troy	340	175	515	64.38
4th	Raft River	275	190	465	58.13
5th	Victory Charter	270	190	460	57.50
6th	Prairie	365	75	440	55.00
7th	Greenleaf Friends	340	75	415	51.88
8th	Genesee	190	165	355	44.38
9th	Liberty Charter	190	150	340	42.50
10th	Potlatch	170	160	330	41.25

1A DII

		Academic	Athletics	Total	Qualified
	School	Score	Score	Score	Average
1st	Sun Valley Community	470	170	640	80.00
2nd	Rockland	365	265	630	78.75
3rd	Kendrick	175	175	350	58.33
4th	Carey	165	170	335	55.83
5th	Dietrich	255	163	418	52.25
6th	Nezperce	265	0	265	44.17
7th	Camas County	260	170	430	40.83
8th	Hansen	160	75	235	39.17
9th	Timberline (W)	240	0	240	30.00
10th	4 Schools Tied for 10th				29.17

Special Olympics' Mission Statement

To provide year-round sports training and athletic competition in a variety of Olympic-type sports for children and adults with intellectual disabilities, giving them continuing opportunities to develop physical fitness, demonstrate courage, experience joy and participate in a sharing of gifts, skills and friendship with their families, other Special Olympics athletes and the community.

What can Unified Sports do for *your* school?

Unified Sports allows all students, regardless of ability level, the opportunity to share their skills and talents with the school and community. On the court the partners and athletes learn the value of teamwork and the importance of inclusion in all aspects of life. Off the court, the students build friendships and lasting relationships that will impact their overall school experience. These feature stories highlight real-life examples of the impact of Unified Sports on all participants!



Special Olympics
Unified Champion
Schools

SPECIAL OLYMPICS UNIFIED SPORTS™

a student's guide

**HOW
TO START**
a Unified Sports
Program at
your school

10 *easy*
steps

Feature:
What can
Unified Sports
do for *your* school?





The NFHS Voice



More Than Anything Else, Students Play Sports to Have Fun with Friends

Dr. Karissa L. Niehoff, NFHS Executive Director

A recent study by the Aspen Institute confirmed previous surveys in the NFHS Case for High School Activities that the No. 1 reason students compete in sports in high school is to have fun, engage in exercise and spend meaningful time with their friends.

Interestingly, a survey 30 years ago by the American Footwear Association revealed the same findings, and that study showed lack of fun was the leading reason for dropping out of sports.

While some of the eight million participants in high school sports are competing in state championships this fall, and a smaller number are looking at potential college scholarships, the vast majority – more than anything else – want to compete on teams with their friends.

The Aspen Institute's recent survey also revealed an interest on the part of high school students to participate in a wide variety of sports. In addition to sports like football, basketball, track and field, volleyball, soccer and others, respondents indicated a desire to have even more sports offered at school. And, the most recent NFHS participation survey indicates that schools and state associations are providing opportunities for involvement in sports from archery to fencing to rugby and many more.

NFHS participation data indicates that the 19,700 high schools that are associated with the 51 NFHS member associations offered a total of 61 different sports, as well as 17 additional adapted and Unified sports opportunities. State associations currently are conducting state championships in 37 different sports.

And perhaps even more importantly, through participation in those sports and performing arts, student-athletes experience opportunities that cannot be measured through surveys.

In addition to the chance to compete on the court or field – or on the stage or at the podium in performing arts – are the opportunities that high school activity programs provide for teachable moments, life-changing decisions and making a positive impact in communities across the country.

One such community this year was the small town of Fertile, Minnesota, located about 270 miles northwest of Minneapolis. Last year, Jude Olson, a junior on the Fertile-Beltrami High School 9-player football team, was killed in an accident, which shook the approximately 1,000 residents of Fertile.

This year, however, the Fertile-Beltrami football team provided a positive boost to the town with an undefeated regular season and a first-ever trip to the Minnesota State High School League 9-player State Football Championship last weekend at U.S. Bank Stadium in Minneapolis.

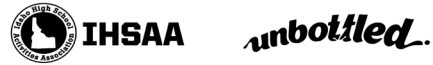
According to an article in the Grand Forks (North Dakota) Herald, many of the town's residents did not have the means to make the five-hour trek to the game. As a result, local businesses and farmers donated \$25,000 for five charter buses to make sure every fan who wanted to make the trip had a free ride to the game. "It means a lot to the whole town," said Jodie Strem, the co-owner of Fertile Oil Company. "We want them to look in the stands and see us and know we are there for them. We are coming down full force." While the Fertile-Beltrami Falcons lost to LeRoy-Ostrander in the MSHSL 9-player championship, the players and the 274 fans who made the journey will remember much more than the outcome of the game.

High school sports and performing arts also provide opportunities for teachable moments. In Huntingtown, Maryland, golf coach John McGuffin recently demonstrated to his team at Huntingtown High School that, in addition to the actual competition, high school sports are about making a difference in people's lives. According to an article in TheBayNet.com, McGuffin provided an opportunity for Garrett Krohnert to join the golf team. Four years ago, Krohnert suffered a major brain injury from a traumatic car accident, which robbed him of most of his motor skills. As time went on, however, Krohnert began to regain some of those skills and began swinging a golf club. His teammates began pushing for Krohnert to join the lineup and actually play in a match. "Some would say he is not qualified to play in a match," McGuffin said, "but we don't look at it that way. We looked at it as this was an opportunity to do something special for Garrett, which is special for all of us that were witness to it." When his opportunity came, Krohnert amazed everyone by playing all nine holes of the match. The team was honored and received recognition, but everyone on the team said this was all about Garrett. "He turned his once dreams into reality, which goes beyond any win or loss."

These two recent events say all that needs to be said about the value of high school sports and performing arts in our nation's schools. We thank the coaches, administrators and officials who make these programs available each and every day.



- 5A  COEUR D'ALENE VIKINGS
- 4A  CENTURY DIAMONDBACKS
- 3A  CDA CHARTER PANTHERS



2021 STATE CHAMPIONS



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.

FUELING ON THE GO

SNACK TO WIN

 + 

PRODUCE PROTEIN

+



CARBOHYDRATES

=



EXTRA ENERGY

<ul style="list-style-type: none"> Small cup of soup or chili Apple + peanut butter Grape + cheese kabobs Carrots or snap peas + hummus Tuna on cucumber slices Banana + nut butter Trail mix Fruit + yogurt Boiled egg on a small salad Oranges + handful of almonds 	<ul style="list-style-type: none"> + + + + + + + + + + <ul style="list-style-type: none"> Serve with crackers or over small baked potato Top graham crackers with this combo Add pretzels on the side Serve with whole grain pita chips Stack on whole grain crackers Put on whole grain bread for a sandwich Add your favorite whole grain cereal to the mix Sprinkle granola on top Throw the salad in a whole grain wrap Add popcorn
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11 THOUGHTS ABOUT TEAMWORK

1 Teams rise and fall on culture, leadership, relationships, attitude and effort.

Great teams have a great culture driven by great leadership. Relationships are meaningful and teammates are connected. The collective attitude is very positive and everyone on the team works hard to accomplish their mission.

2 It's all about teamwork. Sometimes you are the star and sometimes you help the star.

3 If want to be truly great you have to work as hard to be a great teammate as you do to be a great player.

I tell this to athletes all the time but the same is true for any profession. When we work hard to be a great team member we make everyone around us better.

4 Your team doesn't care if you are a superstar. They care if you are a super team member.

5 Three things you control every day are your attitude, your effort and your actions to be a great teammate.

It doesn't matter what is happening around you and who you think is being unfair. Every day you can focus on being positive, working hard and making others around you better. If you do that great things will happen.

6 One person can't make a team but one person can break a team. Stay positive!

Make sure you don't let energy vampires sabotage your team. Post a sign that says "No Energy Vampires" allowed and keep them off the bus. Most importantly, decide to stay positive.

7 Great team members hold each other accountable to the high standards and excellence their culture expects and demands.

8 Team beats talent when talent isn't a team.

9 Great teams care more. They care more about their effort, their work and their team members.

10 We > me

Unity is the difference between a great team and an average team. United teams are connected and committed to each other. They are selfless instead of selfish. They put the team first and know together we accomplish more.

11 You and your team face a fork in the road each day. You can settle for average and choose the path of mediocrity or you can take the road less traveled and chase greatness.

It's a choice you make each day. Which path will your team take?

