



June 2020 ISSUE

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PIONEERS BY NATURE

dairy west



IHSAA EXPRESS

Supporting Education Through Activities

High School Sports, Activities: Opportunity for Everyone to be Included, Accepted

Dr. Karissa L. Niehoff, NFHS Executive Director



The NFHS Voice



Seemingly overnight, the focus across the country is not on the COVID-19 pandemic or the restarting of sports. The horrific tragedy in Minneapolis and the ensuing protests in major cities across our nation have resulted in a sobering wake-up call that there are issues that must be addressed as fervently as the development of a vaccine for the novel coronavirus.

These are worrisome scenes from across the country and are signs that we have much work to do regarding racial injustice and equality for everyone. Many of the cities ravaged this past week are homes to our member state associations, including the city of Indianapolis where the NFHS and the Indiana High School Athletic Association reside.

In due time, the national health crisis will subside, businesses hopefully will be able to re-open and people will be able to return to their jobs. But what is the timetable for an end to racial injustice in our nation? If the clashes of this past week do not provide the necessary signal that these issues are more important than anything we have ever faced and could make or break our nation, nothing will.

Sports often provide an escape from the ugly scenes on the news. With high school sports – like most other sports – sidelined during the pandemic, we cannot “escape” the scenes of the past week. Perhaps, for the moment, that is a good thing as the nation can collectively focus on one goal.

That goal is to treat everyone the same, treat each other with respect, regardless of the color of one’s skin – the very fundamentals of high school sports and activities in our nation’s schools where all genders, all races, all religions – as in teamwork – work together to accomplish a goal. Nationwide, we have much work to do.

Our hearts are broken at what we have seen and heard this past week. Our thoughts, prayers and condolences go out to the families of Dreason Reed, Ahmaud Arbery, Breonna Taylor, George Floyd and many other African Americans who have lost their lives in racially motivated tragedies just this year.

We must value the life of every single person in our country, and we must continue to provide opportunities for all people to succeed. Everyone must be a part of the solution, including participants, coaches and others in high school sports and performing arts in our nation’s schools. And to those students, coaches, officials and school administrators who represent these targeted populations, the NFHS stands with these groups for positive change.

By the end of the sixth day of the recent protests, one thing seemed to be crystal clear: the lack of a strong national voice emphatically calling for Americans to value the life of every single person – calling for an end to prejudiced, bigoted behavior.

We believe there is no better national voice than high school sports and performing arts programs, where opportunities exist for boys and girls of all races, all religions, all levels of ability to work together, to trust each other and to eventually make a difference on the streets of our nation.

Is everything perfect in education-based athletics and performing arts? Certainly not as we noted in this column last fall after reports of a couple of incidents of racism and disrespect had surfaced. We stated that high schools must establish a culture that values the worth of every single person – both players on the school’s team and players on the opposing team. There must be a no-tolerance policy regarding behavior that shows disrespect for another individual.

School-based sports and activities provide that unique opportunity to be part of a team and to provide identity, a sense of self-worth and a reason for engaging in academics. In high school sports and activities, all students are included, accepted and feel like a valued member of a community. Those protesting this past week are demanding much of the same.

When it comes to the opportunity that sports provides to bring everyone together, no one said it better earlier this week than Patrick Mahomes, the star quarterback of the Kansas City Chiefs. Mahomes said he was thankful that he had grown up in locker rooms with people from “every race, every background” and he hopes America “can learn from the injustices that we have witnessed to become more like the locker room where everyone is accepted.”

In one of our columns last fall, we stated that racism was one of our greatest concerns nationwide. By mid-March, we were sure that fighting the COVID-19 pandemic was our greatest concern. This past week has been a rude awakening that indeed dealing with racial injustice MUST take center stage.



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ADMINISTRATION CORNER

- 6/21 Father's Day
- 7/4 Independence Day
- 8/4 Board Work Session/Appeals
- 8/5 Board of Directors Meeting
- 8/5 IHSAA Annual Meeting
- 8/5 IHSAA Hall of Fame Banquet
(POSTPONED)
- 8/1 - 8/9 No Contact Period (all activities)
(WAVIED FOR FALL 2020)
- 8/10 First Practice - Soccer/Football/Cheer/Dance/Swimming/Volleyball/XC
- 8/21 First Competition - Soccer
- 8/26 First Competition - Swimming/Volleyball/XC
- 8/28 First Competition - Football



IHSAA WELCOMES THREE NEW BOARD MEMBERS



Hiroshi Fukuoka
Music Educators



Paul Anselmo
District I



Tonia Burk
Girls Coaches

THE IHSAA WOULD LIKE TO THANK THE OUTGOING BOARD OF DIRECTORS FOR THEIR MOST RECENT SERVICE TO THE SCHOOLS OF IDAHO

Kevin Howard
Music Educators
2014-2020

Bob Rannells
District I
2017-2020

Beth Holt
Girls Coaches
2017-2020

FALL ADMINISTRATOR MEETINGS

All Principals and Athletic Directors are required to attend annual rules and regulations workshops at the beginning of each school year.

DATE	SITE	TIME	ATTENDEES
DISTRICT I			
9/3	N. Idaho College	9:30-11:00	New Principals & AD's
9/3	N. Idaho College	11:15-1:00	All Principals & AD's
DISTRICT II			
9/4	LCSC (Conference Room)	10:30-12:00	All Principals & AD's
DISTRICT III			
8/6	IHSAA Office	8:00-9:30	New Principals & AD's
5A/4A			
8/27	IHSAA Office	8:00-9:30	All Principals & AD's
1A - Longpin			
9/1	Cascade HS	10:00-11:30	All Principals & AD's
1A - WIC			
8/26	Smoky Mt. Pizza (Boise Parkcenter)	12:30-2:00	All Principals & AD's
3A/2A			
8/12	Fruitland HS	10:00-11:30	All Principals & AD's
DISTRICT IV			
8/19	TBD	TBD	New Principals & AD's
8/19	TBD	TBD	All Principals & AD's
DISTRICT V			
8/18	Highland HS	10:00-11:20	New Principals & AD's
8/18	Highland HS (Media Center)	11:30-1:00	All Principals & AD's
DISTRICT VI			
8/17	Idaho Falls HS	9:00-10:20	New Principals & AD's
8/17	Idaho Falls HS (Media Center)	10:30-12:00	All Principals & AD's

Administrative meetings cover new IHSAA rule changes for Principals and Athletic Directors

A MESSAGE FROM THE SAC PRESIDENT Hannah Bolingbroke



When my athletic director gave me an application to become a member of the IHSAA Student Advisory Council I had no idea the impact it would have on my life for the next two years.

I am so grateful I made the decision to apply and that I was chosen to be a member of this amazing council. I have learned so many

lessons that I will be able to use throughout my life. I have been pushed out of my comfort zone and have been given so many opportunities to grow as a person. I have learned the importance of being a positive influence in your community/school/state, treating people with kindness, good sportsmanship, hard work and dedication.

Through this council I was able to meet so many new friends and work with many diverse groups of people. I had the opportunity to go to Indianapolis for a NFHS Leadership Summit where I was taught how I could be a better leader. While there we were able to spend a day helping with the special olympics. It was such an amazing experience that I will never forget. It encouraged me to be more involved in my community and more willing to serve others around me.

Overall, the IHSAA Student Advisory Council has been such a blessing in my life. I will forever cherish all the memories and lessons I have learned!

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COACHES CORNER

IHSAA SUSPENDS No Contact Period

Due to the fluid situation with COVID-19, the IHSAA Board of Directors suspended the 2020 fall no contact period at the August board meeting. Student-Athletes may workout in the weightroom and continue "no ball" conditioning through August 9, 2020.

RULES LISTED BELOW STILL APPLY

- Rule 17-2-3 - Rule of 2
- Rule 17-2-7 - Summer Camps
- Rule 17-2-8 - Summer Moratorium

A GOOD COACH CAN
CHANGE A GAME,
A GREAT COACH CAN
CHANGE A LIFE.

- JOHN WOODEN

THANK
YOU

A
COACH
WILL IMPACT
MORE YOUNG PEOPLE IN A YEAR
THAN THE AVERAGE
PERSON DOES IN A
LIFETIME.

BILLY GRAMM

NFHS LEARN - Course of the Month

Public Address Announcing

Public-address announcers serve a crucial role in administering athletic contests. This FREE course is designed to provide you the best practices of announcing at high school events by explaining the expectations of school administration, appropriate behavior before and during a competition, and the specific times during an event where you should be active. Multiple audio examples of P.A. announcers are provided to help illustrate what to do and what not to do while announcing.



2019-20 IHSAA Schools of Excellence



The Idaho High School Activities Association is pleased to continue the "Schools of Excellence" Initiative, sponsored by the Idaho Army National Guard, whereby schools earn points based on

their varsity teams' achievements in the classroom, at the competitive venue, and in the area of citizenship/sportsmanship. Participation is voluntary, and the school in each classification with the best overall program is honored with a special award at the end of the year.

Awards will be presented at the IHSAA Annual Meeting August 5, 2020

5A

School of Excellence
Eagle



Exemplary Achievement
**Timberline
Rocky Mt**

4A

School of Excellence
Bishop Kelly



Exemplary Achievement
**Century
Twin Falls**

3A

School of Excellence
Sugar-Salem



Exemplary Achievement
**Snake River
Timberlake**

2A

School of Excellence
McCall-Donnelly



Exemplary Achievement
**Melba
St. Maries**

1A DI

School of Excellence
Potlatch



Exemplary Achievement
**Genesee
Liberty Charter**

1A DII

School of Excellence
Sun Valley Community



Exemplary Achievemen
**Timberline (W)
Lighthouse Christian**

IHSAA Selects Five Interscholastic Stars

The Idaho High School Activities Association have named five high school juniors as the 2019-20 recipients of its annual Interscholastic Star Student Recognition Awards.

This scholarship program is sponsored by the IHSAA and was established in 1992 to recognize and reward outstanding students who participate in high school athletic and non-athletic activities.

Sarah Cole was selected as the "Idaho Star" for 2019-20 and will grace the back covers of the 2020-21 state tournament programs.



The lessons I've learned through interscholastic sports and activities have truly shaped the person I am today.
- Jackson Headley

Jackson Headley - Post Falls High School

Nominees for the scholarships are exemplary students who:

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



Interscholastic Stars receive a \$1,000 scholarship to the college of their choice. A \$500 check is also given to each Interscholastic Star's school. Runner's up at each level receive a \$500 scholarship.

All five 2020 Interscholastic Stars are leaders in their schools and communities:

- **1A Star – Martha Smith** – A captain and 3 sport athlete at Clearwater Valley HS, Martha is also active in Student Government, National Honor Society, BPA and the Kooskia community.



- **2A Star – Johnathon Simmons** – Johnathon is involved in music, drama, student government and multiple school clubs while participating in Cross Country and Track at Salmon High School.

- **3A Star – Ryder Paslay** – Ryder is a student participant in Sources of Strength, a student lead program assisting students with mental health, while participating in 3 sports and music at Timberlake High School.



- **4A Star – Nicholas Swensen** – A three-year letterman and captain of the Twin Falls HS Football, Basketball and Track teams, Nicholas has been selected to All-State Orchestra while becoming an Eagle Scout.

- **5A Star – Sarah Cole** – The Jr. Class President at Mt. View HS, Sarah has also participated in Volleyball, Basketball, Softball and is the captain of Lincoln-Douglas team. She is a national debate qualifier and holds a 4.174 GPA.



CONGRATULATIONS 2020 IHSAA HALL OF FAME AWARDS

HALL OF FAME INDUCTEES

Bill Hawkins, Madison HS Tracy Leinen, Boise HS

MEMORIAL AWARDS

Dick Fleischmann Award - Terry Beck, Eagle HS
Wes Lowe Award - Craig Culver, Bear Lake HS
Duane D Wolfe Award - Jeff Cordes, Idaho Mt. Express

SPECIAL AWARDS

Official of the Year - Mike Tatko, District II FB Official
Spirit of Sport Award - Regan Chambers, Twin Falls HS

2020 IHSAA BANQUET POSTPONED



Due to the fluid situation with COVID-19 and for the safety concerns of our attendees, the IHSAA Board of Directors has postponed the 2020 Hall of Fame Banquet. We will honor our recipients at a future date.

7 Ways the Best Leaders Make Time for Their Team

**Whether they ask for your time or you volunteer it,
these are the most powerful ways to do so.**

- By Scott Mautz

There are many ways leaders can work to set themselves apart. Many require high levels of skill, like setting a vision, being a great strategic thinker or being a brilliant executor. But the most powerful way leaders can set themselves apart is something that literally anyone can do.

Give their time when their people need it most.

I made this a core value of mine in my corporate days and it paid off with organizations that consistently scored among the highest in the company for feeling motivated.

Of course, this doesn't mean be freewheeling with your time to the point that you can't effectively do your job. There's a time and a place to make space with your time. I've learned over a three-decade career the moments in time your time's most appreciated. Make yourself available for these seven occasions and your leadership lore will surely elevate.

TAKE THE TIME TO WASTE A MOMENT.

Stop by their desk every now and then or catch them in the hall just to say "Hi", see how they're doing, or for a bit of small talk. It's actually not wasted time, it's time you're taking to connect that says you care. I'm not saying make a habit of interrupting people and their productivity. You'll know when it feels right to just share a human moment.

TAKE THE TIME TO TALK ABOUT THEIR CAREER.

You should care about their career as much as you care about your own --and show it. The easiest way to do that is to simply ask the employee what they want out of their career. Encourage them to get past what they're supposed to want to openly discuss what really motivates them and gives them meaning. The first step is the biggest one, taking the time to ask.

TAKE THE TIME TO APPRECIATE THEM IN THE SPACES IN BETWEEN.

When leaders take the time to reward and recognize their employees at important moments, that's good. But great is when leaders let employees know in the quiet moments in between just how valued they are. I liked to find a quiet day at work and stop by an employee's desk, pull them into my office, and take five minutes to tell them why I valued them so much. Nothing in particular triggered my overture, which made it even more powerful.

TAKE THE TIME TO TEACH IN TEACHABLE MOMENTS.

Sure, coaching should happen in your one-on-one sessions, but even more powerful is to coach during teachable moments. For example, pull them aside after a big meeting they presented at to tell them what worked and what needed improvement. Coach them when you see gaps in their preparation or thinking, when they fall short on a risk taken, when they lose their temper or make excuses, when they're seeing things from just their side during a conflict or tension, or when they're not aware of the perception or impression they're leaving.

TAKE THE TIME TO CHECK IN WHEN SOMETHING'S WRONG.

If you have a good relationship with your employee, you'll know when something is going on at work or outside of it that might have your employee at less than their best. Make a mental note to check-in without being obtrusive.

TAKE THE TIME TO HELP THEM SHINE.

Employees all have big moments, "A" situations when they need to bring their "A" game, like a key customer meeting or senior management presentation. Be aware when these moments are on deck for your employees and extend a helping hand. Help them rehearse. Practice questions with them that they should anticipate. Invest in their success.

TAKE THE TIME WHEN THEY ASK FOR IT --AND BE ALL IN.

I had more than one manager who talked a good game about having an open-door policy, but when it came right down to it, poking your head in their office left you with a feeling they were going to tear it off. Set boundaries and rules of engagement, of course. Employees shouldn't be stopping by six times a day to shoot the breeze or to discuss something they could easily solve themselves. But do mean it when you say you're there to help them. And when they come in for help, set aside what you're doing and truly engage. I sometimes asked for a moment to clear my head if I was in the middle of something that was troubling me so that I could be all in on the inquiry.

IHSAA Announces 20-21 Student Advisory Council



What is SAC?

The SAC is a diverse group of high school students in Idaho who voice their ideas to the IHSAA (Idaho High School Activities Association).



Our Mission

Our mission is to connect Idaho schools with the IHSAA through promoting our ideals: sportmanship, achievement, and character.



What is IHSAA?

A group devoted to coordinating, supervising, and directing interscholastic activities which enhance and protect the educational process of all students.



District I

- * Brooke Jessen - Senior, Timberlake HS
- * Sierra Keele - Senior, Kellogg HS

District II

- Erin Morgan - Junior, Kendrick HS
- Owen Crowley - Senior, Genesee HS

District III

- Isabella Reyes - Junior, Caldwell HS
- Madison Tesnohidek - Junior, Fruitland HS
- * Izabella Leiby - Senior, Emmett HS
- * Kobe Warr - Senior, Rocky Mt. HS

District IV

- Maysi Bright - Junior, Kimberly HS
- Adysen Seibold - Senior, Burley HS

District V

- Brynlee Simmons - Junior, Soda Springs HS
- Adam Purkett - Senior, Highland HS

District VI

- Katie Miller - Junior, Sugar-Salem HS
- Challiss Potter - Junior, Hillcrest HS

* Two-year member



19-20 SAC

THANK YOU!



#IdahoStrong

No cancelled sport season, altered graduation, or stolen memories will take away all that you have accomplished in your high school career. Help us tell your story. How are you or your peers #IdahoStrong? What dreams have you created, what goals have you accomplished, how have you been shaped by your experience in high school athletics and activities? Share your story on social media using the hashtag “#IdahoStrong”, direct message on any of our platforms, email ostlert@idhsaa.org to learn more and to be featured.

CHECK OUT OUR FEATURES

VOLUME 1

Heidi Pearson and Her Rimrock Raider's Road to Recovery

VOLUME 2

District VI FB Commissioner and Father: A Letter to the Class of 2020

VOLUME 3

How an Idaho XC Coach Finds Inspiration in Her Athletes

2020 Spring Academic State Champions

The Idaho High School Activities Association is pleased to announce the 2020 Spring Sports Academic State Champions. This award, sponsored by the Idaho Army National Guard, is presented to the varsity team in each classification that achieves the highest cumulative grade point average. The IHSAA congratulates these student-athletes for their outstanding academic achievement and commitment to excellence through athletics and activities.

What I tell student athletes is first of all, you've made good choices this far in order to be able to be in college and to be an athlete. Keep making good choices.

- Condoleezza Rice, Former US Secretary of State

Boys Track

5A Highland	3.769	5A Madison	3.788
4A Bishop Kelly	3.661	4A Idaho Falls	3.779
3A Sugar-Salem	3.600	3A Sugar-Salem	3.830

Girls Track

5A Madison	3.788
4A Idaho Falls	3.779
3A Sugar-Salem	3.830

Combined Track

2A Nampa Christian	3.729
1A Greenleaf Friends	3.86

Baseball

5A Post Falls	3.588
4A Idaho Falls	3.770
3A Sugar-Salem	3.480
2A Melba	3.464
1A Genesee	3.300

Softball

5A Centennial	3.678
4A Century	3.870
3A Sugar-Salem	3.860
2A Nampa Christian	3.748
1A Greenleaf Friends	3.708

Boys Tennis

5A Madison	3.945	5A Rocky Mountain	3.949
4A Middleton	3.873	4A Idaho Falls	3.948
3A Weiser	3.884	3A Weiser	3.928

Girls Tennis

5A Rocky Mountain	3.949
4A Idaho Falls	3.948
3A Weiser	3.928

Boys Golf

5A Centennial	3.911	5A Skyview	3.831
4A Kuna	3.627	4A Pocatello	3.853
3A Weiser	3.831	3A Homedale	3.804
2A Victory Charter	3.785	2A Nampa Christian	3.753

Girls Golf

5A Skyview	3.831
4A Pocatello	3.853
3A Homedale	3.804
2A Nampa Christian	3.753



MYTHS OF EARLY SPORT SPECIALIZATION

THE ATHLETE WILL ACQUIRE MORE SKILLS

BUSTED!

WHAT IS TRUE:

Sport Sampling & Deliberate Play is Recommended



Unless participating in a sport where peak performance is pre-pubertal, sport sampling and deliberate play is the best method. Athletes who sport sample are more likely to acquire a range of motor skills that are transferable across all sports.

THE ATHLETE WILL GAIN MENTAL TOUGHNESS

BUSTED!

WHAT IS TRUE:

Probability of Psychosocial Problems Increase



Problems such as developing social and peer relationships, perceived competence, and identity foreclosure may occur. A developmentally appropriate environment where the athlete is intrinsically motivated to improve and participate is key.

THE ATHLETE WILL RECEIVE BETTER COACHING

BUSTED!

WHAT IS TRUE:

Low Quality Pedagogy Can Happen at Elite Levels



Elite performance coaches tend to have more content knowledge but lack pedagogical content knowledge. The result is that many athletes are not taught in developmentally appropriate methods for their age.

THE ONLY WAY TO ELITE PERFORMANCE

BUSTED!

WHAT IS TRUE:

Multiple Pathways to Elite Performance



Media portrays early specialization as the only path to elite performance. The Development Model of Sport Participation shows that athletes can travel 3 different trajectories for various outcomes related to athlete development.

Obi Atkinson
The Ohio State University
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FUEL YOUR FIRE

You're not afraid of a challenge.
You push yourself to the limit —
and then you push a little more.
You're on a journey to becoming
your best self. And when you need
a boost, dairy is there to fuel you
on your path to greatness.



Brought to you by the dairy farmers
of Idaho and Utah.

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