



- * IAAA STATE CONFERENCE
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- * WINTER ACADEMIC CHAMPIONS
- * INTERSCHOLASTIC STAR SCHOLARSHIP
- * WINTER SPORTSMANSHIP WINNING SCHOOLS
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- * NFHS NETWORK - 2 Free Pixellot Cameras
- * SPORTSMANSHIP - Time for a Wake-Up Call



March
2022 ISSUE



IHSAA EXPRESS

Supporting Education Through Activities



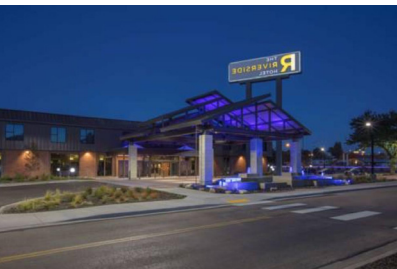
Idaho Athletic Administrators Association 2022 State Conference

NIAAA LEADERSHIP TRAINING INSTITUTE

REGISTER NOW
REGISTER HERE
DON'T MISS THIS
PROFESSIONAL DEVELOPMENT

2022
Conference Schedule

THE RIVERSIDE HOTEL



What is the Leadership Training Institute?

The NIAAA Leadership Training Institute and Certification Program are voluntary professional development initiatives designed by athletic administrators. Athletic administrators who complete LTI courses attain additional knowledge and perspective of the athletic administrator's role. Completion of leadership training courses will enhance the daily operations of the athletic department and improve the program being administered. The athletic administrator who attains professional certification will have demonstrated the completion of a comprehensive plan for self-improvement. Individuals involved in both of these programs will enhance their ability to serve the students, school, community and professional organization within the context of education-based athletics. The NIAAA encourages state athletic director associations to offer NIAAA Leadership Training at the state level. With the vast turnover of athletic administrators, a need has developed for an educational program to support the new administrators and at the same time offer a professional development program for the experienced athletic director.

2022 Conference Courses

LTC 506 Athletic Administration:

Legal Issues II (Title IX & Sexual Harassment)

This course provides in-depth coverage of the legal standards regarding Title IX compliance and gender equity assurance for interscholastic athletics programs. This includes the methodology for a school to perform a Title IX self-audit in order to proactively identify problem areas and necessary corrective actions to satisfy all applicable Title IX legal mandates. This course offers extensive coverage of the legal standards governing sexual harassment and sexual violence in school sports programs and strategies for developing, implementing, and documenting an effective anti-sexual harassment policy. Required for: CAA and CMAA certification

LTC 628 Athletic Administration:

Mental Health and Wellness for Student Athlete

Mental illness has been described as one of the greatest silent epidemics in our country. Student-athletes can be vulnerable to a number of mental illnesses due to the pressures they face while balancing their athletic and academic obligations and still maintaining a balance in their daily lives. This course is designed to remove the stigma of mental illness and assist athletic administrators in understanding the causes and how their student-athletes could be affected. The objective for the course is to raise awareness of this social issue and explain to athletic administrators how to educate their coaches and team captains in order to provide support for all of their student-athletes.

LTC 712 Athletic Administration:

Ethical Decision Making in Education-Based Interscholastic Sports Programs

The purpose of this course is to help athletic administrators evaluate the ethical qualities of their department and equip them with a protocol for dealing with ethical dilemmas. Participants will be introduced to the concepts of ethical decision making, specifically as it pertains to interscholastic sports. An emphasis of the course is to assist the athletic administrator establish their own moral framework for making ethical decisions and resolving ethical issues within their department. The course also deals with developing codes of ethics and moral character development within coaches and athletes. This is a highly interactive course with multiple scenarios to illustrate qualitative approaches to resolving ethical issues.

ADMINISTRATION CORNER

DATES TO REMEMBER

3/3-5	Boys Real Dairy Shootout
3/9	1st Spring Sports Competition Academic State Champions Due
3/11-12	State Debate
4/1	Winter Sports Concussion Survey Due

MARCH CHECKLIST

- ___ Add spring team rosters and pictures to your MaxPreps account
- ___ Send sportsmanship information to parents
- ___ Prepare spring facilities (scoreboards, fields, equipment)
- ___ Sign contracts for 2022-2023 sports seasons
- ___ Turn in concussion survey for winter sports
- ___ Verify Spring Sports Eligibility
- ___ Verify spring coaches requirements
- ___ Nominate a student for the IHSAA Student Advisory Council
- ___ Nominate a student for the Interscholastic Star Scholarship
- ___ Put together a Unified Track Team from your school

Add to Your Productivity as an Athletic Director

- * Decide what is important to you and set your goals for your program accordingly.
- * Enjoy your job and you will be more successful. With success, satisfaction, and recognition will usually follow.
- * Work hard, be persistent and persevere – Everyone has setbacks – view yours as a learning experience.
- * Have fun, maintain a sense of humor but take your work seriously.
- * Never stop learning new skills, new perspectives and new ideas.
- * See the best in people, stay above the fray.
- * Help others, there were many that helped you along the way even when you didn't ask for it.
- * Give credit to others, collaborate and be a team player.
- * Surround yourself with smart, positive and caring people.

GREAT TEAMMATES LOVE EACH OTHER

LOVE IN ACTION MEANS...

- ✔ HONORING THE COMMITMENTS YOU'VE MADE TO YOUR TEAM
- ✔ BRINGING YOUR BEST & WORKING TO GET BETTER EVERY DAY
- ✔ SACRIFICING YOUR OWN DESIRES FOR THE GOOD OF THE GROUP
- ✔ TAKING MORE THAN YOUR SHARE OF THE RESPONSIBILITY
- ✔ GIVING AWAY MORE THAN YOUR SHARE OF THE CREDIT
- ✔ CHEERING FOR, ENCOURAGING, & UPLIFTING THOSE AROUND YOU
- ✔ GOING THE EXTRA MILE TO SHOW YOUR PEOPLE YOU CARE

ARE YOU A GREAT TEAMMATE?

CHAMPIONS 101

Congratulations 2021-22

IHSAA Winter Academic Champions

Academic State Champions are awarded to the team of each classification with the highest team cumulative GPA in all IHSAA sports and activities. These awards are sponsored by the Idaho Army National Guard.

WRESTLING

5A	Centennial	3.446
4A	Blackfoot	3.540
3A	Marsh Valley	3.621
2A/1A	Malad	3.530

DANCE

5A	Rocky Mountain	3.765
4A	Century	3.849
3A/2A/1A	New Plymouth	3.723

CHEER

5A	Highland	3.839
4A	Blackfoot	3.750
3A	Weiser	3.521
2A/1A	Oakley	3.716

BASKETBALL

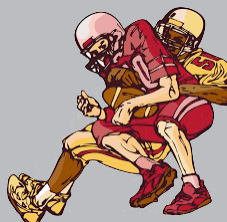
Girls		Boys	
Timberline	3.844	5A	Timberline 3.885
Century	3.832	4A	Blackfoot 3.810
Sugar-Salem	3.990	3A	Marsh Valley 3.870
Grangeville	3.935	2A	North Fremont 3.700
Raft River	3.923	1A DI	Victory Charter 3.873
Leadore	3.890	1A DII	Kendrick 3.762



LEARNING CENTER

NFHSLearn.com

COURSE OF THE MONTH



FOOTBALL TACKLING

Football is a physical game. Proper tackling skills and technique can help minimize the risk associated with the sport.

The NFHS has developed this free course, Football Tackling, with support from national football experts, including high school football coaches and administrators.

The videos and other resources in this course will help you teach, evaluate and program tackling for your team. You will be introduced to common types of tackles, the fundamentals that help create a more effective and safer tackle, and the basics of equipment fitting. You will discover methods for programming and managing the learning process and important issues of contact load will be addressed, including intensity and impact during drills.

GOALS WORKSHOPS SEMINARS CAREER SUCCESS
 SKILLS MENTORING
 COACHING
 HELP WORK LEARN MOTIVATE DEVELOP PROGRAM IMPROVE
 LEADERSHIP MENTOR INSPIRE PEOPLE TRAINING
 DIRECTION PRACTICE

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"The way to gain a good

REPUTATION 

is to endeavor to be what you
 desire to appear."
 (SOCRATES)

MARCH COACHES EDUCATION PAGE



10 Reasons We Shouldn't Yell

From a Yell-aholic Coach - J.P. Nerbun

I was a yell-aholic for over 10 years of coaching, and I would often ask myself if I was crossing the line. When we ask this question, we can usually come up with justifications, like:

"I just care!"

"They need to be toughened up."

"It's my personality."

The question of whether we have crossed the line is irrelevant. The question we need to ask as coaches are, "Is there a better way?"

That question changed everything for me, as a coach whose default response was yelling. Suddenly, it wasn't about whether it was right or wrong. It was about the best way to lead because I wanted to be the best coach I could be!

I started to really reflect and study. Was yelling the best way to motivate, show I cared, and hold them to high standards? I found logical and scientific reasons for why I shouldn't yell, and when I started to train alternative responses, I experienced some other reasons.

1. GREAT COACHING IS INTENTIONAL

People claim yelling is just "coaching them up" and toughening up their players, but for most of us, yelling at our players is our default reaction! It is way harder to stay in control of our emotions. It's hard to be demanding without being demeaning. It is harder to hold someone accountable without using fear. It is way harder to focus on the next play and put the bad play behind us. When we react with our emotions, we are not being intentional or skilled. Coaching is a skill that requires intentionality and training.

2. WE WANT EMOTIONALLY-BALANCED ATHLETES

To understand human connection and performance, we need first to understand how the brain works. The brain can be broken down into two different parts: the right and the left. In his book, *The Whole-Brain Child*, Daniel J. Siegel calls it "Emotional Right" and "Logical Left." Now, we want the right and the left to work together to be at our best. So, when a player makes a mistake, they get angry or experience frustration, and they start to work from the "Emotional Right." So, we need to help them integrate the "Logical Left" so they can be balanced. We can't help them connect the left and the right by being highly emotional and yelling! Instead, we must connect with their emotions and help them redirect their thinking. Not only is this more beneficial in the moment, but it literally helps strengthen the connections! We are training their brain to become stronger, more balanced people!

3. WE WANT ATHLETES WHO CAN THINK

The brain can also be split into the upper and lower sections. The upper brain is higher-order thinking, such as reasoning and critical thinking. The lower brain takes care of the basic functions needed for survival, like breathing, blinking, fight-or-flight response, and strong emotions, like anger and fear. The trick—especially in the undeveloped brain (brains aren't fully developed until our mid-to-late 20s)—activates the upper part of the brain. We want them to think on the field or the court—not just react! When we yell, we trigger the amygdala in the lower part of the brain, known as the "fear center." When the amygdala is activated, it cuts off the connection between the brain's lower and upper parts. We go into survival mode! This is great if we are running from a tiger in the jungle, but when we try to pick apart a defense, it's not so helpful!

4. WE WANT THEM TO BE MOTIVATED INTRINSICALLY, NOT EXTRINSICALLY

The bottom line is, do you want your players to run hard, listen, and have a good attitude because you said so? Or, do you want them to run hard, listen, and act right because it's the right thing to do, it's the right type of player, it's the right experience they want to create for the team, and it's in line with the outcome they desire? If you are a transformational coach, you want it to be the latter. You want them motivated intrinsically, not extrinsically. When we motivate extrinsically by yelling, we will always miss out on the opportunity to build character and encourage personal accountability.

5. WE WANT TO LEAD WITH TOUGH LOVE, NOT FEAR

Some argue if you aren't yelling, you don't care, and you don't have high standards. My parents never yelled, but rest assured, if I didn't get my chores done, didn't make good grades, or was disrespectful, there were consequences—no practice, no games, no TV! No yelling was ever needed, just a conversation explaining how my choices led to these consequences and the loss of privileges. Now, I'm sure they felt like they wanted to yell—and maybe they even would have been justified if they had yelled at me—but it wasn't helpful or the best way to practice tough love.

6. WE WANT TO DEVELOP PLAYER LEADERSHIP

Do you value player leadership? Do you want to be a player-led team? Well, if you believe you have to resort to yelling and screaming to hold people accountable, you are a long way away from being a player-led team. You have some serious failures within your culture if that is the only way you can get players to work hard.

7. YELLING IS UNACCEPTABLE IN ANY OTHER PROFESSION

I don't care if you work at the Washington Post, McDonald's, or Goldman Sachs; if you yell at your employees in front of other employees and/or your customers the way that some coaches yell at their players, you'll get fired—or sent to anger management!

8. WE WANT TO SET AN EXAMPLE AND A STANDARD FOR HOW PEOPLE SHOULD SPEAK TO EACH OTHER

You wouldn't allow your players to speak to each other this way. In fact, you probably wouldn't even let your assistants speak to your players in this manner. At some point in history, people came up with the idea that it's a coach's job to criticize, yell, and tear people down, and everyone else's role is to build them back up. That's simply a double-standard, not a positive example.

9. WE WANT TO PREPARE THEM FOR THE WORLD

Many people claim yelling is being tough on players and preparing them for the real world. Once again, you can't speak or treat people like this and survive as a leader—or as a parent. If I yelled and cussed out my child in the grocery store, Child Services would be called. The real world does not tolerate this type of behavior. Secondly, the real world needs more leaders who lead with love, not fear. It needs leaders who are demanding and hold people accountable in a supportive, not demeaning way.



10. THERE IS A BETTER WAY

James Clear, the author of Atomic Habits, shared this powerful question with me: "What are the chances the first way I learned to coach is the best way to coach?" Yelling is how most of us were coached. It's what we see all around us. Does that make it the best way? Absolutely not!

THE BETTER WAY

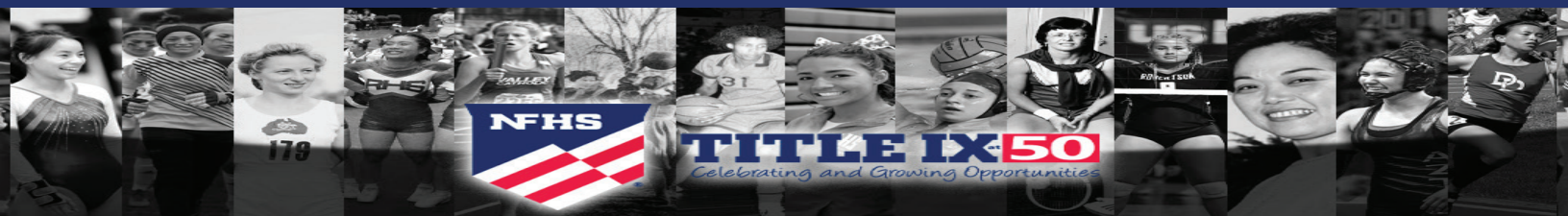
So, if you yell as a coach, are you a bad coach? Absolutely not; you are just human! When I came to believe I shouldn't yell as a coach, I still yelled. It's a long growth process to retrain ourselves as coaches and develop the skills we need to lead without yelling.

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.



Celebrating the inspirational individuals and landmark moments in the history of Title IX, and continuing to grow the educational and competitive opportunities for the future.



REGARDING SPORTSMANSHIP, IT'S TIME FOR WAKE-UP CALL IN HIGH SCHOOL SPORTS



Dr. Karissa L. Niehoff is in her fourth year as chief executive officer of the National Federation of State High School Associations (NFHS) in Indianapolis, Indiana. She is the first female to head the national leadership organization for high school athletics and performing arts activities and the sixth full-time executive director of the NFHS. She previously was executive director of the Connecticut Association of Schools–Connecticut Interscholastic Athletic Conference for seven years.

From time to time, everyone needs a wake-up call to get back on course, to regain focus and to “get with the program.” That time is at hand in high school sports as it relates to unsportsmanlike conduct.

In the 103-year history of the NFHS and organized sports in the United States, good sportsmanship has been one of the most important outcomes of these programs. When appropriate behavior occurs, competitive play is more enjoyable for everyone. And for some individuals recently, the games have not been enjoyable. In the past few months, following are some of the unfortunate incidents that have occurred at the high school level:

- The mayor of a city was ejected from his daughter’s high school basketball game after threatening a referee.
- A volleyball official was followed off the court by a coach who was shouting obscenities.
- A referee was assaulted and knocked unconscious during a basketball tournament.
- A student from the opposing school in the stands shouted racist comments at a high school basketball player on the court.
- At another game in another state, inappropriate chants were made against the opposing team’s players on the court.
- While it was at a lower level, continued poor parent behavior in the stands led a Central New York youth basketball league to end the season early.

Unfortunately, the list could go on and on. When hearing accounts like these and many others that regularly occur, the primary reason for the current officials’ shortage becomes painfully obvious – unacceptable behavior on the part of coaches, parents and other spectators.

While all of these displays of unacceptable behavior must stop, the recent occurrences of students and other spectators using hurtful, demeaning and hateful language at individuals on the opposing team is heartbreaking. High school sports and other activities exist to lift people up, not demean or tear people down. The goal is to treat everyone equally and treat each other with respect. Any speech or harassment that is insulting, demeaning or hurtful will not be tolerated. 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.

Likewise, the accounts of violent attacks against officials are incomprehensible and must be stopped. As Dana Pappas, NFHS director of officiating services, said, “Do you really think that these individuals who are volunteers are going to take a half-day off of work, get paid less than they’re probably making at their real job to go and be unfair in a game? It doesn’t make sense. They are there to give back. They are there to be community servants.”

NFHS playing rules are written to encourage sportsmanship. Participation in these programs should promote respect, integrity and sportsmanship. However, for these ideals to occur, everyone involved must do their part. Because of a concern that unsporting behavior in education-based athletics has increased the past year, the NFHS has made sportsmanship the No. 1 Point of Emphasis in all sports for the 2022-23 season.

And if there was ever a doubt, the recent unfortunate events at the college level should make it crystal clear that the person most responsible for setting the tone at high school athletic contests is the coach(es). If coaches act in a sportsmanlike manner, their behavior sets the tone for players, spectators and others. If coaches, however, are constantly complaining about the decision of contest officials, spectators are more likely to do the same.

There must be a collaborative, working relationship between contest officials and game administration to promote good sportsmanship and safely conduct the contest. Everyone has their roles to play in creating a positive, sportsmanlike atmosphere at contests.

1. Officials should focus on the actions of players, coaches and other bench/sideline personnel. A positive, open line of communication between officials and coaches ultimately results in a better contest for everyone involved.
2. Contest officials, however, should never engage with spectators who are exhibiting unsporting behavior. Once the contest begins, school administration is responsible for dealing with unruly spectators. A proactive approach by school administration includes monitoring the behavior of spectators and intervening as needed.
3. If spectators are using demeaning or profane language at officials – or at others in the stands – those individuals must be removed from the contest by school administration.

Rather than spectators like the ones described above, more fans are needed at high school sporting events. Fans support the officials, the players and the coaches, unlike the fanatics who tear down and do harm to the participants, the school and the community.

Good sports win with humility, lose with grace and do both with dignity. It takes the efforts of everyone every day to ensure that sportsmanship remains one of the top priorities in education-based activity programs.

THE REAL DAIRY SHOOTOUT

“Congratulations to all Winter Sport State Tournament Champions!
Continue fueling your success with nutrient-rich dairy foods! Learn more at greatness.unbottled.com
Brought to you by Local Dairy Farm Families



unbottled.



Girls Basketball Championship Teams

5A	Timberline	4A	Burley
3A	Sugar-Salem	2A	Cole Valley
1A DI	Lapwai	1A DII	Rockland

Boys Basketball Championship Teams

5A	Owyhee	4A	Hillcrest
3A	Kimberly	2A	Melba
1A DI	Lapwai	1A DII	Rockland

2022

Girls State Basketball Sportsmanship Awards

5A	Timberline
4A	Sandpoint
3A	Fruitland
2A	Soda Springs
1A DI	Oakley
1A DII	Kendrick

SPORTSMANSHIP MATTERS



2022

Boys State Basketball Sportsmanship Awards

5A	Madison
4A	Moscow
3A	Kimberly
2A	West Side
1A DI	Liberty Charter
1A DII	Carey



Wrestling Championship Teams

Girls	
5A	Meridian
4A	Minico
3A	South Fremont
2A/1A	Ririe

State Championship Teams

DANCE		CHEER	
Eagle	5A	Highland	
Shelley	4A	Bonneville	
Idaho Arts	3A	Sugar-Salem	
	2A	Soda Springs	

Watch High School Sports Live

WATCH NOW



NETWORK

SOCIAL MEDIA TIPS



01

SHARE THE GAME LINK

Start by copying the game link (URL) from the NFHS website (or Console if you have access.) Then, paste the link to your social media platforms.

02

INCLUDE A PHOTO

When you share the game link, a photo should automatically generate for Facebook and Twitter. If you are posting to Instagram, upload a photo of your own, and paste the game link in your bio.

03

INCLUDE YOUR OWN CAPTION

In the caption, be sure to mention the type of sport, the team names, the time of the event, and any other important information about the event that your followers should know!

04

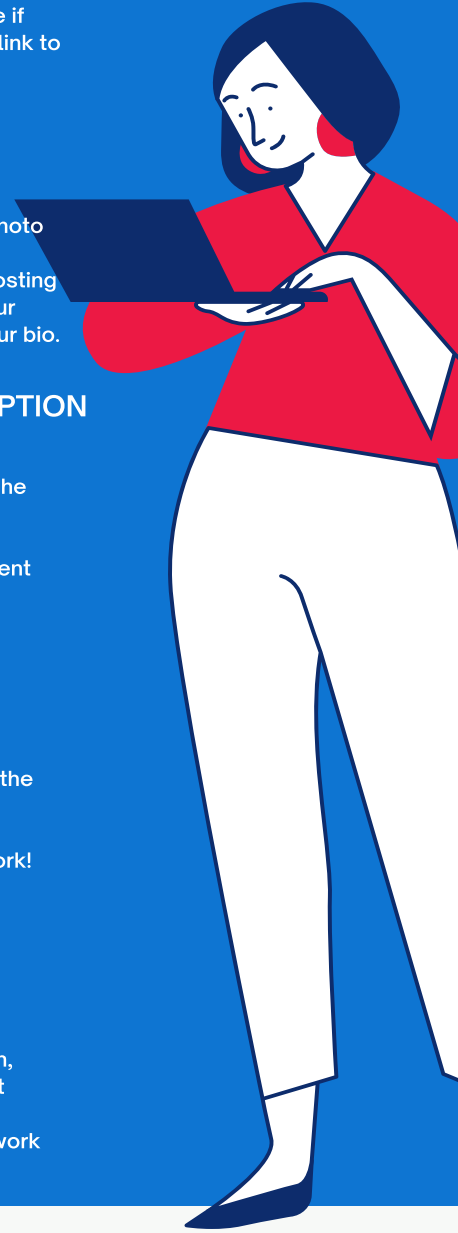
TAG OTHER ACCOUNTS

Be sure to tag the social media handles of the schools featured in the event as well as any specific team accounts they might have. And of course always tag the NFHS Network!

05

USE HASHTAGS

Before you click that "share" button, be sure to include hashtags so that other accounts can find your post. Lastly, always double check your work and share away!



FOLLOW US @NFHSNetwork



WE WANT YOU...

Be a Part of the Idaho High School Activities Association

INTERSCHOLASTIC STAR SCHOLARSHIP



2021 Idaho Interscholastic Star Bridget McDonagh Bishop Kelly 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.

Six, \$1000 awards are given (one for each classification) to the recipients’ college of choice. Six, \$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 2022-23 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 2022-23 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 2022.

Applications are due May 1st



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.



Get 2 FREE Pixellot Units

For a limited time, free Pixellot Units are available for schools that do not currently have Pixellot Systems in their main gym and stadium.

- Completely automated system
- No crew required for filming or production
- Covers all levels of play: Varsity, JV & Freshman
 - Fans can watch games from anywhere
- Live stream sports, graduations, award ceremonies, and other school events
 - Generate revenue for your school!



Get 2 FREE Pixellot Units and FREE installation

LIMITED TIME OFFER

To learn more, contact Stephen Christensen
stephen.christensen@nfhsnetwork.com