



# May 2020 ISSUE

- \* IHSAA Announces 2020 Hall of Fame Inductees
- \* #IDAHOSTRONG - Tell Us Your Story
- \* IAAA STATE CONFERENCE HONORS
- \* IDAHO STUDENTS CAN JOIN THE IHSAA SAC
- \* IMPORTANT MESSAGE FROM THE SAC - Dakota Gorges
- \* COACHES EDUCATION - Become Nationally Certified
- \* DAIRY WEST IS UNBOTTLED
- \* 2020 LEGENDS OF THE GAME - American Falls & Buhl
- \* ORDER SPIRNG SWEATSHIRTS FROM MCU'S SPORTS



PIONEERS BY NATURE

# dairy west



# IHSAA EXPRESS

## Supporting Education Through Activities

## Idaho High School Activities Association

# Hall of Fame Class of 2020

*Preserving the heritage of high school activities in Idaho by honoring outstanding individuals of exemplary character who have excelled through meritorious long-time service and superior achievement*

### BILL HAWKINS, MADISON HIGH SCHOOL



Bill Hawkins spent twenty-nine years as the head boys' basketball coach at Madison High School and created a dynasty that won't soon be matched.

During his career at Madison, his teams advanced to the state tournament an amazing twenty-two times where they earned trophies fifteen times and won the state title five times.

During that time Bill was also a leader in numerous professional organizations including the Sixth District Coaches Association and the Idaho State Coaches Association. He was named Idaho Basketball Coach of the Year five times, earned the Distinguished Coach of the Year award and was presented with the Hugh Brady Award for Outstanding Service.

Bill Hawkins is by all accounts a coaching legend in Idaho and he continues to serve as a mentor and role model for young coaches today.

### TRACY LEINEN, BOISE HIGH SCHOOL



Tracy Leinen is one of the most well-respected administrators in the state of Idaho. In her thirty-five years in education, she has impacted literally thousands of young people and was instrumental in the growth, promotion and advancement of the Idaho Athletic Administrators Association.

Before being named Boise High School athletic director in 1998, Tracy spent twelve years coaching a variety of sports including girls' basketball, volleyball and softball. She earned numerous coaching awards including district coach of the year honors seven times. However, Tracy's true impact came from her years as an outstanding athletic administrator and leader of the IAAA. She spent twenty-seven years serving her fellow AD's in both the IAAA as well as the NIAAA.

She was a member of both the IHSAA and NIAAA Board of Directors, received Idaho Athletic Director of the Year honors three times, earned the 2006 NFHS Citation award and the Dick Fleischmann award in 2009. Tracy was also inducted into the IAAA Hall of Fame in 2019.

The Idaho High School Activities Association's Hall of Fame annually honors individuals who have given many years of exemplary service to Idaho's youth. Two such individuals will be inducted as the Hall of Fame Class of 2020. Tracy Leinen (Boise HS) and Bill Hawkins (Madison HS) will be honored at ceremonies during the 41st annual Hall of Fame banquet.

Other awards to be presented at the banquet include the Dick Fleischmann Memorial Award, the Wes Lowe Memorial Award and the Duane D. Wolfe Memorial Award. Distinguished Service Awards for each of the six activity districts, the Interscholastic Star Award, Spirit of Sport Award and Official of the Year will also be presented.

## ADMINISTRATION CORNER

### DATES TO REMEMBER

5/1	Activities Participation Survey Due
5/5	Spring Academic State Champions Due
5/10	Mother's Day
5/15	Schools of Excellence Citizenship Component Due
5/16	State Completion
5/25	Memorial Day - IHSAA Office Closed
6/1	Spring Sports Concussion Survey Due
6/3	IHSAA Board of Directors Meeting



### 2020 IAAA CONFERENCE AWARDS

The Idaho Athletic Administrators Association were to recognize the following individuals at the 2020 State Conference.

#### HALL OF FAME

Kerry Martin  
Kevin Strong

#### ATHLETIC DIRECTOR OF THE YEAR

5A	Troy Rice, Rocky Mountain HS
4A	Ted Reynolds, Twin Falls HS
3A	Kirby Bright, Kimberly HS
2A	Todd Gilkey, St. Maries HS
1A DI	Randy Spaeth, Raft River HS
1A DII	Lee Jay Cook, Carey HS
MS	Brian Carlson, Post Falls MS & Matt Lassen, Filer MS



## JOIN 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 2020-21 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 2020-21 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 2021.

Applications are due May 1st

IF EXTENSIONS ARE NEEDED CONTACT MIKE FEDERICO

## A MESSAGE FROM THE SAC

During this uncertain time, I am seeing communities coming together like never before. People are taking care of each other in every small way they can. From staying home to posting positive happenings on social media, the adaptation to our new guidelines is impressive. It's easy to focus on the disruption of everyday routine, but the refusal to do that is inspiring.

The Class of 2020 is a main focus in most communities, recognizing that we lost out on important memories that would have occurred during this time. Schools are putting up pictures of seniors, handing out lawn signs, and reconfiguring graduations to make this time as special as possible. As a senior, I truly appreciate the efforts of my community during this time.

I will continue to be amazed by the reaction of each community to any new challenge thrown their way.

Stay healthy everyone!  
-Dakota Gorges  
SAC Publisher



### FOLLOW US



idaho\_SAC



@idaho\_SAC



2020 ISCA  
STATE COACHES CLINIC  
CANCELLED

DUE TO COVID-19  
The 2021 Clinic is scheduled for  
corresponding dates in Jackpot, NV

## EDUCATION BEGINS HERE



LEARNING  
CENTER  
NFHSLearn.com

70+ COURSES | 30+ FREE



### BECOME NATIONALLY CERTIFIED AND EARN U of I 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 announcing a new opportunity in Idaho. Coaches can earn (3) college credits from the University of Idaho by becoming a Certified Interscholastic Coach (CIC) through coursework developed by the NFHS.







**IHSAA**  
IDAHO HIGH SCHOOL ACTIVITIES ASSOCIATION

Dairy West is a longtime and proud partner of IHSAA. While everything looks and feels a little different this spring, we remain confident that we will endure these times together, and look forward to the future when we will once again see you at the high school sports venues, together cheering on our student athletes. Like all sectors of our local, national, and global economy, dairy has been deeply impacted by the current crisis. To help dairy farmers and continue to move dairy foods into our local communities, Dairy West is working with partners to ensure continued access:



**\* We are working with school districts to ensure they have proper equipment to continue serving dairy foods in the way that is working best for their district/feeding sites.**



**\* We are working with foodbanks to ensure they have proper access to the dairy foods they need to serve growing demand**



**\* Now that retail demand has stabilized, we are working with local grocery stores to ensure continued access to the dairy foods customers are looking to purchase**

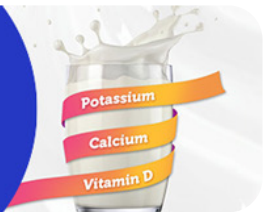


**\* We are proud to be distributing local dairy foods to frontline healthcare workers throughout the state**

While much of the issue is out of our individual control, you can continue to purchase dairy foods at retail and safely support your favorite restaurants that are still open through drive-through pick up or online delivery. Should you have additional questions about the state of dairy farming in the current situation, you are welcome to visit the "dairy questions" section of the recently launched Unbottled.com website where you will find answers to those and other dairy related questions.

**unbottled.**

**Dairy has the energy and nutrition you need to fuel you on your path to greatness.**



## SIX LITTLE STORIES WITH LOTS OF MEANINGS

1 - Once an entire village decided to pray for rain. On the day of the prayer, all the people gathered, but only one small boy came with an umbrella.

**THAT IS FAITH**

2 - When you throw babies in the air, they laugh because they know you will catch them.

**THAT IS TRUST**

3 - Every night we go to bed without any assurance of being alive the next morning, but still, we set the alarm to wake up.

**THAT IS HOPE**

4 - We plan big things for tomorrow in spite of zero knowledge of the future.

**THAT IS CONFIDENCE**

5 - We see the world suffering, but still, we get married and have children.

**THAT IS LOVE**

6 - On an old man's shirt was written a sentence 'I am not 80 years old; I am sweet 16 with 64 years of experience.'

**THAT IS ATTITUDE**

# STANDING STRONG FOR THE FUTURE

WANT A 2020 SPRING STATE SWEATSHIRT

ORDER FROM MCU'S SPORTS  
NOW

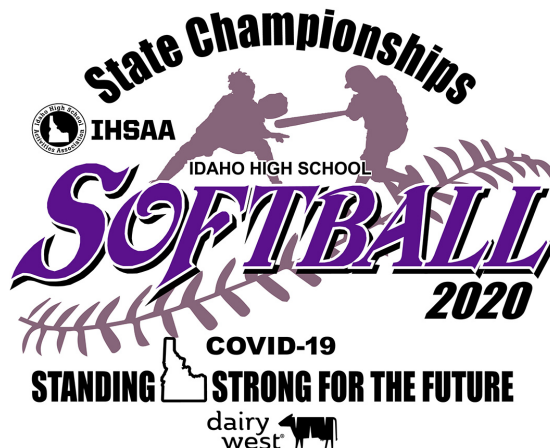
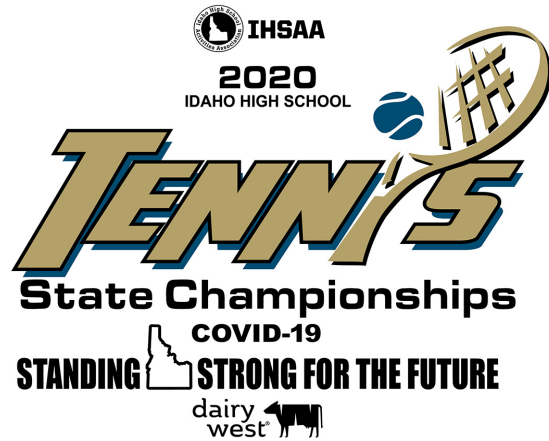
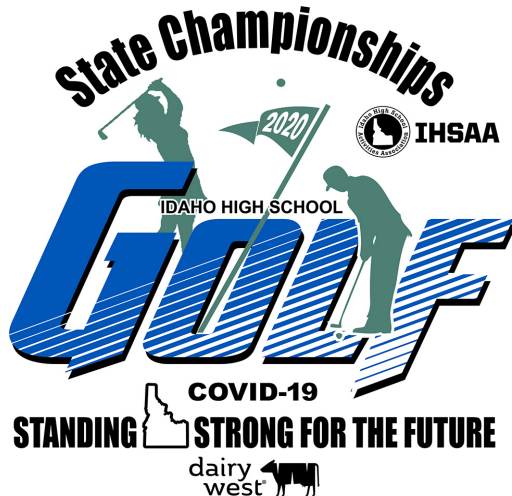
<https://mcusports.com/ih saa/>

This page will be open to place orders through May 17th at midnight. All orders will be processed and printed beginning May 18th then shipped to your Athletic Director beginning May 25th.

Please include your school name in the 'order notes' section at checkout.

A percentage of each sale goes back to your school!

All sales are final. If you have any questions about the product or your order, please contact our downtown location at 208-342-7734.



# Winston Churchill, Bill Belichick, Vince Lombardi and Leadership Now

by Jeremy Goldberg

This week, I've invited Michael Lombardi to join our NextUp Town Hall on leadership. Along with two-time NBA champion Shane Battier and a group of leading sports organizers, we'll be discussing what it takes to motivate and inspire during times of crisis. In advance of the event, we sat down to discuss his unique leadership strategies—honed over the years while working alongside iconic figures like Bill Belichick—and identify a few actionable takeaways for youth and local sports organizers.



One of our core values at LeagueApps is being a “Student of the Game”—celebrating the opportunities to learn from our successes and failures, and from everyone and everything. For me, this means spending time developing myself as a leader: drawing lessons from those who inspire me in the world of business and politics, and observing them in action.

I find it particularly helpful to think about leadership through the context of sport. (If you're a winning team, it's likely connected to your leadership.) This is why we've developed a ritual of studying different champions at our bi-annual company offsite (we call them OTAs); most recently, we dove into FC Barcelona and their approach of “Mas Que un Club.” It's also why I've become a “devotee” of the popular NFL Analyst Michael Lombardi, whom I first discovered as a recurring guest on Bill Simmons' B.S. Podcast, and now follow through his own show, The GM Shuffle, and the daily newsletter he co-authors with George Raveling, The Daily Coach. I have also turned many times to his book Gridiron Genius, a lesson in leadership informed by the years he spent with legends like Bill Walsh, Bill Belichick, and Al Davis.

Lombardi has developed his theories on leadership and organizational culture from his unique experience working with coaching legends. To be sure, I've appreciated his prognostication skills (unfortunately for this Dallas fan, he's been way too right about the performance of the Cowboys). But his ability to articulate why teams are winning or losing is what I appreciate the most—and it translates into how I think about building and leading a winning organization.

Throughout the past couple of weeks, as the COVID-19 crisis continues to turn our world upside down, I have found myself reflecting on the lessons I've drawn from Lombardi and from sports more broadly. As I thought about the challenges that we're facing at LeagueApps and that businesses everywhere are confronting, I knew I wanted to sit down with him for a discussion about leading during times of uncertainty and crisis.

In reflecting how great leaders like Belichick would approach leading an organization during unprecedented times like this, Lombardi offered three powerful ideas:

## 1) Understand How to Create Hope

The current situation may feel overwhelming to your employees and to your customers. The idea of spending weeks more sheltering-in-place, with health and economic risks pervasive, is a recipe for paralysis. Lombardi referenced a recent piece he did on Winston Churchill's leadership, offering this formula for how you create hope in difficult circumstances:

- Lead with integrity
- Be accountable
- Convey empathy
- Be practical under pressure

What Lombardi has seen is that the best coaches, and leaders, don't just espouse hope: they create it through their actions.

## 2) See the Non-Obvious

Lombardi warned against the law of triviality or getting caught up in things that don't matter. Rather, he said great leaders step back, recognize the biases and assumptions of the status quo, and look to understand what's truly urgent and important. (I sometimes use a framework called the Eisenhower Box to spotlight those insights).

He shared the story of Belichick not calling a timeout in the Super Bowl as the final seconds ticked down with the Seahawks on the goalline threatening to score against the Patriots. The obvious move was to call a timeout and set the defense. Belichick made the non-obvious decision to let the clock tick down and put the pressure back on the offense. His defensive back Malcolm Butler proceeded to intercept the pass to secure a Patriots championship (h/t to @matthewcourney for correcting me that it was an INT instead of a deflection. Pats fans).

## 3) Self-Scout

Use this time to self-scout—reflect on yourself as a leader and on your organization as a whole. What feedback can you solicit from your employees, coaches, parents, and players that can help you improve?

[There's a great leadership book by Marshall Goldsmith called What Got You Here Won't Get You There that describes a process called feedforward, instead of feedback. Ask people for 1-2 things moving forward that you can do to be a better leader].

Lombardi also suggested that while things are ever changing, it's important to reflect on the things that will stay the same in the next five years. Then, “work the hell out of being great” at the areas that leverage that sameness.

While Lombardi and I may not agree on the Cowboys' fortunes, we did align on the important role that sports will play in helping our country recover from this pandemic. As he observed, “the world now knows what it's missing without sports. It's going to come back and be appreciated like never before.”

*With the right leadership in the youth and local sports industry, that's not a hopeful wish - it's an inevitability.*

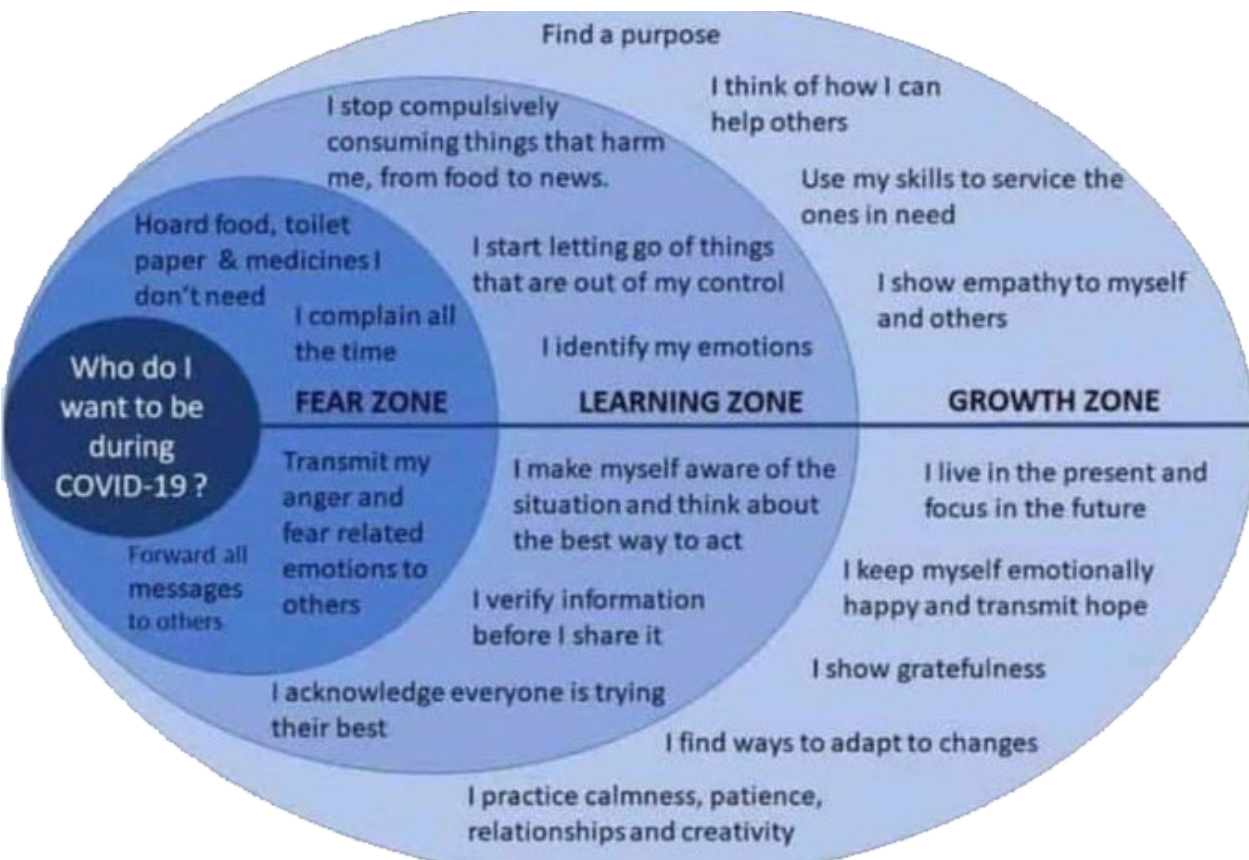


# HAVE A STORY - #IDAHOSTRONG

"We are Idahoans. We were made to course through the Clearwater, to soar down snow-covered mountains, and plow through fields for harvest. Hard work and perseverance are in our blood- and it's precisely why our high school sports and activities offer some of the best competition and programs in the nation.

Times like these do not define us- they allow us to reveal what makes us extraordinary. From our administrators, to our coaches, to our student athletes and everyone in between: we are bold, we are tough, we are #IdahoStrong.

Help us tell our story. How are you or your athletes and 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, or email [ostlert@idhsaa.org](mailto:ostlert@idhsaa.org) to learn more and to be featured by our state association. Remember, through these challenging times, we will all remain #IdahoStrong.



**HOW ARE YOU HANDLING THIS ADVERSITY?**

Education based high school sports and activities teach us how to deal with adversity

**HOW ARE YOU TEACHING YOUR STUDENTS HOW TO HANDLE THIS ADVERSITY?**





## TIPS FOR CREATING A SANITARY ENVIRONMENT FOR ATHLETES

By Kevin Hoffman

Schools would be amazed at what a difference a clean facility can make. They might be more surprised by what can happen if they neglect their duty to create a sanitary, safe atmosphere. Part of the equation is the cleaning products and methods used for cleaning locker rooms, gymnasiums and even laundry. It's important to play close attention to what cleaning products are most effective in killing dangerous bacteria that commonly lurk in athletic facilities.

Here are some reminders to keep cleanliness at the forefront of your program.

### 1. Proper laundry systems

Any old washer and dryer won't cut it, and some are more effective than others. Schools must identify laundry systems that are best equipped to eradicate germs and other viruses that might be found in equipment and uniforms. Some things to scrutinize include washing temperature and detergent. When it comes to contact sports like football, cuts and scrapes make it easy for viruses to spread from one person to the next. Take great care with your laundry, and make sure uniforms are thoroughly dried.

### 2. Effective cleaning solutions

Be careful not to choose any standard cleaner off of the shelf. Whether it's in the weight room, gym or locker room, athletes use a lot of equipment. Naturally, that equipment may be covered in germs that put athletes at risk. Antibacterial towelettes can kill 99.9% of illness-causing germs. Many are safe on seat pads, arm rests, benches, handgrips, chrome plates, painted surfaces, and steel and rubber surfaces. It's a quick, cost-effective way to get some of the most common viral issues under control. When it comes to bacteria like MRSA, schools must be more careful and especially thorough. Read the label to double-check that the disinfectant is effective against Staphylococcus aureus, or staph.

### 3. Organization and diligence

Who's responsible for cleaning your athletic facilities, and how often do they do it? These questions are worth asking, and if there's no clear answer, it's time to find one. One simple strategy is to hang a clipboard in each of your facilities. Ask the janitor or facilities manager to initial it with the date each time they do a clean. This reassures those in the athletic program that the facilities have been cleaned, and it provides some accountability if they're not. A lot of schools also create a checklist for their janitorial staff. It's easy to overlook equipment, benches, lockers and other ancillary items, and itemizing each of them is a great reminder.

### 4. Educate your staff

More eyes are better. That's why administrators should make every effort to educate their coaches and athletes about keeping the facilities clean. And, if anyone spots a problem, it should be immediately reported. At the very least, this keeps cleanliness at the forefront of everyone's mind. Coaches can pick a handful of players to make sure the locker rooms are picked up before they leave for the day, or coaches can assume the task themselves. The janitorial staff or facility manager can't be everywhere at once, and it's likely that any problems will be spotted by those who use the facilities the most.

### 5. Nip issues in the bud

If athletes come down with an illness or infection, coaches must immediately be notified. In some cases, it may be necessary to quarantine the athlete from the facility and do a deep clean, especially if MRSA is discovered. This requires a culture that isn't afraid to report problems to coaches or athletic directors. Athletes may be inclined to keep quiet about their health, especially if it results in a loss of playing time, so coaches must stress the importance of reporting any ailments.

Caring for the athletic facilities and the health of athletes can be a simple task if all the right pieces are in place. Consider discussing your own strategies for keeping your facilities clean at your next coaches meeting.

The Idaho High School Activities Association is pleased to recognize the 2020 "Legends of the Game" recipients. This award was established in 2001 to help preserve the heritage of Idaho high school sports by honoring great teams of the past.

Ceremonies honoring "Legends" recipients were during halftime of the state 5A basketball championship games at the Ford Idaho Center.



## 2000 American Falls High School

The 2020 girls' basketball "Legends of the Game", the 2000 American Falls Beavers.

After three consecutive 3rd place finishes at State, the seniors on this American Falls team were on a mission for a championship. With a four-year record of 90-16, they finished the 2000 season 23-5 and took home the school's first and only girls' basketball state championship. Led by coach, Gary Aldous, the American Falls Beavers set a new bar for excellence at AFHS and inspired future generations of state champions. Congratulations to these great "Legends of the Game"!



## 1979 Buhl High School

The 2020 boys' basketball "Legends of the Game", the 1979 Buhl Indians. After losing to Rigby in the 1978 state championship game, the '79 Indians would face them again in that year's title game.

With a victory in overtime, Buhl would be crowned state champions! The team consisted of multiple three-sport athletes that found success in football, track and baseball in addition to basketball.

The '79 Buhl Indians were coached by Terry Adolfson and Jim Welch. Congratulations to these great "Legends of the game"!





## WHO WE ARE

The Positive Coaching Alliance mission is to transform the youth sports culture into a Development Zone® where all youth and high school athletes have a positive, character-building experience that results in **Better Athletes, Better People.**

## WHAT WE DO

We Train Coaches, Parents, Athletes, and Organizational Leaders

We Provide:



TOOLS



RESOURCES



LIVE WORKSHOPS



ONLINE WORKSHOPS

## WHY WE DO IT

### 40 MILLION KIDS PLAY SPORTS NATIONWIDE.

We help maximize this Positive Youth Development opportunity by impacting sport on three levels: **YOUTH, COACHING, & CULTURE**, resulting in increased...

RESILIENCE

GROWTH MINDSET

TEAMWORK

EMPATHY

LEADERSHIP

CHARACTER

FUN

LIFE LESSONS

GRIT

PERSEVERANCE

DONE RIGHT,  
SPORTS TEACH

## REACH



# OF PARTNER ORGANIZATIONS  
**3,500**



# OF YEARLY WORKSHOPS  
**3,000+**



# OF KIDS REACHED  
**19.2 MILLION**

## IMPACT

**96%** OF PCA TRAINED COACHES

BELIEVE PCA TRAINING GIVES THEM THE TOOLS TO HELP THEM IMPROVE THEIR PLAYERS AS INDIVIDUALS AND AS TEAMMATES.

**72%** OF PCA TRAINED ATHLETES

BELIEVE THEIR SPORTSMANSHIP IMPROVED AFTER TRAINING.

**70%** OF PCA TRAINED COACHES

FEEL PCA PROGRAMMING REINFORCED THEIR DESIRE TO TEACH LIFE LESSONS.

**60%**

REDUCTION IN ARGUMENTS WITH OFFICIALS, REPORTED BY PCA PARTNERS.