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November
2023 ISSUE



IHSAA EXPRESS

Supporting Education Through Activities



The 2023-2024 school year marks the 40th year of partnership between dairy farm families and the Idaho High School Activities Association!

Let's take a look at our long and proud history working together:

- **Chocolate milk as the "Official Fuel of IHSAA"**
- **State Tournament sweatshirts provided to each State Tournament athlete**
- **Sports Nutrition marketing at all State Tournaments**
- **Advertorial in each State Tournament program**
- **Social media marketing**
- **Insert in monthly digital Express Bulletin to Athletic Directors and Coaches**
- **National Federation of State High School Associations (NFHS) Network video commercials during State Tournaments**
- **IHSAA Website - Sports Nutrition education webpage and Unbottled digital ads**

Through this partnership, dairy's performance benefits are shared with more than 12,800 athletes and 169,600 fans in Idaho each year!

August 2nd officially kicked off our 40th partnership year and you'll begin to see the celebratory "40 Years" logo brand element integrated into all our IHSAA activations for the 2023-2024 school year.

Interested in learning more? Contact Jaclyn St. John at Dairy West jstjohn@dairywest.com

Fuel Your Athletes!
Sign up for a virtual team talk with a Registered Dietitian

THE COACHES' GUIDE

to Supporting High School Athlete Mental Health



The Jed Foundation

**POSITIVE
COACHING
ALLIANCE®**

ADMINISTRATION CORNER

DATES TO REMEMBER

11/3-4	State Swimming
11/6	State Football Pictures & Rosters Due
11/10	1st Practice Boys Basketball
11/11	Veterans Day
11/13	1st Practice Wrestling
11/17-18	Milk Bowl
11/23	Thanksgiving
11/28	Wrestling Weight Assessment Window Closes

NOVEMBER CHECKLIST

- ___ Make time for family
- ___ Check basketball/wrestling scoreboard & PA system
- ___ Prepare winter practice schedules for gyms
- ___ Arrange/finalize winter bus schedules
- ___ Review winter event cancellation procedures
- ___ Finalize spring schedules
- ___ Verify winter coaches requirements are met
- ___ Review winter gate procedures with staff
- ___ Confirm basketball and wrestling DragonFly schedule
- ___ Distribute sportsmanship information to coaches/players/parents



IHSAA Rule of the Month

ACADEMIC ELIGIBILITY

To be academically eligible for athletics, a student must be enrolled full-time in his/her school, on target to graduate based on State Board of Education graduation requirements, and have received passing grades and earned credits in the required number of courses during the previous reporting period. Equivalency is determined by the following criteria:

3 classes attempted must pass all three

4 classes attempted must pass at least three

5 classes attempted must pass at least four

6 classes attempted must pass at least five

7 classes attempted must pass at least five

8 classes attempted must pass at least six

a. Students participating with a cumulative GPA below 2.0 must have an academic improvement plan in place as developed by the local school district. This plan must include monitoring, additional assistance, time provided for assistance, and an appropriate timeline. (The number of students with an academic improvement plan will be reported on the Eligibility Verification Report).

b. Being "on target to graduate by State Board of Education requirements" means: a student not having the necessary number of credits to graduate with their class through the normal school day program, must have a graduation plan that provides for receiving a diploma by the end of the summer following their senior year in order to be eligible for activity participation. (The number of students with a graduation plan will be reported on the Eligibility Verification Report.)

c. Schools may adopt stricter academic eligibility policies.



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COURSE OF THE MONTH Coaching Adapted Sports

Interscholastic students with physical disabilities have specific needs, which could prevent them from enjoying the positive experiences available to other students who participate in athletics and team sports. That's why the National Federation of State High School Associations, in partnership with the American Association of Adapted Sports Programs, is proud to bring you Coaching Adapted Sports. In this course, you will learn how to create adapted sports teams at your school or in your school district. You'll hear from others who coach and participate in adapted sports, and you'll find specific and helpful information about the kinds of sports, skills and drills available for coaching students with physical disabilities.



COACHES EDUCATION PAGE

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

5 dysfunctions of a team



9 ELEMENTS OF MULTI-DISCIPLINARY THINKING

“So why is it important to be a multidisciplinary thinker?”

The answer comes from the Austrian philosopher Ludwig Wittgenstein who said, ‘To understand is to know what to do.’

Could there be anything that sounds simpler than that? And yet it’s a genius line, to understand is to know what to do. How many mistakes do you make when you understand something? You don’t make any mistakes. Where do mistakes come from? They come from blind spots, a lack of understanding. Why do you need to be multidisciplinary in your thinking? Because as the Japanese proverb says, ‘The frog in the well knows nothing of the mighty ocean.’ You may know everything there is to know about your specialty, your silo, your “well,” but how are you going to make any good decisions in life – the complex systems of life, the dynamic system of life – if all you know is one well?” Becoming a multidisciplinary thinker requires a deliberate effort to broaden your knowledge and expand your perspective.

Here are some steps we can take to develop multi-disciplinary thinking:

Embrace Curiosity: Cultivate a curiosity about a variety of subjects and fields. Be open to learning about topics outside your comfort zone and explore diverse areas of interest.

Pursue Interdisciplinary Learning: Actively seek out opportunities to learn from different disciplines. Take courses or read books in subjects that are unrelated to your primary area of study or expertise.

Connect the Dots: Look for connections between different fields. Identify common themes, concepts, or methodologies that can be applied across disciplines. This will help you develop a holistic understanding of complex issues.

Read Widely: Expand your reading list to include books, articles, and research papers from various disciplines. Look for authors who have a multidisciplinary approach to their work.

Engage in Dialogue: Seek out conversations with people from different fields. Engaging in discussions with individuals who have diverse backgrounds can expose you to new ideas and alternative viewpoints.

Attend Conferences and Workshops: Participate in conferences, workshops, and seminars that cover topics beyond your primary area of interest.

Develop Systems Thinking: Practice viewing problems or topics from a broader perspective. Consider the interconnectedness of different factors and how they influence each other.

Learn to Synthesize Information: Become skilled at synthesizing information across different disciplines. Identify the key principles, methodologies, or theories from each field and find ways to integrate them to gain a comprehensive understanding.

Practice Creativity: Encourage yourself to think outside the box and explore unconventional solutions. Embrace creativity as a way to bridge different disciplines and generate innovative ideas.

FALL 2023 STATE RESULTS

STATE FALL GOLF CHAMPIONS GIRLS

- 5A ROCKY MOUNTAIN GRIZZLIES
- 4A BISHOP KELLY KNIGHTS



STATE FALL GOLF CHAMPIONS BOYS

- 5A BOISE BRAVE
- 4A BISHOP KELLY KNIGHTS

STATE SOCCER CHAMPIONS GIRLS

- 5A OWYHEE STORM
- 4A SANDPOINT BULLDOGS
- 3A SUGAR-SALEM DIGGERS



STATE SOCCER CHAMPIONS BOYS

- 5A TIMBERLINE TWELVES
- 4A WOOD RIVER WOLVERINES
- 3A SUGAR-SALEM DIGGERS

STATE VOLLEYBALL CHAMPIONS

- 5A MADISON BOBCATS
- 4A SKYVIEW HAWKS
- 3A FRUITLAND GRIZZLIES
- 2A MELBA MUSTANGS
- 1ADI TROY TROJANS
- 1A DII HORSESHOE BEND MUSTANGS

STATE CROSS COUNTRY CHAMPIONS GIRLS

- TIMBERLINE WOLVES
- PRESTON INDIANS
- SNAKE RIVER PANTHERS
- SODA SPRINGS CARDINALS
- RAFT RIVER TROJANS

BOYS

- 5A COEUR D'ALENE VIKINGS
- 4A IDAHO FALLS TIGERS
- 3A SOUTH FREMONT COUGARS
- 2A NORTH FREMONT HUSKIES
- 1A ROCKLAND BULLDOGS



FALL 2023 STATE SPORTSMANSHIP AWARDS

The IHSAA State Sportsmanship Awards are presented to the school in each classification that exhibits the best sportsmanship throughout the State Tournament. Schools are judged on Team, Coach, Administration, Student Section, Cheerleaders, Band, Adult Fans, and Inappropriate Behavior.

CONGRATULATIONS TO THESE SCHOOLS AND THEIR COMMUNITIES

GIRLS SOCCER

- 5A Centennial Patriots
- 4A Idaho Falls Tigers
- 3A Kimberly Bulldogs

BOYS SOCCER

- 5A Centennial Patriots
- 4A Blackfoot Broncos
- 3A Bonners Ferry Badgers

VOLLEYBALL

- 5A Post Falls Trojans
- 4A Lakeland Hawkes
- 3A Fruitland Grizzlies
- 2A Kellogg Wildcats
- 1A DI Wallace Miners
- 1A DII Makay Miners

PROACTIVE
COACHING

Coaches... if you are trying to build team spirit and chemistry you must avoid:
Promoting individualism over team,
Rewarding talent without effort,
Allowing casual instead of hustle,
Condoning acting like you are too cool instead of being sincerely invested and enthusiastic

www.proactivecoaching.info



COMPETITION DEMANDS RESPECT!



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Fall 2023 Academic State Champions

GIRLS GOLF

5A	Borah	3.885
4A	Bishop Kelly	3.931

BOYS GOLF

5A	Capital	3.776
4A	Columbia	3.586

GIRLS SOCCER

5A	Middleton	3.871
4A	Bishop Kelly	3.833
3A/2A/1A	Fruitland	3.856

BOYS SOCCER

5A	Highland	3.686
4A	Bishop Kelly	3.666
3A/2A/1A	Sun Valley	3.730

GIRLS CROSS COUNTRY

5A	Highland	4.000
4A	Twin Falls	4.000
3A	Marsh Valley	3.996
2A	Compass Charter	3.900
1A	Raft River	3.833

BOYS CROSS COUNTRY

5A	Meridian	3.891
4A	Sandpoint	3.844
3A	Sugar-Salem	3.871
2A	West Jefferson	3.937
1A	Victory Charter	3.732

VOLLEYBALL

5A	Madison	3.942
4A	Twin Falls	3.818
3A	Weiser	3.854
2A	North Fremont	3.956
1A DI	Oakley	3.907
1A DII	Grace Lutheran	3.963

FOOTBALL

5A	Eagle	3.423
4A	Bishop Kelly	3.390
3A	Snake River	3.550
2A	Nampa Christian	3.752
1A DI	Oakley	3.428
1A DII	Rockland	3.591

GIRLS SWIM

5A	Coeur d'Alene	3.942
4A	Twin Falls	3.906

BOYS SWIM

5A	Lake City	3.876
4A	Sandpoint	3.803



The Idaho High School Activities Association is pleased to announce the 2023 fall sports Academic State Champions sponsored by First Federal Bank. This award is presented to the varsity team in each classification that achieves the highest cumulative grade point average.

Congratulations to these student-athletes for their academic achievement and commitment to excellence through activities.

BAND CHAMPIONSHIP RESULTS

SOUTH EAST IDAHO CIRCUIT

-SEI Circuit Used Band Size for Classification

1A Champion

Shelley High School

2A Champion

Pocatello High School

3A Champion

Burley High School

4A Champion

High Desert (Bonneville/Hillcrest co-op)

5A Champion

Madison High School

IDAHO DISTRICT III MARCHING FESTIVAL

-District III Used IHSAA Classification

2A Champion

Marsing High School

3A Champion

Weiser High School

4A Champion

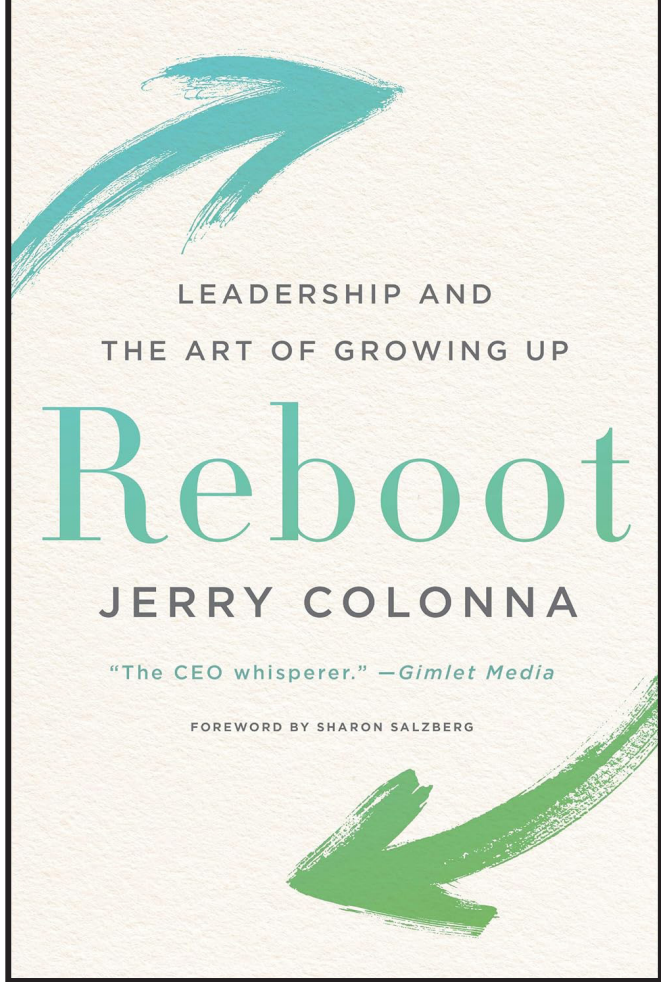
Ridgevue High School

5A Small Champion

Borah High School

5A Large Champion

Mountain View High School



November

Leadership in Coaching
Book of the Month

Jerry Colonna helps start-up CEOs make peace with their demons, the psychological habits and behavioral patterns that have helped them to succeed—molding them into highly accomplished individuals—yet have been detrimental to their relationships and ultimate well-being. Now, this venture capitalist turned executive coach shares his unusual yet highly effective blend of Buddhism, Jungian therapy, and entrepreneurial straight talk to help leaders overcome their own psychological traumas. Reboot is a journey of radical self-inquiry, helping you to reset your life by sorting through the emotional baggage that is holding you back professionally, and even more important, in your relationships.

Jerry has taught CEOs and their top teams to realize their potential by using the raw material of their lives to find meaning, to build healthy interpersonal bonds, and to become more compassionate and bold leaders. In Reboot, he inspires everyone to hold themselves responsible for their choices and for the possibility of truly achieving their dreams.

Work does not have to destroy us. Work can be the way in which we achieve our fullest self, Jerry firmly believes. What we need, sometimes, is a chance to reset our goals and to reconnect with our deepest selves and with each other. Reboot moves and empowers us to begin this journey.



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