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IHSAA EXPRESS

Supporting Education Through Activities



Positioned for Parents

This article provided by Coaches Network

For high school coaches today, one key to success is learning to work well with athletes' parents. A recent survey found that nearly two-thirds of coaches polled said they had either quit or considered quitting because of parents. How do veteran coaches tackle the challenge? Here are some suggestions:



Keep Calm in the Storm

It's easy for parents to become emotional about their children, so it's critical that the coach does the opposite and remains calm. Even if a parent is totally out of line, the coach must take the high road. One coach surveyed wrote that he regretted raising his voice with a parent.

"I should have swallowed my tongue and turned the other cheek," he wrote. "I raised my voice in the exchange and only allowed a greater divide to exist. It hindered my relationship with that player for the rest of his career, which I regret."

Another coach relayed how he was able to maintain composure during a baseball game. "A parent came to me in the dugout ... and began yelling loud enough for everyone on and off the field to hear. I told her that was not the appropriate time to discuss an issue and if she wanted to talk we could do so after the game."

Help your Athletes Navigate

Nearly two-thirds of coaches said players had complained about their own parents' conduct. So there may come a time when you need to take action on behalf of your player. And sometimes other parents can be your ally.

"I had a player who wanted my help with her father's behavior," wrote one coach. "I was able to recruit some help from other parents and to get the problem under control."

In other cases, empowering your player to talk to their parent themselves can have a positive outcome. When doing that, it's still important to be a support system for the athlete:

"[I] allowed the player to speak with their parent at halftime per their request; I assured the player it was OK and not to worry about their parents' action. I tried to take all the pressure off the kid ... and I explained that my relationship with [them] had nothing to do with their parents," wrote one coach.

Be Open to Change

While nearly 80 percent of coaches said that they had not changed their coaching style in response to parental complaints, some admitted that they had made some minor adjustments:

"It was not so much a change in coaching style as it was point of view," one coach wrote. "Discussions with parents are part of growing as a coach. You must always apply lessons learned if you intend to progress."

Sometimes, a parent will go to extreme measures, such as threatening to transfer their child to another school. One coach who faced such a situation realized that they needed to redirect the conversation.

"After a parent conference, I suggested we put our differences aside and focus on the student-athlete," he wrote.

DRINK CHOCOLATE MILK WITHIN

30

MINUTES AFTER YOUR WORKOUT TO REHYDRATE, REPAIR, & REPLENISH



ADMINISTRATION CORNER

DATES TO REMEMBER

10/5 Fall Academic State Champions Due
10/14 State Soccer Pictures & Rosters Due
10/21 State Volleyball Pictures & Rosters Due
10/22 Wrestling Weight Assessment Window Opens
10/24 - 10/26 State Soccer Tournaments

OCTOBER CHECKLIST

- _____ Make time for family
- _____ Check basketball scoreboard & PA system
- _____ Prepare winter practice schedules for gyms
- _____ Order spring sports equipment
- _____ Arrange/finalize winter bus schedules
- _____ Review winter event cancellation procedures
- _____ Schedule winter jamborees with the YEA
- _____ Verify winter coaches requirements are met
- _____ Review winter gate procedures with staff
- _____ Confirm basketball and wrestling Arbiter schedule
- _____ Prepare evaluations for fall programs
- _____ Review Sportsmanship Manual with winter coaches
- _____ Distribute sportsmanship information to coaches/players/parents

SPORTSMANSHIP PROMOTION

Promotion of good sportsmanship takes continuous effort. A well trained and professional public-address announcer is instrumental in communicating safety and sportsmanship messages before, during, and after contests. Some simple PA guidelines:

- * Be early and be prepared - visit with both coaches to ensure proper pronunciation
- * Work with the game officials - communicate prior to the game
- * Promote good sportsmanship - create a positive environment for both schools
- * Stick to the basics - deliver information while avoiding play-by-play and cheerleading
- * Be accurate - understand proper terminology and avoid slang terms
- * Never talk over the action
- * Be on your toes and keep cool - anticipate situations and maintain control
- * Be professional - address people and situations with respect regardless of affiliation

#SPORTSMANSHIP MATTERS



IHSAA SPORTSMANSHIP COMMITTEE

Thank you to the members of the IHSAA Sportsmanship Committee. Each year the committee reviews and makes recommendations for the IHSAA Sportsmanship Manual as well as the Citizenship Through Sports Manual. Members promote communication between schools within their activities district, make recommendations to schools and/or the local board of control, and develop methods/programs to promote better sportsmanship at IHSAA state championship events within their activity districts and with member schools. Check out the committee's work [HERE](#)

District I	Deanne Clifford, Lake City High School
District II	Tami Church, Lapwai High School
District III	Diana Molino, Timberline High School
District IV	Richard Whitelaw, Sun Valley Comm. School
District V	Natalie Galloway, Highland High School
District VI	David McDonald, West Jefferson High School
Student Advisory Council	Lucas Patterson, JR. Hillcrest HS



Upcoming Battle of the Fans

The IHSAA Student Advisory Council is proud to announce that the Battle of the Fans video competition is taking place again this year! Create a video including your student section at a sporting event along with what spirit means to your school. You could also include input from fans and students.

Don't forget to consider your mascot, cheerleaders, and fight song. This is a great way to connect and unify your student body. Submit your video on YouTube and to the IHSAA.

There is a separate competition for small schools 1A/2A/3A and large schools 4A/5A, so small schools - don't be discouraged. If your school is selected as one of the two lucky winners, you will get a banner to hang in your gym and your video will be uploaded to idhsaa.org for all to see. Show us what your school spirit is all about! -Dakota Gorges, SAC



COACHES CORNER

NFHS LEARN COURSE OF THE MONTH



SPORTS NUTRITION

Proper nutrition is key to optimizing health and athletic performance. This course presents guidelines for the diet needed to be ready for athletic practice and competition, and how to refuel afterwards. It gives tips on how you can influence your students' eating habits outside of the school environment. Specific examples are provided for what types of foods students

should and should not eat to replenish their bodies between activities. FREE COURSE

INSIDE OUT INITIATIVE PRESENTS: The Parents Playbook

Playing sports is about much more than a single game, it's more than a tournament and it's more than a season. For kids, playing high school sports is about having fun, building lifelong friendships, preparing to take on future challenges, learning how to be a good teammate, and simply enjoying the sport.

So how can parents and coaches show up and support the student athletes in our lives, regardless of performance or the outcome of the game? Inside Out Initiative sat down with high school students and asked them—why they play, how they feel about parental pressure, and what kind of support they need before, during and after the game.



Watch the video to learn how we can collectively help create a fun and enriching sports experience for our student athletes. Feel free to share this video with students and parents.

"WHAT'S THE RULE"

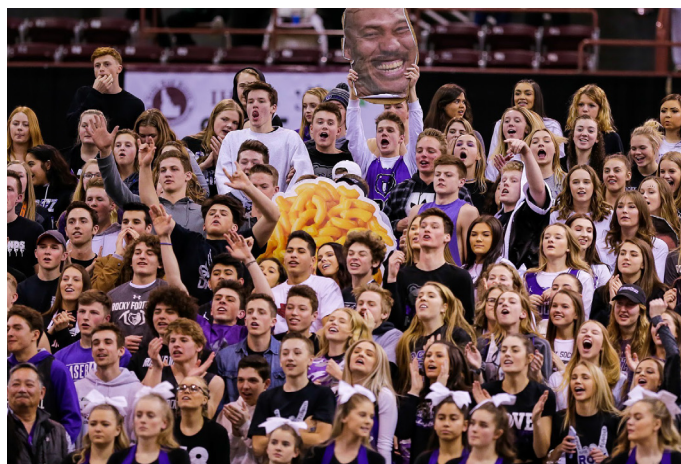
DEFINITION OF TERM "GUARDIANSHIP" - RULE 8-14-13

The term "guardianship" is not recognized for eligibility while either parent is living. If both parents are deceased, only a court appointment to a full, personal and estate guardianship is recognized for eligibility.

IHSAA Student Advisory Council brings to you...

Battle of the Fans

1. **Film your student section:** Film your student section during an athletic event.
2. **Video Content:** Edit your video so it is no more than 90 seconds. You must introduce your school and discuss why your school should win.
3. **Post to YouTube:** The deadline for your video is *January 15*.
4. **Email us your link:** Send the link to: federicom@idhsaa.org
5. **Judging criteria:** Your videos will be judged on Sportsmanship, School Spirit, Originality, and Student Section Leadership. Be LOUD and POSITIVE!





National Federation of State High School Associations

National High School Activities Month

**OCTOBER
2019**

The National Federation of State High School Associations created National High School Activities Week in 1980 to increase the public's awareness of the values and needs of interscholastic activity programs. However, there was a need to celebrate the contributions and benefits young people experience by participation in sports and performing arts for an entire month. Hence, Activities Week has transformed into Activities Month. During this special time, the nation's high schools are encouraged to promote the values inherent in high school athletics and other activities such as speech, music, theatre and band.

National High School Activities Month is an opportunity to remind the public that already in place in every community is a comprehensive program addressing society's most current concerns, by:

- Finding and nurturing the best effort of each young participant;
- Encouraging students to stay in school, perform better academically and become better citizens;
- Demanding respect for fair play and appreciation for the equitable application of procedures, rules and regulations;
- Providing healthy lifestyle instruction;
- Challenging racism, sexism and classism through the active pursuit of teamwork and school spirit.

"High school sports and activity programs provide one of the best bargains in our community and nation and will continue to do so as long as our nation supports them as an integral part of the education of our young people. Not only do these programs teach the more than 12 million young people who participate in them valuable life skills lessons, such as ethics, integrity and healthy lifestyles, they also provide the best entertainment value in our nation."

"We have fundamental, empirical evidence that interscholastic activities provide a successful way in which to create healthy and successful citizens."

"Through National High School Activities Month, we have an opportunity to reflect on our participation as well as the participation of our children. Our nation must continue to support these programs and the life skills they provide America's youth."

– **Dr. Karissa L. Niehoff**
Executive Director
National Federation of State High School Associations





National Federation of State High School Associations

National Sportsmanship, Fan Appreciation and Public-Address Announcers Week

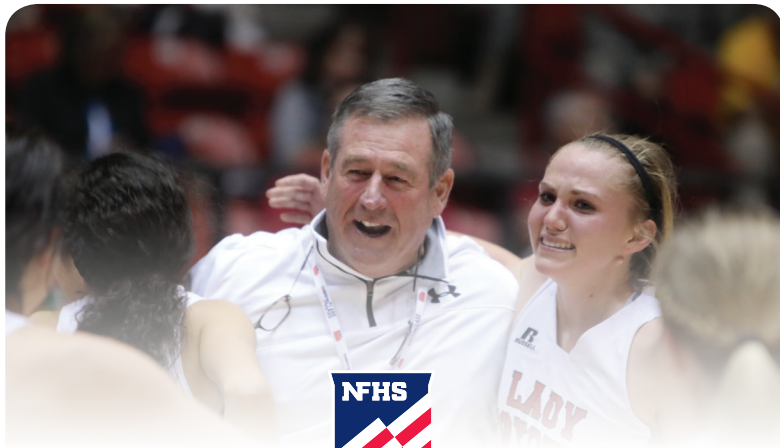
OCTOBER 1-5, 2019
NATIONAL HIGH SCHOOL ACTIVITIES MONTH



National Federation of State High School Associations

National Performing Arts Activities Week

OCTOBER 6-12, 2019
NATIONAL HIGH SCHOOL ACTIVITIES MONTH



National Federation of State High School Associations

National Coaches, Advisors, Officials, Sponsors Week

OCTOBER 13-19, 2019
NATIONAL HIGH SCHOOL ACTIVITIES MONTH



National Federation of State High School Associations

National Community Service/Youth Awareness Week

OCTOBER 20-26, 2019
NATIONAL HIGH SCHOOL ACTIVITIES MONTH

WAYS TO CELEBRATE 2019 HIGH SCHOOL ACTIVITIES MONTH

OCTOBER 1-5

National Sportsmanship, Fan Appreciation and Public-Address Announcers Week

- Make up positive cheers, chants or songs
- Print bookmarks with sportsmanship ideas; ask library to slip them into all books
- Give incentives to faculty, staff and students "caught" being a sport
- Make posters for contest
- Use table tents in cafeteria, reading lounges or library for sportsmanship messages
- Welcome visiting teams with announcement over PA system
- Provide Booster Club members coupon for free pop and popcorn
- Present free program to fans (based on school colors or other criteria)
- Give school shirt to most avid fans (student and adult)
- Offer tailgate party with refreshments
- Introduce parents of players and cheerleaders during pregame ceremony
- Ask media to feature fan with longest attendance record at high school event

OCTOBER 6-12

National Performing Arts Activities Week

- Recognize performing arts participants at pep rally
- Invite middle school band students to perform with high school band at football game
- Give program at elementary school or judge "You Got Talent" program
- Do feature story in campus newspaper
- Invite local actors or musicians for performance with students
- Organize youth talent program for community
- Present drama skit during lunch
- Have former band members return to play with current band
- Sponsor "Mystery Dinner" (a dinner where guests have a role in the mystery-themed play)

OCTOBER 13-19

National Coaches, Advisors, Officials, Sponsors Week

- Make up positive cheers, chants or songs
- Host breakfast for all sponsors and coaches
- Honor different coaches and advisors each hour of the day
- Play "Name that Coach" clue game
- Recognize coaches, sponsors and their families during events
- Let "fan of the week" sit on bench with team
- Host breakfast for officials who help in sports and performing arts
- Class competition of "You Make the Call;" feature questions on sports rules
- Have round-table discussion with students, officials and parents
- Post signs thanking officials
- Donate sportsmanship-related book or video to library on behalf of officials
- Send certificates of recognition and appreciation letters to officials, coaches, advisors and supporters

OCTOBER 20-26

National Community Service/Youth Awareness Week

- Offer free admission to event to representatives of program advertisers
- Hold open house; invite school board members, alumni, businesses and media to attend
- Do radio or television public-service announcements with activities participants
- Recognize business partners and school board members in programs
- Offer school souvenirs at auction for funding community service project
- Set aside a portion of practice time to discuss healthy lifestyle issues
- Hold workshops on health issues; recognize school nurse, athletic trainer, team doctor
- Create and display bulletin boards and posters dealing with healthy lifestyle issues
- Offer pregame meal with nutritional analysis
- Offer students opportunity to "shadow" health professionals
- Have students prepare directory of community agencies



THE PLACE FOR HIGH SCHOOL SPORTS



Congratulations to the 36 Idaho schools that partnered with the NFHS Network for their school broadcasting program

FALL SPORTS LIVE ON
NFHS NETWORK



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Contact **Sean Hennessy** for more information 619.408.2853 | Sean.Hennessy@NFHSNetwork.com

LEADERSHIP

Earning Permission to Lead Your Coaches

by Russ Reetz, Activities Director, Prior Lake High School - For InSideout Initiative



Ask any High School Athletic Director in America how they balance their time between management and leadership and you're likely to find most would admit they spend the majority of their time on management. Scheduling games, buses, and officials, along with managing a budget and dealing with conflict are a big part of the job. These tasks can be overwhelming and often leave little time for leadership. With limited time, resources and access to head coaches, how can we as Athletic Directors have the greatest influence possible within our school community? How do we earn the right to lead?

I've spent the last two years in my position creating more efficient systems for scheduling, communication, and budget. By doing so, this has allowed me to spend more time creating a common language among my coaches, athletes, and parents around purpose-based athletics. The most important thing I've learned on this journey is leadership is a mindset, not a skill set. If you commit to our own professional development and invest time in building relationships you can have great influence over changing the win-at-all-costs sports culture in your community.

To Be a Better AD, You Have to a Be Better You

The first step in earning permission to lead is a commitment to your own professional development. Reading professionally and constant collaboration with others in the field has helped me define who I am as a servant leader and helped me develop my personal guiding principles. These principles (listed below) not only create trust between my office and all stakeholders, they also provide me with a lens to look through when creating a vision for my department.

- 1. Live Your Purpose**
- 2. Do What You Said You Would Do**
- 3. All Students Deserve Better**
- 4. Plan Your Work, Work Your Plan**
- 5. Invest in Relationships**

Live Your Purpose

Going through the process of developing a transformational purpose statement has helped me become a better husband, father, athletic director, friend and person.

My purpose statement is simple—love more, serve more and find value. I repeat this statement several times throughout my workday.

When I am dealing with a student athlete's chemical, academic or code of conduct violation, the voice inside my head says "love more." When I'm cleaning the bleachers after a 14-hour workday, the voice in my head says "serve more." When I am dealing with a difficult parent, coach, administrator or athlete, the voice in my head says "find value."

Sharing this purpose statement with my coaches, parents, and athletes has helped keep me accountable to it and has influenced our coaches to develop and share their own purpose statement.

Do What You Said You Would Do

It is nearly impossible for anyone who hasn't been an athletic director to understand the demands of the job.

Co-curricular activities aren't the most important thing schools do, but it is often what people care the most about. With a lot of emotion behind the requests made, it is important for AD's to provide clarity, competency and a commitment to the task. People trust the clear and mistrust the ambiguous.

AD's must be consistent and clear with expectations and decision-making. In addition, subordinates trust leaders who are visible, stay relevant and prove themselves capable during times of conflict and angst. Perhaps the greatest way to earn trust is to remain steadfast and committed to the task during times of adversity.

I often utter the phrase, "I'd rather you be mad at me than me be mad at me." Stay true to your guiding principals and be consistent when making decisions.

Don't make promises you can't keep and always follow through on what you said you would do.

All Students Deserve Better

If we as AD's aren't intentional about creating our overall program culture, someone else will create it for us. In most cases, it won't be the type of culture that cultivates inclusivity nor will it be the type of culture that has our student-athletes at the forefront.

Why can't our athletic departments operate as a village would? Our coaches, athletes, and parents should all act as neighbors who watch out for each other and work toward the good of the community.

As AD's, we must be unwavering about making decisions in the best interest of ALL our student-athletes.

Allowing our programs to grow apart from one another or in isolation is not acceptable. We are all in this together.

Plan Your Work, Work Your Plan

The ability to define and communicate where you've been as a program, where you currently are and where you're going is crucial in increasing buy-in from your stakeholders.

Have you created a vision for your program? How do you as the AD define success for your teams? Does your vision grant your coaches permission to use their platform for teaching life lessons? Do you have a collective purpose statement?

At Prior Lake High School, we value and help our athletes identify performance and moral character traits. Performance character traits are tools our athletes use to better themselves. Moral character traits are tools our athletes use to help make others better.

Our coaching staff identified what traits they felt were most important through the creation of a collective athletic department purpose statement. We are now intentional about teaching these traits and use our effectiveness as a way to determine true success.

Sports alone do not teach character, coaches who take the time to embed them within the practice plan do.

Invest in Relationships

How often are you plugging away at work in your office when a coach, parent or athlete stops by to see you? I used to rush through conversations so I could get back to work.

Through my own inside/out work, I've realized my biggest weakness, as a leader, is 'action' over 'affection'. In order for me to earn the right to lead my coaches and athletes, I've learned to invest more of my time into relationships with all stakeholders.

The AD position is easily the most visible position in school districts. When at events, I model love, appreciation, kindness, empathy, and respect for others. I've been amazed at what comes back to me in return. I'm also seeing coaches and athletes model the same behaviors with each other.

At the end of my career, I hope I am not judged on the number of state championships won, but rather on my ability to foster authentic and meaningful relationships with others.

The management part of the job of an AD is time-consuming. It is also safe, predictable and often unrewarding. I've watched really good AD's burn out because their main focus is on scheduling, budgeting, and running events. If we as AD's aren't intentional about creating our vision and purpose, then winning will become our purpose and we will miss out on an opportunity to develop meaningful and long lasting relationships.

AD's who are intentional about modeling a purpose-based approach, follow through on promises, make decisions in the best interest of students and have a vision for improvement and growth are the AD's who experience far more joy in the position. I challenge you to do the inside/out work. Find a way to become the best version of yourself. Identify your guiding principles, write a transformational purpose statement and begin creating a vision for your athletic department.



2019 IHSAA Fall Championships

OCTOBER 24-26

5A - Rocky Mt. HS/Eagle HS/Meridian HS
4A - Brothers Park, Caldwell
3A - Vallivue HS, Caldwell



December 6-7
Thunder Ridge HS
Idaho Falls



November 1 - 1st Round
November 8 - Quarterfinals
November 15/16 - Semi-Finals
November 22/23 - Championships



November 2

Portneuf Wellness Center
Pocatello



November 1-2

- * 5A - Coeur d'Alene HS
- * 4A - Post Falls HS
- * 3A - Lake City HS
- 2A - Lakeland HS
- * 1A DI - Lapwai HS
- * 1A DII - Lewiston HS
- * TBD



November 8-9

West Valley YMCA
Boise



SAT/ACT Prep

Back-to-School 2019

The eKnowledge SAT/ACT Prep Project with Idaho High School Activities Association enters its 16th year.

*** In the News:** The eKnowledge SAT/ACT Prep Program recently selected by the National Federation of High Schools (NFHS) as their official SAT/ACT Prep course for all 19,500 member high schools and 12 million students.

eKnowledge.com/IDHSAA

Students only pay between **\$19.99 to \$49.99** for all of their SAT/ACT Prep (\$350 to \$1,500 value). All fees are reinvested to improve the program and reach more families. **The Project does not create a profit.**



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*"My granddaughter scored 1580 on both PSAT and SAT. She is a National Merit Semifinalist this year in Massachusetts. She used your program exclusively. Thanks. Jim Koch" **Jim Koch***

About the PowerPrep: The only course you will need, whether the exam is next week or next year. All our instructors are professional educators, with advanced degrees. Hundreds of online videos and thousands of detailed explanations. **Live Teacher Chat is now Available.**

SAT & ACT Test Dates 2019

SAT	Oct. 5, 2019	Nov. 2, 2019	Dec. 7, 2019
ACT	Sept. 14, 2019	Oct. 26, 2019	Dec. 14, 2019

For further information, contact Cheryl Litras, 951-256-4076 Cheryl@eKnowledge.com