



- * **TITLE IX AT 50**
- * **HIGH SCHOOL RIO STUDY**
- * **IHSAA FALL STATE CHAMPIONSHIPS**
- * **COACHES CORNER - Sign up Today**
- * **SAC: BATTLE OF THE FANS**
- * **LEARN FROM MISTAKES**
- * **SCHOOL HONOR ROLL - Earn a Banner for Your School**
- * **DAIRY WEST - Fuel Their Drive Promotion**
- * **TED LASSO - 10 Lessons Learned**
- * **TOP 10 REASONS PLAYERS DON'T REPORT CONCUSSIONS**
- * **OCTOBER COACHES EDUCATION PAGE - Assistant Coaches Code**



October 2021 ISSUE



IHSAA EXPRESS

Supporting Education Through Activities

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**.



Please visit: www.nfhs.org/resources/title-IX



Promote the NFHS Title IX at 50 Campaign on Social Media Using **#TitleIXat50**

Facebook: @NFHS1920 | Twitter: @NFHS_Org | Instagram: @nfhs_org

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.



ADMINISTRATION CORNER

DATES TO REMEMBER

10/5	Fall Academic State Champions Due
10/11	State Soccer Pictures & Rosters Due
10/16	District Soccer Completion
10/18	Wrestling Weight Assessment Window Opens
10/18	State Volleyball Pictures & Rosters Due
10/21-23	State Soccer Tournament
10/23	District XC & VB Completion
10/24	State Swimming Seeding Meeting
10/29-30	State Volleyball Tournament
10/30	State Cross Country Meet
10/30	District Swimming Completion
11/1	1st Day Girls Basketball

OCTOBER CHECKLIST

- ___ Make time for family
- ___ Turn in school media request to federicom@idhsaa.org
- ___ Check basketball scoreboard & PA system
- ___ Prepare winter practice schedules for gyms
- ___ Order spring sports equipment
- ___ Train winter PA announcer
- ___ Arrange/finalize winter bus schedules
- ___ Review winter event cancellation procedures
- ___ Schedule winter jamboree with the YEA
- ___ Verify winter coaching requirements are met
- ___ Review winter game management procedures
- ___ Confirm basketball and wrestling schedules in Arbiter and MaxPreps
- ___ Prepare evaluations for fall programs
- ___ Review Sportsmanship Manual with winter coaches
- ___ Distribute sportsmanship information to coaches/players/parents



**MAKE THE RIGHT CALL.
BECOME A HIGH SCHOOL OFFICIAL.**



PRINCIPLES FOR LEARNING FROM MISTAKES

- 1 | Don't feel bad about your mistakes or those of others. Love them!
- 2 | Recognize that mistakes are a natural part of the evolutionary process.
- 3 | Teach and reinforce the merits of mistake-based learning.
- 4 | Be self-reflective and make sure your people are self-reflective.
- 5 | Create a culture in which it is okay to make mistakes and unacceptable not to learn from them.
- 6 | Observe the patterns of mistakes to see if they are products of weaknesses.
- 7 | Pain + Reflection = Progress.
- 8 | Create guardrails when needed—and remember it's better not to guardrail at all.
- 9 | Diagnose problems to get at their root causes.

RAY DALIO



@idaho_SAC



idaho_SAC

Battle of the Fans 2021-2022

Due: January 31ST 2022

—FEATURING IHSAA FANS—
PRIZE: BATTLE OF THE FANS BANNER

HOW TO BATTLE:

Video Content: Edit it to be no more than two minutes. You must introduce your school and share why your school should win Battle of the Fans. You can use video, Tik Tok clips or lip syncs to show off your school spirit.

POST ON YOUTUBE

EMAIL LINK: federicom@idhsaa.org

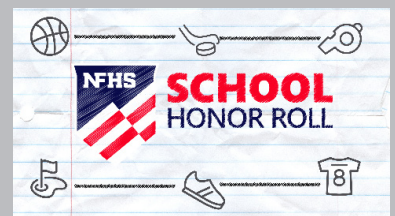
Judging Criteria: Your videos will be judged on Sportsmanship, School Spirit, Originality, and Student Participation. Have Fun and Be Positive.



**LEARNING
CENTER**

NFHSLearn.com

Become an NFHS Level 1 School (GET A BANNER) when 90% of your coaches complete the following courses:



Protecting Students from Abuse



Concussion in Sports



Fundamentals of Coaching



Sudden Cardiac Arrest



LESSONS WILL BE LEARNED IF WE AS COACHES UNDERSTAND THAT THERE IS A BIG DIFFERENCE BETWEEN THE GOALS THAT WE SET AT THE BEGINNING OF THE SEASON AND OUR COACHING PURPOSE.

JODY REDMAN



OCTOBER COACHES EDUCATION PAGE

Coaches: One day you will be old and grey as you reflect on your years leading. There will be names you remember and others you won't. There will be faces that stand out while others jar no memory. There may be so many you stood before that there's no possible way to remember them all but know this...

They will remember you. They will remember how you treated them, how you inspired them, how you helped them and the difference you made for them.

Make it for the better.

Baseball Dudes

Assistant Coaches Code

by
Alan Stein

Be professional. Period.

Coaching Absolutes:

- Don't focus on winning (outcome)**
- Focus on preparation**
- Focus on effort**
- Focus on execution (process).**

Your #1 job is to make your head coach's job easier.

Be a servant leader. Find what your head coach needs you to do and do it!

Act as if it is your team. You will have your own team one day. Act like it now.

Do what you can, with what you have, where you are. No excuses.

Add value to everything you do, every single day... on and off the court.

Enforce the team's culture and standards at all times. Protect the locker room.

When you find a problem... find a solution. Your head coach has enough problems as it is.

Encourage and motivate everyone in your program to buy in to what the head coach wants – from players, to managers to other assistants.

When asked for your input, speak honestly. Don't be a 'yes' man (or woman).

Winning is a result of:

- The execution of the fundamentals**
- The ability of all players to work in unison... all the time.**

A team can only reach it's true potential if:

- The most talented player is also the hardest worker**
- Everyone in the program buys in to the 'We > Me' concept**
- Each player is in peak physical condition**

Bring energy, enthusiasm and effort every day.

You either accept it or you correct it.

COMMIT TO BEST PRACTICES...

- Allow others to finish speaking before taking your turn
- If you must criticize, focus on the issue or behavior and not the person
- Validate all voices - contribute your voice and intentionally make space for all to speak
- Maintain the confidentiality of conversation within your group
- Bring your authentic self and best intentions to the conversation

betsybutterick.com

"Fuel Their Drive" School Promotion

FUEL THEIR DRIVE

YOU COULD

WIN \$10k
for your local
high school

Enter at www.FuelTheirDrive.com/Tuscan



BUY*
Tuscan®
Milk



SNAP
a picture of
your receipt*



UPLOAD
your receipt*
to enter



Get Involved!



- **Got High School Students?**
 - Participate in the program – Buy. Snap. Upload. often to help get your local high school in the running! www.FuelTheirDrive.com
- **Promote on Your Own Social Channels**
- **Tell Your Friends and Family**
 - Spread the word across the country
- **Spread the Word in Your Local Community**
 - PTA, Schools, Coaches
 - Support a local high school even if you don't have a student there



High School RIO™

National High School Sports-Related Injury Surveillance Study



What is High School RIO™?

High School RIO™ is the internet-based data collection tool used in the National High School Sports-Related Injury Surveillance Study. This study, the only surveillance study of time-loss injuries in a large, national sample of US high school athletes, was first implemented during the 2005/06 academic year and has been maintained annually for over 15 years. Each year, certified athletic trainers from hundreds of high schools across the country participate in High School RIO. They report valuable information which allows evaluation of rates and patterns of injury across sports, types of athletic activities, and sex. Such information helps drive evidence-based decisions by athletic directors, coaches, athletic trainers, physicians, and others working to keep high school athletes safe and healthy!



What does High School RIO™ do?

High School RIO™ captures athletic exposure and injury data weekly throughout the academic year using certified athletic trainers as data reporters.

- From 2005/06-2020/21, this surveillance system has captured 111,596 injuries sustained during 56.8 million athlete exposures.
- High School RIO™ data have been used in over 100 peer-reviewed publications.

Information has been collected on many sports!

- | | |
|-----------------------------|------------------------------------|
| Boys' football | Girls' field hockey |
| Boys' and girls' soccer | Boys' ice hockey |
| Boys' and girls' volleyball | Girls' gymnastics |
| Boys' and girls' basketball | Boys' and girls' swimming & diving |
| Boys' baseball | Boys' and girls' track & field |
| Girls' softball | Boys' and girls' cross country |
| Boys' and girls' wrestling | Boys' and girls' tennis |
| Boys' and girls' lacrosse | Cheerleading |

Who does High School RIO™ help?

We provide annual summary reports and specific requested data reports to the National Federation of State High School Associations' (NFHS) Sports Medicine Advisory Committee and Rules Committees. We also provide annual summary reports and individual reports to each participating high school. Data included in these reports can help:

- Track injury trends and patterns over time
- Identify emerging issues
- Assist clinical decisions
- Drive policy changes
- Influence staffing or funding decisions

Interested in participating in High School RIO in 2021/22? Contact us or scan the QR code! Participants receive a small financial incentive as well as





10 LESSONS LEARNED from Ted Lasso

THE
DAILY
COACH

Some might think the show is overly silly, but if you peel back the humor, there are still several tangible takeaways for all of us.

If you haven't watched the Apple TV series "Ted Lasso," you need to re-arrange your schedule and devote some time to it as it has some great leadership lessons.

Lasso, a coach of college-level American football, is unexpectedly recruited to lead an English Premier League soccer team, AFC Richmond, despite having no experience in the sport.

The show is funny and makes you feel good as Lasso and his American assistant navigate a new culture and the seemingly impossible task of coaching a sport they know nothing about. Some might view the show as overly silly, but if you peel back the humor, there are still several tangible takeaways for all of us.

BE A GOLDFISH

Which is the best animal to embody when you make a mistake? The one with a memory that lasts between 5 – 10 seconds, of course. Next time you need to shake it off and get back to optimal performance... be a goldfish.

BE AUTHENTIC

Lasso might seem quirky, weird and have strange analogies that don't translate to the English culture, but he is real, genuine and demonstrates consistent behavior.

NEVER TAKE THINGS PERSONALLY

Lasso is constantly roasted by the press and Richmond fans, but he never takes their insults personally and has complete faith in his leadership methods. Nothing will deter him.

TELL THE TRUTH TO THOSE YOU LEAD

It is painfully obvious from the outset that having uncomfortable conversations is not a strength of Coach Lasso's, which is to be expected from a man who is always so darn friendly. Despite his discomfort, he still finds the courage to have the crucial conversations anyway, because he knows they will improve the individual and serve the culture of the team.

BELIEVE

Belief can be defined as a mental attitude of acceptance of something as true. Beliefs are the core of human development and they are also what keeps us alive. They are the things that we take for granted. They influence our lives and make us who we are.

EMPOWERMENT, THEN CONFIDENCE

Empowerment and confidence are two aspects of human personality that should never be sacrificed. To achieve these, one has to learn to be patient, kind and confident. One needs to find a way to get rid of negative thinking and start focusing on the positive aspects of life.

NOBODY IS BIGGER THAN THE TEAM

Coaching a team of high performers will likely mean managing large egos and resolving personality conflicts. Lasso tirelessly communicates his message that the team comes first, no matter your talent or superstar status. This is probably why the head coach is called the manager in English football.

POSITIVE THINKING

Not everybody knows how to take Lasso's almost over-the-top enthusiasm and positivity, but despite their initial resistance, they inevitably develop a soft spot for him. Lasso's "can-do" attitude creates a ripple effect that raises the collective vibration around him.

HUMOR HELPS EASE TENSION

It is a comedy after all, but there is something to be said about injecting humor into a high-pressure environment at the right time, helping to ease the tension and remind players to relax and enjoy their work.

LOVE CHANGE

We don't have to be afraid of change. We need to see the positive side of it and try to find a solution that is better than what we had before - which Lasso has mastered.

Watching Lasso will make you laugh, learn and most of all think how you can adopt some of his quirky behaviors into your own leadership style.



October 21-23

- 5A Girls - Rocky Mt. HS
- 5A Boys - Eagle HS
- 4A Girls - Brothers Fields
- 4A Boys - Brothers Fields
- 3A Girls - Vallivue HS
- 3A Boys - Vallivue HS



October 29-30

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



October 29/30
Eagle Island State Park



November 5-6
West Valley YMCA
Aquatic Center



Quarterfinals - November 5/6
Semi-Finals - November 12/13
Milk Bowl - November 19/20



10 WAYS TO GIVE BETTER FEEDBACK

by @inner_drive | www.innerdrive.co.uk

- 1 Don't delay too much
- 2 Focus feedback on their effort
- 3 Be specific
- 4 Avoid lavish praise
- 5 Discuss the strategy they used
- 6 Limit public feedback
- 7 Combine open and closed statements
- 8 Maintain high expectations
- 9 Avoid comparisons with others
- 10 Suggest clear action points to move forward


THE TOP 10 REASONS

players don't report possible concussions



10 WAYS TO BOOST YOUR MOTIVATION

by @inner_drive | www.innerdrive.co.uk



Targets Set yourself a clear, ambitious and accurate target

Think Why Remind yourself why you are doing this

Improvements Measure success by how much you've improved (not comparing to others)

The Right People Surround yourself with positive hard working people

Choose View decisions as active choices, not sacrifices

Enjoy Find enjoyment in what you are doing

Travel Embrace the journey, not just the outcome

Break it Down Focus on your next step. This helps break the challenge down into manageable steps

Challenge Yourself If the task matches and stretches your ability, you will get immersed in it

Manage that Stress Some stress is good. Too little and you won't care, but too much and you may get overwhelmed

The Reason	The Solution
1 I didn't think it was serious.	Treat concussions more seriously than we would treat a broken arm or a broken leg. Brain injuries are serious. Brains don't heal like broken limbs do.
2 I didn't want to lose playing time.	Explain that the best way to keep playing time is to make a full recovery and the best way to do that is to immediately stop playing after concussion.
3 I didn't want to let my team down.	Commend players who report concussions for their bravery and teamwork.
4 I didn't know at the time it was a concussion.	Educate players on the signs and symptoms of a concussion and encourage teammates to look out for signs during games and practices.
5 I didn't want to have to go to the doctor.	Inform your team that seeing a medical professional is key to recovering from a concussion.
6 It was the end of the season; I didn't want to miss a game.	Stress that long-term health is much more important than any game or season.
7 I thought my coach would think I'm weak.	Tell athletes that reporting concussions is the tough, smart and courageous thing to do. Coaches set the team culture.
8 I thought my teammates would think I'm weak.	Involve the entire team in messaging about the seriousness of concussions. Athletes should know that there is no such thing as a tough brain.
9 I thought my coach would get mad.	Praise earnest concussion reporting. Never punish or doubt an athlete with a concussion and keep athletes thinking positively in their recovery.
10 My team was going to the playoffs when it happened.	Emphasize that long-term health is more important than the results of a game or season.

Visit TeamUpSpeakUp.org to set a positive concussion culture on your team.