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September
2023 ISSUE



IHSAA EXPRESS

Supporting Education Through Activities



WELCOME BACK

by Heath Jackson, IHSAA Board President

Welcome Back! I hope each of you have had a great start to the school year and things are in full swing at your schools with fall sports and activities. This is indeed one of my favorite times of the year as we have the opportunity to see the excitement of our students returning to the school in preparation for another year. Over the last 3-4 weeks, thousands of students across the state have returned to school and are participating in one of the many activities or sports that are provided through the Idaho High School Activities Association. As I have spent time around our schools' attending events and watching students prepare for their upcoming seasons, I can't help but feel gratitude for the life lessons and opportunities that our activities provide to our students, our schools, and our community.

In a recent article published by the NFHS, it shared the value of high school sports and activities and the lifelong benefits to those who participate in them. Through challenges, hard work, perseverance, and teamwork our students are developing skills and attitudes that will have a much greater impact on their lives, than simply the score of the game at the end of the night.

Being a member of a team provides young students the experience of being in leadership roles, regardless of whether they are participating in a sport, a musical production, or working on a speech for an upcoming debate. Through these activities our students learn to be a mentor, a positive influence on younger participants, and to practice leadership skills in a safe environment. Through these skills, our students will learn problem solving skills and hard work to persevere through the challenges that they might be facing.

In addition, it fosters a mindset of teamwork as teammates work together through the ups and downs of the season in search of positive outcomes. Through this collaborative effort, our students are learning much more than winning and losing, but the value of the contributions that each member of the team makes is crucial in the overall success of the team. Former NBA Basketball Coach Phil Jackson shared, "The strength of the team is each individual member. The strength of each member is the team." The collaborative efforts that our students learn and understand now will become an essential life skill for them regardless of the path they choose upon high school graduation. As a father, I have witnessed first-hand the powerful influence sports and activities have had on my own children through their participation in high school activities. One of the greatest contributions that I witnessed in my own children's lives was an increase of self-confidence that spilled over from the football field or choir room into every aspect of their lives. As my oldest have both now graduated from high school this sense of confidence and perseverance has become critical in their pursuits after high school. Their involvement in high school sports and activities has taught them to push through challenging circumstances and understand that they can do hard things and overcome challenges that they will face throughout their lifetimes.

As coaches and mentors, we have the amazing opportunity this year to fulfill our responsibility to positively influence our students to be better. One of my greatest goals as an educator is to instill a desire in my students to become lifelong learners. Our fields, courts, and stages become extensions to the classrooms where our students will excel and become lifelong learners in every aspect of their lives. As we go throughout this upcoming year, take advantage of each opportunity to provide a positive influence on the students we work with daily. Sports creates an environment to build the character of our students. In return, we are also rewarded with relationships with amazing students who influence our lives in as many ways as we may impact there's. Have an amazing school year filled with success and opportunities that create lifelong memories and lessons that benefit our students and prepare them to accomplish their goals and aspirations both now and in the future.



LET'S HEAR IT
FOR SPORTSMANSHIP



**ALWAYS
BE RESPECTFUL
AT HIGH SCHOOL
ATHLETIC EVENTS.**




IHSAA
SPORTSMANSHIP
MANUAL

CITIZENSHIP THROUGH SPORTS
MANUAL

CONTACT YOUR SAC REP. OR THE IHSAA FOR DETAILS AND REPRESENT YOUR SCHOOL AT THE INAGURAL SAC FALL SPORTSMANSHIP SYMPOSIUM

IHSAA Student Advisory Council

PRESENTS

FALL SPORTSMANSHIP SYMPOSIUM

- District 1 September 22nd
- District 2 October 11th
- District 3 West September 12th
- District 3 East September 13th
- District 4 September 13th
- District 5 September 27th
- District 6 September 14th

IHSAA Announces 23-24 Student Advisory Council



WHAT IS SAC

The SAC is a diverse group of high school students in Idaho who represent the student voice of high school sports and activities to the Idaho High School Activities Association.



OUR MISSION

The mission of the SAC is to connect Idaho schools with the IHSAA through promoting our ideals of sportsmanship, achievement and character.



WHAT IS IHSAA

A non-profit devoted to coordinating, supervising and directing Interscholastic activities which enhance and protect the educational process of all students.



THANK YOU!

22-23 SAC GRADUATES

District I

- *Ella Terzulli - Sr, Lakeland HS
- *Braylyn Bayer -Sr, Bonners Ferry HS
- *Asha Abubakari - Sr, Bonners Ferry HS
- Emerie Smith - Sr, Post Falls HS

District II

- *Araya Wood - Sr, Deary HS
- *Emily Sanford - Sr, Moscow HS
- Kenadie Kirk - Sr, Deary HS
- Faith Tiegs - Sr, Moscow HS
- Owen Tiegs - Jr, Moscow HS

District III

- *Molly Sawyer - Sr, Borah HS
- Kade Andrus - Sr, Mt. View HS
- Cody Smithies - Sr, Payette HS
- Carlos Valdez - Jr, Bishop Kelly HS
- Johanna Serrato - Jr, Caldwell HS

* Two-year member

District IV

- *Halle Walker -Sr, Twin Falls HS
- *Sydney Fowler - Sr, Kimberly HS
- *Aysha Cleverley - Sr, Buhl HS
- Alli Stastny - Sr, Kimberly HS
- Ellie Stastny - Sr, Kimberly HS
- Nayeli Juarez - Jr, Wendell HS
- Brooklyn De Vries - Jr, Hagerman HS
- Thomas Harper - Jr, Raft River HS
- Madison Spriggs - Jr, Glenns Ferry HS

District V

- *Taylor Bunderson - Sr, Pocatello HS
- Lydia Howell - Jr, Marsh Valley HS
- Hayven Holyoak - Jr, Preston HS

District VI

- *Ian Simpson - Sr, Butte County HS
- *Emily Miller - Sr, Sugar-Salem HS
- Bryce Johnson - Jr, South Fremont HS

District II

- Makenzie Stout - Genesee HS
- Isabelle Monk - Genesee HS
- Trinity Wood - Deary HS

District III

- Toby Kingery - Cole Valley Christian
- Shaelyn Olsen - Greenleaf Friends
- William Tadge - Eagle HS
- Parker Gropp - Timberline HS
- Jane Teuber - Bishop Kelly HS

District IV

- Jessica Duran - Wendell HS

District VI

- Madison Kineaid - Watersprings

District VI

- Katie Miller - Sugar-Salem HS

Meet Morgan Potter
Account Executive Marketing & Sponsorships
IHSAA Sports Properties



My parents both worked in education throughout their professional careers, my mother was an elementary school teacher, while my dad was an athletic director who just recently was inducted into the Idaho High School Activity Associations Hall of Fame. I have an older brother and an older sister who are both married and have beautiful children. I am an aunt to three nephews

and four nieces all under the age of ten. I am very fortunate to be close with my family and have them all close by.

I grew up in Nampa, Idaho and have had a strong relationship with high school athletics since I was a kid due to my father being an athletic director and coach. In 4th grade I began playing volleyball and quickly fell in love with it and continued this passion through my senior year of high school. After graduating from Columbia High School, I continued my education at Boise State University and went on to receive a Bachelor of Business Administration in Marketing in May of 2023. Throughout my time at Boise State, I stayed busy by joining a sorority, completing internships, and working at a coffee shop. In my post graduate life, I often spend my free time finding ways to be active, going to concerts or new coffee shops, and enjoying the company of friends and family.

My role at the IHSAA is focused on sponsorship relations and marketing efforts. I work with sponsors to ensure they're receiving proper signage and visibility at state tournaments. Additionally, I am responsible for all social media platforms associated with the IHSAA. I hope that through social media and sponsorship work I can make students feel that they are a part of an organization that values their hard work and dedication and makes them feel celebrated and accomplished.

I absolutely love to travel and hope to see as many places as humanly possible in my lifetime. I spent the month following graduation backpacking Europe with my best friend and visited seven countries in 25 days. This upcoming summer I will be going to Ireland and plan to check a couple more places off my bucket list.

ADMINISTRATION CORNER

DATES TO REMEMBER

- 9/4 Labor Day - IHSAA Office Closed
- 9/6 District II Administration Meeting
- 9/7 AD/Principal ZOOM - "Admin. Responsibilities with Officials"
- 9/7 District III SIC Administration Meeting
- 9/12 District III West Sportsmanship Symposium
- 9/13 District III East Sportsmanship Symposium
- 9/13 District IV Sportsmanship Symposium
- 9/14 District VI Sportsmanship Symposium
- 9/14 District I Administration Meeting
- 9/22 District I Sportsmanship Symposium
- 9/15 Fall Sports Eligibility Verification Forms Due
- 9/25 Fall Academic State Champions Due
- 9/25 Board of Directors Work Session
- 9/26 Board of Directors Meeting - Coeur d'Alene
- 9/27 District V Sportsmanship Symposium

SEPTEMBER CHECKLIST

- ___ Make time for family
- ___ Review fall rosters to confirm eligibility
- ___ Verify bus schedules for all fall contests
- ___ Load Rosters, Pictures, Schedules, Scores on MaxPreps
- ___ Schedule team pictures
- ___ Evaluate emergency plans
- ___ Verify coaches requirements are met
- ___ Review gate procedures with staff
- ___ Confirm DragonFly schedule
- ___ Meet with booster club
- ___ Review Sportsmanship Manual
- ___ Review Citizenship Through Sports Manual
- ___ Distribute sportsmanship information to coaches/players/parents
- ___ Attend the Fall Sportsmanship Summit with a Student Leader



IHSAA Rule of the Month

UNDUE INFLUENCE

8-18-1 Definition of Undue Influence: The use of influence by any person connected directly or indirectly with an IHSAA member school, to induce a student to transfer from one member school to the other, or to enter the ninth grade at a member school for athletic competition purposes, whether or not the school presently attended by the student is a member of the IHSAA. (Recruiting)

8-18-2 The use of undue influence to secure or retain a student for competitive purposes is prohibited, shall cause the student to be declared ineligible for high school athletics for a period of up to one calendar year; and may jeopardize the standing of the high school in the Association.

8-18-3 Evidence of undue influence includes, but is not limited to, personal contact by coaches and sponsors in an attempt to persuade transfer by gifts or money, jobs, supplies, coaching, free transportation, admission to contests, invitation to attend practices and or games, free tuition or any other considerations not accorded to other students similarly situated.

8-18-4 Complaints or reports of violations of this rule will be investigated and handled on a case-by-case basis by the District Board of Control. Any school permitting such participation shall, upon satisfactory evidence submitted to the District Board of Control, be suspended from membership in the Association for a term not to exceed one calendar year.

it's great to be back!

Welcome back to another great school year everyone! We are super excited to be back in school with everyone and hope you all are too!

As the IHSAA Student Advisory Council we are pleased with how last year went, in all aspects, and want to make this year even better. We had six very successful Spring Summits. All students who attended were exceptional student who are involved in athletics or other activities in their schools. These students will go on to do wonderful things! We were also able to present state trophies in various competitions including many sports and activities.



Taylor Bunderson
SAC Sr. President

This year, we hope to finish community service projects in our districts. The SAC is putting on six Fall Symposiums focusing on the sportsmanship problems that are specific to each district. This will be a great opportunity for each school to share their input on how we can improve the sportsmanship within our schools in Idaho. We hope to see every school there and we will have a great time! Have a wonderful school year!

The SAC is a group of students from every district in Idaho who work together to improve our sportsmanship in Idaho. We focus on providing education and leadership through open communication between our peers. If you are interested in joining the SAC, reach out to your Athletic Director.

Make sure to follow IHSAA and SAC on social media to stay up-to-date on everything we have coming up! Instagram: @idaho_sac & @idhsaa Twitter: @Idaho_SAC & @IDHSAA.



COURSE OF THE MONTH

Fundamentals of Coaching



This NFHS Fundamentals of Coaching course provides a unique student-centered curriculum for interscholastic teacher/coaches, assisting them in creating a healthy and age-appropriate athletic experience that supports the educational mission of our nation's schools.

University of Idaho

COURSE CREDIT



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 continuing an opportunity for Idaho teacher/coaches. Teacher/Coaches can earn (1) college credit from the University of Idaho by taking the NFHS Fundamentals of Coaching course.

REGISTER TODAY

COACHES EDUCATION

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

KEEP YOUR WORDS POSITIVE
BECAUSE YOUR WORDS BECOME
YOUR BEHAVIOR.

KEEP YOUR BEHAVIOR POSITIVE
BECAUSE YOUR BEHAVIOR BECOMES
YOUR HABITS.

KEEP YOUR HABITS POSITIVE
BECAUSE YOUR HABITS BECOME
YOUR VALUES.

KEEP YOUR VALUES POSITIVE
BECAUSE YOUR VALUES BECOME
YOUR DESTINY.

~ MAHATMA GANDHI



Think Like a Farmer

- * **Don't shout at the crops**
- * **Don't blame the crop for not growing fast enough**
- * **Don't uproot crops before they've had a chance to grow**
- * **Choose the best plants for the soil**
- * **Irrigate and fertilize**
- * **Remove weeds**
- * **Remember, you will have good seasons and bad seasons - you can't control the weather only be prepared for it**

4 MISTAKES COACHES MAKE WITH TEAM CAPTAINS

As a head coach, you can't be the entire program. You need assistants and you need captains that can help you lead the program towards success.

Great team captains make your job easier as a coach. Everyone knows this, but having strong team leadership is not as simple as a well-meaning wish and a snap of the fingers. Most coaches know what kind of captain and leadership they want, but oftentimes it doesn't play out that way.

**HERE ARE FOUR MISTAKES MANY COACHES MAKE
WHEN IT COMES TO THE TOPIC OF TEAM CAPTAINS:**

It doesn't matter how many years you've been doing this — every team and every season is different. Just because you've had great captains in the past doesn't assure that for this year.

1) LACK OF TRAINING

If you want your captains to deal with issues in the locker room, then teach them how to do it. If you want them to feel free to speak up during a training session, then show them when and how to best do it. If you want them to be a liaison between your coaching staff and their teammates, provide a blueprint for how to make it happen. Help them understand what they need to handle on their own, what needs to be communicated with a coach, and how to balance all of this with their friendships.

If you want your captains to act, speak, think, and respond in a certain way, then you'll need to train them. Never assume they know what it takes to be a good leader. Just because they're a "good kid", are polite, go to class, and stay out of trouble, doesn't mean that they make a good captain.

Whatever responsibilities or roles you have for your captains needs to be identified, addressed, and trained. Equip, empower, and encourage them to be good leaders. Whatever is important to you as a coach, you should be teaching.

2) UNREALISTIC EXPECTATIONS

It would be nice if the captain was a coach on the field. Things would be a lot easier if they were an extension of you on the floor. However, the reality is that they're not. They're young adults. They don't have the same life experiences, maturity levels, or perspective you have as a coach. They don't think the way you do. In fact, your athletes will never think, act, or respond in a way that is similar to you as a coach.

This doesn't mean you can't expect certain things out of your captains, but be weary of putting too much pressure on their shoulders. Captains like Sue Bird, Derek Jeter, Megan Rapinoe, or Tim Tebow are more the exception than the rule. No matter how mature your athlete is, they'll never be perfect. They'll never be as quick to make a good decision as you are. They won't automatically know how to handle the various situations that arise with their friends.

Natural-born leaders don't exist. Unrealistic expectations can lead to a great deal of frustration when they disappoint you. This disappointment can sometimes cause a rift between captain and coach.

3) UNDERESTIMATING THE SELECTION PROCESS

The position of team captain is a critical role. Yet, many coaches make their selections without much thought or strategy involved. Having the right captain can make all the difference on a team. Conversely, selecting the wrong captain can have long-lasting consequences for a program.

This is not a decision that should be taken lightly. Selecting captains the way you've always done it or the way others want it to be done isn't the best way. There's many questions you and your staff should consider before deciding:

- ***What does your program need this year?***
- ***How will the decision you make this year affect future years?***
- ***What do you do with the athletes who aren't selected?***
- ***How do you make sure you assemble the best leadership possible?***
- ***Are there creative selection methods available?***
- ***Do you need to select captains at a certain time? Do they have to be selected at once?***
- ***What kind of administrative and/or parent support do you have?***
- ***How much will you promote and spotlight your captains during the year?***
- ***How do you plan on utilizing your captains this year?***
- ***How would your athletes feel about the various options being selected?***
- ***For those not selected, what kind of influence will they have on the rest of the team afterwards?***
- ***Are you concerned about this year or will you plan ahead for future years (e.g. having a future captains captains program)?***

Most coaches take the easy way out or do what's always been done when it comes to selecting captains. The best coaches approach leadership with an open mind.

You need captains that not only represent the team well, but also help team members take ownership in the program. They help their teammates become better. They complement what you're doing as a coach.

4) PROVIDING A POOR EXAMPLE

It's commonplace for coaches to set the standard. You've probably given your team some rules or guidelines to uphold. Maybe you've even cast a vision for the team to believe in or some goals to achieve. Regardless, there's a standard that you've established as a coach.

You've set the standard, but are you living out that standard? Are you modeling what you expect from a position of leadership? You want them to be positive in how they interact with other team members. Are you? You want them to stay focused, poised, and calm during adversity. Are you? If you want them to be trusted by others, are you also doing things that earn team member's respect?

Yes, you need to train and teach your captains how to act, but it can't be a "do as I say, not as I do" situation if you want to maximize the leadership potential in your program. Don't just set the standard — be the standard so that your captains have a clear example to follow.

LEADERSHIP STARTS WITH YOU

The reality is that your team's culture is made up of the decisions and actions of each team member. Every athlete you have should be a good leader and positive influence regardless of what their position, status, age, or talent level.

However, wearing the captain's arm band, having a "C" on your jersey, or the title of captain carries a lot of weight. It means something. Rarely do strong programs have bad captains. A positional leader can make or break a team.

As a coach, you hold the top leadership position in your program, but you aren't always in the locker room, hallways, or back of the bus. Your captains matter. How they lead their teammates matters. Their ability to lead their teammates and invest in the process of developing a strong culture starts with you.

HIGH SCHOOL TIMELINE

9th GRADE REGISTER



» *Start planning now!* Register for a free Profile Page account at eligibilitycenter.org for information on NCAA initial-eligibility requirements.

» Find your high school's list of NCAA-approved core courses at eligibilitycenter.org/courselist to ensure you are taking the right courses, and earn the best grades possible!

10th GRADE PLAN



» If you are being actively recruited by an NCAA school and have a Profile Page account, **transition** it to the right **Certification account**.

» Monitor the **task list** in your NCAA Eligibility Center account for next steps.

» At the end of the school year, ask your high school counselor from each school you have attended to upload an official transcript to your Eligibility Center account.

» If you fall behind academically, ask your high school counselor for help finding **approved courses** you can take.

11th GRADE STUDY



» Ensure your **sports participation** information is correct in your Eligibility Center account.

» Check with your high school counselor to make sure you are on track to complete the required number of NCAA-approved **core courses** and graduate on time with your class.

» At the end of the school year, ask your high school counselor from each school you have attended to upload an official transcript to your Eligibility Center account.

12th GRADE GRADUATE



» **Request your final amateurism certification** beginning April 1 (fall enrollees) or Oct. 1 (winter/spring enrollees) in your Eligibility Center account at eligibilitycenter.org.

» Complete your final NCAA-approved **core courses** as you prepare for graduation.

» After you graduate, ask your high school counselor to upload your final **official transcript** with proof of graduation to your Eligibility Center account.

*More information regarding the impact of COVID-19 can be found at on.ncaa.com/COVID19_Spring2023.



unbottled.



62,583

milks handed out at
2022-2023
Idaho State Championships

169,679

fans attended State
Championships in 2022-2023

12,815

sweatshirts given
to State
Championship participants

WHY CHOCOLATE MILK FOR RECOVERY?



- Best nutrient package to replenish your body's stores
- Tastes great
- Replaces fluid lost during exercise
- Easy to find, pack and carry with you
- No mixing required
- Natural food

Unbottled
YOUR
Greatness

Don't forget to register
for the replenish program
TODAY



IHSAA Board of Directors Action



The following items were approved by the IHSAA Board of Directors for the 23-24 school year. A full synopsis of each meeting is posted on the IHSAA Board of Directors webpage

New Rules for 23-24

Alturas Preparatory Academy was approved as a regular member beginning in 2023-24.

American Heritage Charter School was approved as a regular member beginning in 2023-24.

Deadline for fall sports Academic State Championship submissions is September 25th.

Wrestling Date Limitation

An individual may compete in a maximum of sixteen dates (no match limitations). Friday after 1:00 p.m. and Saturday may count as one date. Two-day tournaments held during Christmas break when no school is in session that start at 8:00 a.m. count as only one date.

Rule 8-14-1

Changes now require additional documentation for any move (rental or purchase) within 50 miles of the student's previous residence.

Move Less Than 50 Miles If the parents of a student move less than fifty miles from their present residence, the follow information must accompany the Athletic Transfer Form:

1. Letter from parents explaining the move.
2. Letter of support from school filing the request.
3. Proof of former residence address being terminated (lease termination letter, escrow closing papers).
4. Real estate documents indicating and verifying the valid change of residence OR proof of entering a long-term lease (minimum of 12 months).
5. Proof of at least two utility services/monthly bills in the family's name at the new residence address AND documentation of termination of the same at the former address (cell phone, auto insurance, pay stub, gas, water, electricity, cable TV, etc.)
6. Proof of change in address on the parent(s) and age-appropriate student's driver's license to new residence address.

Rule 3-1-2 Coaching

All new coaches (includes head coaches, directors, assistant coaches and volunteers) that are not certified to teach in Idaho must take the NFHS Teaching and Modeling Behavior course prior to the first day of practice. This course is only required upon being hired in Idaho for the first time.

Cheer & Dance

- Cheer - Stunt Group is no longer a required category and will not be offered at State;
- Show (All Girl and Coed), Sideline and Pom are required for 23-24 and will be offered at State.
- Dance - Addition of Pom as a required category;
- Dance, Military, Hip Hop and Pom are required for 23-24 and will be offered at State.
- State Championships will be held February 23 (Dance) and February 24 (Cheer), 2024.

1A State Softball Representation

The 1A State Softball tournament was expanded to an 8-team bracket. (NOTE: implemented in 2023)

Officials' Clinic Grants

The IHSAA will accept requests to help offset some of the expenses for officials' training clinics.

3-Day State Softball Tournament

The State Softball tournament will move from a 2-day tournament to a 3-day tournament beginning in the spring 2024.

3-Day State Volleyball Tournament

The State Volleyball tournament will move from a 2-day tournament to a 3-day tournament beginning in the fall 2024

MEET THE NEW IHSAA BOARD MEMBERS

District III Representative



Rob Sauer
Superintendent
Homedale Schools

Rob is a native of the Magic Valley and Idaho schools. Beginning his 29th year as an Idaho educator, Rob is currently the Superintendent of the Homedale School District and will represent District III. Rob has been a teacher, coach and Principal in the Bliss and Wendell School Districts and also spent time as a deputy superintendent at the Idaho Department of Education.

Through his life-long journey, Rob has also served as the Gooding County Commissioner. Rob's and his wife Wendy are enjoying the transition to becoming grandparents and all that affords. He hopes to bring to the board his experience and desire to seek solutions that ultimately support Idaho kids.

Mark is currently the Superintendent of the Snake River School District.

District V Representative



Mark Kress
Superintendent
Snake River Schools

Mark's background includes a Bachelor of Science degree with an emphasis in Secondary Education from Idaho State University, a Master of Education at ISU with an Education Administration Emphasis and finally, he completed his Education Director Specialist Degree from Boise State.

Mark began his career at Blackfoot High School teaching and coaching. His administrative background includes Vice Principal at Bear Lake High School, Principal at Hagerman High School, Superintendent of Schools in the Hagerman Joint School District and Snake River Superintendent.

With a passion for education and extra-curricular events. Mark has enjoyed his years as a principal, teaching in the classroom, and coaching. His coaching experience over the last three decades includes Boys Basketball, Girls Basketball, Football, Tennis and Golf. He assisted and head coached teams to multiple district championships, and state appearances in all of them, including two state football championships.

September

Leadership in Coaching
Book of the Month

"Jenkins combines the excitement of sports with the insights of self-help, and reveals a new way to think about greatness."

—CHARLES DUHIGG, *The Power of Habit*

THE RIGHT CALL

WHAT SPORTS TEACH US
ABOUT WORK AND LIFE

SALLY JENKINS

NEW YORK TIMES BESTSELLING AUTHOR

THE RIGHT CALL

What Sports Teach Us About Work and Life

Sportswriter Sally Jenkins has spent her entire adult life observing and writing about great coaches and athletes. With her engaging and expert prose, she has helped shape the way we view these talented sports icons. But somewhere along the line, she realized, they had begun to shape her.

Now, she presents the astonishing inner qualities in these same people that pushed them to overcome pressure, elevate their performances, and discover champion identities. Based on years of observing, interviewing, and analyzing elite coaches and playmakers, such as Bill Belichick, Peyton Manning, Michael Phelps, and more, Jenkins reveals the seven principles behind success:

- Conditioning
- Practice
- Discipline
- Candor
- Culture
- Resilience
- Intention

Discover how you can apply these same principles to your life and become your own champion. Colorful, inspirational, and accessible, *The Right Call* is the one stop shop for anyone wanting to learn how to effectively elevate themselves to greatness.

HEAT ILLNESS PREVENTION

24 HRS
BEFORE
COMPETITION
start the heat illness prevention process

BODY COOLING
STAY COOL BEFORE, DURING
AND AFTER EXERCISE
Use wet towels, remove padding if possible & rest in the shade during breaks

12-16 OUNCES
PER DAY
DRINK $\frac{1}{4}$ CUP WATER
EVERY 15 MINUTES
DURING EXERCISE
Hydrate with water before, during and after exercise



AVOID
SALT



AVOID
CAFFEINE



ACCLIMATIZE
TO HOTTER
TEMPERATURES



REPLENISH
ELECTROLYTES
AFTER EXERCISE

DRINK MORE WATER!

BETTER
MOOD



BRAIN
BOOSTER



HEALTHY
HEART



REMOVE
TOXINS



CLEAR
SKIN



JOINT
MOBILITY



MUSCLE
GAIN



WEIGHT
LOSS



KNOW THE SIGNS OF HEAT ILLNESS

- HEADACHES
- DIZZINESS/FAINTING
- WEAKNESS
- WET SKIN
- IRRITABILITY
- CONFUSION
- EXCESSIVE THIRST
- NAUSEA/VOMITING

AED



AUTOMATED EXTERNAL DEFIBRILLATOR

Sudden Cardiac Arrest (SCA) is the number one cause of sudden death in student-athletes during activity. In the event of a sudden cardiac arrest episode and automated external defibrillator (AED) can save a life.

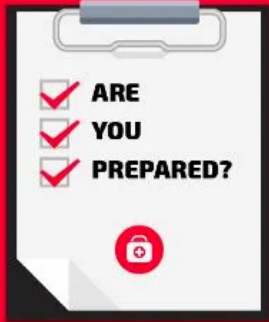
Each minute defibrillation is delayed, the chance of survival decreases 10%

The following can serve as an AED checklist to be sure you are prepared.

The AED is easily accessible at every practice/game

- ✓ location and available for use within 2-3 minutes (ideally it is onsite)
The device is NOT in a locked or secured area where retrieval could be a challenge.
- ✓ Personnel are always available onsite who are trained in CPR and AED use.
- ✓ The AED is checked regularly to ensure it is working and the pads and battery are not expired.
- ✓ The Emergency Action Plan has been rehearsed PRIOR to the beginning of the season with everyone potentially involved in the emergency response.
- ✓ Someone has been designated to retrieve the AED if needed. This person know the exact location of the device at all times.

Emergency Response Planning



As fall sports and activities start in Idaho and across the country, the IHSAA and the NFHS Sports Medicine Advisory Committee (SMAC) wanted to call your attention to the importance of having an Emergency Action Plan (EAP).

The potential for a medical emergency is ever present. The risks of catastrophic injury and sudden death exist during both practice and competition. The purpose of the EAP is to facilitate a prompt, efficient, coordinated response in the case of a medical emergency. All schools and school districts should have an EAP that addresses medical emergencies among athletes, staff, officials and spectators. Planning, preparation and practice are the keys to achieving success in the case of an actual emergency.

ALL schools should have an EAP in place for all high school sports and activities for the 2023-24 school year. The plan should be current, practiced and executed.

The resources (BELOW) for school administrators, athletic directors, coaches, parents and students are also available from the NFHS and the NFHS Sports Medicine Advisory Committee (SMAC):

- *"Emergency Action Plans: Practice Makes Perfect"*
- NFHS High School Today Article
- *"The Collapsed Athlete"*
- NFHS Online Course from NFHSLearn.com
- *Anyone Can Save a Life*
- Emergency Action Planning Program
- *"Emergency Planning in Athletics"*
- NATA Position Statement
- *"Roles & Responsibilities of your Emergency Action Plan"*
- Korey Stringer Institute



90+
COURSES

60+
FREE COURSES

15,000,000+
COURSES DELIVERED

COURSES FOR EVERYONE

- Coaches
- Students
- Administrators
- Parents
- Officials
- Performing Arts

 SOUTH CENTRAL HIGH SCHOOL 2020-21	 SOUTH CENTRAL HIGH SCHOOL 2020-21	 SOUTH CENTRAL HIGH SCHOOL 2020-21
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SCHOOL HONOR ROLL

LEVEL 1 COURSES

- Fundamentals of Coaching*
- Concussion in Sports*
- Sudden Cardiac Arrest*
- Protecting Students from Abuse*



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Teachers report changes in students' attention span, focus, and self-control due to the use of nicotine products.

”

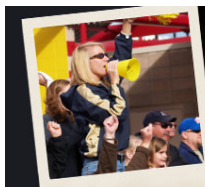


Visit projectfilter.org,
or email projectfilter@dhw.idaho.gov
for more information on helping teens quit nicotine.



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February 2023



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