



# April 2019 Issue

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# IHSAA EXPRESS

## Supporting Education Through Activities



### The Story Behind the Vallivue HS Student Broadcasting Program

Thanks to the staff and hardworking students at Vallivue High School, the Student Broadcasting Program has been created as one of Idaho's pioneer schools partnering with the NFHS Network. At VHS, Derek Self is in his third year as a career technical educator. During his time at VHS, he has implemented video production into the curriculum and has worked to be a vital part of the Vallivue Student Broadcasting Program.

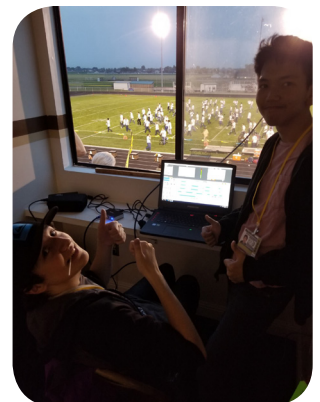
The program was created after student leaders had an idea to do a weekly newscast called VSPN- Vallivue Sports Programming Network- a show that would inform the student body of what is happening at the school and encourage them to come to activities. The student council advisor had originally planned to start small, having her students create the videos. However, Derek had just started teaching an Introduction to Video course and thus, they decided to join forces. Now, these student leaders are the anchors for the show and the students in Self's video class do the production work as part of their in class assignments. In a little over a year, this program has morphed from a weekly newscast to where it is now: doing biweekly newscasts and live streams nationally with even loftier goals in sight to increase production and program reach in the following years.

Vallivue's nationwide live streaming came to fruition after Mr. Self contacted the NFHS Network to inquire about the school's broadcasting program. After more correspondence, Vallivue ultimately decided to become a partner school with the Federation and the NFHS Network. This incredible opportunity for this Idaho school has helped their program grow tremendously. The Network provides all of the "behind the scenes" legwork for live-streaming. All that these hard-working students need to do is show up, plug-in, and produce. The partnership makes it less stressful for the students by taking care of the smaller details and allows them to focus on the necessary skills to deliver a successful and entertaining live broadcast.

Originally, this started smaller, simply capturing the events with a microphone that picked up on the audio for the event. Eventually the school began broadcasting VHS football and was able to live-stream the team's quarterfinal game this past season against Idaho Falls. Vallivue was able to have two staff members provide play-by-play commentary for the NFHS broadcast. Today, the Vallivue SBP has grown such an interest in the student body, that inquiring students are able to learn more about sportscasting and are given the opportunity to provide commentary for home basketball games.

With the assistance of the Vallivue administration, the information technology staff in the Vallivue school district, and the support of the city of Caldwell and its communities, Vallivue has become a model of these incredible opportunities that are available to all Idaho schools through their partnership with the NFHS Network.

For information on partnering with the NFHS Network and beginning a Student Broadcasting Program in your school, contact the IHSAA or the NFHS Network at <https://www.nfhsnetwork.com/sbp>



## ADMINISTRATION CORNER

### DATES TO REMEMBER

4/1	April Fools Day
4/1-4/2	IAAA Conference - Riverside Hotel
4/3	IHSAA Board of Directors Meeting
4/10	Interscholastic Star Scholarship Due
4/11-4/12	State Speech - Rocky Mt. High School
4/15	Student Advisory Council Applications Due
4/19	Spring Eligibility Verifications Due
4/21	Easter



### TO DO IN APRIL

- \_\_\_ Attend IAAA State Conference
- \_\_\_ Distribute Fall Contracts for 2019-2020
- \_\_\_ Distribute Winter Contracts for 2019-2020
- \_\_\_ League Meetings
- \_\_\_ Prepare for Spring District Tournaments
- \_\_\_ Verify Eligibility for Spring Sports
- \_\_\_ Nominate a student for the IHSAA Student Advisory Council
- \_\_\_ Nominate a student for the Interscholastic Star Scholarship
- \_\_\_ Nominate a student for the Spirit of Sport Award
- \_\_\_ Put together a Unified Team from your school



### IHSAA CITIZENSHIP CITATION

CONGRATULATIONS to the following students from Compass Public Charter on receiving the IHSAA Citizenship Citation

**Emma White Avery Vaughn Audra Kendrick Marshall Rasmussen**

Schools may submit student names for Citizenship Citations to the IHSAA twice each year. Names will be published in the December and April IHSAA Express. Individualized certificates will be mailed to the schools for presentation to their students.

#### Criteria for receiving the citation are:

1. Participation in an IHSAA sponsored activity.
2. Demonstrates generosity and a genuine concern for others.
3. Demonstrates a willingness to abide by rules of the school.
4. Maintains self control at all times.

### APRIL SPORTSMANSHIP HINT

Remind your athletes why honest, spontaneous celebration of achievement is not only allowed, but also welcomed, and why preplanned, showy displays designed to insult the other team are not.



## SPORTSMANSHIP MATTERS



### SCHOOL SPORTSMANSHIP AWARDS

A sportsmanship award is presented at state tournaments in boys and girls soccer, volleyball, and boys and girls basketball to the school in each classification that exhibits the best sportsmanship.

#### 2019 Winter Season Sportsmanship Award Winners

	<u>Girls Basketball</u>	<u>Boys Basketball</u>
5A	Boise	Borah
4A	Mtn. Home	Moscow
3A	Buhl	Fruitland
2A	Melba	North Fremont
1A DI	Grace	Liberty Charter
1A DII	Kendrick	Lighthouse Christian

## COACHES CORNER



*PRINCIPLES OF Gregg Popovich*

**RELATIONSHIPS:** Put People First, Be Honest, Be Fair

**WORK ETHIC:** Compete, Be Disciplined, Strive for Growth

**CHARACTER:** Respond to Adversity, Have a Sense of Humor

**HUMILITY:** Get Over Yourself, Enjoy Someone Else's Success

**INTROSPECTION:** Be Real, Admit Mistakes, Adapt + Overcome

**PERSPECTIVE:** See the Big Picture, Give Back, Make an Impact

**EMPATHY:** Care About Others, Spend Quality Time, Listen

### NFHS LEARN COURSE OF THE MONTH

**NCAA ELIGIBILITY** - This FREE course is designed to educate high school coaches, administrators, and parents about the NCAA's initial-eligibility requirements. After completing the course, you will be more knowledgeable and prepared to advise your student-athletes about the NCAA initial-eligibility standards, as well as the steps student-athletes need to complete in order to compete in NCAA Divisions I and II athletics.

**DID YOU KNOW...** 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 an opportunity for Idaho teacher/coaches. Teacher/Coaches can earn (1) college credit from the U of I by taking the Fundamentals of Coaching course developed by the NFHS. Registration deadline for the Spring Semester course is April 22, 2019 For detailed information [CLICK HERE](#)



*powered by dairy west*

Dairy West's dairy farm families are passionate about their commitment to fueling student athletes with nutrient-rich dairy products to perform in sport and in the classroom.

With the State Tournaments wrapped up for the Winter Season, awaiting the Spring Tournaments - we want to share some highlights from the 2018-19 State Tournaments held thus far:

- **76,236 units of milk provided for a total of \$21,840.38 from Dairy West**
- **40 Milk Crew High-School student-led clubs collectively received \$22,250.00 by Dairy West to support their program efforts for distributing the milk to the student-athletes and fans**
- **\$146,155.08 in sponsorships from Dairy West for state sweat-shirts provided to 7807 participating student-athletes.**

Building the connection for student athletes of the importance of good nutrition and physical activity is why we work to empower YOU: the Coaches, Athletic Directors, and Administrators that influence these athletes each and every day; with the resources and information you need to orchestrate those conversations.



**NUTRIENTS TO REFUEL.  
PROTEIN TO REBUILD.  
TRUSTED BY ATHLETES.  
BACKED BY SCIENCE.**



For more information about Dairy West and Sports Nutrition Resources, contact Jaelyn St. John at [jjstjohn@dairywest.com](mailto:jjstjohn@dairywest.com) or 208-810-7559

# WE WANT YOU...

## Be a Part of the Idaho High School Activities Association

### INTERSCHOLASTIC STAR SCHOLARSHIP

Activities have helped me realize exactly how much I can accomplish by being a part of a team.  
- Abby Kofoed



Abby Kofoed - Middleton High School

Do you have a “jock” in your dance/cheer program? If so, this scholarship opportunity may be perfect for him/her. The Idaho High School Activities Association sponsors the Interscholastic Star Scholarship program.

This award is geared towards those well-rounded, leaders in your school who participate in IHSAA sports and activities.

Five, \$1000 awards are given (one for each classification) to the recipients’ college of choice. Five, \$500 awards are given (one for each classification) for each runner-up. Not only do the kids get money, five schools will also receive money from the IHSAA (\$500 for winners’ schools). It is a GREAT program! Here are the basics:

- All applicants must be current **JUNIORS**
- All applicants must participate in at least one IHSAA sport and one IHSAA activity (or have done so at some point in their first three years of high school). It’s not an either/or thing, they have to have done both!
- All applicants must be nominated by their principal. There are a limited number of applications allowed per school (see application and guidelines attached).
- **All applications are due to the IHSAA by APRIL 10th.**
- Applications on-line at [www.idhsaa.org](http://www.idhsaa.org)

We encourage you to identify a deserving student and encourage them to submit an application. Be sure to work with your building principal on this!

If you have any questions, please feel free to contact the IHSAA

**Thanks for all you do!**

### 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 2019-20 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 2019-20 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 2019.

**Applications are due April 15th**



### BATTLE OF THE FANS



The IHSAA Student Advisory Council (SAC) will annually recognize two Idaho schools for their entry into the “Battle of the Fans” contest.

Schools submit a 90-second video link that is posted on YouTube. Large School (5A-4A) and Small School (3A-1A) submissions are judged on Sportsmanship; School Spirit; Originality; and Student Section Leadership that supports the mission of the SAC and the IHSAA.



Schools are awarded a “Battle of the Fans” banner to be presented and hang in their school.

In 2019 there were 8 schools that entered the contest. Videos can be viewed on the IHSAA website [www.idhsaa.org](http://www.idhsaa.org) under the student tab

**2019 Battle of the Fans Winners**

**Large Schools – Lewiston Bengals**  
**Small Schools – So. Fremont Cougars**



Congratulations and thank you to all schools that participated in the 2019 Battle of the Fans. Be a part of the 2019-2020 contest. Start planning now to raise the Battle of the Fans Banner at your school in 2020

### State Dance Championship Teams

- 5A - Eagle
- 4A - Shelley
- 3A/2A/1A - Idaho Arts Charter



### State Girls Basketball Championship Teams

- 5A - Eagle
- 4A - Century
- 3A - Sugar-Salem
- 2A - Soda Springs
- 1A DI - Shoshone
- 1A DII - Carey



### State Cheer Championship Teams

- 5A - Highland
- 4A - Bonneville
- 3A - Weiser
- 2A/1A - Oakley



## CONGRATULATIONS TO ALL PARTICIPANTS OF THE 2018-19 WINTER STATE EVENTS

### State Debate Championship Teams

- Large School Sweepstakes - Rigby
- Medium School Sweepstakes - Columbia
- Small School Sweepstakes - Renaissance



### State Boys Basketball Championship Teams

- 5A - Borah
- 4A - Idaho Falls
- 3A - Sugar-Salem
- 2A - North Fremont
- 1A DI - Prairie
- 1A DII - Lighthouse Christian



### State Wrestling Championship Teams

- 5A - Post Falls
- 4A - Kuna
- 3A - Sugar-Salem
- 2A - Ririe



## BECOME AN NFHS NETWORK SCHOOL

The NFHS Network School Broadcast Program (SBP) makes it easy for students to produce live video broadcasts by providing the software, tools and training they need. With our proprietary technology, schools can produce and distribute high quality events throughout the year including regular season sports, graduation, band, cheer events, as well as other school activities. Broadcasting these events on the NFHS Network is a great way for a school to showcase its students and activities while strengthening the connection with parents, players, boosters and the community. The platform allows both live streaming and archiving for on-demand viewing. Your fans will be able to watch your events whenever they want, wherever they are. Becoming part of the NFHS Network School Broadcast Program is easy and you can get started with as little as a camera, a laptop, and an Internet connection.

**Contact NFHS Network NOW**

### BENEFITS of PARTNERSHIP

#### EDUCATION



The NFHS Network School Broadcast Program provides a platform for students to learn about production and broadcast journalism. The program gives students an unprecedented opportunity to gain hands-on video production and on-camera experience. Participation in the program helps prepare students for college and professional careers in the journalism industry.

#### REVENUE



Live broadcasts of sporting events on the NFHS Network require viewers to purchase a pass to watch. The pass model enables schools to participate in the School Broadcast Program for free and provides an opportunity for the school to raise money. Schools receive 50% or more of the proceeds from school produced live events.

#### COMMUNITY



The NFHS Network School Broadcast Program provides schools with a platform to showcase excellence and to enhance their connection with the community. Participating schools have a dedicated school-branded channel that makes reaching alumni, friends, and family outside the local area easy. Broadcasting school events is a unique way to increase school spirit throughout the community.

# 7 CONSIDERATIONS FOR COACHES TO MAKE HIGH SCHOOL SPORTS IMPACTFUL

IMPACT: TO INFLUENCE, TO EFFECT

## 7.9 million

High school student-athletes in the U.S.

### 1 Establish a sound coaching philosophy that prioritizes student-athlete development

Emphasize academics and offer resources to your student-athletes, create guidelines for how you will deal with character issues on your team (e.g., policies for dealing with poor sportsmanship in practice or games), and outline what type of person you want to represent your program.

### 2 Build meaningful relationships with your student-athletes based on trust and respect

Allow student-athletes to build autonomy by giving them the opportunity to make decisions, engage them in problem-solving and setting team expectations and acknowledge who they are as people, not just as student-athletes.

### 3 Be intentional by teaching sport skills and life skills concurrently

Use drills, competitions, discussions with the team as opportunities to blend both sport skill and life skills (e.g., emphasize the importance of perseverance in 2 on 1 match-ups).

### 4 Highlight the connections that exist between sport and life outside of sport

Take "learning" moments seriously and stop the activity to discuss how it can help student-athletes build leadership, communication skills, etc. and how they may see that translate into other aspects of life.

### 5 Work with parents constructively and positively for the benefit of student-athletes

Initiate relationships with your student-athletes' parents. Communicate often with them and establish the boundaries of their relationship to the sport. Give them a chance to feel like they are contributing positively to their child's experience.

### 6 Integrate winning and development as inclusive pursuits of your coaching

Sport inherently has a winner and loser due to its competitive outcomes, however competing is not a BAD thing. Create a mixture of outcome-based goals (e.g., beat your rival team, qualify for post-season) with task-based goals (e.g., improve in a drill at practice, give each team member their own self-referenced goal such as improving in free-throws in practice). This balance helps student-athletes continue to develop while decreasing pressure.

### 7 Most of all, advocate for a fun, safe, engaging, accessible, and inclusive sport experience

Ask yourself the question: "How can I reach more student-athletes or make the sport experience more enjoyable for my student-athletes?" at the beginning of each season. Follow through with ways you think will improve the experience and seek feedback from your team regarding their thoughts on the changes.

## Idaho Receives Special Recognition from the NIAAA



Way to go, Idaho! The Idaho Athletic Administrators Association (IAAA) was one of eight state associations to receive Special Recognition for NIAAA Membership Commendations in all three categories for 2017-2018.

Commendation qualification requirements include raising NIAAA membership by 10% or more over the previous year, being at record NIAAA membership, or by maintaining at least 70% NIAAA membership among athletic directors in schools belonging to your state athletic/activities association.

## Tol Gropp Receives 2018 NIAAA Distinguished Service Award

Timberline High School Athletic Director Tol Gropp received the NIAAA Distinguished Service Award at the 2018 NIAAA National Conference in San Antonio. Tol was recognized by the NIAAA Board of Directors and was selected from nominations by the Idaho Athletic Administrators Association.



## Wendy Spiers Receives 2019 NIAAA State Award of Merit



Wendy Spiers, CMAA, Athletic Administrator for Eagle Middle School in Eagle, Idaho will receive the 2019 NIAAA State Award of Merit during the Idaho Athletic Administrator's Association state conference on April 1. This annual award is provided by the National Interscholastic Athletic Administrators Association (NIAAA), for recognition of meritorious dedication to High School and Middle School Athletics.

## 10 MANAGEMENT TIPS FOR GREAT LEADERS

### Share information

Communicate the news that you can, so minds don't wander.

### Adjust your style

You have many different communication styles and personalities on your team. Don't think that you can manage everyone the same way, and don't assume everyone likes to be managed the way you like to be managed.

### Have fun

Your team wants to enjoy going to work. Play ten minutes!

### Raise your hand

When your people see you putting in extra hours, they are inspired to jump in and follow your lead.

### Say thanks

People want to feel appreciated! A simple thank-you note doesn't cost a thing, and it makes a huge difference.

### Remove obstacles

Bureaucracy stifles creativity and innovation. Cut down some of the paperwork.

### Focus your time

It's the old 80:20 principle. Focus the majority of your time and attention on the 20% of your people and projects that generate 80% of your results.

### Empower through delegation

We know no one can do it as well as you can, BUT you need to delegate to give yourself time to complete tasks more appropriate for your level.

### Set small milestones

If you can't match last year's numbers, set milestones that can be reached.

### Give feedback

Your direct reports want feedback, and it's crucial in making your team as productive as possible.

## MOVING FORWARD



What will YOU do to ensure high school sport remains accessible to all (or as large of a body of students as possible)?

How can you help high school sport resist the professionalization of youth sport?