



- * **SCHOOLS OF EXCELLENCE**
- * **SPOTLIGHT - Bruce Benson, Madison - Speech/Debate**
- * **UDI/DAIRY WEST - 2018 Sports Nutrition Symposium**
- * **MEET THE STUDENT ADVISORY COUNCIL**
- * **WELCOME NEW IHSAA BOARD MEMBERS**
- * **IHSAA Interscholastic Stars Announced**
- * **IHSAA SPORTS MEDICINE ADVISORY COMMITTEE**
The Necessity of Pre-Participation Physical Exam for High School Athletes



IHSAA EXPRESS

Supporting Education Through Activities

SCHOOL SPOTLIGHT

Madison HS - Speech & Debate
Bruce Benson, Speech/Debate Teacher

Describe what makes your school special?

The students we have at Madison are great each year. We have a very good faculty. I believe this helps students to take pride in their school.

What inspires you to teach/coach?

I get to see tremendous growth in students. I get to watch shy students emerge at the end of the semester with confidence.

What core values do you have for your teams?

I use coach John Wooden's Pyramid of Leadership - I teach them that preparation is more important than focusing on winning. Our focus is on preparing and doing our best. I teach them to have intergity in all situations.

What is the most rewarding part of being a coach?

Getting to work with amazing students.

What are the academic and behavioral expectations for the student-athletes at your school?

We place them at a higher level as they not only represent themselves, but they represent their families, their coach, school and community.

What advice would you give a new coach?

Love your students!



IHSAA Selects Five Interscholastic Stars

The Idaho High School Activities Association have named five high school juniors as the 2017-18 recipients of its annual Interscholastic Star Student Recognition Awards.

This scholarship program is sponsored by the Idaho High School Activities Association and was established in 1992 to recognize and reward outstanding students who participate in high school athletic and non-athletic activities.

Abby Kofoed was selected as the "Idaho Star" for 2017-18 and will grace the back covers of the 2018-19 state tournament programs, as well as speak at the IHSAA Hall of Fame banquet.

Nominees for the scholarships are exemplary students who:

- Through their participation, they strengthen interscholastic sports and activities programs in their schools and community.
- Are active contributors to school and community organizations and programs.
- Are good citizens and positive role models for their peers.
- Promote the ideals of good sportsmanship and citizenship.

Interscholastic Stars receive a \$1,000 scholarship to the college of their choice. A \$500 check is also given to each Interscholastic Star's school. Runner's up at each level receive a \$500 scholarship.

All five 2018 Interscholastic Stars are leaders in their schools and communities:

- **1A Star – Katherine Doumit** – A three-sport athlete at Troy High school, Katherine is also active in Student Government, FFA and Choir.
- **2A Star – Rachel Gebhardt** – Rachel is involed in Music and Student Government while participating in three sports at Salmon High School.
- **3A Star – Sydney Sterling** – A member of the Parma High School's Cheer and Band programs, Sydney also participates in Golf and Volleyball.
- **4A Star – Abby Kofoed** – A three-year letterman and captain of the Middleton High School Soccer team, Abby has also been involved in multiple choral and theatrical productions.
- **5A Star – Olivia Love** – A top performer on the Eagle High School Speech and Debate teams, Olivia is also a member of NHS, Girls State, and the Track & Field team.

Congratulations to all that applied, our finalists, and recipients.

Idaho Star, Abby Kofoed



THANK YOU

Bob Squires

IHSAA Track Official

Bob lead the Parade of Athletes at the 2018 3A/2A/1A State Track Meet. Bob attended the meet for the 65th year in a row!



THANK YOU

USTA

Bubba Bennett, USTA official and Pat Coffey, 5A Tennis Tournament Manager. We appreciate all of our managers and officials!



Special Olympics of Idaho & IHSAA Unified Sports & Activities

Get Your School Involved...

- Click the Link Below
- High School Playbook
- Reference Guide
- Coach Guidelines
- Student Guidelines
- Athlete Application
- Partner Application



AD Stuff

DATES TO REMEMBER

- 6/7 - Spring Concussion Due
- 6/14 - IHSAA Board Meeting
- 6/17 - Fathers Day
- 7/4 - Independence Day
- 8/1 - IHSAA Board Meeting
- 8/1 - IHSAA Annual Meeting
- 8/1 - Hall of Fame Banquet
- 8/1-8/5 NO CONTACT
- Soc/FB/Cheer/Dance
- 8/6 - 1st Practice
- Soc/FB/Cheer/Dance
- 8/1-8/9 NO CONTACT
- SW/VB/XC
- 8/10 - 1st Practice
- SW/VB/XC

SPRING ACADEMIC STATE CHAMPIONS

TRACK - Boys

- 5A - Highland 3.803
- 4A - Bishop Kelly 3.630
- 3A - Sugar-Salem 3.619

TRACK - Girls

- 5A - Boise 3.798
- 4A - Bishop Kelly 3.808
- 3A - Gooding 3.860

TRACK - Combined

- 2A - Declo 3.683
- 1A - Rockland 3.823

BASEBALL

- 5A - Eagle 3.667
- 4A - Idaho Falls 3.549
- 3A - Shelley 3.360
- 2A - Firth 3.569
- 1A - Prairie 3.330

SOFTBALL

- 5A - Mt. View 3.760
- 4A - Century 3.713
- 3A - Shelley 3.748
- 2A - West Jefferson 3.818
- 1A - Greenleaf Friends 3.799

TENNIS - Boys

- 5A - Madison 3.878
- 4A - Bishop Kelly 3.855
- 3A/2A/1A - Fruitland 3.860

TENNIS - Girls

- 5A - Rocky Mt. 3.950
- 4A - Middleton 3.920
- 3A/2A/1A - Fruitland 3.932

GOLF - Boys

- 5A - Capital 3.786
- 4A - Century 3.614
- 3A - Homedale 3.700
- 2A/1A - Declo 3.771

GOLF - Girls

- 5A - Boise 3.885
- 4A - Pocatello 3.974
- 3A - Shelley 3.843
- 2A/1A - Declo 3.820

2018 IHSAA HALL OF FAME BANQUET

The Idaho High School Activities Association annually honors individuals who have given many years of exemplary service to Idaho's youth. The 39th annual Hall of Fame banquet will be Wednesday, August 1, 6:30 p.m. at the Boise Centre in downtown Boise. Other awards to be presented at the banquet include the Dick Fleischmann Memorial Award, the Wes Lowe Memorial Award and the Duane D. Wolfe Memorial Award. Distinguished Service Awards for each of the six activity districts, the Spirit of Sport Award and Official of the Year will also be presented.

The Necessity of Pre-Participation Physical Exam for High School Athletes



by
Eric Taylor MS, LAT, ATC

Angela D. Pellant MD



Family and Sports Medicine Board Members of the IHSSA SMAC

The goal of the Preparticipation Physical Exam (PPE) is to identify any potentially life threatening issues that would put the student athlete at risk. While current evidence suggests that not all health conditions can be 100% identified, a comprehensive physical exam can offer the athlete the best opportunity to enter his/her sport in the best physical condition possible. This exam should be performed by a physician, physician assistant, or nurse practitioner licensed in the state of Idaho. The exams can be performed in a clinic or in a group (station based setting). Exams should ideally be completed 6 weeks before the athlete's season begins. This will allow adequate time for any issues to be addressed and give the athlete the best chance at clearance for participation.

One of the most important parts of the PPE is the medical history. Providing your student athletes with the forms before they get to their PPE will allow the athlete and parent to complete the medical screening questions. These questions can be invaluable to the provider(s) completing the exam. Making sure these questions are answered and the forms are signed by both the parent and the student athlete are imperative to the logistical and legal aspect of the PPE exam.

The current minimum recommendation by the Idaho High School Activities Association is for high school athletes to be screened as they enter their freshmen and junior years. Medical history should be updated yearly on an "as needed basis." This can be accomplished by the athlete's primary care physician or in a station-based setting. There are various school districts (ie. Boise and West Ada) throughout Idaho that provide, in many cases, a station-based setting as a fundraiser for their school's health care programs. Athletic trainers, employed by their school district's or community outreach programs, bring various volunteer health care providers and community volunteers together to provide their athletes with a low cost comprehensive physical exam in a station-based setting.

This format, not only allows each school a valuable outlet for fundraising, but, more importantly, athletes can be examined by specialists (ie. cardiologists and orthopedic surgeons) at various stations in order to give the athlete the best possible comprehensive physical exam. Dr. George Wade, from Idaho Sports Medicine Institute, began this comprehensive physical exam fundraiser in the Boise and Meridian—now West Ada—school districts over 30 years ago. Dr. Wade and then Meridian High School Athletic Director, Rex Johnson, embarked on a plan to provide Treasure Valley athletes an annual opportunity to give back to their various high schools through this fundraising opportunity, and, in turn, the athletes received a quality preparticipation physical exam. This annual station-based fundraiser continues in the Boise and West Ada districts today.

Providing your student athletes with the opportunity to have their required PPE done in an organized station based, or individual screening setting, is a key to keeping our athletes safe and healthy. Integrating a fundraising aspect into these exams may be a good opportunity to help fund many of our student health programs.

Welcome New IHSAA Board Members



Jeff Stoppenhagen
Speech Arts Coaches
Representative
Columbia High School



Stacy Wilson
Boys Coaches
Representative
Buhl High School

Meet the IHSAA Student Advisory Council

The Student Advisory Council (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.



"Being a part of the IHSAA Student Advisory Council will allow dedicated Idaho students to give their perspective for Idaho activities and make a difference! Anyone looking to increase their involvement with sports and other activities should absolutely apply!"

- Virginia Monk, Genesee HS - 2016-17 Interscholastic Star

Congratulations to the 2018-19 IHSAA Student Advisory Council

- Hannah Bolingbroke - Madison HS
- Sydney Boyer - Nezperce HS
- Jozie Crawford - Middleton HS
- Zachary Deal - Wood River HS
- Rudy Dye - Capital HS
- Jason Hardy - Valley HS

COACHES Stuff

2018 Idaho State Coaches
Association Clinic
June 3-5
Barton's Club 93
Jackpot, Nevada

SPRING SPORTS STATE CHAMPIONS

TRACK - Boys

- 5A - Rocky Mt.
- 4A - Bishop Kelly
- 3A - Sugar-Salem
- 2A - Nampa Christian
- 1A - Valley

TRACK - Girls

- 5A - Mt. View
- 4A - Bishop Kelly
- 3A - Shelley
- 2A - Melba
- 1A - Raft River

SOFTBALL

- 5A - Boise
- 4A - Middleton
- 3A - Homedale
- 2A - New Plymouth
- 1A - Notus

TENNIS - Boys

- 5A - Eagle
- 4A - Century
- 3A/2A/1A - Parma

TENNIS - Girls

- 5A - Timberline
- 4A - Century
- 3A/2A/1A - Parma

GOLF - Boys

- 5A - Rocky Mt.
- 4A - Twin Falls
- 3A - Kellogg
- 2A/1A - Cole Valley Christian

GOLF - Girls

- 5A - Eagle
- 4A - Twin Falls
- 3A - Buhl
- 2A/1A - Cole Valley Christian

Do you truly LISTEN to others? The degree to which you truly listen to them is a reflection of your true ATTITUDE toward them.



@IHSAAcoach



COLLEGE CREDIT

The University of Idaho is offering 3 college credits for completion of the NFHS Certified Interscholastic Coach certificate. Go to the "Coaches" link at idhsaa.org



Learning Center

www.nfhslearn.com

JOIN US FOR THE

2018

SPORTS NUTRITION SYMPOSIUM

Don't miss the 2018 Sports Nutrition Symposium! A sports nutrition event designed to build your knowledge and your network.

**WEDNESDAY, AUGUST 1 AT JUMP, BOISE
9:00AM-3:00PM**

Fee (includes lunch): \$25. Advanced Registration is Required. bit.ly/SportsNutritionSymposium

Contact Jaclyn St. John at 208-810-7559 or jstjohn@dairywest.com for details.

SPONSORED BY



FEATURED KEYNOTE SPEAKERS



AMY MYRDAL MILLER, MS, RDN, FAND is an award-winning dietitian, farmer's daughter, public speaker, author, and president of Farmer's Daughter® Consulting, Inc., an agriculture, food, and culinary communications firm.



SUSAN KUNDRAT, MS, RD, CSSD, LDN is a Clinical Associate Professor of Kinesiology at the University of Wisconsin-Milwaukee. She is also the sports dietitian for Milwaukee Athletics and is especially interested in sports nutrition education and community-based service learning.



CHRIS MCGLORY PH.D. completed his Ph.D. in Nutritional Biochemistry at the University of Stirling in Scotland where he developed and applied methods to examine the cellular signals that regulate muscle growth. He is currently investigating the role of exercise and nutrition in promoting healthy aging.



2017-18 IHSAA Schools of Excellence

The Idaho High School Activities Association is pleased to announce the 2017-2018 winners of the "Schools of Excellence" program. This yearlong, voluntary program in which schools earn points based on their student-athletes' performance in athletics, academics and sportsmanship is the top award for the IHSAA and its member schools. The top three schools in each classification with the best overall programs will be recognized at the IHSAA Annual Meeting, August 1st.

5A

Rocky Mountain High School - Mike Hirano, Principal; Troy Rice, AD

2nd place – Eagle High School
3rd place – Mountain View High School

4A

Bishop Kelly High School - Mike Caldwell, Principal; Tom Shanahan, AD

2nd place – Twin Falls High School
3rd place – Century High School

3A

Sugar-Salem High School - Jared Jenks, Principal; Jay Miller, AD

2nd place – Shelley High School
3rd place – Snake River High School

2A

Declo High School - Roland Bott, Principal; Kelly Kidd, AD

2nd place – Ririe High School
3rd place – McCall-Donnelly High School

1A Div I

Prairie High School - Jon Rehder, Principal; Travis Mader, AD

2nd place – Oakley High School
3rd place – Genesee High School

1A Div II

Community School - Matt Barnes, Principal; Richard Whitelaw, AD

2nd place – Deary High School
3rd place – Lighthouse Christian High School



In addition to the primary awards, schools that score 90% on the Citizenship Component and have no player/coach ejections throughout the year or incidents of unsportsmanlike school behavior at state tournaments will receive an "Award of Excellence" certificate. The 2017-2018 Award of Excellence schools are Rocky Mountain, Eagle, Post Falls, Meridian, Bishop Kelly, Vallivue, Sugar-Salem, Weiser, South Fremont, Ririe, McCall-Donnelly, St Maries, Salmon, West Jefferson, Prairie, Genesee, Community School, Deary, Lighthouse Christian, Logos, and Garden Valley.

The three major areas of high school activities are weighted equally in determining recipients of the award.

The Citizenship Component is based on a school's self-evaluation of their citizenship/sportsmanship activities as submitted on an itemized form.

The Academic Component is based on the varsity team's cumulative GPA as submitted on the State Academic Champions application for all IHSAA sponsored sports/activity programs.

The Performance Component is based on place of finish at IHSAA-sponsored state championships and activity program competitions.



AUTOMATED SPORT PRODUCTION

The NFHS Network has partnered with **Pixellot** to offer a new hardware & software solution for automated live event production.

- One-time installation in your athletic venue
- All events are live broadcasted to the NFHS Network
- Fully automated (*no people required*)

HOW IT WORKS

- Panoramic view captures the whole playing field
- Auto-tracking feature enables cameras to follow the action
- No camera operator required
- Scoreboard automatically populates data for broadcast graphics
- All events stream to your branded school page on NFHSnetwork.com
- Each Pixellot unit can integrate with Hudl directly (one team per unit)



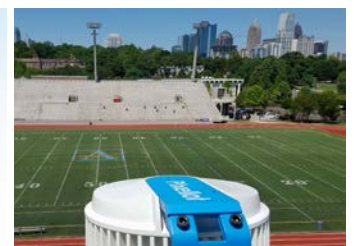
HARDWARE

Fixed installation includes:

- **Camera Unit** – single-mounted unit contains weatherproof HD cameras
- **Scoring Device** – plugs into scoreboard for automated score graphics in broadcast
- **Video Processing Unit** – for combining the video feeds and creating the automated production

PRICING

- Exclusive pricing only through NFHS Network



Contact the **NFHS Network** for more information: SBP@NFHSnetwork.com



The NFHS Network School Broadcast Program (SBP), powered by PlayOn! Sports, is a platform that allows your school to stream live events over the Internet and archive productions for on-demand viewing. Our digital platform provides a way to showcase schools' excellence.

What Your School Gets:

- Dedicated school-branded channel on NFHSnetwork.com to broadcast your live events and host your entire video library
 - Archive storage of all broadcasts
 - All content is available on mobile devices and tablets, including the NFHS Network mobile app for iPhone and Android
- Production software to broadcast live events that includes the ability to use graphics and insert videos – just like a TV broadcast
- Web-based content management system for managing events and cutting highlights
- Standard on-call customer support, training, and software updates
- Account Manager to be your primary contact and to assist with the implementation and development of the program
- For administrators, the SBP provides a platform to reinforce the school's key priorities and focus public discussion on more than just test scores
- For teachers, the SBP includes access to an A/V broadcasting curriculum and also provides an engaging learning experience for students
- For students, the SBP teaches not only real-life broadcasting skills but also sportsmanship, communication, teamwork, critical thinking, and leadership

Generate Revenue for Your School:

- Live broadcasts of sporting events (and for 72 hours after initial broadcast) will require a subscription to watch
- All non-sporting events, archived sporting events (after 72 hours), and highlights are free for viewers
- School may produce an unlimited number of events and highlights
- School may include sponsorship elements within the broadcast and keep 100% of funds raised
- School may elect to purchase discounted Annual subscription passes in bulk quantities and resell to fans - contact PlayOn for more information

What You'll Need:

- School must provide their own equipment for producing events, including a camera and laptop
 - School may provide its own laptop or choose to purchase a laptop from PlayOn for a one-time fee of \$1,000
 - Elgato video capture device
- Designate a program coordinator to be the main point of contact at the school
- Please take a look at our SBP Quick Start Site at sbp.nfhsnetwork.com

To Get Started:

- Please contact accounts@playonsports.com to get in touch with your dedicated Account Manager who will handle:
 - Sending you a participation agreement
 - A remote software installation
 - A remote training session

