

March 2018 ISSUE

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IHSAA EXPRESS

Supporting Education Through Activities



SCHOOL SPOTLIGHT

Soda Springs HS - Cross Country
Jeff Horsley, Science/PE Teacher

Describe what makes your school special?

Soda Springs High School is a small 2A school where students get the opportunity to participate in a variety of activities. We also have a good faculty at Soda Springs with a supportive administration and dang good kids!

What inspires you to teach/coach?

I LOVE my job as a teacher and coach. I had some great teachers growing up and I wanted to follow in their footsteps. I look forward to going to school each and every day. Watching the "light bulb" appear when a student understands a concept is addicting. Watching student-athletes have success when they put the time in and work hard is also addicting. There is always room for improvement and growth and that is what inspires me to try and be better every day.

What core values do you have for your teams?

One of the most important values I try and instill is to not be afraid of HARD WORK!!! Everyone wants to be champions, but not everyone wants to do the work. Another thing we try and instill is to be a decent human being and make the world a better place...it doesn't take a lot of effort to be kind.

What is the most rewarding part of being a coach?

There are several things I enjoy about being a coach. One of the highlights is having a former athlete contact me and express thanks for the lessons they learned while they were a part of our program. As a coach, you spend a ton of time away from your family with minimal compensation...these "thank you" messages are not why I coach, but they still give me goose bumps and it's hard to put a price tag on knowing that you had a positive impact on another person.

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

Athletics is an extra-curricular activity and students are expected to be STUDENT-athletes...notice the student comes first. Students are expected to meet our school requirements for eligibility, which are checked each week. If students do not meet these requirements, they do not participate in competitions that week. Students are also expected to represent themselves, their parents, their school, and their community in a positive light.

What advice would you give a new coach?

I would advise any coach to always try and learn new things and never be satisfied with where you are at...that doesn't mean you can't enjoy your successes, but there is always room for improvement. I've always said that as soon as I know everything there is to know about a particular sport, it's time for me to find something else to do.

Dairy West proudly partners with the Idaho Athletic Administrator Association (IAAA) to support fueling young athletes. Dairy West is excited to announce Natalie Christensen will be presenting at the IAAA annual conference on April 9th, 12:15 pm at The Riverside Hotel in Boise. She will discuss **Four Key Strategies for Creating a Culture of Wellness within Sports**.

Participants will be able to:

1. Identify at least four health consequences of RED-S.
2. Describe at least four ways energy deficiency negatively affects sport performance.
3. Identify two Policy Guidelines for encouraging a Wellness Culture within sports.
4. Explain how the five key strategies discussed will help create a culture of wellness.

Natalie is Idaho State University's SCORESM dietitian. As the SCORESM dietitian, she focuses on Smart Cooking On the Run Every day! You can learn more about the SCORESM program. [CLICK LINK](#)

As a former athlete and graduate of ISU, Natalie has been able to reach out to athletes, trainers, coaches, and administrators to educate them to the impact of nutrition on competitive performance. She provides nutrition education in a variety of settings: team talks, cooking classes, grocery store tours and one-on-one counseling. Natalie loves guiding athletes through such challenges as diet restrictions, IBS, fatigue, chronic injuries, weight gain, weight loss, body image concerns, and lack of time, money, or cooking skills.



Natalie is a graduate of Idaho State University with a degree in Dietetics.

She and her husband are happy parents of five children who all enjoy sports, hiking, camping, and travelling.

Please join us April 9th to learn more about youth wellness and sports! Be sure and visit our new website www.dairywest.com for more educational opportunities.



UNITED DAIRYMEN — A DAIRY WEST PARTNER

IHSAA Student Advisory Committee

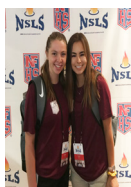
The Idaho High School Activities Association announces the development of the IHSAA Student Advisory Committee (SAC) beginning spring of 2018.

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 Committee promotes the ideals of the IHSAA, including leadership, sportsmanship and integrity.

Students nominated for the Student Advisory Committee 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.

NOMINATE YOUR STUDENT TODAY



2018 Idaho Athletic Administrators State Conference

Here is hoping that all the Athletic Directors are signed up for the 28th Annual Idaho Athletic Administrators Conference. This year again it will be held in Boise at The Riverside Hotel on April 8-10, 2018. We have some great speakers lined up and hoping this will be our biggest conference yet. If you have not signed up yet the deadline is March 16th and all information can be found on our website at <http://idaaa.org/>. We are also going to do a golf scramble on April 8th at Indian Lakes Golf Course. We will also be offering 3 LTI classes and have Lee Green from Kansas here teaching two of them. We would love to see you so get signed up as soon as possible.



AD Staff

DATES TO REMEMBER

- 3/1-3/3 - State Boys BB
- 3/5 - Cheer/Dance Rosters
- 3/7 - 1st Spring Competition
- 3/9-3/10 - State Debate
- 3/16 - State Cheer
- 3/17 - State Dance

SPORTSMANSHIP

Congratulations to the following schools as they were winners of the team Sportsmanship Awards at the 2018 State Girls Basketball Tournament

- 5A - Eagle HS
- 4A - Burley HS
- 3A - South Fremont
- 2A - Melba
- 1A DI - Oakley
- 1A DII - Nezperce

ACADEMIC STATE CHAMPIONS

Girls Basketball

- 5A - Rocky Mt. 3.871
- 4A - Century 3.856
- 3A - Kimberly 3.908
- 2A - Melba 3.855
- 1A DI - Greenleaf 3.839
- 1A DII - Nezperce 3.896

Boys Basketball

- 5A - Madison 3.823
- 4A - Century 3.721
- 3A - Parma 3.676
- 2A - Declo 3.693
- 1A DI - Raft River 3.721
- 1A DII - Logos 3.780

Cheer

- 5A - Madison 3.710
- 4A - Minico 3.519
- 3A - Weiser 3.793
- 2A/1A - Declo 3.664

Dance

- 5A - Eagle 3.708
- 4A - Jerome 3.684
- 3A/2A/1A - Declo 3.793

Wrestling

- 5A - Highland 3.576
- 4A - Bishop Kelly 3.321
- 3A - Sugar-Salem 3.267
- 2A/1A - Melba 3.223

IHSAA Rule of the Month

17-2-3 Rule of Two

a. No more than two students may be coached at one time by a member of their high school (grades 9-12) staff of that sport during the school year. (i.e., A boys basketball coach may coach girls basketball players of the same school and vice versa.)

b. Sport-specific or athletic classes (does not include cheer, dance or speech arts) offered during the regular school day must meet the following criteria:

1. Must be open to all students.
2. Must be a class for credit.
3. If the coach is teaching the class, he/she must be the teacher of record for that class.



BECOME AN OFFICIAL – STAY CONNECTED TO HIGH SCHOOL SPORTS

By Bob Gardner, Executive Director of the National Federation of State High School Associations
Ty Jones, Executive Director of the Idaho High School Activities Association.

They don't make the headlines, their names are not in the box scores and they don't make the all-star teams, but perhaps the most important individuals in high school sports are the contest officials.

These individuals are so important that, in fact, there would be no organized competitive sports at the high school level without the men and women who officiate these contests every day across the country. Subtract the dedicated men and women who officiate high school sports and competitive sports would no longer be organized; they would be chaotic.

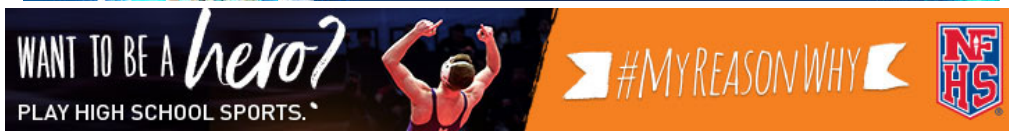
In some areas, high school officials are retiring faster than new licenses are being issued. And junior varsity, freshmen and middle school games are being postponed – or even cancelled – because there are not enough men and women to officiate them.

Anyone looking for a unique way to contribute to the local community should consider becoming a licensed high school official. For individuals who played sports in high school, officiating is a great way to stay close to the sport after their playing days have ended. Officiating helps people stay in shape, expands their social and professional network and offers part-time work that is flexible, yet pays. In fact, officiating is a form of community service, but with compensation.

Another benefit of officiating is that individuals become role models so that teenagers in the community can learn the life lessons that high school sports teach. Students learn to respect their opponents and the rules of the game and the importance of practicing good sportsmanship thanks, in part, to those men and women who officiate. And the objectivity and integrity that high school officials display is an example that every young person needs to observe firsthand. In short, communities around the country will be stronger because of the life lessons that high school officials help teach the next generation.

Officiating is a great way to stay connected to sports and to give back to the local high school and community. We need dedicated men and women to become involved so that high school sports can continue to prosper for years to come.

Individuals interested in learning more about becoming a high school official, and even begin the application process, can do so at www.HighSchoolOfficials.com.



MEET THE BOARD

Tracy Fuller, Speech Arts Representative



Meet Tracy Fuller - While serving for five years on the IHSAA Board of Directors, Speech Arts Representative, Tracy Fuller has worked with coaches and Activities Directors throughout the State of Idaho to become more knowledgeable and insightful to how all areas of the IHSAA work.

As a 1992 Centennial HS graduate, Tracy went on to become a "Talking Bronco" at Boise State University. While at BSU, Tracy was a member of the Speech and Debate teams. She earned a BA in Communication Secondary Education with a minor in Theater Arts. Tracy began her teaching career at Centennial and has taught Theater, Speech and Student Leadership. She is currently at Capital HS where she feels lucky to be a part of her students' lives and their stories.

Twenty years ago, Tracy married Jason Fuller, they have two amazing kids, Dallas Grace (5) and Jackson Drake (9). They are also raising two dogs, a cat, and a bearded dragon named Franklin. When Tracy isn't teaching Theatre, she takes advantage of her time during the summer. She loves a good road trip with the girls or with her kids. She has been active in competitive archery and while she hates running, she will run her fourth half marathon this June in Seattle.

Coach Staff



Idaho Coaches Twitter Account

The IHSAA has a new twitter account for Idaho HS coaches. Follow coaches education accounts covering leadership, team building strategies and more.
[@IHSAACoach](https://twitter.com/IHSAACoach)

Coaching Athletes to Stay Calm Under Pressure by Jeff Janssen

* Does your team have a tendency to self-destruct during late-game, high-pressure situations?

* Do you have athletes who mentally short-circuit under pressure?

* Does your game plan and the things you worked on all week in practice go out the window when your players are under stress?

Too much stress hurts your athletes physically with tight muscles, a loss of coordination, shallow breathing, rapid heart rates and excessive sweating, and it also scrambles your players brains.

Athletes under stress have a hard time tuning into your coaching, processing what you ask them to do and executing their roles and responsibilities.

They have trouble focusing on the task at hand, making smart decisions and feel overwhelmed, confused and harried. It's no wonder the breakdowns during crunch-time often are the result of mental breakdowns and not physical ones.

As a coach, you play a huge role in helping your athletes manage stressful situations. Many of your athletes take their cues from you, so it is critical you learn how to manage stressful situations.

Click the link below and discover the 7 Coaching Tips in Coaching Athletes to Keep Calm Under Pressure.

[CLICK LINK](#)

Quote from Coach

"I don't think coaching is about making a million dollars a year. I don't think coaching is about winning championships. I don't think coaching is about going to a great school. I think coaching is about helping young people have a chance to succeed. There is no more awesome responsibility than that. I think one of the greatest honors a person can have is to be called 'Coach.'"
- Lou Holtz



National Interscholastic Athletic Administrators Association

Announces The

2018 National Service Initiative



American Red Cross

Blood Drive Challenge

February 1 - November 30, 2018

Get your Section and State Involved!

Host a Blood Drive at State Conferences, Athletic Events, Tournaments, Individual, etc.

be a leader.

Why Host a Blood Drive?

- Support your community
- Energize your members by providing a convenient way to give back to the community
- Garner good will from inside and outside your organization by supporting the American Red Cross
- Join a 125-year strong movement of service
- Enjoy a partnership where everyone wins



It Feels Good to be a Part of Helping to Save Lives!

Use This Designated Link to Register - Be Sure to Enter NIAAA in the Organization Field!

<https://www.redcrossblood.org/hosting-blood-drive/register>