



NOVEMBER 2017 ISSUE

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IHSAA EXPRESS

Supporting Education Through Activities

SCHOOL SPOTLIGHT

Fruitland HS Baseball

Russ Wright, Biology Teacher/Coach

Describe what makes your school special?

Fruitland is an inclusive school. Most of the student body is involved in one type of extra-curricular program. We have great administrators, teachers and students who genuinely care about doing things to the best of their ability.

What inspires you to teach/coach?

Trying to help kids find and achieve their goals. The relationships that you develop with your players is special. Seeing ex-players get married and have kids while becoming the leaders that you knew they could be is a proud moment for any coach.

What core values do you have for your teams?

We want kids to understand the value of work, and that you can't cheat success. Baseball is a difficult sport to learn, it can be humbling even under the best circumstances. Our locker room door has a sign from BSU that states, "SUCCESS isn't owned, it's RENTED, and the rent is due EVERYDAY!" Baseball is not glamorous and you have to do it everyday to be good, a lot like everyday life. The players who realize the connection are the ones who really excel at the game and get the lessons learned.

What is the most rewarding part of being a coach?

Seeing what happens to our players after they leave the locker room for the last time. Very often, during their playing careers, they fail to understand the big picture. However, if we can get them to commit a full four years, our coaches always seem to have a strong relationship with graduating seniors.

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

We ask our players to perform on the field and in the classroom. Our goal is to win the academic state championship every year. We feel that the way our kids engage with students and their teachers is of great importance. We expect players to do their best in keeping our standards of respect and becoming high character individuals.

What advice would you give to a new coach?

Before becoming a teacher, I changed my major 3 times. My mother, who was a teacher, thought I was crazy. We need good young coaches who are going to stay in the business for the long haul. Our society needs good mentors, I had Rick Baumann and Mark Johnson, as it makes the path a bit easier and better. There isn't a better profession for shaping kids into adults.

How Does Dairy West Support Athletics in Idaho?

Dairy West and Idaho's dairy farm families are committed to youth wellness. Dairy West employs five registered dietitians. Dietitians are nutrition experts and know healthy living begins at an early age. Educating students on the benefits of properly fueling their bodies to support their athletic training and academic success has become more evident in current research. Dairy West's health and wellness team provides coaches with valuable resources to quickly and easily answer your athlete's nutrition questions.

Check out these resources to see how Dairy West can contribute to the wellness of your athletes.

While every athlete has individual needs, basic sports nutrition doesn't have to be complicated. Dairy West has downloadable sports nutrition information, such as the Performance Enhancing Plate, which provides a guide to getting all the nutrients an athlete needs. In this complimentary video, you can help parents make sense off all the information out there. [How do I know what to feed my student athlete?](#)

BUILD A PERFORMANCE-ENHANCING PLATE Properly fueling can provide an edge over other athletes who don't focus on their nutrition.

- ▶ Calorie and nutrient needs vary depending upon intensity and phase of training.
- ▶ This plate represents a hard training day. On light training days, substitute 1/4 plate of whole grains with 1/4 plate of fruits and vegetables.

HEALTHY FATS Moderate amounts of healthy fats provide a concentrated energy source and essential fatty acids. (nuts, seeds, oil and fatty fish)

WHOLE GRAINS Carbohydrates fuel muscles and are the quickest source of energy for athletes.

FLUIDS Stay hydrated by drinking fluids at mealtime and throughout the day. (milk, water, 100% fruit juice)

PROTEIN Protein foods are essential for building/repairing muscle and helping to support immune function.

FRUITS & VEGIES Many fruits and vegetables provide nutrients that have been linked to reduced oxidative damage from hard training.

© Dairy West. For advice on customizing a nutrition plan, consult a sports dietitian.

Often there is confusion as to what the difference is between whole milk and fat-free milk, also called skim milk. Let our dietitian's clear up that confusion with this video: [Does fat-free milk have the same nutrients as whole milk?](#)

Research shows that milk can be just as beneficial for the body as some sport drinks. Learn why you should recommend it to your athletes in this video: [Is chocolate milk a good way to recover post exercise?](#)

Dairy West's nutrition experts are here to answer your questions. You and your athletes can submit your Ask the Dietitian questions at www.idahodairy.org/



A Message from the Assistant Director

'Tis the Season to be Grateful

As we move toward the holiday season it is a special time to reflect on all the blessings we have due to participation in education based activities. We have everlasting relationships that were formed by good laughs and difficult times. Our character, which at times is tested on a daily basis, is stronger and more defined. Because we participate with others that share a common goal, we have a greater understanding of what it means to accept those that are possibly born different or have a different belief system than our own. We have an opportunity to represent our schools and communities, which develops a sense of hometown pride. As we are presented with different growth situations, our leadership abilities mature. We are the lucky ones. So as you start the winter season, be grateful that education-based activities have added value to your lives by assisting in making those who participate well-rounded individuals. We are better because we play. -Mike Federico

2017 Falls Academic State Champions

Girls Soccer

- 5A - Madison 3.895
- 4A - Century 3.910
- 3A - Community School 3.760

Boys Soccer

- 5A - Highland 3.729
- 4A - Bishop Kelly 3.706
- 3A - Community School 3.640

Girls XC

- 5A - Madison 3.941
- 4A - Emmett 4.000
- 3A - Gooding 3.890
- 2A - Soda Springs 3.831
- 1A - Troy 3.952

Boys XC

- 5A - Boise 3.876
- 4A - Bishop Kelly 3.785
- 3A - Snake River 3.776
- 2A - Salmon 3.695
- 1A - Highland (C) 3.881

Football

- 5A - Madison 3.532
- 4A - Bishop Kelly 3.406
- 3A - Homedale 3.467
- 2A - Declo 3.555
- 1A DI - Genesee 3.495
- 1A DII - Lighthouse 3.390

Volleyball

- 5A - Boise 3.797
- 4A - Skyview 3.855
- 3A - Gooding 3.930
- 2A - Salmon 3.774
- 1A DI - Prairie 3.912
- 1A DII - Nezperce 3.904

Girls Swimming

- 5A - Rigby 3.834
- 4A - Idaho Falls 3.750
- 3A - Kimberly 3.713

Boys Swimming

- 5A - Centennial 3.812
- 4A - Bishop Kelly 3.486
- 3A - Kimberly 3.335

AD stuff

DATES TO REMEMBER

- 11/3 & 11/4 - State Swimming
- 11/6 - FB rosters/pictures due
- 11/10 - 1st BBB Practice
- 11/11 - Veterans Day
- 11/13 - 1st Wrestling Practice
- 11/17 - Milk Bowl
- 11/23 - Thanksgiving
- 11/28 - WR weight assessment window closes

MONTHLY CHECKLIST

- ___ Promote Activities Schedule
- ___ Prepare Gym for Visitors
- ___ Review Winter Schedules
- ___ Review Gym Schedules
- ___ League Meetings
- ___ Finalize Spring Schedules
- ___ Winter Emergency Plans
- ___ Winter Gym Schedule
- ___ Update Webpage
- ___ Grade Reports
- ___ Coaches Requirements
- ___ Winter Game Management
- ___ Check Arbitrator Schedule

OFFICIALS' CORNER

**Officiating is a Tough Job,
But those who do it "LOVE IT"**

Officials from all sports are frequently asked the question, "Why would you ever choose to be an official?" Officials are always being yelled at, being called all sorts of names, and their calls are constantly being questioned or challenged. On many occasions, it seems like no one is ever happy with the job officials do, and at times it becomes personal. For the majority, if not all, the officials that are asked why they do what they do would answer, "for the love of the game".

The men and women who officiate truly enjoy being involved in athletics. For most of them, their playing days are over. Officiating gives them the opportunity to stay involved in the sports that once were a part of their lives growing up. Yes, officials get paid for their services, but make little money. If you take into account the time invested in to meetings, training clinics, and travel time that is required these individuals could make a lot more money staying home and working a part-time job. Believe it or not, most officials would tell you that they really have fun and enjoy officiating.

It becomes a hobby. Most importantly, they would say that the most rewarding part of officiating are the relationships and acquaintances that develop with the athletes, coaches, fans, and the many others who they come in contact with. These relationships are priceless. It is an opportunity that only officiating games can give.

There will always be good and bad experiences when officiating, but in the end, the good will always outweigh the bad.

Other than the athletes that are competing, being an official is really "the next best seat in the house." These are the reasons why we do it, and the reasons why we love it. - Greg Harding

IHSAA State Basketball Rules Interpreter



Sportsmanship at State

Congratulations to the following schools who earned sportsmanship plaques at the 2017 state tournaments. School are evaluated by a sportsmanship committee at each site based on the behavior of the team, coaches, administration, and cheer sections.

Soccer Championships



- 5A Girls - Mt. View
- 5A Boys - Madison
- 4A Girls - Twin Falls
- 4A Boys - Blackfoot
- 3A Girls - Shelley
- 3A Boys - Weiser

Volleyball Championships



- 5A - Timberline
- 4A - Middleton
- 3A - Kimberly
- 2A - West Side
- 1A DI - Horseshoe Bend
- 1A DII - Watersprings

"ONE MAN PRACTICING GOOD SPORTSMANSHIP IS FAR BETTER THAN FIFTY OTHERS PREACHING IT." - knute rockne



Coaches Education

NFHS Course of the Month

Fundamentals of Coaching
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 a new opportunity in Idaho. Coaches can earn college credit from the U of I by taking the Fundamentals of Coaching course developed by the NFHS.

Go to the coaches education link at idhsaa.org for more information www.nfhslearn.com

IHSAA Rule of the Month

Rule 7-2 COOPERATIVE PROGRAMS

Cooperative sponsorship of any activity by two or more member schools are permitted in one of the following categories:

a. Combined Cooperative Program: Students from more than one school combine to compete as one team. The combined teams' classification is determined by combined enrollments of the member schools involved. This program applies to football, volleyball, soccer, basketball, softball, baseball, competitive cheer, and dance.

b. Collective Cooperative Program: Students from more than one school share resources, but must compete as representatives of their home school at district and state competition. School classification remains the same. This program applies to cross country, wrestling, swimming, golf, tennis, track, the individual track event of pole vault, drama, debate and speech.



MEET THE BOARD
Jason Knopp, Trustee Representative

Meet Jason Knopp - While serving 2 years on the IHSAA Board of Directors, Trustee Representative, Jason Knopp has a passion to keep activities accessible to all students while promoting fair and competitive competition.

As a believer in community service and helping others, Jason has served on his local community auction board, was a member of the Idaho State School Boards Association and was a volunteer firefighter. His belief in service turned into a career as Jason is currently a fireman for the Nampa Fire Department with over 10 years of experience.

As a Kuna native, Jason enjoys being outdoors and is an avid golfer, hunter and "catcherman". Jason and his wife Darla have 6 kids and enjoy following their kids adventures throughout the State of Idaho.

