



SEPTEMBER 2017 ISSUE



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IHSAA EXPRESS

Supporting Education Through Activities



SCHOOL SPOTLIGHT

Bishop Kelly Girls Soccer
Meagan Lyons, Head Coach



How long have you been coaching?

This is my 8th year coaching.

What role did playing high school sports have on your decision to become a coach?

I had a great female coach in high school. She was the winningest coach in Washington for girls soccer. I had a lot of fun while also working hard to have success, which is something I am trying to do as well with my high school girls as well.

Coaching is a big commitment. What inspires you to coach?

I love working with kids. That is why I am also an 8th grade math teacher. There is never a dull moment. I love sharing my passion for soccer. I love pushing kids, especially my high school girls, to do try and do things they didn't think they can do. Many lessons you teach your players as a coach go beyond the soccer field. Being a soccer player helps teach the girls responsibility, accountability, teamwork, and how to deal with adversity.

What values do you set for yourself as a coach of a high school team?

Being a positive role model for young girls is a huge one for me. I try to be honest and open. When dealing with other coaches and referees I work to demonstrate class and integrity.

What is the most rewarding part of being a coach?

One of my most rewarding parts of coaching is seeing the players grow as soccer players as well as young women. The maturity that happens over a season is small but over a multi-year period is tremendous to watch. You hope that as their coach you have had a positive impact on their growth as young adults.

What are your academic and behavioral expectations for your players both on and off the field?

It is important for my athletes to do their best in school and have success in the classroom. I expect my players to treat teammates, coaches, opponents and referees with respect. They are expected to give me their full attention and maximum effort each time they step on the field.

If you could give your high school self a piece of advice, what would it be?

The hard work is all worth it. Enjoy the four years of high school because they really are pretty great.

Meet Dairy West: New Name – Same Partnership

The United Dairymen of Idaho and the Idaho Dairy Council provide more than just the ingredients for a successful school experience. For more than 30 years, we've also delivered free educational materials to educators, and supported IHSAA activities including state tournaments. Along the way, we've also been a partner to support youth wellness programming; and grant funding to help students and their families develop healthy habits at home, too.



UNITED DAIRYMEN – A DAIRY WEST PARTNER

The familiar United Dairymen of Idaho and Idaho Dairy Council logos, will start to transition under the banner of a new organization, Dairy West.

What does this mean for your school? Simply that you'll continue to receive effective, science-based health and nutrition programming related to the Idaho dairy industry, now with the Dairy West brand. Dairy West, working alongside the Idaho Dairy Council, is committed to making a difference in students' lives, in and outside of school. Learn more about Dairy West by following us on Facebook @DairyWest.

Jacob Duclos was recognized at the IHSAA Hall of Fame Banquet as recipient of the 2017 Spirit of Sport Award. Jacob is a 2017 graduate of Lewiston High School. In spite of having Down Syndrome, Jacob was a key member of the football, basketball and baseball teams for the past two years, serving as team manager for all three teams. He is a true inspiration to his teammates, classmates and coaches, not only during the season, but throughout the school year.

His involvement with high school sports teams introduced him to many friends in the community and around the state. His travels also introduced Jacob to many students and adults as a person who gives everything he has got to succeed and enjoy life to the fullest.

Jacob is an inspiration to his teammates, coaches, and fellow students and is a wonderful example of the true "Spirit of Sport".

SPIRIT OF SPORT



A message from the IHSAA Executive Director



The IHSAA would like to welcome everyone back to what we hope will be an outstanding year for all student participants and member schools. The beginning of the school year is always an exciting time with possibilities of the many great things that can happen.

We are excited about the changes our board made last year in an effort to improve what we do for our member schools and student participants. We are equally as excited to add positive changes for this upcoming school year as we strive to help make your activity seasons a success in the classroom and out on the field.

We also want to give a very special thank you to the United Dairymen of Idaho. Their educational and financial support for the past 34 years has enabled the IHSAA to recognize and promote many outstanding achievements of Idaho students in academics and athletics.

Please don't hesitate to contact the office if you have questions or concerns. Our Board of Directors and office staff is here to help our member schools with any issues you may face.

Good luck this year! Ty

Swimming has been adopted by the IHSAA

In December of 2016 the IHSAA Board of Directors approved Girls & Boys Swimming as officially sanctioned sports. Beginning in the fall of 2017, high school swimming will fall under the umbrella Idaho High School Activities Association. The inaugural IHSAA State Sponsored Swim Meet will be in the fall of 2018.



DIVE INTO HIGH SCHOOL SWIMMING

A.D. STUFF

New AD Welcome Packet

The National Interscholastic Athletic Administrators Association recently published a NEW AD Packet that will guide new Athletic Administrators through everything the NIAAA offers. Great place to start for those that are beginning the journey of athletic administration.

www.niaaa.org

DATES TO REMEMBER

- 9/4 - Labor Day
- 9/15 - EV Deadline
- 9/26 - Board Meeting

MONTHLY CHECKLIST

- IHSAA Eligibility Form
- Review Budget
- Review Bus Schedules
- League Meetings
- Spring Schedule Prep.
- Send Fall Rosters
- Schedule Pictures
- Visitors Information
- Evaluate Emergency Plans
- Winter Gym Schedule
- District Tournament/s
- Update Webpage
- Review Calendar
- Coaches Requirements
- Classification Change (if necessary)
- Review Gate Procedures
- Review IHSAA Regulations
- Confirm Arbiter Schedule
- Booster Club Agenda
- Schedule Picture Day/s

OFFICIALS' CORNER

"Mom's Rules"

BY KENNY LIVELY,

DISTRICT IV FOOTBALL COMMISSIONER

There are some rules we all live by that you just can't find in the official rule book. You know, the life rules your mom tried to teach you growing up, like the golden rule and not saying those words that could get your mouth washed out with soap. Fortunately, as adults, we don't have to worry about spending the night grounded in your room.

On occasion, people forget these rules at high school sporting events, especially when interacting with our game officials. Emotions run high with each play of the game and even a minor mistake on their part can set your tempers to flare. "Moms" rules are just as important as the officials who are trying to help the athletes follow. The good character and actions displayed by coaches, administrators, parents, and game volunteers helps the officials maintain focus on the game and not on individuals.

Game officials are taking part in the games for much the same reason as you - love of the game and development of our youth. Maintaining a safe environment where we can pass on those traits to the next generation is the center of our focus as much as the letter and spirit of the rules.

"Be a part of the game, Be a Ref"



National Student Leadership Summit



Virginia Monk Haily Shigeta



The National Federation of High School Associations National Student Leadership Summit was a huge highlight of my summer and one of the most incredible experiences of my life. I met so many motivated student athletes from all over the United States, and I made close friendships with many of them.

Students shared how their state activities associations operate and I learned a lot from those discussions. The workshops there were extremely valuable and the guest speakers were amazing. I'm excited to share the experience and many leadership skills from the NFHS event here in my school (Genesee) in extra-curricular activities, on teams and in many other extra-curricular activities.

I keep in touch with many of the students I met. I will continue to use these new friends as resources, especially as we begin to create an Idaho youth association. This opportunity proved to be inspiring, entertaining, educational and I am very grateful that I was given the opportunity to attend!

By Virginia Monk, Genesee High School



Coaches Education

The NFHS has 50+ coaches education courses

Over 5.9 million courses have been viewed and hundreds of coaches across the country are earning their Certified Interscholastic Coach National Certification through this program.

NEW courses for 2017

- * New Fundamentals of Coaching
 - * Appearance & Performance Enhancing Drugs
 - * Introduction to Interscholastic Music
 - * Mental Training for Performance
 - * Officiating Football
 - * Officiating Soccer
 - * Umpiring Softball
- www.nfhslearn.com

"The more I live, the more I learn. The more I learn, the more I realize, the less I know."
-Michel Legrand

Sportsmanship Matters

"IT IS YOUR RESPONSE TO WINNING AND LOSING THAT MAKES YOU A WINNER OR A LOSER."
-HARRY SHEEHY



INTEGRITY

"THE SPIRIT, THE WILL TO WIN, AND THE WILL TO EXCEL ARE THE THINGS THAT ENDURE. THESE QUALITIES ARE SO MUCH MORE IMPORTANT THAN THE EVENTS THAT OCCUR."
-VINCE LOMBARDI



ETHICS

Our kids learn what kind of people to be by watching us.

RESPECT

MEET THE BOARD OF DIRECTORS

Gary Brogan, Superintendent Bear Lake School District Region V Representative



Meet Gary Brogan—IHSAA Board Member, superintendent of the Bear Lake School District, and...cowboy! Gary grew up in New Plymouth where he competed in track, wrestling, and rodeo. Brogan began his postsecondary education at Utah State, attended the College of Southern Idaho and ultimately earned his undergraduate degree from Boise State University. While in college, Brogan was a three-time regional bareback rider champion. In 1986, he was a champion National Intercollegiate Rodeo Association bareback rider and also participated in the PRCA Wilderness Circuit Finals.

Post rodeo days, Gary earned a master's degree from the University of Utah and a doctorate from Idaho State University.

In his professional career, Gary has been a coach, athletic director, and school administrator. Brogan "truly loves what the IHSAA represents and stands for as it gives our students in the state of Idaho great opportunities to be involved in more than the regular school day activities."

In his free time, Gary enjoys spending time with his family, camping, hunting, and traveling to the mountains (by horse, of course!).

Gary and his wife, Janniece, have raised five children and are looking forward to one day becoming grandparents... "hopefully someday soon."

