IHSAA EXPRESS

DECEMBER 2016

UNITED DAIRYMEN of IDAHO
WHERE GOOD COMES FROM

IHSAA Board Finalizes Pitch Count

The IHSAA Board of Directors finalized pitch-count limits for the 2017 baseball season. The National Federation of High School Associations required every state to implement a pitch-count in effort to protect pitchers from arm injuries and over-use.

Photo | Steve Conner Photography

IHSAA Board Votes to Sanction Swimming

The IHSAA Board of Directors voted to transition swimming from a club sport to an IHSAA sanctioned activity starting with the 2017-18 school year. The IHSAA is extremely excited to be able to offer this opportunity to Idaho's schools and students.

IMPORTANT DATES

Dec 21- Jan 3	IHSAA Office closed
Jan 17	IHSAA Board Work Session
Jan 18	IHSAA Board Meeting
Feb 1	Winter Sports EV Due
Feb 5	Winter Academic State Champions Due
Feb 6	State girls basketball pictures & rosters due
Feb 16-18	Girls Real Dairy Shoot-Out
Feb 20	State boys basketball pictures & rosters due
Feb. 24-25	State Wrestling
March 2-4	Boys Real Dairy Shoot-Out
March 6	State dance and cheer pictures & rosters due
March 10-11	State Debate
March 17-18	State Dance and Cheer

FALL 2016 INTERSCHOLASTIC STARS

IHSAA + UDI Select Five Stars

Five Idaho high school juniors have been named as the Fall 2016 recipients of the Interscholastic Star Student Recognition Scholarships, which are awarded twice a year by the Idaho High School Activities Association and its state championships sponsor, The United Dairymen of Idaho.

Courtney Burt, daughter of Dave and Kim Burt, participates in volleyball, basketball and softball at Genesee High School. She has also participated in band, choir, student government, Spanish club, IDFY and FFA.

Kaitlyn Burgess, daughter of Jeremy and Tracy Burgess, participates in cross country, basketball and track as well as choir and student government at Salmon High School. Other activities include National Honor Society, peer counseling, IDFY and community volunteer.

Haily Shigeta, daughter of Todd and Rebekah Shigeta, has participated in volleyball, basketball, soccer and track at Fruitland High School. Haily is also a member of Fruitland's cheer team along with student government, FFA and BPA.

Adriene Pavek, daughter of Shayne Aytes and Susan Pavek, participates in volleyball, basketball and tennis at Century High School. She has also participated in student government and currently participates in band and peer mentoring and serves as a community library volunteer.

Alyssa Lu, daughter of Shifeng Lu and Susan Fang, participates in golf and band at Boise High School. She is also active in a variety of school groups and clubs including HOSA, sustainability club and humanitarian club.

Congratulations to our fall Interscholastic Stars!

THINK YOUR DRINK

MESSAGE FROM UDI

With so many choices for hydration after workouts - how does someone choose? Here is a great opportunity to **think your drink.** Educating student athletes about good nutrition comes from coaches, teachers and at home. As the title sponsor of IHSAA state tournament, The United Dairymen of Idaho is available as a credible source of nutrition information - including which drinks pack the best nutrition punch. We hope all Student succeed in the classroom and in other activities and athletics. Want to learn more about nutrition and the role diary can plain in an active lifestyle? Ask one of our dietitians. To receive regular updated from our e-newsletter, sign up for our latest Nutrition News.

Want to nominate a student for INTERSCHOLASTIC STAR?

Nominees for the scholarships are exemplary students who participate in IHSAA-sponsored sports and activities. Each application includes an essay, recommendations from school administrators, description of athletic and activity participation, and service to school and community.

Interscholastic Stars will receive a $2000 scholarship to the college of his/her choice upon graduation. The IHSAA, with the support of the United Dairymen of Idaho, will also contribute $1000 to the recipients' schools and $500 to the finalists' schools.

Spring Interscholastic Star applications are due Monday, April 10 to the IHSAA office.