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# IHSAA EXPRESS

## Supporting Education Through Activities

### SCHOOL SPOTLIGHT

#### Community School

Richard Whitelaw, Head Coach/AD

Describe what makes your school special?

Community School provides a positive and nurturing environment where students are known and challenged by an inspiring faculty to think critically in a collaborative close-knit community.

What inspires you to teach/coach?

I am inspired by the opportunity to pass on my passion for all sports, particularly soccer. As coaches, all we are doing is passing on the love for the game to the next generation. Sports shape lives, and the game is the real teacher.

What core values do you have for your teams?

Core values of all team sports at Community School are definitely sportsmanship, camaraderie, learning to win with dignity, and overcoming adversity. Our students learn that if you lose, you keep your head held high and are gracious in defeat. These are life lessons that will be of value long after your high school career is over and are paramount for the youth of today.

What is the most rewarding part of being a coach?

It's a gift to train everyday with our athletes and watch them excel during games and to foster friendship and embrace the respect that will last well into their adult lives. Having former players come back and comment on the positive memories they have is truly rewarding.

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

Academics come first at Community School, and participation in athletics is a privilege. Our students learn to manage their time well, to be kind, and to always say please and thank you. As athletes, our students know that they represent our school and all associated with it and that they will always be under scrutiny for that reason.

What advice would you give to a new coach?

The game is for the players. Make their experience as enjoyable as possible and do not yell and scream at them; show them the respect that they deserve, and they, in return, will always find a way to impress you. An arm around the shoulder and a "well played" will always go further than you ever can imagine. Be positive, have a sense of humor, laugh with them, cry with them. They will never forget the positive influence that you have with them.

The NFHS Coach Certification Program is a national professional credential offered to individuals who are currently coaching or aspire to coach at the interscholastic level. The attainment of this national certification demonstrates the completion of a series of courses offered by the NFHS that will enhance the ability of the coach to better serve the student, the school, the community and the profession of coaching.



BECOME A NATIONAL CERTIFIED COACH



#### Benefits of National Certification

- 1) Assist in providing a healthy and safe environment for students by minimizing the inherent risks associated with sport participation.
- 2) Improve the sport experience and skill development of the students who participate.
- 3) Provide the coach a credential that signifies completion of content covering critical topics that coaches should know.
- 4) Provide the school district and parents the assurance that the coach has been educated about the legal responsibilities associated with coaching at the interscholastic level.
- 5) Preserve education-based athletics in schools by using the sport experience.
- 6) Give the coach a sense of personal and professional pride by being recognized nationally by the NFHS.
- 7) Enable the coach to stay current in their sport and the profession of coaching.

#### October is National High School Activities Month

The National Federation of State High School Associations (NFHS) and its 51 state high school associations begin the annual celebration of National High School Activities Month. The purpose of National High School Activities Month is to remind students, parents, coaches, officials and others in communities across the country about the values and benefits of interscholastic activity programs.

- October 1-7 Sportsmanship, Fan Appreciation, Public-Address Announcers Week
- October 8-14 Performing Arts Activities Week
- October 15-21 Coaches/Sponsors/Advisors/Officials Week
- October 22-31 Community Service/Youth Awareness Week



Suggested activities for schools during each of the week-long events are available at [www.nfhs.org](http://www.nfhs.org)

### A Message from the Assistant Director KEEPING THINGS IN PERSPECTIVE

It seems strange that the first state championship of the 2017-18 school year is only a couple of weeks away. The fall season has flown by and student-athletes all over Idaho are gearing up for post-season play. The stakes are higher, as are the emotions of our students, parents, coaches and fans. Everyone is hoping their dream of winning the state title will come true. This may be the perfect time to ask everyone to take a deep breath and gain some perspective. Why are we here? We are here because of the kids and they are amazing! Their hard work, sweat, tears,



triumphs and failures have brought them to this point and it is our job to ensure that win or lose, we show them that we are proud of them. Mistakes will be made. Games will be lost. But the true value in their journey must remain the focus of our endeavors. The IHSAA is thankful for all of the coaches, officials and administrators that make sure the message of education-based participation is not lost. We should always strive to create memories for these kids that last a lot longer than the final score. We look forward to doing our part in preparing quality state events that students will be able to look back on as some of the best memories of their lives. Best of luck to all teams, and remember....deep breath. -Julie Hammons

**Interscholastic Star Scholarship Award**

The Interscholastic Star Scholarship Award, sponsored by the Idaho High School Activities Association, was established in 1992 to recognize and reward outstanding students who participate in high school athletic and non-athletic activities. This year the IHSAA will award \$11,500 in awards and scholarships to deserving Idaho students and schools. Applications are on the IHSAA website.



Virginia Monk  
2016-17

IHSAA Interscholastic Star

**A.D. STUFF**

The National Interscholastic Athletic Administrators Association has open registration for the NIAAA National Conference. Great opportunity for professional development in Phoenix Arizona.

[www.niaaa.org](http://www.niaaa.org)

**DATES TO REMEMBER**

- 10/5 - Fall Academic Champions Deadline
- 10/9 - State Soccer Pictures and Rosters Due
- 10/15 - WR Weight Assessment Open
- 10/16 - State Volleyball Pictures & Rosters Due
- 10/19-21 - State Soccer
- 10/27-28 - State Volleyball
- 10/28 - State Cross Country
- 10/30 - 1st GBB Practice

**MONTHLY CHECKLIST**

- \_\_\_ Verify State Hotels
- \_\_\_ Review Winter Schedules
- \_\_\_ Review Gym Schedules
- \_\_\_ League Meetings
- \_\_\_ Finalize Spring Schedules
- \_\_\_ State Rosters to IHSAA
- \_\_\_ State Pictures to IHSAA
- \_\_\_ Winter Emergency Plans
- \_\_\_ Winter Gym Schedule
- \_\_\_ District Tournament/s
- \_\_\_ Update Webpage
- \_\_\_ Grade Reports
- \_\_\_ Coaches Requirements
- \_\_\_ Winter Game Management
- \_\_\_ Review IHSAA Regulations
- \_\_\_ Check Arbitrator Schedule

**OFFICIALS' CORNER**

**MAKE THE RIGHT CALL.**

**BECOME A HIGH SCHOOL OFFICIAL.**

**BE THE DIFFERENCE MAKER YOUR COMMUNITY NEEDS.**

Becoming a licensed high school official is an easy call. Officiating allows you to continue being a role model by demonstrating qualities such as impartiality, fairness, and courage. High school officials help protect the integrity of the games we love by teaching and enforcing the rules of play. And as veteran officials are continuing to retire, new officials have an opportunity to make a difference in their communities right away. Consider the many benefits of becoming a high school official:

- Help teach and support the youth in your community
- Continue to develop leadership skills
- Give back to the sport that has given so much to you
- Stay in good physical condition
- Earn extra income
- Help make sure your home state always has enough qualified officials

<http://highschoolofficials.com>



**State Tournament Time**

October is the beginning of the 2017-18 IHSAA sponsored state tournaments. Soccer, Volleyball, Cross Country championships will be decided at all levels. High School swimming will also be holding a championship November 3-4. Student-Athletes will be earning an opportunity of a lifetime as they compete for their schools in each respective tournament. The IHSAA would like to thank each of the host schools and appreciate the community support for the tournaments.

**Soccer Championships**

**October 19-21**



- Eagle HS - 5A Boys
- Meridian HS - 5A Girls
- Rocky Mt. HS - 5A Girls & Boys
- Caldwell HS - 4A Girls & Boys
- Vallivue HS - 3A Girls & Boys
- Middleton HS - 3A & 4A Championships

**Volleyball Championships**

**October 27-28**



- \*Lake City HS - 5A/4A/3A
- \*Coeur d'Alene HS - 5A/4A/3A
- \*Post Falls HS - 5A/4A/3A
- Lakeland HS - 2A
- Lewis/Clark State College - 1A DI
- Lewiston HS - 1A DII

**Cross Country Championships**

**October 28**



Eagle Island State Park

**Swimming Championship Meet**

**November 3-4**



West Family YMCA



**Coaches Education**

**NFHS Course of the Month**  
Understanding Copyright and Compliance.

This helpful course explains what copyright means and when there may be exceptions. It discusses Fair Use, when a piece of music might be in the Public Domain, copyright infringement penalties and much more. And this unique course has been designed for your specific needs whether you are a Music Teacher, Spirit Coach or School Administrator. [www.nfhslearn.com](http://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

**IHSAA Rule of the Month**

**Rule 8-16-1 NON-TRADITIONAL STUDENT**

Students who are enrolled in a nonpublic school shall be allowed to enroll in a public school for dual enrollment purposes. To be eligible for athletics or specific activities in the public school, the dual enrolled student must reside with their parents and participate in the attendance area of the public school in which they reside.

Rule 8-16-1 complies with the section of Idaho Code 33-203 that provides for dual enrollment.

*Wisdom*  
is knowing the right path to take...  
*Integrity*  
is taking it.

**Who's Who at the IHSAA**

Meet Amanda Quinlan —IHSAA Financial Coordinator, Nampa High School graduate, avid runner and Disney fan. Amanda is in her 12th year with the Idaho High School Activities Association and has been the Financial Coordinator for the past three years. Born and raised in Nampa, Amanda lives in Kuna with her family. After attending the University of Arizona Amanda worked for the Walt Disney Company and Wells Fargo Bank.

With fond memories of assisting John Gregory with Bulldog basketball, Amanda stays involved in many high school events such as working at Mt View HS games.

In 2012, Amanda began running and has participated in eight half marathons all at Disney Parks. This past September's race included international travel to Disneyland Paris in which she ran a personal best over 21.1 kilometers (13.1 miles).

Amanda enjoys all things Disney as well as her family drag racing adventures. She approaches each day with a smile and passion for helping others.



**2018 Legends of the Game**

The Idaho High School Activities Association is pleased to announce the 2018 "Legends of the Game" recipients. The award was established in 2001 to help preserve the heritage of Idaho high school sports by honoring great teams of the past. Eligible basketball "Legends" include girls' teams from at least 20 years ago and boys' teams from at least 30 years ago. Ceremonies honoring "Legends" recipients will take place during halftime of the state 5A basketball championship games at the Idaho Center. The girls' ceremonies are slated for February 17 and the boys' ceremonies will take place on March 3.

Girls Legends

1992-94 Moscow Bears



Boys Legends

1986-87 Lapwai Wildcats