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- * *REGISTER FOR THE IAAA STATE CONFERENCE*
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April
2025 ISSUE

unbottled.

Fueled in partnership with local dairy farm families

IHSAA EXPRESS

Supporting Education Through Activities



Diane Wolf inducted into the National High School Hall of Fame



Diane Wolf, long time teacher, multi-sport coach, activities administrator and state administrator in Idaho for 33 years, and a major contributor nationally with high school spirit rules for 25 years, has been selected to the 2025 class of the NFHS National High School Hall of Fame.

Diane is the first female from Idaho to earn this recognition, the first in the past 19 years and only the 5th recipient in the history of Idaho.

The National High School Hall of Fame was started in 1982 by the NFHS to honor high school athletes, coaches, contest officials, administrators, performing arts coaches/directors and others for their extraordinary achievements and accomplishments in high school sports and performing arts programs. This year's class increases the number of individuals in the Hall of Fame to 540.

Diane will be inducted June 30 during the 42nd induction ceremony of the National High School Hall of Fame, which will be held at the 106th NFHS Summer Meeting in Chicago, Illinois.



Ty Jones to receive National Federation Citation



Ty Jones, educator and leader whose dedication to the field of education and athletics has left a lasting impact across Idaho, was chosen to receive the NFHS Citation for contributions to the NFHS, state high school associations, athletic directors, officiating avocation and fine arts/performing arts programs, the NFHS Citation is one of the most highly regarded achievements in high school athletics and performing arts.

Jones professional journey was marked by his extensive experience across six school districts in southern Idaho. He served as a teacher, coach, administrator, elementary principal and superintendent. As athletic director, Jones was named athletic director of the year three times by the Idaho Association of Athletic Administrators (IAAA). He earned the IAAA State Award of Merit.

In 2014, Jones was named as the executive director of the IHSAA. In that capacity, he served on several NFHS committees, including its Football Rules Committee, the Summer Meeting Advisory Committee and the Appeals Board. He also recently concluded a term on the NFHS Board of Directors.

Citations for state high school associations, coaching, officiating and performing arts will be presented July 1 at the annual NFHS Summer Meeting in Chicago, Illinois.

ADMINISTRATION CORNER

DATES TO REMEMBER

4/1	Winter Sports Concussion Survey Due
4/6-8	IAAA State Conference
4/8	Board of Directors Work Session
4/9	Board of Directors Meeting
4/11-12	State Speech
4/14	District II SAC Leadership Summit
4/15	District I SAC Leadership Summit
4/15	Interscholastic Star Scholarship Application Due
4/18	Activities Participation Survey Due
4/18	Spring Sports Eligibility Verification Due
4/20	Easter
4/21	District IV SAC Leadership Summit
4/22	District V SAC Leadership Summit
4/23	District VI SAC Leadership Summit
4/24	District III SAC Leadership Summit

APRIL CHECKLIST

- ___ Add spring team rosters and pictures to your MaxPreps account
- ___ Send sportsmanship information to parents
- ___ Sign contracts for 2025-2026 sports seasons
- ___ Verify Eligibility and Complete EV Forms
- ___ Turn in concussion survey for winter sports
- ___ Nominate a student for the IHSAA Student Advisory Council
- ___ Nominate a student for the Interscholastic Star Scholarship
- ___ Nominate a student for the Spirit of Sport Award
- ___ Put together a Unified Activities Program for your school
- ___ Follow up on Professional Development Certification
- ___ Verify district and state tournament dates/sites/times

IHSAA Rules & Regulations

Rule 17 - SEASONS

Rule 17-1-3 Summer Programs Rule 17-1-4 Protective Equipment

17-1-3 Summer Programs: *Summer programs must be voluntary and must be terminated by the fall no-contact period. The IHSAA supports member schools' involvement in voluntary summer programs. However, the IHSAA believes that students need time off during the summer and strongly recommends that member schools schedule at least ten days of non-student contact during the summer each year.*

- Coaching restrictions are suspended during the summer (the day after the spring state tournaments through the beginning of the fall no-contact period). A high school coach can coach his/her players anytime, anywhere, during this period. During this period a team can scrimmage against another team without violating the out-of-season contest requirements (renting facility etc.). Practice, competition and facility use during the summer, is not covered by IHSAA insurance (liability, catastrophic, concussion etc.).*
- A high school coach who coaches a team during the summer that advances to a regional or national qualifying event can continue to coach after the fall no-contact period until the completion of the tournament/s. IHSAA must approve a written request prior to participation.*
- Students will only be allowed to attend team camps during the summer, not during the school year.*
- Member schools are prohibited from hosting athletic camps involving students from IHSAA member schools once the fall no-contact period has begun. Coaches from member schools are prohibited from working in or hosting athletic camps involving students from IHSAA member schools once the fall nocontact period has begun.*

17-1-4 Protective Equipment: *No school-owned uniforms and/or protective equipment may be used without written permission from the IHSAA. With that permission, schools may use their own protective equipment in a camp or clinic for a period of seven days within a ten, consecutive day period upon written request from the trustees of the school. Included in the request shall be a statement of recognition that IHSAA sponsored catastrophic insurance provides no coverage for the activity and any and all liabilities rest solely with the school, camp, or clinic. Individual students from a specific school are not required to use the school's protective equipment in the same camp as other team members. Each individual student will only be allowed to use an IHSAA member school's protective equipment by renting or loaning for a period of seven days within a ten-day period.*



COACHING STUDENT LEADERSHIP

Learning to be an effective leader is one of the most important skills that students can gain through high school activities.

Coaches play a critical role in supporting their leadership development. To help coaches develop leadership skills in their student-athletes, the NFHS has partnered with the Michigan High School Athletic Association to bring you this course in our Student Leadership.

This course guides you through the content in our two student leadership courses in this series:

1. Becoming a Leader
2. Leading Others

[Start Learning](#)
Click here

This perspective to how a coach plays a role in leadership development. For coaches and students to get the most out of this Student Leadership series, we encourage students and coaches to take these courses at the same time.

Coaches cannot just give a student the captain a title and hope they turn into a good leader. This course is designed to help coaches learn how to intentionally develop effective leaders.

Specifically, this course will help coaches:

Focus on building strong coach-athlete relationships to fuel leadership development.

Explore and evaluate the various leadership roles that can be facilitated on teams.

Guide the use of strategies for students to apply leadership skills and enhance their leadership awareness and confidence.

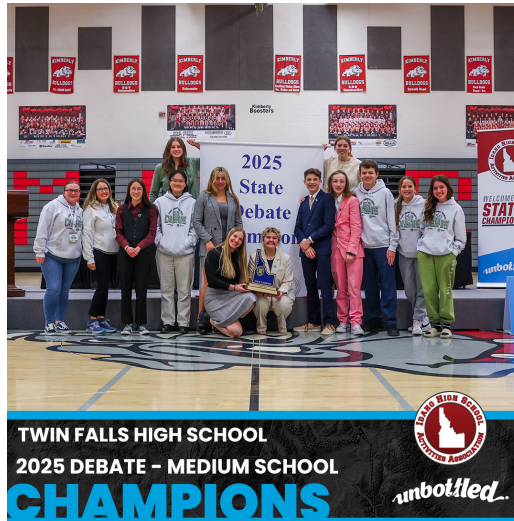
Coaches will learn from the practical thoughts, advice, and experiences of student-athletes from around the country to help them establish a plan for helping students GROW as leaders.



State Debate
Individual
Results



State Debate
Team Sweeps



2025 STATE CHAMPIONS

- 6A Owyhee Storm
- 5A Preston Indians
- 4A Bonners Ferry Badgers
- 3A Wendell Trojans
- 2A Kendrick Tigers
- 1A Dietrich Blue Devils



2025 BOYS STATE BASKETBALL SPORTSMANSHIP WINNERS

- 6A Timberline Wolves
- 5A Bonneville Bees
- 4A Kimberly Bulldogs
- 3A Wendell Trojans
- 2A Valley Vikings
- 1A Coeur du Christ Saints



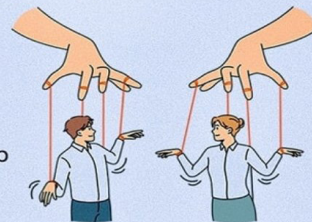
April 11-12
Blackfoot HS



“ There was nothing more important than being on the team. He created a culture, an identity and a style of, ‘We have a collective sense of effort and purpose, and we’re going to get this done. If you’re not interested, that’s fine. There’s somebody else who is.’ It was a privilege to play for him. Of all of the different things he said, none of it made any sense to me as a teenager. Later on in life, everything he said did come true.
- Bill Walton In Loving Memory of Coach Wooden ”

7 Tips on Controlling Your Ego

• **Stop getting offended.**
Don't let small things upset you. Other people's actions aren't worth the stress.



• **Don't be superior.** Leadership is about being better than your past self, not others.

• **You're not your achievements.** Achievements are important, but they don't define who you are.

• **Know when to stop.** The ego is never satisfied. Know when to stop striving for more.

• **Winning isn't everything.** You can't always win, and that's okay. Don't let it affect your self-worth.

• **You're not always right.** Let go of the need to always be right. It's okay to let others win.

• **Let go of control.** Accept what you can't control. Don't try to micromanage everything.



TED Talk Every Coach Should Watch

"Off the Bench: A Student-Athletes Perspective on Coaching"

- by Emily Fox

Key takeaway:

Be a holistic coach.
Don't be a coach who harms.

“It's O.K. to share uncomfortable feelings. It's O.K. to tell somebody this is making me a little anxious. This is a lot to comprehend. There was a period of time when if you were a guy, you put your head down and you went hard. If you got in a hole, you dug yourself out. It wasn't a really smart mentality, but it was the way generationally we kind of did things. I probably didn't handle it the best. My advice, pretty much, would be you know your authentic self. You know what makes you happy, you know what makes you sad, you know when you're nervous. Share it with somebody close. Let them help you navigate.”

-Clint Hurdle

Former manager of the Colorado Rockies and Pittsburgh Pirates



RISE

SHIFT

WITH GRIT LEAD WITH PURPOSE

2025 SAC SPRING LEADERSHIP SUMMIT



2025 SAC Leadership Summits

SUMMIT DATES

- 4/15 District I @ Timberlake HS
- 4/14 District II @ Lewiston HS
- 4/24 District III @ West Ada SD
- 4/21 District IV @ LA Thomas Gym
- 4/22 District V @ Marsh Valley HS
- 4/23 District VI @ Hillcrest HS

TOPICS INCLUDE

- * Mental Health
- * Sportsmanship
- * Balancing School & Sports
- * How to be a Great Captain
- * Nutrition
- * Servant Leadership
- * How to Work With Others
- * Resiliency



4,614

SWEATSHIRTS GIVEN TO
WINTER STATE CHAMPIONSHIP
PARTICIPANTS

unbottled.

28,560

MILKS HANDED OUT
AT WINTER STATE
CHAMPIONSHIPS

REFUEL, REBUILD, REPLENISH

2025 IAAA CONFERENCE



**April 6-8
Riverside Hotel
Boise, Idaho**

CONFERENCE SCHEDULE

**REGISTRATION
FEE DEADLINE MARCH 15TH**

SPEAKERS INCLUDE:



Anne Marie Anderson
Motivational Speaker



Mike McGurk
NIAAA Past President



Travis Hobson
Thunder Ridge HS

IAAA HALL OF FAME RECIPIENTS



Todd Gilkey



Ty Jones

for Athletic Administrators

AD Insider

Shifting Game Day Management to a Hospitality Lens

- Rob Seymour, CMAA Fishers High School (IN)



Rob Seymour explains how to shift game day management to a hospitality lens. He presents six slides and covers in detail examples on how you can take care of game day management.

- 1) *Enhancing Game Day Experience*
- 2) *Event Management from a Spectators Lens*
- 3) *Promotion of Events*
- 4) *Intentional Hospitality*
- 5) *Appreciate & Empower Your Workers*
- 6) *Working with and Hosting Game Officials*



Coping Strategies for an Athletic Administrator

Take Breaks

A few minutes can be enough to de-stress you. Give yourself some 'me time'.

Talk to Others

Talk with people you trust about your concerns and how you're feeling.

Keep Up with Hobbies

Hobbies are a good way to take the focus off of work and give the mind a break.

Take Care of Yourself

Eat healthy, exercise and get plenty of sleep.

Keep A Realistic Schedule

It's easy to over-book, so invest in a planner or an app that can help you stay organized.

Stay Positive

View problems as "challenges" or opportunities for improvement.

Make Time to Unwind

Try to make time for other activities you enjoy.

Delegate

Minimize your workload by dedicating tasks to an Assistant A.A. or office secretary.

Recognize When You Need Help

Be open to asking a counselor or a therapist for help.



BYE, BYE BAD EMAILS

COMMON EMAIL PHRASES MADE SIMPLE

Asking for an Update

– ↗ ✕

- ✕ Just checking in.
- ✓ Will you please share an update on the status by [specific date]? Your insights are appreciated.

Acknowledging a Mistake

– ↗ ✕

- ✕ Sorry for the mess-up.
- ✓ Thank you for catching that. I'll get it corrected right away.

Requesting Feedback

– ↗ ✕

- ✕ Let me know what you think.
- ✓ I'd love to hear your thoughts by [specific date]. Your feedback is very valuable to me.

Suggesting a Meeting Time

– ↗ ✕

- ✕ When are you free?
- ✓ Would you be available for a meeting on [specific date and time]? I look forward to it!

Closing an Email

– ↗ ✕

- ✕ Thanks.
- ✓ Thank you for your attention to this. Please reach out if there's anything else you need.

Making a Request

– ↗ ✕

- ✕ Can you do this?
- ✓ Will you please take care of this by [specific deadline]? I appreciate your help.

Clarifying a Point

– ↗ ✕

- ✕ Does this make sense?
- ✓ If anything needs more clarity, I'm happy to explain further. Just let me know!

Offering Help

– ↗ ✕

- ✕ Let me know if you need anything.
- ✓ If there's anything I can assist with, don't hesitate to ask. I'm here to help!

Follow me for more | [Justin Mecham](#) | Join My Full Potential Zone Newsletter



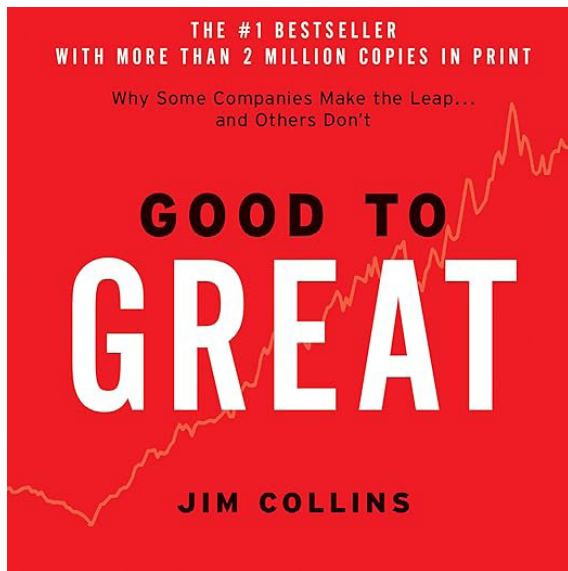
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MY LIFE
MY QUIT

Book of the Month **Leadership in Coaching** Visual Memo



How can good companies, mediocre companies, even bad companies achieve enduring greatness? Are there those that convert long-term mediocrity or worse into long-term superiority? If so, what are the distinguishing characteristics that cause a company to go from good to great?

Jim Collins and his research team have analyzed the histories of 28 companies, discovering why some companies make the leap and others don't. The findings include:

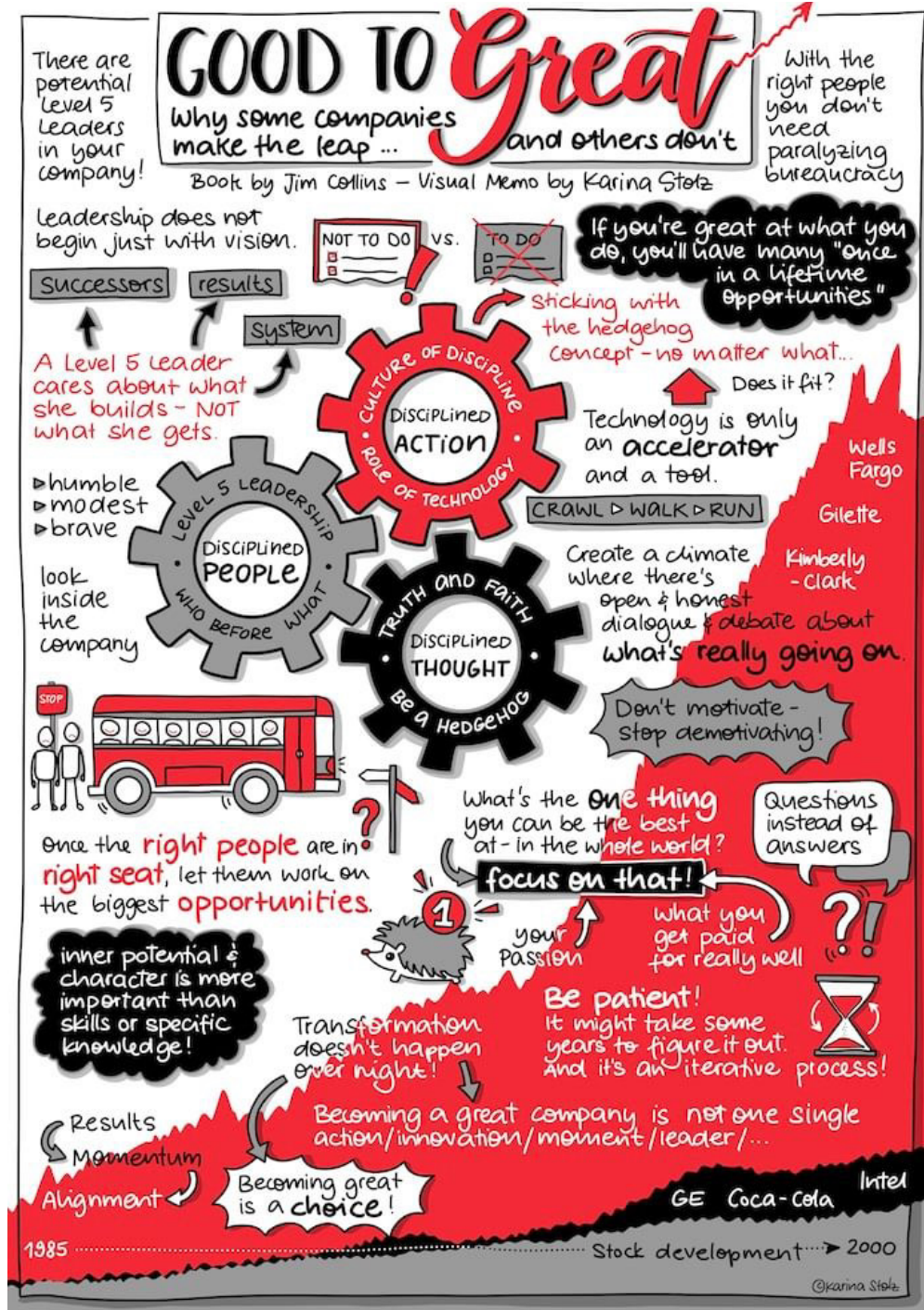
Level 5 Leadership: A surprising style, required for greatness

The Hedgehog Concept: Finding your three circles, to transcend the curse of competence

A Culture of Discipline: The alchemy of great results

Technology Accelerators: How good-to-great companies think differently about technology

The Flywheel and the Doom Loop: Why those who do frequent restructuring fail to make the leap



“Sometimes, you already know the answer; it lingers in the quiet spaces of your mind, waiting. It’s there in the pit of your stomach, in the weight that settles on your chest when you try to push it away. But knowing and accepting are two very different things. The truth often asks more of us than we’re ready to give it demands change, courage, or the release of something we’ve clung to for too long. So, you stall. You tell yourself you need more time, more proof, or another sign. But deep down, the answer is already etched into you. It’s not a matter of discovery—it’s a matter of surrendering to what you already know, trusting yourself to face it, and believing you’ll find strength on the other side.”

- Amal Nadeem, Lessons for Your Mind & Heart