



- * SECTION 8 HEART OF THE ARTS AWARD WINNER
- * IAAA STATE CONFERENCE - Schedule
- * STATE SPEECH CHAMPIONSHIPS
- * IHSAA INTERSCHOLASTIC STAR SCHOLARSHIP
- * BOYS BASKETBALL SPORTSMANSHIP AWARDS
- * RULE OF THE MONTH - Lifetime Pass
- * WINTER STATE CHAMPIONS
- * COACHES PAGE - 5 Coaching Lessons from a Golfer
- * SAC LEADERSHIP SUMMITS - Save the Date
- * NFHS LEARN - Cheer & Dance Safety Certification
- * LEADERSHIP VIDEO - The Psychology of Feedback

April
2026 ISSUE

unbottled.

IHSAA EXPRESS

Supporting Education Through Activities



2025-2026
HEART OF THE ARTS AWARD

SECTION WINNER

MOLLY HATTON
NORTH FREMONT HIGH SCHOOL
IDAHO - SECTION 8



Section 8 Winner Molly Rae Hatton North Fremont High School

Molly Rae Hatton exemplifies resilience, generosity and the transformative power of the arts. A senior at North Fremont High School, Molly ranks third in her class with a 3.98 GPA and is actively involved in National Honor Society, Band, Choir, Theater, and student leadership as president of the Gaming Club. Her commitment to music is evident through four years of district Honor Band, three years of district Honor Choir, and her selection to perform with the Boise State Honor Marching Band's Blue Thunder in 2025. She has also participated in American Legion Auxiliary Girls State, strengthening her leadership skills.

Hatton's dedication to the arts is perhaps best illustrated through her work on the school's 2025 production of Into the Woods. Going far beyond expectations, she designed and built numerous props and set pieces, including the intricate Milky White puppet and a functional beanstalk. When cast in a role other than the one she hoped for, Hatton responded with grace, fully embracing the role of Jack's Mother and earning praise for her performance.

Living with depression, anxiety, ADHD and autism, Hatton credits theater with saving her life during a difficult period in her freshman year. Through every challenge, she has found purpose, belonging, and strength in the arts. Her courage, creativity, and compassion truly embody the Heart of the Arts.

The National High School Heart of the Arts Award was conceptualized by the NFHS in 2014 to honor individuals who exemplify the ideals of the positive heart of the arts and represent the core mission of education-based activities.



April 10-11
Pocatello High School

ADMINISTRATORS

"In The Know"

FROM THE IHSAA

- + Winter Concussion Survey due April 1
- + Spring Sports EV Due
- + Activities Participation Survey Due
- + Verify ALL Team Scores in MaxPreps (Avoid \$1500.00 fine)
- + ATTEND IAAA State Conference

DATES TO REMEMBER

4/1	Winter Sports Concussion Survey Due
4/1	District 4 SAC Student Leadership Summit
4/3	District Speech Completion
4/5	Easter
4/10-11	State Speech Championships
4/12-14	IAAA Conference
4/14	IHSAA Board of Directors Work Session
4/15	IHSAA Board of Directors Meeting
4/15	Interscholastic Star Scholarship Application Due
4/16	District 3 SAC Student Leadership Summit
4/17	Spring Sports Eligibility Verification Due
4/17	Activities Participation Survey Due
4/22	District 2 SAC Student Leadership Summit
4/28	District 6 SAC Student Leadership Summit
4/29	District 5 SAC Student Leadership Summit

MARCH AD CHECKLIST

- ___ Add spring team rosters and pictures to your MaxPreps account
- ___ Send sportsmanship information to parents
- ___ Sign contracts for 2026-2027 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 Rule of the Month

IHSAA Lifetime Pass

Lifetime passes will not be issued to persons who have retired from a qualified position but are still serving in a capacity in which they are eligible to receive an IHSAA annual activity card (NOTE: Officials may continue to officiate). School trustees who have received lifetime passes may not be issued an IHSAA annual pass.

IHSAA lifetime passes may be issued to:

1. Superintendent of Schools: 25 years of service in Idaho
2. Principal/Vice Principal: 25 years of service, high school level
3. Athletic/Activities Director: 25 years of service, high school level
4. Coach or Activities Sponsor: 25 years of service, high school level
5. IHSAA Executive Director and Assistant Directors
6. IHSAA Board of Directors after one full 3-year term is served
7. School Trustees: 12 years of service in Idaho
8. Hall of Fame Inductees
9. Officials: 25 years of service plus criteria
10. YEA Board of Directors: by criteria



CHEER & DANCE SAFETY CERTIFICATION



This Spirit Safety Certification course, brought to you by the NFHS and USA Cheer (formerly AACCA), provides information and strategies to help you evaluate your current safety program, with the goal of minimizing the risks involved in cheer and in dance teams that participate in tumbling and building stunts and pyramids. The course presents important considerations regarding medical and legal responsibilities, performer readiness, and proper tumbling, stunt, and pyramid skill progressions.

[Start Learning](#)
Click here



2026 IAAA CONFERENCE

April 12-14
Riverside Hotel
Boise, Idaho

IAAA HALL OF FAME RECIPIENTS

Tim Cronnelly



Ted Reynolds



CONFERENCE SCHEDULE

GET IN ON THE ACTION #BecomeAnOfficial





HIGH SCHOOL SPORTS ARE FORMATIVE NOT PERFORMATIVE.



JOHN CHANEY PRACTICE RULES

General Rules for Practice Sessions:

- 1 Teach new things early.
- 2 Repeat new things daily — repetition makes them automatic.
- 3 Follow hard drills with easier ones to avoid fatigue.
- 4 Keep everyone active — no standing around.
- 5 Start and end on time.
- 6 Finish on a run and a positive note.

HEY COACHES... YOU SET THE TONE.

YOU SET THE TONE IN THE VALUES YOU COMMUNICATE TO YOUR PLAYERS ... AND IN HOW CONSISTENTLY YOU LIVE THEM YOURSELF.

YOU SET THE TONE FOR HOW SAFE ATHLETES FEEL MAKING A MISTAKE... AND HOW SUPPORTED THEY ARE WHEN THEY GET BACK UP TO TRY AGAIN.

YOU SET THE TONE FOR HOW THE TEAM TREATS ONE ANOTHER... BY THE WAY YOU SHOW UP FOR THEM.

EVERY DAY. YOU. SET. THE TONE.

LEAD WITH INTENTION.

—THE TOP BLEACHER WITH BREA SCHMIDT

5 Coaching Lessons from a Golfer

By Lindsay Scarlatelli



LESSON 1: INTEGRITY

Golf is an honest game. A game where you learn about integrity, after all, you call penalties on YOURSELF. In times where integrity is a growing concern. To me, the day you lose your integrity, have your character called into question, is the day you have lost it all. I cannot and will never understand those that can sleep peacefully at night without a lick of integrity. It's inevitable, there will be at least one time in life where we are faced with a tough decision. Even though others might never find out, do we "call the penalty" or let it slide? Remember, there is never a wrong time to do the right thing.

LESSON 2: "NO PRESSURE, NO DIAMONDS"

I learned that pressure can either make you or break you. The first time I was put in a high-pressure situation as a team leader, the youngest on the team, I didn't just fall victim to the pressure, I added my own, and then crashed and burned badly with no hope in sight. I ultimately cost our team a chance to move on and compete for a championship. I used this experience to further motivate me, learned to deal with it, and would eventually thrive under future high-pressure situations...including help lead our team to another opportunity to compete for a championship. To quote Kobe Bryant, "Everything negative = pressure, challenges = is an opportunity for me to rise." However, every now and then, the thought of the situation would creep back into my mind, which leads me to my next lesson...





LESSON 3: FOCUS ON THE NEXT SHOT

I learned that if you focus on the water hazard (the negative), then yes you will find the water hazard. You cannot worry about the bad breaks, bad shots, or the end result, you can only focus on what you can control and that is the next shot (and your attitude). Golf requires short-term memory. Sometimes you can have the best round of your life and follow it up with the worst round of your life. Much like life, each shot is unpredictable and we cannot always control the good and the bad, you just have to “play it as it lies.” We have a tendency to focus on the bad or on all of the failure and frustration that we have experienced. We forget the good. Learn what you can from your failures but no matter how difficult things are, remind yourself of the good and “focus on the next shot.” You get what you focus on.

LESSON 4: MAKE ADVERSITY YOUR FRIEND

I redshirted my freshman year in college. After I had just competed in my first collegiate tournament as a sophomore and was on the cusp of securing the final “starting” spot for our remaining fall tournaments and first spring tournament, I suffered what would be a career-ending back injury. The injury: a torn L5-S1 and substantial damage to the two discs above that. Regardless of sport, not at all how any collegiate athlete envisions their career. It took a LONG TIME for me to learn this, but the biggest perceived setback of your life can sometimes lead to the greatest setup of your life. You see, no longer being able to compete with the golf team allowed for more time devoted to travel and increased responsibilities with the women’s basketball program. It was a blessing in disguise as it helped me along my current career path. Occasionally I will wonder, “what if?” but being a person of faith, I realize the “what if” wasn’t in God’s plans for me.



LESSON 5: HUMBLE YOURSELF OR LIFE WILL

“One of the most fascinating things about golf is how it reflects the cycle of life. No matter what you shoot – the next day you have to go back to the first tee and begin all over again and make yourself into something.” It is like what Lou Holtz once said, “If what you did yesterday still seems big, you haven’t done anything today.” Each day is a new slate, a new mountain to climb, a new opportunity to be a better you. What’s foolish is to think success will naturally come without the work, that we have all the answers and no longer need to learn or that we have nothing to learn from others, and that we no longer need to improve. I was preparing for the first tournament of our season one year, and going into this tournament had received some “pre-season honors.” I was paired with some players that had signed with various Big Ten schools and felt it was my chance to “prove myself.” I was feeling confident – a little too confident. Arrogant, really. In my mind, I had already put in my work. Result? I shot a 14 on one hole. A 14. FOURTEEN. On ONE hole. Needless to say, it was a reality check that brought me back down to earth and humbled me a whole lot. Just because you have achieved success in the past doesn’t guarantee it moving forward. You have to work for it and when you achieve it, work even harder to keep it. Always stay humble and hungry. You could also work for it, give it everything you have got, and still not achieve the level of success you had hoped for.



**Be the future. Stay
vape, chew, and
smoke free.**

Visit
ProjectFilter.org
to learn more.

**PROJECT
FILTER**
IDAHO FIGHTS TOBACCO®

**MY LIFE
MY QUIT™**

APPOINTING TEAM CAPTAINS

When athletes are given the opportunity to be team captains, they learn valuable life skills like leadership, how to build connections, and how to support others. Team captains can help guide other athletes through both successes and challenges and help reinforce a positive sports culture. Whether coaches choose to have full-season team captains or switch them every week, the following tips can help them make the most of a team captain program.

✓ DETERMINE CRITERIA

- Be specific with athletes about the criteria you will use to determine team captains. When they know what you are looking for, they can better understand the decisions you make and what they need to do to fit the role.
- Instead of appointing the most skilled players as captains, look for athletes who are putting in the most effort, who regularly encourage and support their teammates, and who model the responses and behaviors to challenging situations that you want to see.
- Give athletes input in the selection process. Have them vote whether they want season-long captains or weekly captains. Ask athletes to privately nominate a teammate they think would be a great fit.

BE SPECIFIC WITH
ATHLETES ABOUT
THE CRITERIA



APPOINT ATHLETES
WHO PUT IN THE
MOST EFFORT



GIVE ATHLETES
INPUT IN THE
SELECTION PROCESS



✓ CLEARLY COMMUNICATE RESPONSIBILITIES

- Captains should contribute to the positive team culture that coaches want to establish. They should understand what you expect of the team and help hold others accountable.
- Captains can represent players' points of view on game strategy, practice plans, or team codes. Encourage captains to engage in conversations with other players to get a feel for their suggestions or concerns and bring them to the coach.
- Captains can also lead in a variety of routine ways, such as:
 - Leading stretching and warm-up/cool-down sessions
 - Communicating with referees on behalf of other athletes
 - Organizing off-field team building activities
 - Finding ways to create a sense of belonging for all teammates - especially those who are less integrated into the team
 - Helping settle disagreements among teammates
 - Assigning tasks to other team members - such as carrying equipment or preparing the practice fields, making sure to rotate these responsibilities and take their turn to lead by example.



**Analytics for Coaches.
Excitement for Fans.
All Without Breaking the Bank.**

Transform Your Coaching Approach.

MaxPreps Advantage delivers fast, affordable access to professional-grade video analysis across 13 Varsity Teams. Game footage is auto-captured from your NFHS Network cameras and synced with MaxPreps, saving time and boosting visibility for your athletic program.

KEY BENEFITS

Comprehensive Statistics: Access to quick insights and advanced metrics

Time Savings: Automated film upload and analysis reduces prep time significantly

Multi-Sport Coverage: Comprehensive analytics for 13 Varsity Teams

Dual Purpose: Same footage improves team performance AND drives fan engagement

Affordable and Transparent Pricing

All Access Package

FREE FOR NFHS NETWORK SCHOOLS

Perfect for schools streaming with the NFHS Network, providing essential coaching tools at no additional cost.

Automated Film Upload: Game footage automatically uploaded and synced

Unlimited Storage: No storage limits or fees

Self-Editing Tools: Intuitive editing and highlight creation for coaches and athletes

Easy Film Exchange: Simple sharing between coaches and teams

All Teams: Free access for all teams, coaches, and players

Advanced Breakdowns

\$600 PER TEAM PER SEASON

Unlock the full potential of MaxPreps Advantage with comprehensive statistical analysis and automated content creation.

All Access Package: All features of the package

Detailed Analytics: Team and individual stats, charts, and tendency reports

Multi-Sport Access: Available for 13 Varsity Teams

12-Hour Turnaround: Game analysis delivered in under 12 hours

Automated Stats: Post-game stats are automatically created and published to MaxPreps

Game Recaps: Three different 2-minute recap videos (home, away, neutral)

MaxPreps Integration: Game Recap and Stats automatically posted to MaxPreps

Social Media Ready: Recap videos available for social media use

Comprehensive Sport Coverage



FROM FIELD TO FANS

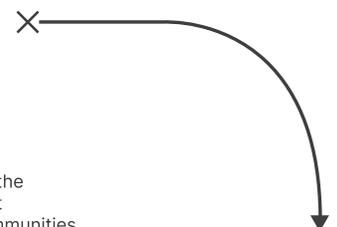
ONE WORKFLOW, MULTIPLE TOUCHPOINTS: FROM GAME TO ANALYSIS



Game-Changing Capabilities

FOR COACHES	FOR ATHLETIC DIRECTORS	FOR ATHLETES
Video Analysis: Professional-grade breakdowns with detailed statistics	Program Visibility: Automated content boosts program profile on MaxPreps	Performance Review: Easy access to game footage and highlights
Tendency Reports: Identify opponent patterns and team strengths/weaknesses	Fan Engagement: Recap videos and highlights drive community interest	Skill Development: Self-service editing tools for personal improvement
Film Exchange: Easy sharing with other coaches and scouts	Cost Effective: Professional tools at a fraction of traditional cost	Recruiting Support: Professional-quality highlights for college recruitment
Time Efficiency: Automated processes free up time for actual coaching	Revenue Impact: Increased visibility can drive higher attendance and streaming	Team Building: Shared access promotes team analysis and growth

Ready to give your teams the competitive edge they deserve?



Powered by **playon**

GoFan, MaxPreps, MaxPreps Advantage, NFHS Network, and PlayOn Sites form the PlayOn Fan Experience, delivering a complete high school sports experience that maximizes fan connection, boosts program visibility, and strengthens school communities.

2026 SAC Leadership Summits

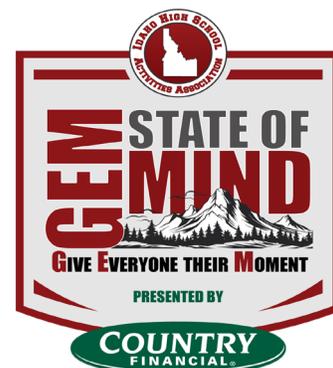


SUMMIT DATES

- 4/22 District II @ Lewiston HS
- 4/16 District III @ West Ada SD
- 4/1 District IV @ LA Thomas Gym
- 4/29 District V @ Marsh Valley HS
- 4/28 District VI @ BYU-Idaho

TOPICS INCLUDE

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



2026 Interscholastic Star Scholarship

This scholarship, 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.

Applicants must be juniors who participate or have participated in at least one IHSAA-sponsored sport and one IHSAA-sponsored activity. IHSAA-sponsored activities are: cheerleading, dance, drama, speech, debate, vocal music and instrumental music. These activities must be extracurricular and should be performance-based. Class-only participation will not be considered. Students from 1A and 2A schools may also count FFA and/or student government.

Applicants must be students who:

- Through their participation, strengthen interscholastic sports and activities programs.
- Are active contributors to school and community organizations and programs.
- Are good citizens and positive role models for their peers.
- Promote the ideals of good sportsmanship and citizenship.

Each year \$13,000 in scholarships are awarded to Idaho students and schools who have interscholastics stars



APPLICATION DEADLINE - APRIL 15, 2026

NFHS Network Affiliate Program

Generate revenue and waive rights fees when you stream to the NFHS Network.

APPLY NOW

Become an affiliate crew.

The NFHS Network is the leader in streaming live and on-demand high school athletics, covering 27 different sports at all levels. We proudly partner with local broadcast crews to amplify fan engagement for schools.

Produce your broadcasts.

Your crew can keep doing what they do best. Maintain creative control of your broadcasts and stream to the NFHS Network.

Engage your fans.

Connect with your community and extend your reach. Fans can watch live and on demand anytime, anywhere.

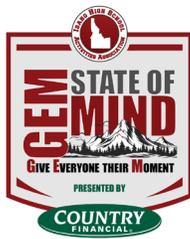
Generate more revenue.

Receive a portion of subscription revenue to reinvest in your program. Advertise on the NFHS Network and earn even more.

Waive rights fees.

We waive all rights fees when you stream exclusively to the NFHS Network. Reduce costs and focus on your broadcasts.

2026 Winter State Champions



2026 BOYS STATE BASKETBALL SPORTSMANSHIP WINNERS



6A Lake City Timberwolves



5A Vallivue Falcons



4A Homedale Trojans



3A New Plymouth Pilgrims



2A Murtaugh Red Devils



1A Rockland Bulldogs



6A Lake City HS

3A St. Maries HS

5A Bishop Kelly HS

2A Lakeside HS

4A Cole Valley Christian HS

1A Rockland HS



LARGE SCHOOL

Rigby HS

MEDIUM SCHOOL

Pocatello HS

SMALL SCHOOL

Bishop Kelly HS



4,506

SWEATSHIRTS GIVEN TO
WINTER 2026 STATE
CHAMPIONSHIP PARTICIPANTS



unbottled.



28,560

MILKS HANDED OUT
AT WINTER 2026 STATE
CHAMPIONSHIPS

REFUEL, REBUILD, REPLENISH



LEADERSHIP

Video of the Month

WHAT DRIVES WINNING

THE PSYCHOLOGY OF FEEDBACK

GENO AURIEMMA | BRETT LEDBETTER

What Drives Winning The Psychology of Feedback

Geno Auriemma, University of Connecticut

Giving great feedback is like having a great GPS app., it helps deliver people to the destination. Geno Auriemma discusses the psychology of feedback and winning. The insightful conversation explores the importance of separating individual contributions from team success. Learn from the best on how to take your feedback to the next level.



Coaches: One day you will be old and grey as you reflect on your years leading. There will be names you remember and others you won't. There will be faces that stand out while others jar no memory. There may be so many you stood before that there's no possible way to remember them all but know this...

They will remember you. They will remember how you treated them, how you inspired them, how you helped them and the difference you made for them.

Make it for the better.

Baseball Dudes



PRIORITIZING THE
EDUCATION
IN EDUCATION-BASED ATHLETICS & ACTIVITIES

