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December 2020 ISSUE



# IHSAA EXPRESS

Supporting Education Through Activities



## 5 WAYS YOUNG ATHLETES CAN IMPROVE THEIR MENTAL HEALTH DURING THE COVID-19 PANDEMIC

by Dr. Erin Grieb

Dr. Emily Kraus also contributed to this piece.

The COVID-19 pandemic brought about a sudden change in everyone's lives, including students and student-athletes. Athletes suddenly found themselves at home without access to their classrooms, gyms, and teams. They were knocked off their routine, some lost out on post-season opportunities, and in the case of spring athletes, they lost their entire season. The abrupt adjustment has resulted in a focus on the athletes' physical health and mental health.

*Below are some tips to help athletes focus on mental health during the pandemic.*

### 1. Acknowledge Your Feelings



Some common feelings are isolation, fear, loss, disappointment, anxiety, frustration, sadness, lack of control, anger. It is important to acknowledge these feelings, identify the emotions, and work on trying to understand and accept them. For people with pre-existing mental health issues, these feelings may trigger or worsen existing conditions.

### 2. Take Care of Your Physical Health



Stay home. Wash your hands frequently and thoroughly. Eat well and get plenty of sleep. Call your doctor if you are experiencing any COVID-19 symptoms.

### 3. Stay Connected



The internet and social media can provide information and support, but it can also cause anxiety. Pick one credible website to use for accurate information and avoid websites that sensationalize the pandemic. Social media can be a source of positivity: use it for inspiration, humor, and to connect with friends. Stay connected to those you trust, including your coach and teammates via text, video and social media.

### 4. Engage in Sport



Consider how you want to continue engaging in your sport during this time. While maintaining social distance you may be able to continue training to a degree. If you decide to continue your training, it may be easier to continue improving flexibility, strength and mental health at this time. You can also use your new-found time to rest and recover, explore other interests, or maintain your fitness level, either alone or virtually with teammates and friends. It is important to do what is best for you right now and over time as the situation changes.

### 5. Focus on What You Can Control



Get into a routine, get adequate sleep and eat well. Try to incorporate other acts of self-care in your life, such as journaling, exploring other hobbies. This will help reestablish feelings of control and comfort while supporting your health and well-being.

*Now, more than ever, it is important to pay attention to mental health and work to create some semblance of normalcy in day-to-day life. If you, or someone you know, is struggling, please reach out to your pediatrician or a sports medicine physician.*



Dr. Erin Grieb

Dr. Erin Moix Grieb is a physician based out of Stanford, California and her medical specialization is Pediatrics - Sports Medicine. She practices in Stanford, California and has the professional credentials of MD.

## ADMINISTRATION CORNER

### DATES TO REMEMBER

12/1	Fall Sport Concussion Survey Due
12/1	Wrestling Weight Assessment Window Closes
12/2	1st Wrestling Competition
12/7	Board Work Session & Appeals - Virtual
12/8	IHSAA Board of Directors Meeting - Virtual
12/19	State Drama - Virtual
12/25	Christmas Day
12/21-1/3	IHSAA Offices Closed
1/1	New Year's Day

### DECEMBER CHECKLIST

- \_\_\_ Enjoy the Holidays with family and friends
- \_\_\_ Work with student section on an appropriate sportsmanship plan
- \_\_\_ Publish Spring Schedules
- \_\_\_ Organize Fall Opponents
- \_\_\_ Organize Winter Opponents
- \_\_\_ Develop/Review Winter Cancellation Checklist
- \_\_\_ Spring Facility Emergency Plans
- \_\_\_ Spring Coaches Requirements
- \_\_\_ Send a citizenship reminder to parents and coaches

### Jones to Serve on NFHS Board of Directors

Ty Jones, IHSAA Executive Director has been selected to represent Section 8 on the National Federation of High Schools Board of Directors. Jones begins a 4-year term as the section representative replacing Mark Beckman from Montana. "I'm excited for to opportunity to serve at the national level and bring back information to the state associations in section 8".



## NFHS LEARNING CENTER

### Course of the Month



Your students high school years will provide a lifetime of memories and experiences. How do you want your student to remember this experience?

To help guide parents in this journey, the National Federation of State High School Associations has created **THE PARENT SEAT**. This course has been designed to help you understand the importance of participation in school programs, your expectations of behavior at events, how your behavior affects your child, and how you can use your child's high school experience as a way to grow a healthy relationship for years to come.

The "Parent Seat" originated as a video series, including **The Parent Seat**, **Beyond the Scoreboard**, and **A Lasting Relationship**. These videos are available to download at no cost.

### LIVE SCORES ARE MORE IMPORTANT THAN EVER.

Let's face it, high school sports are going to look a little different this year.

But your team's performance can still be showcased with **real time live scoring** on MaxPreps—even if fans are at home.



[MAXPREPS.COM/SCORES](https://www.maxpreps.com/scores)

### Ten Traits of Successful Programs

- 1 - Consistent and clear cultural standards and values
- 2 - Team members feel a collective responsibility to live the values
- 3 - Master teachers
- 4 - Positive role models - coaches and team leaders
- 5 - All roles are valued
- 6 - Positive rites of passage
- 7 - Consistent performance feedback
- 8 - Trust
- 9 - Sense of urgency
- 10 - Impact the player's lives

[www.proactivecoaching.info](http://www.proactivecoaching.info)

## COACHES CORNER

Too many kids have been taught that the goal of HS sports is to achieve an **ATHLETIC** scholarship. Here is the truth - the goal of HS sports is to learn how to be a better person, better teammate, better communicator, & to enjoy being a teenager ... something you can't get back.

*A Coach's Diary*

Via: @bbdoctor1

# SPORTSMANSHIP

Reacting correctly even when others don't.

## Sportsmanship says a lot about you

Good sportsmanship is more than shaking hands with your opponent. It's a way of conducting yourself that says a lot about you — and your school.

"Sportsmanship plays a role in every sport and extracurricular activity," said Jill Owens, assistant volleyball coach at Park Hill South High School, Parkville, Mo. "There are expectations for behavior at the state, district and building levels. Behavior expectations are non-negotiable.

"At the same time, we are dealing with students who are teenagers and who may be learning to deal with constant conflicting emotions. Coaches must set a positive example for the teens to follow."

### Practice, discipline

Managing your emotions — especially during intense competition — is a skill that requires practice and discipline. But it's an ability that's necessary in athletics and in life.

"We have all been around teams and individuals that did not have good sportsmanship," Owens said. "The negatives of sportsmanship are easy to identify. We just don't want people to think of us like we think of teams and schools that have bad sportsmanship. It is great to cheer and be supportive of your teams and teammates, but it is important not to go too far and cross the line into taunting and negative examples like that."

Finding creative ways to torment your opponent isn't the best

use of your energy. After all, poor sportsmanship does more damage besides tarnishing your image.

### Bad behavior has consequences

"Consequences for players may be something [like] a conversation with the coaching staff...to something as severe as loss of playing time," Owens said. "We have had some students that have been forbidden to attend games as a fan because of unruly or inappropriate behaviors. That is probably the most severe punishment for a student."

Losing the privilege of playing — or even attending — a game means that you have a lot to lose due to poor sportsmanship. But there's so much to gain from good sportsmanship.

"We hope [our athletes and students] gain a sense of right and wrong," Owens said. "We want them to be positive role models for others. We all watch television and see many more examples of bad sportsmanship. Unfortunately, that gets attention on 'SportsCenter' or video games. We hope they gain ways to be positive in all situations."

A positive attitude and gracious manners are welcome in all situations — both on the court and off. Find someone who practices good sportsmanship and use that person as a role model. And remember that good sportsmanship isn't limited to athletes and coaches.

"Sometimes, fans and parents can be the biggest opponent to good sportsmanship," Owens said. "Parents can yell comments about players, opponents, referees and sometimes their own children."

No matter what your role, good sportsmanship is a necessary skill. Take the time to develop it and reap the benefits.

## WHAT DOES SPORTSMANSHIP LOOK LIKE?

- 1 Encourage teammates. Cheer them on and applaud their efforts.
- 2 Know and follow the rules of the game.
- 3 Give your best effort everyday — in practice and in competition.
- 4 Respect the officials and their decisions — even when it isn't what you want to hear.
- 5 Respect your opponent. Avoid name-calling and dirty play.
- 6 Accept responsibility for your actions and those of your team.
- 7 Avoid arguments. Address disagreements away from the field.
- 8 Play fair. Respect yourself, your opponent and the game.
- 9 Follow the direction of your coach.
- 10 Set a good example for fans and other players. Remember you are a role model.



*"Ability may get you to the top, but it takes character to keep you there."*

— John Wooden, Legendary UCLA and NAIA teacher and coach

# What's your role?

## Player

As a participant, your job is to do your best at every practice and competition – both as an athlete and as an enthusiastic and supportive team leader. Good sportsmanship for athletes means you must:

- Treat opponents with respect. Shake hands before and after the game, and avoid verbal or physical action that is disrespectful.
- Respect officials and accept their decisions.
- Follow the rules of the game.
- Remember that you represent your school, your family and your community. Avoid any behavior that would embarrass or shame these groups.
- Cooperate with coaches, teammates and officials.
- Avoid foul language.
- Act as a role model. Know that whether you realize it or not, you are setting an example for teammates and fans.
- Know that participating is a privilege, not a right.



## Official

As an official, your job is to enforce the rules of the game and to maintain a fair environment for competition. Good sportsmanship for officials means you must:

- Treat all coaches, players and fans with respect. Shake hands with coaches before and after the game.
- Know the rules of the game and enforce them equally and fairly with each opponent.
- Avoid over-officiating.
- Maintain poise and self control for the duration of the event.
- Avoid arguments with coaches or participants.
- Avoid foul language.
- Demand good sportsmanship from all participants. Enforce penalties for those who display poor sportsmanship.
- Act as a role model of good sportsmanship for coaches, players and fans.



## Coach

As a coach, your job is to enthusiastically guide your team and set an example for players and fans. Good sportsmanship for coaches means you must:

- Treat opposing coaches, players and fans with respect. Shake hands with coaches before and after the game.
- Respect officials and accept their decisions. Shake hands with officials before and after the game.
- Follow the rules of the game.
- Maintain a positive attitude and expect the same from your team.
- Act as a role model of good sportsmanship for players and fans.
- Avoid foul language.
- Develop a code of ethics for team members and enforce penalties for players who display poor sportsmanship.
- Demand good sportsmanship at all times — not only during competitions, but also at practice and in the locker room.



## Fan

As a fan, your job is to provide positive, enthusiastic support for your team and to respect the opponent. Good sportsmanship for fans means you must:

- Treat coaches and players from both teams with respect.
- Acknowledge outstanding efforts from both teams.
- Respect officials and accept their decisions.
- Avoid negative comments or signage.
- Avoid foul language.
- Maintain enthusiasm, composure and a positive attitude.
- Act as a role model of good sportsmanship for other fans.
- Stay in areas designated for fans. Avoid disrupting play.



# 7 Practical Guidelines for Coaches to Follow

To foster coach-athlete relationships, and promote athlete autonomy, competence, and relatedness



@shakebotapp

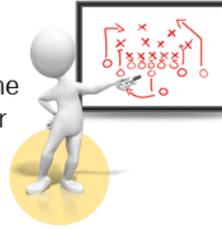
## 1. Provide Choice

by including players in decision making regarding team issues, such as: tactical options and alternative training drills



## 4. Provide Opportunities for Athletes to Take the Initiative

by empowering players to lead game de-brief sessions or take a leadership role in creating and delivering new training drills



## 6. Avoid Guilt-Inducing or Controlling Criticisms

by delivering criticism that focuses on the behavior, not the player's character. Convey criticism regarding performance needs while also conveying unconditional respect for the player's overall abilities



## 2. Provide Rationale for Tasks, Limits, and Rules

by explaining the logic behind key coaching decisions, such as team game plans and team selection



## 5. Provide Non-Controlling Performance Feedback

via constructive feedback/advice that is focused on the "solution" more than the performance "problem" and is not tied to any threats regarding team selection status



## 3. Inquire About & Acknowledge Feelings of Others

by getting to know players as people first and players second, and by acknowledging that some training drills may be repetitive or monotonous



## 7. Minimize Ego Involvement

by emphasizing self-referenced and self-set training and competition goals for each individual player; avoid intra-team rivalries and social comparisons



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# FALL STATE CHAMPIONS

## CROSS COUNTRY



### GIRLS

### BOYS



Boise

5A



Idaho Falls



Skyline

4A



Preston



Sugar-Salem

3A



Sugar-Salem



Bear Lake

2A



Salmon



Raft River

1A



Liberty Charter

## VOLLEYBALL



5A



Skyview

4A



Lakeland

3A



Sugar-Salem

2A



West Side

1A DI



Grace

1A DII



Tri-Valley

## SOCCER



### GIRLS

### BOYS



Rocky Mt.

5A



Boise



Preston

4A



Vallivue



CDA Charter

3A



SV Community

## FOOTBALL



5A



Rocky Mountain

4A



Skyline

3A



Sugar-Salem

2A



West Side

1A DI



Oakley

1A DII



Dietrich

## SWIMMING



### GIRLS

### BOYS



Boise

5A



Boise



Bishop Kelly

4A



Bishop Kelly

## December 19 VIRTUAL CHAMPIONSHIP

IDAHO HIGH SCHOOL



IHSAA

2020 STATE

*Drama*  
CHAMPIONSHIPS

dairy west

# WORKING WITH ASSISTANT COACHES

by Dr. David Hoch, CMAA, CIC

As the head coach, you are in charge of your program, and it's your job to manage your assistant coaches. If your team were a business, you would be the CEO, responsible for overseeing and mentoring your employees. When a CEO fails to provide instruction, feedback, and encouragement, his or her employees can't do their jobs well. And when a head coach doesn't provide that same kind of leadership, his or her assistant coaches can't thrive, either.

Your role as CEO starts before the season begins. Before the first practice happens, develop clear expectations for your assistants and make sure they know what those expectations are. It's helpful if you put your expectations into writing in the form of a job description. It is also beneficial to provide your assistants with a written description of your coaching philosophy and your plan for the season. Meet prior to the start of the season to give them these documents and talk them over.

Once the season has begun and things get busy—between practice sessions, scouting, and games—you may struggle to find the time to continue to mentor those under you. The following are some suggestions on how to fit in the important job of managing your assistants.

## GET THEM GAME READY

Explain what the assistants will be responsible for during a game. One might be in charge of charting the offense or defense and another may keep track of time outs, substitutions, individual and team fouls, or other items pertaining to your sport. Whatever your assistants' assignments are, take the time to explain them well in advance so they can be totally prepared.

## UTILIZE BUS RIDES

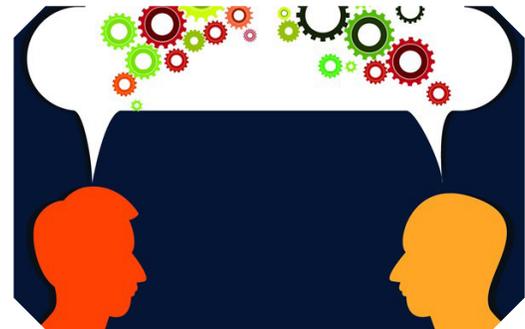
On return bus trips, review why you made key changes during the game and ask for input and suggestions. You will need to continue to supervise your athletes while you talk, but this can be a great chance for your assistants to contribute, and they can use this opportunity to ask you questions.

## TALK ELECTRONICALLY

Encourage your assistants to e-mail or text you when they have a question or problem. Good, effective communication goes a long way toward preventing mistakes.

## SHOW YOUR GRATITUDE

Don't forget to thank and praise an assistant for a job well done, either in practice, with scouting, or during a game. Being appreciated is important to everyone and creates good working relationships, loyalty, and dependability.



## MEET INDIVIDUALLY

Sit down with individual assistant coaches in private for one-on-one meetings to provide help with issues or to give pep talks as needed. Reassure, teach, correct, and guide in a non-threatening and supportive manner.

## SEND THEM OUT PREPARED

Meet with your assistants prior to sending them out on their first scouting assignment. Clearly explain how to approach the task of scouting. Provide hints about what to watch for so that the information they gather will be helpful when you prepare for practice sessions and make a game plan.

## TAKE 10

After each practice or game, meet for 10 minutes to review responsibilities and quickly outline what is on deck for tomorrow. If there was an oversight or mistake made during a practice or game, correct it immediately so it won't be repeated. In these brief meetings, it is vital that you communicate in a quick, concise manner while still covering what needs to be corrected. (And don't forget, while you are meeting, the locker room still has to be supervised!)

## HOLD WEEKLY MEETINGS

Schedule a staff meeting once a week for 20 to 30 minutes, perhaps on Saturday after practice. During this session, focus on the upcoming schedule and the responsibilities for the next week. Even though you probably created a season-long schedule, you want to remind everyone and cover any changes or concerns. It is much better to be proactive than to have someone miss an assignment and create a potential problem.

Managing your assistant coaches takes thought, planning, and effort—especially once the season is in full swing—but it pays big dividends. The better job you do, the smoother things will go and the more your assistants will grow and develop. So embrace your role as CEO and look for ways to provide your assistants with excellent leadership

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