



- \* 2025 LEGENDS OF THE GAME
- \* SAC FALL SPORTSMANSHIP SYMPOSIUMS
- \* STATE SPORTSMANSHIP COMMITTEE POI
- \* STATE CHAMPIONS - Volleyball, Swim, Football
- \* STATE SPORTSMANSHIP AWARDS - Volleyball
- \* UNBOTTLED - Check Out the New Video
- \* MERRY CHRISTMAS FROM - the office
- \* NFHS LEARNING CENTER COURSE - Social Media
- \* TRANSFORMATIONAL COACHES
- \* BOOK OF THE MONTH - Think Again
- \* COACHES CORNER - Emotional Intelligence

December  
2024 ISSUE

unbottled.

Fueled in partnership with local dairy farm families

# IHSAA EXPRESS

Supporting Education Through Activities



## 2025 IHSAA "Legends of the Game"



The Idaho High School Activities Association is pleased to announce the 2025 "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 6A basketball championship games at the Ford Idaho Center. The girls' ceremonies are slated for February 22 and the boys' ceremonies will take place on March 8.

### GIRLS' BASKETBALL

### 2004 Rimrock Raiders



The IHSAA is pleased to honor the 2025 girls' basketball "Legends of the Game", the 2004 Rimrock Raiders. This team won back-to-back girls' basketball State Championships for RHS, and finished the 2004 season with an outstanding, undefeated record of 26-0.

The '04 Lady Raiders inspired future generations of student-athletes in their community. Congratulations to these great "Legends of the Game"!

### BOYS' BASKETBALL

### 1983 Rigby Trojans



The IHSAA is pleased to honor the 2025 boys' basketball "Legends of the Game", the 1983 Rigby Trojans. This team was the middle of eight championship appearances during the 70's and 80's, a run which included an amazing seven state titles. The '83 team posted a season record of 21-1 and won the state championship in overtime.

**Congratulations to these great "Legends of the Game"!**



## ADMINISTRATION CORNER

### DATES TO REMEMBER

12/1	Fall Sports Concussion Survey Due
12/3	Wrestling Weight Assessment Window Closes
12/4	1st Wrestling Competition
12/6-7	State Drama
12/9	Board of Directors Work Session & Appeals
12/10	Board of Directors Meeting
12/25	Christmas Day
1/1	Wrestling Growth Allowance
1/1	Happy New Year!!!

### DECEMBER CHECKLIST

- \_\_\_ Enjoy the Holidays with family and friends
- \_\_\_ Work with student section on a sportsmanship plan
- \_\_\_ Publish Spring Schedules
- \_\_\_ Organize Fall Opponents
- \_\_\_ Organize Winter Opponents
- \_\_\_ Develop/Review Winter Cancellation Checklist



IDAHO HIGH SCHOOL

# State Championships DRAMA 2024



IHSAA

unbottled.

DECEMBER 6-7

CANYON RIDGE HIGH SCHOOL  
TWIN FALLS



## IHSAA

### QUESTIONS & ANSWERS

- Q.** Who is held responsible for a member school's observance of IHSAA regulations?  
**A.** The principal of the member school.
- Q.** When does the eight-semester rule begin?  
**A.** When a student first enters the ninth grade.
- Q.** How many classes must a student-athlete carry to be eligible?  
**A.** A student must be considered a full-time student as determined by the State Department of Education.
- Q.** Does P.E. or music count as one of the required classes that the athlete must pass the previous semester?  
**A.** Yes - The student must receive a full credit for those classes in order for them to count.
- Q.** A student changes schools, without a change in his/her parents' residence. What is his/her status?  
**A.** He/she becomes eligible for varsity competition one calendar year after the date of enrollment and attendance in the new school.
- Q.** Is an athlete eligible if he/she changes schools without a change of residence by his/her parents, if a power of attorney is granted?  
**A.** No - A power of attorney has no bearing on athletic eligibility.
- Q.** If a transfer student is 18 years of age, is it required for the parents to move with him/her before the student is eligible?  
**A.** Yes - The fact that an athlete is 18 years old has no bearing on eligibility.
- Q.** Can an athlete accept money or gifts in rodeo without jeopardizing his/her eligibility in other sports?  
**A.** Yes - Rodeo is not an activity sanctioned by the IHSAA and, consequently, does not affect eligibility in sanctioned activities.
- Q.** Do IHSAA regulations apply to junior high schools or middle schools?  
**A.** IHSAA regulations apply only to grades 9 through 12. IHSAA does not regulate grades 6, 7 and 8.
- Q.** Must member schools complete "paper work" on any transfer student?  
**A.** Yes - Except for students beginning the ninth grade. An Athletic Transfer, Foreign Student Transfer, Eligibility Regulation Waiver, or Waiver of Transfer Rule form must be submitted and approved by the IHSAA for each transfer student.



LEARNING  
CENTER  
NFHSLearn.com



## SOCIAL MEDIA

Through the use of social media, everyone now has the ability to be a mass communicator. This has greatly impacted the sports industry, including high school sports and activities. This course is designed to assist you in setting clear boundaries and guidelines for your students' responsible social media usage. It will help you in turning social media into a positive experience for both you and your students by framing social media as a tool that you can use to promote your program and your personal brand. Taking this course will help you stop fighting social media, and instead use it to positively impact your students and your organization.

# FALL 2024 STATE CHAMPIONS

## STATE SWIM CHAMPIONS GIRLS



## STATE SWIM CHAMPIONS BOYS

6A  BISHOP KELLY KNIGHTS

5A  SANDPOINT BULLDOGS

IDAHO HIGH SCHOOL  
2024  
**SWIMMING**  
STATE CHAMPIONSHIPS

 IHSAA *unbottled.*

6A  BOISE BRAVE  MT. VIEW MAVERICKS

5A  SANDPOINT BULLDOGS

## STATE VOLLEYBALL CHAMPIONS


6A  MADISON BOBCATS


5A  TWIN FALLS BRUINS


4A  BEAR LAKE BEARS

2024  
IDAHO HIGH SCHOOL  
**VOLLEYBALL**  
State Championships

 IHSAA *unbottled.*

3A  MELBA MUSTANGS

2A  BUTTE COUNTY PIRATES

1A  GRACE LUTHERAN ROYALS

## STATE FOOTBALL CHAMPIONS

6A  RIGBY TROJANS

5A  HILLCREST KNIGHTS

4A  SUGAR-SALEM DIGGERS

STATE  
**FOOTBALL**  
IDAHO HIGH SCHOOL  
CHAMPIONSHIPS  
2024

 IHSAA *unbottled.*

3A  WEST SIDE PIRATES

2A  KENDRICK TIGERS

1A  CAREY PANTHERS







# FALL 2024 STATE SPORTSMANSHIP AWARDS

The IHSAA State Sportsmanship Awards are presented to the school in each classification that exhibits the best sportsmanship throughout the State Tournament. Schools are judged on Team, Coach, Administration, Student Section, Cheerleaders, Band, Adult Fans, and Inappropriate Behavior.

## CONGRATULATIONS TO EACH SCHOOL AND THEIR COMMUNITIES



## VOLLEYBALL

6A	<b>Eagle Mustangs</b>	
5A	<b>Twin Falls Bruins</b>	
4A	<b>Weiser Wolverines</b>	
3A	<b>West Side Pirates</b>	
2A	<b>Prairie Pirates</b>	
1A	<b>Genesee Bulldogs</b>	

## IHSAA SPORTSMANSHIP COMMITTEE

The IHSAA Sportsmanship Committee is comprised of one representative from each activity district, two members of the Student Advisory Council, an official's representative, two parent representatives and one IHSAA administrator. Meetings are held annually at the IHSAA office on the first week of November.

### 2024-2025 RECOMMENDATIONS/POINTS OF EMPHASIS

- o Approve/Develop/Promote State Sportsmanship Brand
  - GEM State of Mind
- o Change Sportsmanship T-Shirt Script to add "WHY"
- o Define Board of Control expectations for sportsmanship committee members
- o Develop Dragon Fly report for notification of Rule 4-3 ejections
- o Yellow cards for fans
  - Available by contacting the IHSAA
- o New AD training program – IHSAA office
- o Change sportsmanship committee meeting date to spring – focus on following school year
- o Add best practices in being a sports parent on IHSAA parent page
- o Promotion of positive behaviors at events by fans, parents, students, coaches
- o Revision of Rule 4-3
- o Student Lead Sportsmanship Announcements
- o Focus on "Good Sportsman Behavior"



[CLICK HERE](#)  
2024-25  
COMMITTEE SYNOPSIS

# 2024 SAC Sportsmanship Symposiums

## WHAT

The sportsmanship symposium is held each year in order for schools to come together and discuss the pros and cons of sportsmanship around our district. We aim for attendees to return to their schools with new knowledge and skills to create a better environment at their schools. This year we are focused on how administrators and student leaders can work together to improve sportsmanship.





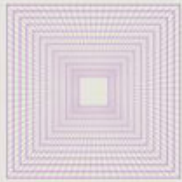
## SIGNS OF EMOTIONAL INTELLIGENCE



**Self-awareness:**  
*being aware of emotions and how they affect thoughts and behaviors. recognizing strengths and weaknesses.*



**Self-regulation:**  
*managing emotions effectively, staying calm under pressure. responding instead of reacting.*



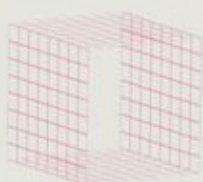
**Motivation:**  
*driven by intrinsic motivation rather than external rewards. setting and pursuing meaningful goals.*



**Adaptability:**  
*adapt to changing situations and perspectives remaining flexible and open-minded.*



**Social skills:**  
*excelling in personal relationships. communicating clearly, resolving conflicts, maintain strong relationships.*



**Empathy:**  
*understand and relate to the feelings of others. being attentive to others and active listening.*



**Optimism:**  
*maintain a positive outlook on life even in the face of adversity. believing in your ability to overcome.*



**Resilience:**  
*bounce back from setbacks and failures more effectively. Viewing challenges as opportunities.*

## Six Indicators of a Transformational Coach

Justin Brown

### 1.) They absorb the blame and deflect the credit.

When things are at their worst, they have the humility and honesty to stand in the gap and absorb the blame. When things are at their best, they love watching their team soak in success.

### 2.) They view growth and learning as the ultimate form of success.

Sure, they pursue industry results (wins, championships, advancing players to the next level, etc.) But they view their results as a byproduct of a commitment to growth and learning.

### 3.) They view their role as a temporary assignment.

They know someone held this job before them and someone will come behind them. They fully realize the show will go on without them someday.

### 4.) They are the same person from room to room.

No double life. They are completely unafraid of words "getting back to people."

### 5.) They have a deep and meaningful life away from their sport.

Their players get the sense their coach has some stability to their existence.

### 6.) They are driven by love

Everyone on the team has value to them. No disposable entities. Just people to develop at a soul/mental/physical level.

## This hit me...

You never really know the true impact you have on those around you. You never know how much someone needed that smile you gave them. You never know how much your kindness turned someone's entire life around. You never know how much someone needed that long hug or deep talk. So don't wait to be kind. Don't wait for someone else to be kind first. Don't wait for better circumstances or for someone to change. Just be kind, because you never know how much someone needs it.



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

Visit [ProjectFilter.org](http://ProjectFilter.org) to learn more.

**PROJECT FILTER**  
IDAHO FIGHTS TOBACCO

MY LIFE MY QUIT

Make every **CALL COUNT!**

**SIGN UP TODAY!**



**BECOME AN OFFICIAL**

# 10 HARSH TRUTHS EVERY LEADER NEEDS TO READ



**SHOW UP**  
**FOR EACH OTHER**

**NFHS**

**#WESEEYOU**

# Book of the Month Leadership in Coaching Visual Memo

#1 New York Times Bestseller

The Power of Knowing What You Don't Know

# THINK AGAIN

# ADAM GRANT



"Brilliant...guaranteed to make you rethink your opinions and your most important decisions."  
—Nobel Prize winner Daniel Kahneman

Organizational psychologist Adam Grant is an expert on opening other people's minds--and our own.

With bold ideas and rigorous evidence, he investigates how we can embrace the joy of being wrong, bring nuance to charged conversations, and build schools, workplaces, and communities of lifelong learners. You'll learn how an international debate champion wins arguments, a Black musician persuades white supremacists to abandon hate, a vaccine whisperer convinces concerned parents to immunize their children, and Adam has coaxed Yankees fans to root for the Red Sox.

Think Again reveals that we don't have to believe everything we think or internalize everything we feel. It's an invitation to let go of views that are no longer serving us well and prize mental flexibility over foolish consistency. If knowledge is power, knowing what we don't know is wisdom.

**"Mastery is the best goal because the rich can't buy it, the impatient can't rush it, the privileged can't inherit it, and nobody can steal it. You can only earn it through hard work. Mastery is the ultimate status."**

- Derek Siver, Author and Entrepreneur



## MENTAL FLEXIBILITY

Thinking again can help you generate new solutions to old problems and revisit old solutions to new problems.



## COGNITIVE LAZINESS

We favor the comfort of conviction over the discomfort of doubt, and we let our beliefs get brittle long before our bones. We are afraid of rethinking answers and the idea of rethinking.

## INDIVIDUAL RETHINKING HOW TO OPEN OUR MIND TO RETHINK



### THINK LIKE A SCIENTIST

Run experiments to test hypotheses and find knowledge



### BEWARE OF THE MOUNT STUPID

The danger lies not only in a lack of competence, but also in an overestimation of competence. Dunning-Kruger Effect

## ATTAIN A CONFIDENT HUMILITY



### AVOID THINKING LIKE



#### PREACHER

We deliver sermons to protect and promote our ideals.



#### PROSECUTOR

We recognize flaws in other people's reasoning to prove them wrong and win our case.



#### POLITICIAN

We campaign and lobby for the approval of our constituents.



### GET INTO TASK CONFLICTS

Conflicts of ideas and opinions. Prevent it from turning into an emotional conflict. Well-performing groups do not hesitate to present opposing perspectives.



### HAVE A CHALLENGING NETWORK

A group of people we trust to point out our blind spots and help us overcome our weaknesses.

## INTERPERSONAL RETHINKING HOW TO ENCOURAGE OTHERS TO RETHINK THEIR CONCEPTS



### DEBATE LIKE A DANCE

A good debate is not a battle, it's more like a dance without choreography.



### LEARN TO DEBATE

Find a common denominator, focus on few arguments, avoid getting into an attack-defense spiral, ask lots of questions.



### EXERCISE COUNTERFACTUAL THINKING

Imagine how the circumstances of our lives could have unfolded differently.



### PRACTICE MOTIVATIONAL INTERVIEWS

Ask open-ended questions, listen reflectively, affirm the other person's desire and ability to change.

## COLLECTIVE RETHINKING HOW TO CREATE COMMUNITIES OF LIFELONG LEARNERS



### AVOID BINARY BIAS

When it comes to complex issues, knowing the other side's opinions isn't enough. The opposing arguments do not change our view. Generates polarization.



### TEACH HOW TO CHECK THE FACTS

Teach children to question information instead of simply consuming it. Reject rank as a proxy for reliability



### TEACH HOW TO THINK LIKE A SCIENTIST

Identifying problems, developing hypotheses and devising their own experiments to test them.



### BUILT A CULTURE OF LEARNING

Learning culture, organizations innovate more and make fewer mistakes. Psychological safety with accountability. Performance Culture, short-term result, but people stop innovating, making mistakes and sharing ideas.

**"Rethinking liberates us to do more than update our knowledge and opinions, it leads us to a more fulfilling life."**



# Un<sup>®</sup> bottled.

PERFORM. REFUEL. RECOVER. REPEAT #UNBOTTLED  
[CLICK HERE](#)



from the office

