



- * **GAME WINNING FUELING STRATEGIES**
- * **IHSAA RULE OF THE MONTH - Rule 8-11**
- * **FALL MARCHING BAND RESULTS**
- * **STATE CHAMPIONS - Football, Swim**
- * **STATE DRAMA - December 2nd & 3rd**
- * **BOOK OF THE MONTH - Start With Why**
- * **SPECIAL OLYMPICS UNIFIED CHAMPION SCHOOLS**
- * **9 WAYS TO BECOME A HOLISTIC SPORT COACH**
- * **2022-23 SPORTSMANSHIP COMMITTEE RECOMMENDATIONS**
- * **NFHS COURSE OF THE MONTH - Name, Image & Likeness**




**December
2022 ISSUE**



IHSAA EXPRESS


Supporting Education Through Activities

Canyon Ridge High School is an



TOP 5

Special Olympics Unified Champion School!


Special Olympics

Out of more than 8,000 Special Olympics Unified Champion Schools in the U.S., it's come down to these leaders for inclusion.

Congratulations to our newest

Special Olympics National Banner Unified Champion Schools

Canyon Ridge High School
Mountain View High School

representing Special Olympics Idaho




Mountain View High School Named as 2022 National Banner Special Olympics Unified Champion School® demonstrating commitment to inclusion by meeting 10 standards of excellence receives national banner recognition.

ESPN announced the official 2022 ESPN Top 5 Special Olympics Unified Champion Schools; the 5 schools awarded the highest recognition for exceeding the 10 standards of excellence required for national recognition.

CONGRATULATIONS CANYON RIDGE HS

[CHECK OUT THE ESPN VIDEO ANNOUNCEMENT HERE](#)

[Discover More About the Special Olympics School Recognition Program](#)

A Special Olympics Unified Champion School has an inclusive school climate and exudes a sense of collaboration, engagement and respect for all members of the student body and staff. A Unified Champion School receiving national banner recognition is one that has demonstrated commitment to inclusion by meeting 10 national standards of excellence. These standards were developed by a national panel of leaders from Special Olympics and the education community.

The primary activities within these standards include: Special Olympics Unified Sports® (where students with and without disabilities train and compete as teammates), Inclusive Youth Leadership and Whole-School Engagement. Banner Unified Champion Schools should also be able to demonstrate they are self-sustainable or have a plan in place to sustain these activities into the future.

UPCOMING UNIFIED EVENTS

Unified Basketball Tournament
March 8, 2023
Burley High School

Unified Basketball Tournament
March 10, 2023
Boise High School

ADMINISTRATION CORNER

DATES TO REMEMBER

12/1	Fall Sports Concussion Survey is Due
12/2-3	State Drama - Coeur d'Alene High School
12/5	Board of Directors Work Session
12/6	Board of Directors Meeting
12/7	AD Zoom Chat - Mid-Year Evaluation
12/21-1/3	IHSAA Office Closed
1/1	Wrestling Growth Allowance

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
- ___ Spring Facility Emergency Plans
- ___ Spring Coaches Requirements
- ___ Send a citizenship reminder to parents and coaches



IHSAA Rule of the Month

RULE 8-11 - OUTSIDE COMPETITION

8-11-1

Outside competition not allowed and is defined as a student who competes in organized, non-school contests or events during the high school season, except as provided in Rule 12.

8-11-2

Violation of this rule will result in the following:

- The student will be ineligible for the next regularly scheduled contest plus an additional regularly scheduled contest per infraction. Regularly scheduled contests include: season contest, district, and state.
- Infractions will be reported to the District Board of Control, who may levy additional fines or penalties.

8-11-3

A second violation during the four years of eligibility by that student of the outside competition rule will result in the following:

- The student will be ineligible for the school team for the remainder of that sports season.
- Additional assessments may be possible.

8-11-4

Contests may not be scheduled to create eligibility.

WHOSE JOB IS IT?

**THIS IS A STORY ABOUT FOUR PEOPLE
NAMED EVERYBODY, SOMEBODY, ANYBODY
AND NOBODY.**

**THERE WAS AN IMPORTANT JOB TO BE DONE
AND EVERYBODY WAS SURE THAT
SOMEBODY WOULD DO IT.**

**ANYBODY COULD HAVE DONE IT, BUT
NOBODY DID IT.**

**SOMEBODY GOT ANGRY ABOUT THAT,
BECAUSE IT WAS EVERYBODY'S JOB.**

**EVERYBODY THOUGHT ANYBODY COULD DO
IT, BUT NOBODY REALIZED THAT
EVERYBODY WOULDN'T DO IT.**

**IT ENDED UP THAT EVERYBODY BLAMED
SOMEBODY WHEN NOBODY DID WHAT
ANYBODY COULD HAVE.**



LEARNING CENTER

NFHSLearn.com

Course of the Month

- NIL -
NAME,
IMAGE
& LIKENESS



Name, Image and Likeness, or NIL, is one of the key topics of discussion in the modern landscape for sports and activities.

The National Federation of State High School Associations has partnered with Advance to bring you this course on Name, Image and Likeness.

This course has been designed to define NIL, provide examples of how it can be leveraged by high school students, identify misconceptions that various stakeholders have about NIL, and highlight aspects that students and families should consider when interested in pursuing NIL opportunities.

This course will explain how leveraging NIL does not include students being paid to play their sport, but instead using their own identity to create a brand and business for themselves.

DECEMBER COACHES EDUCATION PAGE



Jamy Bechler

Coaches:

Treat your athletes with respect, dignity, and empathy even when they do not return the favor, or they act immature, or they cost you a win. Be the adult. Be the positive leader. Be the example. Be one of the reasons they become a good adult one day!

Coaches:
KEEP YOUR COOL!

NFHS
BENCH BAD BEHAVIOR

9 WAYS TO BECOME A

HOLISTIC SPORT COACH

@BELIEVEPHQ



LIFE SKILLS

Teach your athletes about the different life skills which they can learn from sport



SUPPORT ATHLETES

Make sure that listen to your players. Be caring and support your athletes when they are struggling



PERFORMANCE

Focus on performance not just results. Focus on the long term player development

THE WHOLE PLAYER

Focus on improving your players psychological, physical, technical and tactical skills. Implement each element into your session



STRENGTHS

Focus on the positives and building your players strengths. Help them to identify how to get the best out of their abilities



PROMOTE AUTONOMY

Allow players to make their own decisions. Provide players with opportunities to problem solve as individuals and in a team



INVOLVE PARENTS

Talk to parents and let them know about what you are trying to achieve with players. See if they can implement the same principles at home



FOSTER CREATIVITY

Provide opportunities for your players to be creative. Ignite curiosity among them



POSITIVE CLIMATE

Acknowledge individual differences. Get to know each player and what drives them and motivates them

THE ATHLETE'S SECRET WEAPON



"Game Winning Fueling Strategies" is a virtual sports nutrition education program available to high school sports teams in Idaho and Utah. Each nutrition talk with sports dietitian and former professional triathlete Erin Green is tailored to help high school athletes perform their best. You and your athletes will learn the basics of sports nutrition and how to incorporate good nutrition habits that will help improve performance!

These Team Talks are intended for both athletes and coaches to attend!

Please use this form to sign up for a "Game Winning Fueling Strategies" session. Once submitted, you will receive an email confirmation with a Zoom link to join. You may use the link to attend as a team or distribute among your players to use on their personal devices.

Brought to you by Dairy West.

[Register Now](#)

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 and one IHSAA administrator. Meetings are held annually at the IHSAA office on the first week of November.

SPORTSMANSHIP COMMITTEE 2022-2023 POINTS OF EMPHASIS

- Rule 9 Review
 - Review with Administrative Team
 - Promote through announcements & signage
- Administration promoting sportsmanship at all parent meetings
- Student lead sportsmanship announcements prior to each game
- "Focus on the Good"
 - Promote positive behaviors at events by fans, parents, students, coaches and players



2022-2023 COMMITTEE SYNOPSIS

HOST SCHOOL RESPONSIBILITIES & PREVENTATIVE MEASURES

RESPONSIBILITIES:

1. Provide sufficient staff and security supervision for spectator control. Use competent public address announcers, scorers, etc. who will promote the fundamentals of sportsmanship and who will not encourage undesirable spectator reactions.
2. Work closely with the cheerleaders and their coach in developing techniques of crowd management. Encourage and enlist the support of student groups in the development of positive behavior.
3. Make certain that all support groups including cheerleaders; pep bands, drill teams, and fans conduct themselves in accordance with the sportsmanship standards established by your school and/or league.
4. Assign a responsible adult to greet and escort visiting teams and officials to their dressing rooms.
5. Assign faculty members to oversee conduct of fans, cheerleaders, pep squads, bands, etc., for both home and away games.
6. Identify potential troublemakers (student or adult) and closely monitor their behavior.

PREVENTATIVE MEASURES:

1. Meet regularly with staff to inform them of game management procedures and reinforce the ideals of good sportsmanship. Keep administrators informed of any problems that occur.
2. Maintain control over student groups involved in activities/ athletics and encourage growth in sportsmanship.
3. Be at the game site (home or away) in advance of everyone's arrival.
4. Have regular, informal sessions with the local media and elicit their participation and assistance in the program.
5. Establish contact with the opponent's athletic director in advance of each contest to offer assistance with arrangements and equipment.
6. Arrange security escorts for officials. Provide secure quarters for officials and visiting teams, and extend every courtesy to make them enjoy their visit to your school.



DECEMBER 2-3
COEUR D'ALENE HS



2022 FALL MARCHING BAND FINALS RESULTS

SOUTH EAST IDAHO CIRCUIT

-SEI Circuit Used Band Size for Classification



1A Champion
Pocatello High School



2A Champion
Shelley High School



3A Champion
Jerome High School



4A Champion
Highland High School



Open Division Champion
Madison High School

IDAHO DISTRICT III MARCHING FESTIVAL

-District III Used IHSAA Classification



2A Champion
Cole Valley Christian



3A Champion
Weiser High School



4A Champion
Columbia High School



5A Small Champion
Eagle High School



5A Large Champion
Timberline High School

2022 IHSAA FALL STATE CHAMPIONS

STATE FOOTBALL CHAMPIONS

5A

RIGBY
TROJANS



4A

SKYLINE
GRIZZLIES



3A

SUGAR-SALEM
DIGGERS



2A

BEAR LAKE
BEARS



1ADI

OAKLEY
HORNETS



1A DII

KENDRICK
TIGERS



STATE SWIM CHAMPIONS GIRLS

5A

LAKE CITY
TIMBERWOLVES



4A

SKYVIEW
HAWKS



STATE SWIM CHAMPIONS BOYS

5A

BOISE
BRAVE



4A

SKYLINE
GRIZZLIES



2022 IHSAA FALL STATE CHAMPIONS

2022 IHSAA FALL STATE CHAMPIONS

2022 IHSAA FALL STATE CHAMPIONS

OFFICIALS:

THE UNSUNG HEROES OF HIGH SCHOOL SPORTS.

They protect the integrity of the game and serve our community selflessly,
all so our students can continue to play the sports they love.



Think you have what it takes to make the big calls?

Sign up today at [HighSchoolOfficials.com](https://www.HighSchoolOfficials.com)



#BECOMEANOFFICIAL

When you're in the spotlight you have to be fully focused on the game.

Don't let nicotine control your thoughts. Are you a teen who wants to quit vaping, smoking, or chewing? Find free and confidential help by texting "Start My Quit" to 36072 to get started.



Leadership in Coaching Book of the Month



Start with Why is one of the best leadership books for receiving a foundational understanding of what it means to lead with purpose. Those wanting to refresh and revive their organizations should read this book first. Without a doubt, Start with Why changes the game on how leaders guide their companies. It explains the importance of putting purpose at the center of any organization so leaders don't lose focus on fulfilling the mission. An understanding of how to lead with why has the power to truly transform any organization for the better.

"People don't buy what you do; they buy why you do it. And what you do simply proves what you believe."

- Simon Sinek

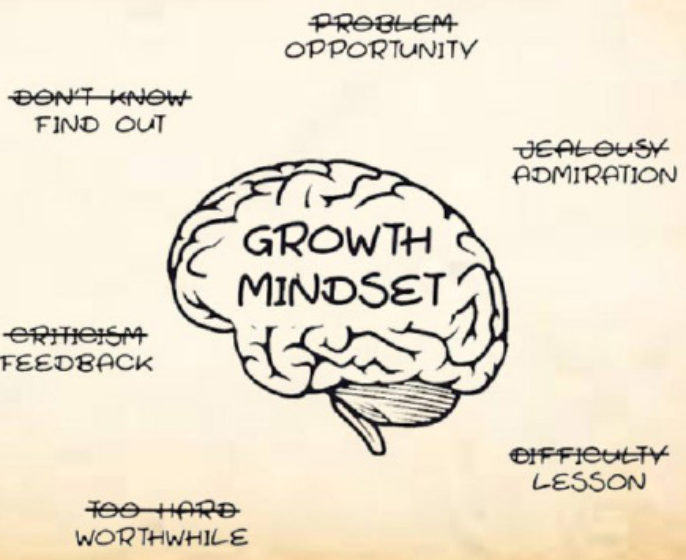


WATCH HIGH SCHOOL **SPORTS LIVE**

WATCH NOW



7 Mindsets that will radically improve your life.



1. Self-trust mindset:
 To do anything great, you have to be able to trust yourself and believe in your capabilities.
 Don't give up on the things you believe in and most importantly, don't give up on yourself.
 Have the confidence to banish any negative voices in your head.

2. Goal-setting mindset:
 Knowing what you want and willing yourself to reach it are two different things.
 When you know your goals, they motivate you.
 Set high goals and don't stop until you reach them.

3. Patient mindset:
 Those who are impatient tend to lose out on great opportunities.
 The most successful people do all they can to move forward, but they also have the patience to wait and watch.
 Sometimes you have to wait for the right thing.

4. Courageous mindset:
 Courage does not mean being unafraid
 Having courage and showing courage means facing your fears, saying "I am scared and I am moving forward anyway."
 Courage is like a muscle that you can strengthen with use.

5. Focused mindset:
 One of the worst setbacks that can happen is losing focus and allowing procrastination to step in.
 Discipline is the bridge between goals and accomplishment, and a mindset of focus builds that bridge.

6. Positive mindset:
 If you set your mind to positivity it can go a long way.
 Be positive, not passive.
 Instead of giving yourself reasons why you can't or shouldn't, give yourself reasons why you can and permission to go for it.

7. Learning mindset.
 Every failure has something to teach you, and everything you learn helps you grow.
 If you are unwilling to learn, no one can help you;
 If you are determined to learn, no one can stop you.



MERRY CHRISTMAS

Happy New Year 2023

