



- \* 2024 IHSAA "Legends of the Game"
- \* SPORTSMANSHIP COMMITTEE POE
- \* RULE OF THE MONTH - Rule 4-3
- \* NOMINATE YOUR ATHLETIC TRAINER
- \* BECOME AN OFFICIAL TODAY
- \* FALL CHAMPIONSHIPS CONTINUED
- \* 10 TIPS FOR SUPPORTING MENTAL WELLNESS
- \* LEADERSHIP BOOK OF THE MONTH - *The Lasso Way*
- \* 6 EMOTIONS A LEADER SHOULD BE CAUTIOUS OF ENTERTAINING
- \* SUBMIT YOUR NOMINATION FOR "Play Of The Week"

**December  
2023 ISSUE**



# IHSAA EXPRESS

Supporting Education Through Activities

## 2024 IHSAA "Legends of the Game"

The Idaho High School Activities Association is pleased to announce the 2024 "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 5A basketball championship games at the Ford Idaho Center. The girls' ceremonies are slated for February 17 and the boys' ceremonies will take place on March 2.

### **GIRLS' BASKETBALL**

**1991 Shelley Russets**



The IHSAA is pleased to honor the 2024 girls' basketball "Legends of the Game", the 1991 Shelley Russets. This team won the A-2 girls' basketball State Championship for SHS, under the tutelage of legendary head coach Newell Sargent. Loaded with upperclassmen, the '91 Russets shocked the undefeated Jerome Tigers to win it all! The '91 Lady Russets inspired future generations of student-athletes in their community. Congratulations to these great "Legends of the Game"!



### **BOYS' BASKETBALL**

**1992 Malad Dragons**

The IHSAA is pleased to honor the 2024 boys' basketball "Legends of the Game", the 1992 Malad Dragons. The pride of their community, the '92 Dragons posted a perfect 26-0, undefeated season, capping it off with a State Championship win. Head Coach Terry Jones was inducted into the IHSAA Hall of Fame in 2009.

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

Performing arts can take us anywhere, and they can bring us together. Today, they've brought all of us here—to play, perform and compete, together.

Let's show the world the unifying power of performing arts!

Post now using the hashtag **#PlayPerformCompeteTogether**

**PLAY.  
PERFORM.  
COMPETE.  
TOGETHER.**



# 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.

## 2023-2024 RECOMMENDATIONS/GOALS/POINTS OF EMPHASIS

- o District Tournament Sportsmanship Recognition
  - \* Present a sportsmanship t-shirt and certificate of appreciation at each district tournament to all member schools
- o Create common language for a state-wide sportsmanship campaign
  - \* SAC will begin this work
- o Digital advertising from the SAC on a state-wide and district level
- o Create a "Strategic Student Section"
- o Social Media Awareness for all student-athletes
  - \* Some school districts have policies in place
- o Mental Health Education at sporting events
- o Change 4-3-3b requirement
- o Administration promoting Sportsmanship at all parent meetings
- o Student Lead Sportsmanship Announcements
- o Focus on the Good"
  - \* Promotion of positive behaviors at events by fans, parents, students, coaches
- o Rotate the Sportsmanship Committee meetings around the state
- o Add two parents to the 24-25 Sportsmanship Committee as members

[CLICK HERE  
2023-2024  
COMMITTEE SYNOPSIS](#)



SUBMIT YOUR NOMINATION  
FOR PLAY OF THE WEEK



Scan the QR code to learn more about the Play of the Week

## ADULT FANS: TIMEOUT!

Stop throwing fits at high school athletic events.

ENOUGH IS ENOUGH.

It's time to grow up, act your age and **#BenchBadBehavior** for good!

**BenchBadBehavior.com**





## ADMINISTRATION CORNER

### DATES TO REMEMBER

12/1	Fall Sports Concussion Survey Due
12/1-2	State Drama
12/4	Board of Directors Work Session & Appeals
12/5	Board of Directors Meeting
12/25	Christmas Day
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



## NFHS Courses of the Month

### POSITIVE PARENTING WITHIN SCHOOL PROGRAMS

Parents play an influential role in the lives of their children, including the part they play when their children participate in interscholastic sports and activities. This is why the National Federation of State High School Associations has created the course Positive Parenting within School Programs. Parents need to understand that their behavior in the stands, how they talk to their student after a practice or game, and the way they interact with the coaches and officials, makes all the difference in the enjoyment of their children's experience. Learn how you, as a parent, can have a positive impact on your child and help create a memorable experience for everyone. Take the course, Positive Parenting within School Programs, available for free on the NFHS Learning Center.

### THE PARENT SEAT

Your student's 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.



## IHSAA Rule of the Month

### 4-3 EJECTIONS

**4-3-1** In any athletic contest, including jamborees, any coach or player ejected for an unsportsmanlike or flagrant act will be suspended for the remainder of the contest/game/jamboree - and, will be suspended for the next regularly scheduled contest at that level of competition, and all other games/meets/matches in the interim, in any sport, at any level of competition. Any staff or parent/fan/spectator associated with a member school ejected for an unsportsmanlike or flagrant act will be suspended for the remainder of the contest/game/jamboree - and, will be suspended for the next two regularly scheduled contests at that level of competition, and all other games/meets/matches in the interim, in any sport, at any level of competition.

**Note:** Jamborees shall not be considered a regularly scheduled contest.

**a.** At the time of ejection, the person/s must leave the field of play and assume a position that will not enable him or her to see or be seen.

**b.** During the suspension of the next regularly scheduled contest, the player is permitted to watch the contest, but may not participate. The coach is not allowed at the contest. The parent/staff/fan/spectator is not allowed at the next two contests.

**c.** Players will also be required to take the NFHS free, online sportsmanship course and submit a certificate of completion to school administration prior to reinstatement. The course must be completed between ejection and reinstatement.

**d.** Coaches will also be required to take the NFHS online Teaching and Modeling Behavior course and submit a certification of completion to school administration prior to reinstatement. The course must be completed between ejection and reinstatement.

**e.** Parents will also be required to earn the NFHS National Parent Credential which includes the free, online Positive Parenting Within School Programs course and The Parent Seat. Credential Certificate must be submitted to school administration prior to reinstatement. The credential must be completed between ejection and reinstatement.

**f.** Other Persons (staff/fan/spectators that are not parents) will also be required to take the NFHS free, online sportsmanship course and submit a certificate of completion to school administration prior to reinstatement. The course must be completed between ejection and reinstatement.





# COACHES EDUCATION PAGE



## 6 EMOTIONS A LEADER SHOULD BE CAUTIOUS OF ENTERTAINING

### LEAD WITH PURPOSE

“When dealing with people, remember you are not dealing with creatures of logic, but with creatures of emotion.”

- Dale Carnegie

Peace Olapade



### RAGE

- Outbursts of rage creates an atmosphere of fear and intimidation
- Team members become reluctant to voice opinions or share concerns openly
- Focus shifts from works and goals to managing the emotional fallout of your rage, diverting attention and and destroying the team's productivity.
- A leader's rage will tarnish the organization's reputation, affecting it's ability to attract and retain talent.
- Destroys high impact relationships with partners and clients

### VINDICTIVENESS:

- Leads to a toxic work culture where fear and retaliations thrives.
- Leads to loss of morale, increased anxiety and stress among team members
- Leads to lack of cooperation and trust as members are focused on protecting themselves rather than collaborating for the collective good.
- Leads to lack of innovation as fear of reprisal stifles creativity and innovatine thinking.
- Leads to high turnover rate
- Erodes trust and loyalty
- Leads to decreased commitment to the organization's goals and values
- Leads to a bad reputation internally and externally.

### JEALOUSY

- A jealous leader would sabotage the team's success, fail to support and disrupt the harmony because they feel threatened by competent team members.
- It fosters an enviroment of mistrust and unhealthy competition rather than collaboration.
- Instead of focusing on the organization's objectives, jealous leader might prioritize their own interests.
- Leads to inability to stir the team towards shared goals
- Jealousy makes leaders to withhold oppourtunities for growth and development from high performing team members, hindering the organization's progress.

### DOUBT

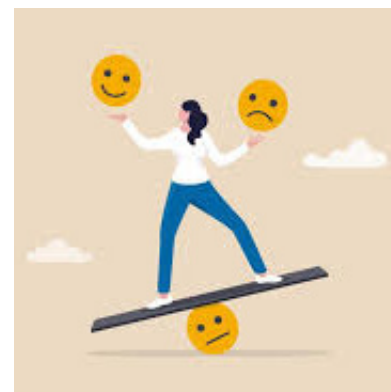
- Leaders plagued by doubt struggle to make decisions and take action.
- Doubtful leaders avoid taking calculated risk or exploring new opportunities
- Doubt leads to unclear or vague communication
- Doubt may cause leaders to overlook or dismiss potentially valuable oppourtunities due to lack of confidence in their judgement.
- Doubtful leaders constantly second guess themselves leading in change in direction which confuses the team.

### PANIC:

- Creates a tense and stressful work environment.
- Leads to making hasty decisions or an inability to make decisions at all.
- Increases the chance of making errors.
- Leads to ineffective communication, misinformation and confusion .
- Undermines the confidence and trust team members have in you.
- Makes you reactive rather than proactive.
- Leads to loss of focus

### ARROGANCE

- Arrogant leaders may dismiss vauable input from others, leading to poor decision making, lack of diverse perspective and less information.
- Arrogance prevents leaders from acknowledging their own weaknesses or areas for improvement, hindering personal and professional growth.
- Arrogant leaders always resist feedback, making it difficut to learn from their mistakes or change their approach
- Arrogance discourages collaboration as team members may feel their ideas or contribution are not valued.



WORKING WITH EMOTIONS IN COACHING





# The Lasso Way

Leadership Lessons from the World's Favorite Football Coach

JOHN BRUBAKER

BELIEVE

## Leadership in Coaching Book of the Month

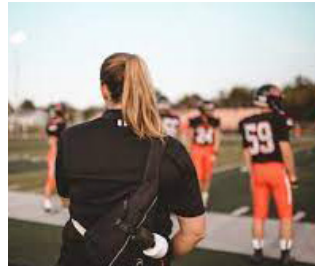
In this book, we explore the leadership principles Ted Lasso can teach us. We look at the traits, actions, and tactics that made him such a successful leader. Ted Lasso's leadership philosophy places a strong emphasis on the value of teamwork, empathy, positivity, honesty, and ongoing personal as well as professional development. We learn important lessons from looking at his leadership journey that can be used in a variety of our own leadership scenarios, whether in sports, business, or any other area.

NOTE: THIS BOOK INTENTIONALLY DOES NOT CONTAIN ANY SPECIFIC EXAMPLES FROM EPISODES OF TED LASSO. I DON'T WANT TO SPOIL THE SHOW FOR YOU IF YOU HAVEN'T WATCHED THE ENTIRE SERIES YET.

RATHER IT IS A RESOURCE YOU CAN REFER BACK TO AS YOU WATCH THE SERIES. IT SHOULD SERVE AS A PROMPT FOR YOU TO REFLECT ON SCENES FROM THE SHOW TO REINFORCE THE LEADERSHIP LESSONS IN THIS BOOK.



The NATA Secondary School Athletic Trainers' Committee has established the Secondary School Athletic Trainer of the Year Award to recognize deserving athletic trainers in secondary schools across the country. Specifically this award recognizes eleven district winners and one overall national winner.



### ATTENTION:

Do you have an outstanding Athletic Trainer at your school?

The Secondary Athletic Trainer of the Year Award is currently accepting applications through December 31st.

[CLICK HERE](#)

Nominate your trainer TODAY!!

# A healthier family is a vaccine away.



## COVID-19 bivalent boosters available now.

### Find yours at [vaccines.gov](https://vaccines.gov)



# FALL 2023 STATE RESULTS

## STATE SWIM CHAMPIONS

### GIRLS

5A

LAKE CITY  
TIMBERWOLVES

4A

SANDPOINT  
BULLDOGS



5A

BOISE  
BRAVE

4A

BISHOP KELLY  
KNIGHTS

## STATE FOOTBALL CHAMPIONS



5A

HIGHLAND  
RAMS

4A

BISHOP KELLY  
KNIGHTS

3A

SUGAR-SALEM  
DIGGERS

2A

WEST SIDE  
PIRATES

1ADI

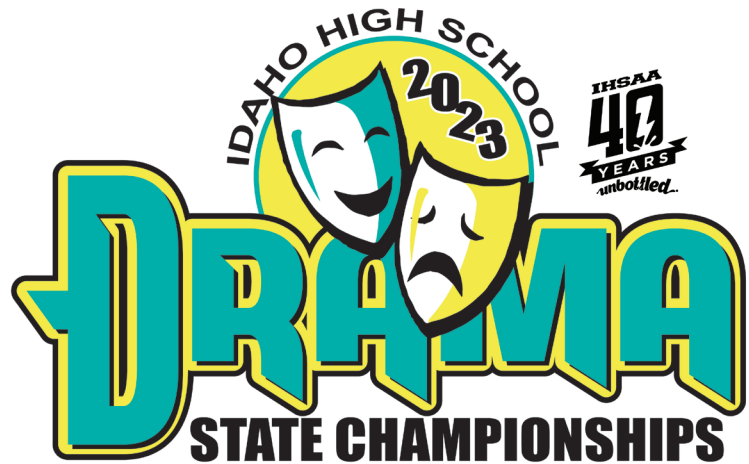
BUTTE COUNTY  
PIRATES

1A DII

KENDRICK  
TIGERS

December 1-2

Century High School







## 10 TIPS FOR SUPPORTING THE MENTAL WELL-BEING OF STUDENTS

When it comes to the mental health of your students, it's not about having all the answers.

It's about empathizing with your students and offering the support they need.

**Let them know you see them.**

Reference these 10 tips before each season and implement them within your athletic department. You can also distribute them to teachers, principals, superintendents and other school staff.

### 1. UNDERSTAND THE REAL DEFINITION OF MENTAL HEALTH.

"Mental health is a state of mental well-being that enables people to cope with the stresses of life, realize their abilities, learn well and work well, and contribute to their community," per the World Health Organization. It's a spectrum that is less often about extremes or crises and more often about coping with everyday challenges—most of us live in the middle.

### 2. ACKNOWLEDGE AND CONNECT WITH ALL STUDENTS.

All students—not just the ones who help win championships—want to feel seen by someone who matters to them, like a coach, athletic director or teacher.

### 3. KEEP IN MIND THAT STUDENTS ARE SEEING LIFE THROUGH A HIGHLIGHT REEL.

Teenagers are "seen" a lot on social media, but are they seen for who they truly are? Be the person who wants to know and support the *real* them.

### 4. CREATE A CULTURE WHERE EVERYONE IS LOOKING OUT FOR EACH OTHER.

It is not one sole person's responsibility to check in and see how everyone on the team is doing. We can *all* play a part in noticing, acknowledging and offering support to one another.

### 5. REMEMBER YOUR INFLUENCE IS GREATER THAN YOU OFTEN REALIZE.

Far beyond their athletic potential, you can make subtle differences in your students' lives by paying attention to their behavior and who they are as people.



#WESEEYOU



**6. DON'T FORGET WE ALL HAVE DIFFERENT CAPACITIES FOR STRESS.**

And it can change day to day. Rather than judging the validity of someone else's stressor, consider how many stressors they are juggling at one time and empathize that they may have one too many to handle at once.

**7. DETERMINE IF STUDENTS ARE "SORE" OR IF THEY ARE "INJURED."**

Like with physical endurance, coping with stress can feel exhausting. But it's important to notice the difference between being "sore" (feeling anxious or down) and being "injured" (a mental health crisis). Help your students work through their "soreness" by developing coping skills to build stamina.

**8. OFFER SUPPORT AND GUIDANCE.**

While most high school students might not experience a mental health crisis, they are still faced with adversities they have never dealt with before. Remember it's not your job to diagnose or treat; it's your job to offer support and guidance and teach them how to be resilient.

**9. ENCOURAGE STUDENTS TO GET MORE SLEEP.**

A consistent lack of sleep is directly correlated with lacking the ability to cope with stress properly.

**10. CONTINUE SEEKING RESOURCES.**

Remember the mental well-being of students is not one sole person's responsibility. Surround yourself with resources to reference and a network of support to turn to.

**Learn more and get free resources on our website, [WeSeeYou.Community](http://WeSeeYou.Community).**



**#WESEEYOU**



## A Gratitude Journey

Source: Author Unknown, Be Thankful Poem

- *Be thankful that you don't already have everything you desire. If you did, what would there be to look forward to?*
- *Be thankful when you don't know something, for it gives you the opportunity to learn.*
- *Be thankful for the difficult times. During those times you grow.*
- *Be thankful for your limitations, because they give you opportunities for improvement.*
- *Be thankful for each new challenge, because it will build your strength and character.*
- *Be thankful for your mistakes. They will teach you valuable lessons.*
- *Be thankful when you're tired and weary, because it means you've made a difference.*
- *It's easy to be thankful for the good things. A life of rich fulfillment comes to those who are also thankful for the setbacks.*
- *Gratitude can turn a negative into a positive. Find a way to be thankful for your troubles, and they can become your blessings.*





**3,721**

**SWEATSHIRTS GIVEN TO  
FALL STATE CHAMPIONSHIP  
PARTICIPANTS**



**28,896**

**MILKS HANDED OUT  
AT FALL STATE  
CHAMPIONSHIPS**

# REFUEL, REBUILD, REPLENISH



“

**Teachers report changes in students' attention span, focus, and self-control due to the use of nicotine products.**

”



Visit [projectfilter.org](http://projectfilter.org),  
or email [projectfilter@dhw.idaho.gov](mailto:projectfilter@dhw.idaho.gov)  
for more information on helping teens quit nicotine.



IDAHO DEPARTMENT OF  
**HEALTH & WELFARE**  
DIVISION OF PUBLIC HEALTH

February 2023

**MAKE THE RIGHT CALL.**

# BECOME A HIGH SCHOOL OFFICIAL.



## THERE'S A NATIONWIDE SHORTAGE OF HIGH SCHOOL OFFICIALS.

And nearly every sport is being affected. In some communities the shortage is critical, and high school games are being postponed or even cancelled.

Becoming a high school official is the easiest call you'll ever make. High school officials protect the integrity of the games we love by demonstrating qualities like honesty, objectivity, consistency and courage. Officiating will be inspiring, invigorating, educational and fun. But it will be equally rewarding as you help high school students learn life lessons that will benefit them for the rest of their lives.

## BUT THE BENEFITS RUN EVEN DEEPER...

As a high school official, you'll be challenged to grow as a person. It will require dedication, focus and impartiality. You'll strive for excellence. Learn to trust your gut. And constantly work outside your comfort zone.

## WHY SHOULD YOU CONSIDER JOINING THE RANKS?

- You'll be a role model for the students in your community
- You'll stay close to the sport(s) you love
- You'll earn extra money
- Hours are flexible
- It's a great way to stay physically active
- You'll join a community like no other, giving you lifelong friendships
- It's a great way to give back and serve your community



GO TO  
[HighSchoolOfficials.com](https://HighSchoolOfficials.com)  
TO SIGN UP TODAY!

## THE PATH TO BECOMING A LICENSED HIGH SCHOOL OFFICIAL.

📌 **Step 1: Complete the interest form at HighSchoolOfficials.com.** After submitting your information, you should receive an automated email providing additional information specific to your state.

📌 **Step 2: Connect with the individual(s) who will train you to become an official.** You should be contacted by someone in your local area within 10-14 business days of submitting your information. This person will explain how and where you can register to become an official, where local training will take place, where to purchase uniforms and anything else you need to get started.

📌 **Step 3: Get registered/licensed to officiate.** Now it's time to register either with your state or local officials' association. Officials' associations charge registration fees, which can cover a variety of items, such as rulebooks, testing, officials' insurance, background checks and other educational items. These fees vary by governing body.

📌 **Step 4: Enjoy the journey!** After you have registered/licensed with your state or local association and have met their respective requirements for officiating, you can start to officiate games!



# #BecomeAnOfficial

@NFHS1920 @NFHS\_ORG @NFHS\_ORG