



- * THE EISENHOWER DECISION MATRIX
- * NATIONAL GIRLS & WOMEN IN SPORTS DAY
- * LOOKING FOR A CAPTAIN?
- * NFHS LEARN - The Student Experience
- * PSA's FROM THE NFHS/NIAAA
- * 10 TIPS FOR SPORTS PARENTS
- * 10 HABITS OF SUCCESSFUL COACHES
- * 2021 WINTER STATE CHAMPIONSHIPS
- * NCAA ELIGIBILITY CENTER - A Guide for Counselors
- * THE FACTS BEHIND BAD SPORTING BEHAVIOR
- * MEET THE NEW IHSAA BOARD MEMBERS



February 2021 ISSUE *Happy Valentine's Day*



IHSAA EXPRESS

Supporting Education Through Activities



The Facts Behind Bad Sporting Behavior

Referee Magazine
January 17, 2021

[FULL ARTICLE HERE](#)

Sports and American culture — the two are practically inseparable. Young children through those in their golden years get a thrill from the engaging competitive spirit and physical activity sports provide. Whether regularly participating in sports, avidly cheering on a favorite team, or dabbling in sports interests as opportunities allow, most Americans have some interaction with sports.

Unfortunately, the expression of enthusiasm for sports displayed by many people is too often negative. The

competitive spirit that gets adrenaline pumping and brings excitement with hopes to see the desired team reign victorious is taken too far. It is not an uncommon occurrence to observe fans screaming obscenities on the sidelines, athletes and coaches expressing poor attitudes, or to see coverage in the media about a fight between parents at the most recent youth competition.

In the midst of wanting to win so badly, some get wrapped up in believing there must be someone to blame if their team is not winning. It could be the fault of the athletes, the coaches, or all too often, the officials. The “culprits” become targets for verbal, and sometimes even physical, abuse. In other circumstances, the desire to minimize the risk of losing is so great that rules are taken advantage of and attempts are made to find any loophole rather than play within the spirit of the competition.

How did the sports arena travel so far down the path of allowing these behaviors? How did sports go from being a fun way to promote social involvement, healthy competition and physical activity to the battles that are used to prove superiority? There is no doubt that a win-at-all-cost attitude has become prevalent in many sporting circles. And while competition can certainly be a healthy and desirable part of the American life, much work should be done in redefining how enthusiasm for sport is expressed acceptably and in protecting all of those who are currently suffering from being targets of abuse.

The problem of poor sporting behavior has incredible depth requiring incredible efforts to resolve. However, with a focus on youth and high school sports, involving the largest number of officials, we will come a long way with a greater understanding of the benefits of and threats to sports, why officials matter, who is the most responsible for sportsmanship problems and how to seek solutions.



ADMINISTRATION CORNER

DATES TO REMEMBER

2/3	National Girls and Women in Sports Day
2/4-6	All-State Music
2/5	Winter Academic State Champions Due
2/8	State GBB Pictures & Rosters Due
2/12	SB/BA Winter Throwing Instruction Begins
2/14	Valentines Day
2/15	President's Day
2/18-20	Girls Real Dairy Shootout
2/21	State WR Seeding Meeting
2/22	State BBB Pictures & Rosters Due
2/26	1st Practice - BA/SB/TN/TR
2/26-27	State Wrestling Tournament
3/1	1st Practice - Golf

FEBRUARY CHECKLIST

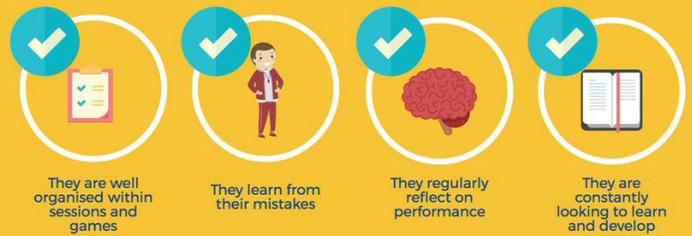
- ___ Remember those you love on Valentines Day
- ___ Add winter team rosters and pictures to your MaxPreps account
- ___ Send State Sportsmanship information to parents, band, cheerleaders
- ___ Prepare spring facilities (scoreboards, fields, equipment)
- ___ Prepare contracts for 2021-2022 sports seasons
- ___ Turn in Winter EV Forms
- ___ Turn in Winter Academic Champion Forms
- ___ Verify spring coaches requirements
- ___ Nominate a student for the IHSAA Student Advisory Council
- ___ Nominate a student for the Interscholastic Star Scholarship



31st Annual State Conference
April 11-13 2021
RIVERSIDE HOTEL, Boise

10 HABITS OF SUCCESSFUL COACHES

@BELIEVEPHQ



They are well organised within sessions and games

They learn from their mistakes

They regularly reflect on performance

They are constantly looking to learn and develop



They develop the person as well as the player



They adopt a holistic approach to coaching



They regularly praise, support and encourage their staff and players



They build a positive learning environment



They apply their strengths and keep developing their weaknesses



They provide an optimal environment for their players to thrive

10 TIPS FOR SPORT PARENTS

TOP 10 TIPS

- #1 **FOCUS ON THE PROCESS NOT THE RESULT**
- #2 **AVOID PRESSURING A CHILD ABOUT WINNING OR LOSING**
- #3 **HELP YOUR CHILD TO SEPARATE SPORT FAILURE FROM PERSONAL FAILURE**
- #4 **GIVE YOUR CHILD FREEDOM TO PROBLEM SOLVE AND MAKE THEIR OWN DECISIONS**
- #5 **ENCOURAGE, ENCOURAGE, ENCOURAGE**
- #6 **ALLOW YOUR CHILD TO PLAY FOR HIMSELF OR HERSELF**
- #7 **ENCOURAGE YOUR CHILD TO TAKE RESPONSIBILITY FOR THEIR DECISIONS**
- #8 **WATCH WHAT YOU SAY TO YOUR CHILD**
- #9 **RESPECT AND DO NOT INTERFERE WITH THE COACH**
- #10 **DO NOT CONSTANTLY INSTRUCT DURING TRAINING AND GAMES**

@BelievePHQ

COACHES CORNER

2021 4th DISTRICT COACHES CLINIC CANCELLED
The annual coaches clinic in Jackpot, NV has been cancelled due to COVID restrictions. See you in 2022!

FOLLOW
Idaho Coaches
Education on
TWITTER



@IHSAAcoach



PROACTIVE COACHING

Leaders need to prioritize their time by knowing what is important...

The Eisenhower Decision Matrix

1. It is urgent AND important
2. It is NOT urgent, BUT it is important
3. It is urgent and NOT important
4. It is NOT urgent and NOT important

www.proactivecoaching.info

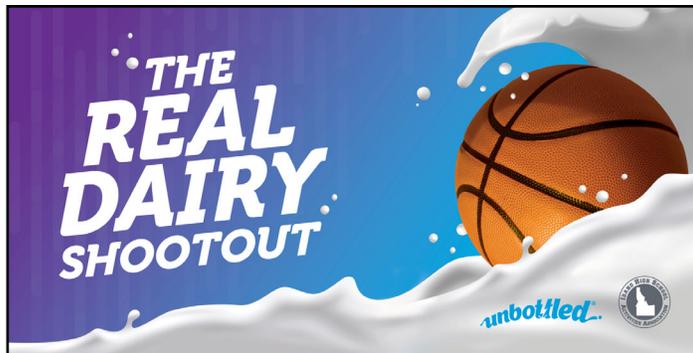
2021 WINTER STATE CHAMPIONSHIPS



FORD IDAHO CENTER
5A/4A FEBRUARY 26
3A/2A FEBRUARY 27

VIRTUAL CHAMPIONSHIP
MARCH 13

FORD IDAHO CENTER
CHEER MARCH 19
DANCE MARCH 20



SITES

5A IDAHO CENTER
4A MT. VIEW
3A MIDDLETON
2A BISHOP KELLY
1A DI COUMBIA
1A DII NAMPA



SITES

5A IDAHO CENTER
4A ROCKY MT.
3A COLUMBIA
2A EAGLE
1A DI VALLIVUE
1A DII CALDWELL

5A/4A/3A/2A FEBRUARY 18-20
1A DI & 1A DII FEBRUARY 17-19

5A/4A/3A/2A MARCH 4-6
1A DI & 1A DII MARCH 3-5

FEBRUARY 3, 2021



NATIONAL GIRLS &
WOMEN IN SPORTS DAY
LEAD HER FORWARD

February 3, 2021, marks the 35th Annual National Girls & Women in Sports Day (NGWSD).

This celebration inspires girls and women to play and be active, to realize their full power. The confidence, strength and character gained through sports participation are the very tools girls and women need to become strong leaders in sports and life.

A vibrant movement we celebrate annually, NGWSD honors the achievements of female athletes, coaches and leaders and continues to Lead Her Forward by acknowledging the power of sports to unlock her limitless potential.

The Women's Sports Foundation applauds the vital role played by the individuals and organizations who join us in championing this effort: advocates seeking to protect Title IX and advance gender equity, athletes using their platform to inspire greatness, and coaches working daily to promote play.

The History of NGWSD

National Girls & Women in Sports Day (NGWSD) began in 1987 as a special day in our nation's capital to recognize women's sports. The day united premiere organizations and elite female athletes to bring national attention to the promise of girls and women in sports.

POSITIVE COACHING ALLIANCE | SPORTS CAN BATTLE RACISM

PCA ROUNDTABLE SERIES
SELF-EXPRESSION THROUGH SPORT
WEDNESDAY, FEBRUARY 3RD, 11AM PT/2PM ET

NATIONAL GIRLS & WOMEN IN SPORTS DAY

PANELISTS



AJA EVANS
OLYMPIC
MEDALIST, BOBSLED



BENITA FITZGERALD MOSLEY
OLYMPIC GOLD
MEDALIST, TRACK &
FIELD & LEAGUE APPS
HEAD OF COMMUNITY
& IMPACT



DANIELLE SLATON
USWNT VETERAN,
TV ANALYST



***LINDSEY HARDING**
ASSISTANT COACH,
SACRAMENTO KINGS

**CAN'T JOIN US AT 11AM PT? TUNE IN AT 2PM PT FOR A SPECIAL CONVERSATION WITH LINDSEY HARDING*



Here's some good news to start 2021: This year's NFHS/NIAAA radio PSA campaign has been produced and is ready for distribution. We think you'll agree the commercials are among the best ever!

Download Your New PSAs

CLICK HERE

Here's more good news: You don't have to stamp any envelopes or put anything in the mail this year.

But here's what we are asking you to do. Because this year's campaign is completely digital, please take a few minutes to download the PSAs and send them to all your media contacts. We'll be doing the same on your behalf, but the more times the stations in your state receive the commercials, the better the chance they'll use them.

Here's more good news: You can send them to all your corporate partners, state legislators and friends of your school, too. They tell a great story, and the more people who hear them, the better.

Thank you for all you're doing to promote the value of high school sports and performing arts in your school!

IHSAA RETIRING BOARD MEMBERS



Derek Newland
State Department of Education



Ron Anthony
District IV Representative



IHSAA NEW BOARD MEMBERS



Eric Studebaker
State Department of Education



Tim Perrigot
District IV Representative





Looking for a Captain?

What is a Leader?

New team captains may struggle

A LEADER, LEADS BY EXAMPLE: A leader must be a positive role model at all times. Every word spoken has to be a positive word. Every act he does must be a positive act. A leader can never be negative. He must be a shining example of what it takes to be great.

A LEADER BRINGS OUT THE BEST IN OTHERS: A leader must be the type of person that others want to be like. He has to inspire his teammates to be their very best.

A LEADER IS AN EXTENSION OF THE COACH: Most players are well behaved when the coach is around. However, when the coach is not around, negative things can occur. Any type of negative talk, about the team or another player, is detrimental to the team. A leader does not try to cut corners in any way. He knows what the team and school rules are and does not break them himself, or allow others to break them.

A LEADER IS A HARD WORKER: A leader must enjoy serving others. He must want to do the things that are necessary for a team to have success. A leader is always trying to think of ways he can help improve the team.

A LEADER PUTS THE TEAM FIRST: It is easy to come up with excuses why we can't get a task done. I hear those excuses all the time. If you want to do something, you can almost always do it. If you don't want to do something, you can almost always find an excuse so that you don't have to do it. I want people who I can count on to be there. I want people who are committed to basketball all year – not just during the season.

A LEADER TRULY WANTS TO BE A SERVANT: You can't fake it, you either want to be a positive servant to your team, or you don't. The leaders of this team do not have to be the best players. In fact, I think it is neat when someone who isn't a great player steps up and takes on a leadership role. Your job as a member of this team is to find some way to make a positive contribution to the team. For some that contribution may be providing leadership.

NFHS Learn - NOW AVAILABLE - The Student Experience

The NFHS has developed this course because, while taking part in activities should be fun, we recognize that participating can lead to so much more. There are inherent learning opportunities from taking part in activities. Doing so can lead to greater academic achievement, an enhanced connection to community and a better understanding of those with whom we share these experiences.

EDUCATION BEGINS HERE



LEARNING CENTER

NFHSLearn.com

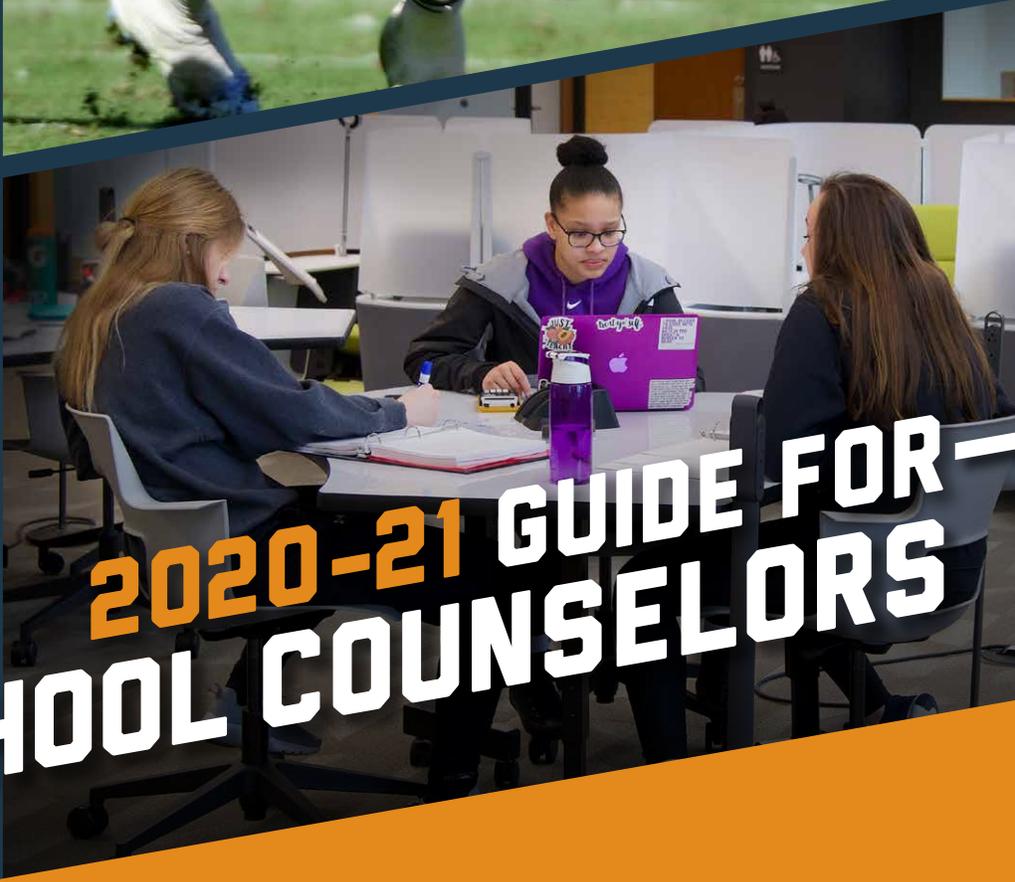
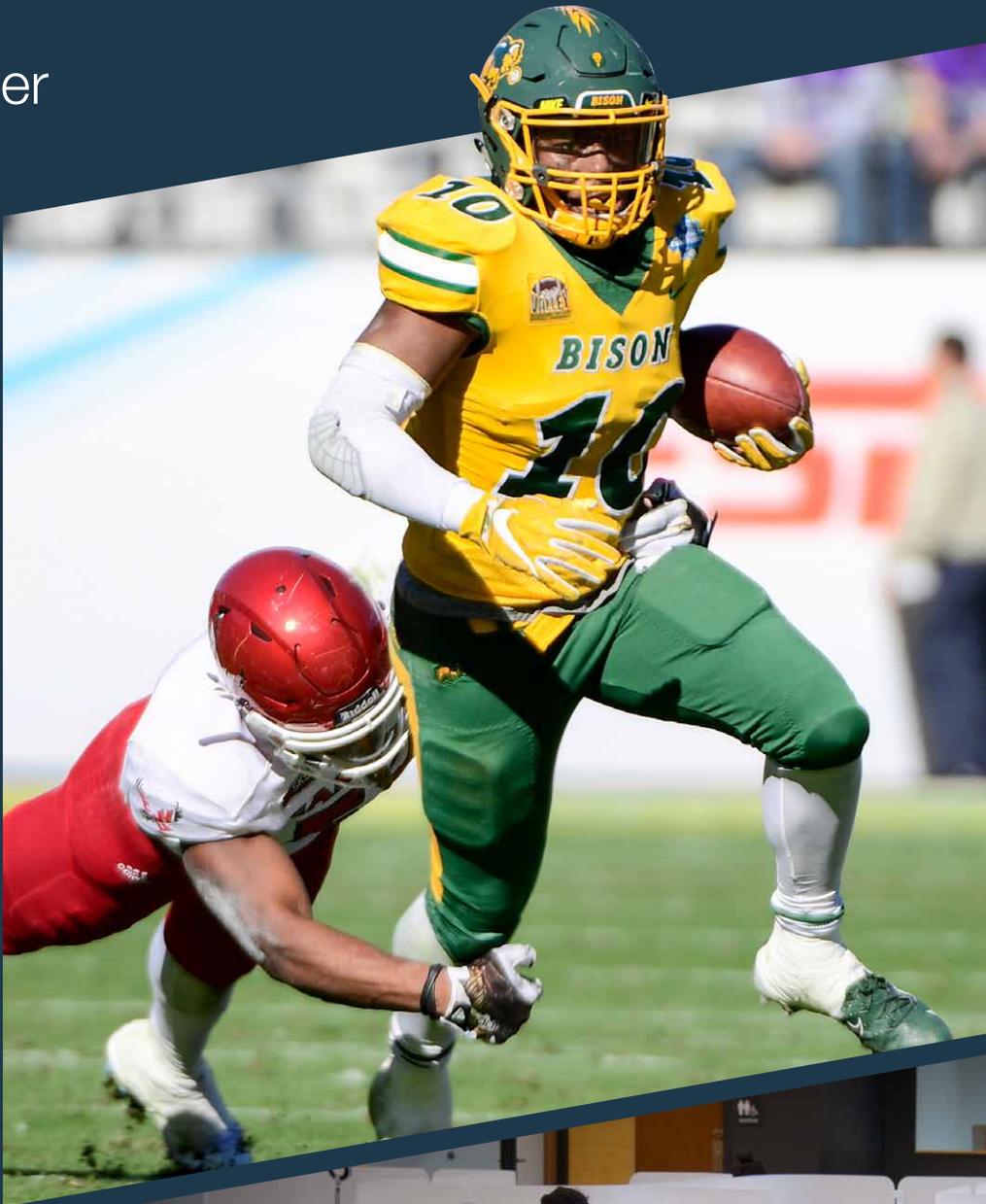
70+ COURSES | 30+ FREE



CLICK HERE

More than 12 million high school students in America participate in school activities with some taking advantage of multiple opportunities such as playing a sport, singing in the choir or performing in the school musical. The NFHS has developed the course because while taking part in activities should be fun, we recognize that participating can lead to so much more. There are inherent learning opportunities from taking part in activities. Doing so can lead to greater academic achievement, an enhanced connection to community and a better understanding of those with whom we share these experiences.





2020-21 GUIDE FOR
HIGH SCHOOL COUNSELORS

ONE OPPORTUNITY. LIMITLESS POSSIBILITIES.

If you want to play sports at an NCAA Division I or II school, start by registering for a Certification account with the NCAA Eligibility Center at eligibilitycenter.org. If you want to play Division III sports or you aren't sure where you want to compete, start by creating a Profile Page account at eligibilitycenter.org.

ACADEMIC REQUIREMENTS

To play sports at a Division I or II school, you must graduate from high school, complete 16 NCAA-approved core courses, earn a minimum GPA and earn an SAT or ACT score that matches your core-course GPA.

CORE COURSES

Only courses that appear on your high school's list of NCAA core courses will count toward the 16 core-course requirement; visit eligibilitycenter.org/courselist for a full list of your high school's approved core courses. Complete 16 core courses in the following areas:

DIVISION I

Complete 10 NCAA core courses, including seven in English, math or natural/physical science, before your seventh semester.

ENGLISH	MATH (Algebra I or higher)	NATURAL/ PHYSICAL SCIENCE (Including one year of lab, if offered)	ADDITIONAL (English, math or natural/physical science)	SOCIAL SCIENCE	ADDITIONAL COURSES (Any area listed to the left, foreign language or comparative religion/philosophy)
4 years	3 years	2 years	1 year	2 years	4 years

DIVISION II

ENGLISH	MATH (Algebra I or higher)	NATURAL/ PHYSICAL SCIENCE (Including one year of lab, if offered)	ADDITIONAL (English, math or natural/physical science)	SOCIAL SCIENCE	ADDITIONAL COURSES (Any area listed to the left, foreign language or comparative religion/philosophy)
3 years	2 years	2 years	3 years	2 years	4 years

GRADE-POINT AVERAGE

The NCAA Eligibility Center calculates your [grade-point average](#) based only on the grades you earn in NCAA-approved core courses.

- DI requires a minimum 2.3 GPA.
- DII requires a minimum 2.2 GPA.

SLIDING SCALE

Divisions I and II use sliding scales to match test scores and GPAs to determine eligibility. The sliding scale balances your test score with your GPA. If you have a low test score, you need a higher GPA to be eligible. Find more information about sliding scales at ncaa.org/test-scores.

TEST SCORES

You may take the SAT or ACT an unlimited number of times before you enroll full time in college. Every time you register for the SAT or ACT, use the NCAA Eligibility Center code **9999** to send your scores directly to us from the testing agency. We accept official scores only from the SAT or ACT, and cannot use scores shown on your high school transcript. If you take either test more than once, the best subscore from different tests are used to give you the best possible score. More information regarding the impact of COVID-19 and test scores can be found at on.ncaa.com/COVID19_Fall_B.



HIGH SCHOOL TIMELINE

9TH GRADE



- *Start planning now!* Take the right courses and earn the best grades possible.

- Find your high school's list of NCAA-approved core courses at eligibilitycenter.org/courselist.
- Sign up for a free Profile Page account at eligibilitycenter.org for information on NCAA requirements.

10TH GRADE

REGISTER



- If you fall behind academically, ask your counselor for help finding approved courses you can take.

- Register for a Profile Page or Certification account with the NCAA Eligibility Center at eligibilitycenter.org.
- Monitor your Eligibility Center account for next steps.
- At the end of the year, ask your counselor at each high school or program you attended to upload your official transcript to your Eligibility Center account.

11TH GRADE



- Check with your counselor to make sure you are on track to complete the required number of NCAA-approved courses and graduate on time with your class.

- Take the SAT/ACT and submit your scores to the NCAA Eligibility Center using code **9999**.
- Ensure your sports participation information is correct in your Eligibility Center account.
- At the end of the year, ask your counselor at each high school or program you attended to upload your official transcript to your Eligibility Center account.

12TH GRADE



- Complete your final NCAA-approved core courses as you prepare for graduation.

- Take the SAT/ACT again, if necessary, and submit your scores to the NCAA Eligibility Center using code **9999**.
- Request your final amateurism certification beginning April 1 (fall enrollees) or Oct. 1 (winter/spring enrollees) in your Eligibility Center account at eligibilitycenter.org.
- After you graduate, ask your counselor to upload your final official transcript with proof of graduation to your Eligibility Center account.
- *Reminder:* Only students on an NCAA Division I or II school's institutional request list will receive a certification.

How to plan your high school courses to meet the 16 core-course requirement:

$$4 \times 4 = 16$$

9TH GRADE

- (1) English
- (1) Math
- (1) Science
- (1) Social Science and/or additional

4 CORE COURSES

10TH GRADE

- (1) English
- (1) Math
- (1) Science
- (1) Social Science and/or additional

4 CORE COURSES

11TH GRADE

- (1) English
- (1) Math
- (1) Science
- (1) Social Science and/or additional

4 CORE COURSES

12TH GRADE

- (1) English
- (1) Math
- (1) Science
- (1) Social Science and/or additional

4 CORE COURSES

Search Frequently Asked Questions: ncaa.org/studentfaq

Follow us: @ncaaec @playcollegesports @ncaaec