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February
2022 ISSUE



IHSAA EXPRESS

Supporting Education Through Activities

Blazen Burgess - Salmon High School

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Basketball has easily had the biggest impact on my life: whether it was during tournaments or summer camps with friends, being the captain in season, learning what it takes to be successful, or being thrown out of my own living room for receiving two technical fouls. Basketball has taught me what it means to be a leader.

Leadership is one of the most important qualities for a person to have. I have been the captain of the varsity basketball team since I was a sophomore. This has brought me a lot of life lessons. I make it my responsibility to control the team as a whole on and off the court. They trust me, and I give them everything I have. In a close game, the final seconds counting down, everyone knows the ball will be in my hands and the final decision making will be up to me. There's been great and there's been bad as a leader. Throughout it all, I put it upon myself to keep the team a team. This will be the same with most things in my life. I don't like being the follower. Being a follower is like being the hunted rather than being the hunter. I like being in control and being in charge. I'll work and work and work, until I am in the position of leadership. Whether it's for a job or for a class I will do what it takes. Work ethic and leadership go

hand in hand. You can't be a leader without a good work ethic. Leadership is a skill I'll use the most in my future and will lead me to my most successful path to life.

The most important part of sports is to have fun. The list of memories made goes on and on, but never gets old. There's no feeling like playing a sport you love; with friends you love.

Ultimately basketball has taught me how to set goals. You should always have some goal you are working towards in life. Whether it be for a job or just something simple in general, like losing weight. Without a goal, life is meaningless. When life is meaningless, we are incapable of finding usefulness. We become unable to be happy. I continue to set goals for myself and for my future, in hopes to maintain happiness and meaning to life.



Section 8 NIAAA Student Scholarship Recipient



Idaho Athletic Administrators Association Scholarship

To promote the organization's goals and to encourage post high school education for children/grandchildren of I.A.A.A. members, the Idaho Athletic Administrators Association will award two \$500.00 scholarships to selected graduating high school senior children /grandchildren of current I.A.A.A. members.

Applications due February 15, 2022

[APPLY HERE](#)

The IAAA will select two recipients
Those individuals will be honored at the I.A.A.A. Awards Luncheon
Tuesday, April 5th.

ADMINISTRATION CORNER

DATES TO REMEMBER

- 2/3-5 All-State Music
- 2/5 Winter Academic State Champions Due
- 2/7 State GBB Pictures & Rosters Due
- 2/11 State Dance Championships
- 2/12 State Cheer Championships
- 2/17-19 Girls Real Dairy Shootout
- 2/20 State Wrestling Seeding Meeting
- 2/21 State BBB Pictures & Rosters Due
- 2/24-25 State Wrestling Championships
- 2/23 1st Practice - Baseball/Softball/Tennis/Track
- 2/28 1st Practice - Golf
- 2/28-3/1 State Student Council Conference

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 2022-2023 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

I A A A

32nd Annual State Conference
April 3-5, 2022
RIVERSIDE HOTEL, Boise



Makenzie Stout
Student Advisory Council

How to be a Good Teammate On and Off the Court

Being a teammate doesn't always mean being best friends with everybody, but respecting and being kind towards each other is extremely important.

When at practice or school and you see a teammate having a bad day, always be quick to help pick them up. Being a good and successful team starts with teammates' relationships.

Teammates need to have mutual respect, common goals, trust, communication, and patience towards each other. In order to make other teammates better, you first need to focus on yourself by giving maximum effort and having confidence, but not arrogance. This comes from learning from mistakes made by you and others.

Another important portion of being a great teammate is celebrating their success. This can be from them making a good play, to congratulating them on an accomplishment outside of the sport you play with them.

Teams create a family-like atmosphere for you to build on your character to help lead to a more successful life.



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TITLE IX⁵⁰

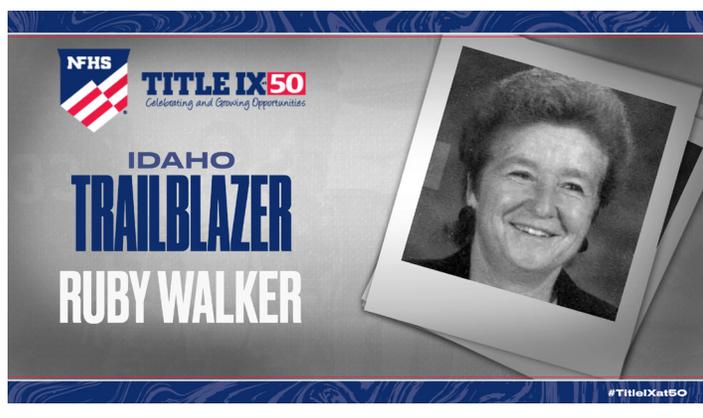
Celebrating and Growing Opportunities

Teacher & 3-sport coach at Blackfoot High School, Ruby Walker was instrumental in adding girls sports in Idaho.

While helping manage the 1st state Volleyball tournament, she led her team to a 2nd-place finish.

Walker served 2 terms on the IHSAA Board of Directors & represented women's sports on the District V Board of Control

THANK YOU Ruby!



LEARNING CENTER

NFHSLearn.com

COURSE OF THE MONTH

Title IX - The NFHS has developed this free Title IX course to help educate on the history and impact of Title IX. This course discusses the standards at which Title IX compliance is evaluated and breaks down the factors involved in supporting girls programs.





PLAYOFF TICKETS



2022 STATE
IDAHO HIGH SCHOOL
Girls
Basketball
CHAMPIONSHIPS



IHSAA *unbottled.*

February 17-19
Ford Idaho Center

IDAHO HIGH SCHOOL
2022
BOYS
BASKETBALL
STATE
CHAMPIONSHIPS



IHSAA *unbottled.*

March 3-5
Ford Idaho Center

IDAHO HIGH SCHOOL
2022 STATE
Speech
CHAMPIONSHIPS



IHSAA *unbottled.*

April 8-9
Highland High School

IDAHO HIGH SCHOOL
2022
DEBATE
STATE CHAMPIONSHIPS



IHSAA *unbottled.*

March 11 & 12
Mt. View High School

IDAHO HIGH SCHOOL
2022
STATE CHAMPIONSHIPS
WRESTLING



IHSAA *unbottled.*

February 25-26
Holt Arena

IDAHO HIGH SCHOOL
2022
Dance & Cheer
STATE CHAMPIONSHIPS



IHSAA *unbottled.*

February 11 & 12
Ford Idaho Center



1. Put your mission above your ego
2. If you don't care about your people, they won't care about your mission
3. If someone has to tell you the first two rules, you're not ready to lead

FEBRUARY COACHES EDUCATION PAGE

The One Question All Coaches Should Ask Their Athletes

John O'Sullivan, founder of Change the Game Project

Imagine there was a way to gain insight, understanding, and connection with your athletes by asking a simple question? There is. Let me explain how.

A few years back, I coached a talented, yet underperforming sixteen-year-old girl I will call Maddy. She was incredibly inconsistent in her play and often looked very depressed. She was definitely lacking in confidence. Her friends told me she was unsure whether to continue playing or not. After trying multiple ways to help her play the way I believed she was capable of, I called her in for a meeting.

I spent the first 30 minutes of our time together offering my thoughts and suggestions, but as I rambled on and on I could tell she was simply tuning out. Here I was, the highly experienced coach, offering my years of wisdom, and she wasn't listening.

"Maddy, if you don't start taking my advice, I can't really help you. I don't know what else to say," I shrugged.

"It's all good stuff coach, but none of that stuff helps me with my problem," she replied.

"Really?" I exclaimed. "Then perhaps you better tell me what the problem really is, because I clearly am not helping right now." I waited for her answer.

"It's my Dad," she said. "Whenever you play me on his side of the field, he is constantly telling me what to do, where to be, when to be there, and I can hear him and see him getting angrier and angrier with me. I think I play a lot better when I play on the side where the teams sit, and away from the parents. At least that way I can't hear him."

I thought about it for a second, and she was right. She did seem to play better on the team side of the field. I could honor this request, without affecting the team much. "I can help with that Maddy, no problem at all. Why didn't you ever say something about that before? I can certainly help you with your position, and more importantly, I can go and speak to your Dad. Why did you wait until now to tell me?" "Because you never asked," she said stone faced.

My heart sank. She was right. All season long, I watched this girl struggle with her play and her confidence, and all I did was get upset and frustrated with her. I tried to solve the problem, without ever knowing the problem. All I had to do was ask one simple question, but I never did.

"What is one thing you wish your coaches knew that would help us coach you better?" It is the question that changes everything. Not only for the athletes but for us coaches too.

Kyle Schwarz is a third-grade teacher at Doull Elementary School in Denver, CO. A few years back, she decided to start asking this question of her students in order to get to know them better, and the responses blew her away. As she details in her great book *What I Wish My Teacher Knew*, and as written about in this great article, the answers to this question open up a whole new level of insight from teacher to student, enabling a deeper connection, and the ability to teach the child, not simply the subject. As some kids wrote to her:

"I wish my teacher knew that my dad works two jobs and I don't see him much."

"I wish my teacher knew that I don't have pencils at home to do my homework."

"I wish my teacher knew that my dad got deported when I was 3 and I haven't seen him in 6 years."

"I wish my teacher knew that my family and I live in a shelter."

"I wish my teacher knew that I am smarter than she thinks I am."

Kyle Schwarz has certainly tapped into something here, not just for teachers but for coaches. The more we know about the kids we coach, the better we can serve them as both athletes and as people. When I read her book last year, my first thought was of Maddy and her situation with her father. I thought "why don't coaches ask this same question from their athletes?"

Recently on our Way of Champions Podcast, Dr. Wade Gilbert, Jerry Lynch and I discussed how this year I started asking the kids I coach to finish the following sentence. We have also been suggesting to coaches at our workshops to have their athletes finish the following sentence, in writing, to be collected by the coach:

"One thing I wish my coaches knew about me that would help them coach me better is..."

The insight this exercise has given me to the kids I currently work with is unbelievable. Coaches who have done this with their teams have shared some of the responses they have received as well. Collectively, to protect anonymity, some of the things we have learned from our athletes are:

"I don't like to be first in line to demonstrate new things. I usually don't understand how to do things until I see them once, and it is kind of embarrassing when you ask me to go first."

"When I make a mistake I would much rather you pull me out and tell me what to fix than yell it out in front of everyone."

"I get really nervous when I am not playing well and my dad is at the game because he gets really upset in the car on the way home."

"I don't like to shoot because my old coach used to yell at me whenever I missed a shot, so now I prefer to pass."

"I am sorry we don't stay at the team hotel but my dad says we need to camp to save money."

"I would practice more at home like you ask me to but last time I went to the park some older kids stole my ball."

Coaches, the more our kids know how much we care, the more they will care how much we know. When we connect, when we show them respect and encouragement, when we communicate well, and when we listen to what they have to say, we build trust and let them know we care. The best way I have found to be a better listener is to start by asking good questions. And the best thing I have ever asked my players is for them to complete the magic sentence:

"One thing I wish my coach knew about me that would help him/her coach me better is..."



WATCH
HIGH
SCHOOL
SPORTS
on the go
LIVE

WATCH NOW



ATHLETE OF THE WEEK

PRESENTED BY



TOYOTA

Each week throughout the school year, Toyota and the IHSAA will recognize varsity athletes that exhibited an outstanding performance during the previous week. The Athlete of the Week will be chosen based off of nominations. To nominate an athlete go to idhsaa.org/athlete-of-the-week

**CHOOSE A
WINNING
STRATEGY TO
STAY HEALTHY!**

**EAT A BALANCED
DIET, EXERCISE
REGULARLY,
AND CHOOSE TO
VACCINATE!**



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BECOME A
HIGH SCHOOL OFFICIAL.

HighSchoolOfficials.com



WHY DO PEOPLE OFFICIATE??

- 70% Love of Sports
- 26% Stay in Shape
- 25% Make Extra Money

WHY DO OFFICIALS LEAVE??

- 60% Verbal Abuse from Parents/Fans
- 50% Verbal Abuse from Coaches
- 45% of officials report they have less than 6 years remaining in their career
- 50% of officials are 55 years or older
- 12% of officials are under 34 years old

www.officiallyhuman.com



PARENTS

A message from the NFHS and IHSAA



Act Your Age

You are, after all, an adult. Act in a way that makes your family and school proud.

Don't Live Your Life Vicariously Through Your Children

High school sports are for them, not you. Your family's reputation is not determined by how well your children perform on the field of play.

Let Your Children Talk to the Coach Instead of You Doing It for Them

High school athletes learn how to become more confident, independent and capable—but only when their parents don't jump in and solve their problems for them.

Stay in Your Own Lane

No coaching or officiating from the sidelines. Your role is to be a responsible, supportive parent—not a coach or official.

Participating in a High School Sport Is Not About Getting a College Scholarship

According to the NCAA, only about two percent of all high school athletes are awarded a sports scholarship, and the total value of the scholarship is only about \$18,000.

Make Sure Your Children Know You Love Watching Them Play

Do not critique your child's performance on the car ride home. Participating in high school sports is about character development, learning and having fun- not winning and losing.

Purchasing a ticket to a high school athletic event does not give you the right to be rude, disrespectful or verbally abusive. Cheer loud and be proud, but be responsible and respectful. The future of high school sports in our nation is dependent on you.

Best Fueling Options for Student Athletes at the Drive-Thru

By: Felicia D, Stoler, DCN, MS, RDN, FACSM, FAND, Diplomate ACLM

The life of a student athlete can be very busy. Family meals get pushed aside as parents shuffle kids from one activity to the next. Grabbing food on the go as you head to practice or stopping for something afterwards is often the only way to get a balanced meal. If you find yourself in that situation, don't fear. Fast-food choices have come a long way from what they used to be.

Here's a list of "better for you" choices at a few popular fast-food establishments. Items included on the list have under 500 calories per serving. Some athletes may need to add additional items or increase portions to meet their individual needs.

Chick-Fil-A®

This franchise is a popular pick with student athletes, and for good reason. They offer a wide variety of foods, including many that are packed with good nutrition. They even have a kale salad on the menu. If your meal on the go is a stop at Chick-Fil-A®, consider one of the following better-for-you options.

BEVERAGES

Low-Fat Milk
Low-Fat
Chocolate Milk
Water

BREAKFAST

Fruit Cup
Greek Yogurt Parfait
Egg White Grill
(comes with cheese)
Bacon, Egg &
Cheese Muffin

MEALS AND SNACKS

Grilled Chicken Sandwich
Chik-Fil-A Cool Wrap
Grilled Nuggets
Grilled Spicy
Deluxe Sandwich
Market Salad
Side Salad
Chicken Noodle Soup
Chicken Tortilla Soup
Greek Yogurt Parfait
Fruit Cup
Buddy Fruits
Kale Crunch Salad



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Quick-serve restaurants have a wide variety of foods on their menu – some that support sports performance, and others that don't. If you're visiting your favorite restaurant only once in a while, choose what you like. However, if you're typically visiting fast-food restaurants before or after practice, then be mindful of making healthier choices regularly.

Wendy's®

This quick-serve restaurant was one of the first to add a grilled chicken sandwich to their menu. They also boast about their salads – which they say are made fresh in store. Their salads come in two sizes, with dressings and dried ingredients always on the side. They are also the only fast-food restaurant to offer baked potatoes and one of the first to offer chili. For these reasons, Wendy's® is a great stop for student athletes.

BEVERAGES

Low-Fat Milk
Low-Fat
Chocolate Milk
Water

BREAKFAST

Classic Egg &
Cheese Sandwich

MEALS AND SNACKS

Any Fresh-Made Salad
Fresh-Made Oatmeal Bar
Chili
Plain Baked Potato
Baked Potato with Cheese
Apple Slices
Jr. Hamburger/
Jr. Cheeseburger
Jr. Cheeseburger Deluxe
Grilled Chicken Sandwich

McDonald's®

This classic fast-food restaurant is famous for their crispy, golden French fries and Big Mac, but they've also added some options for their health-conscious consumers. McDonald's® offers quite a few selections for student athletes to fuel up on the go. If this is your restaurant of choice, consider the following ways to pack energy and fluids into your meal.

BEVERAGES

Water
Low-Fat Milk
Low-fat
Chocolate Milk
Juice

BREAKFAST

Fruit & Maple
Oatmeal
Egg & Cheese on a
Muffin/Biscuit/Bagel

MEALS AND SNACKS

Grilled Chicken Sandwich
Cheeseburger
Apple Slices



Panera Bread®

Panera® is a popular newcomer to the fast-food restaurant category. They offer a wide variety of sandwiches, soups and salads and are known for offering fresh fruit instead of bread with certain entrees. They offer a "You Pick Two" option, where you can get a half portion of your favorite sandwich and salad as one meal combo. Salads come in two sizes, and for student athletes that need more carbohydrates, their soups can be served in a bread bowl.

BEVERAGES

Water
Low-Fat Milk
Low-Fat
Chocolate Milk
Unsweetened
Iced Tea
Plum Ginger
Hibiscus Tea
Any of the
Fruit Smoothies

BREAKFAST

Avocado, Egg White
& Spinach
Egg & Cheese on Brioche
Scrambled Egg &
Cheese on Brioche
Scrambled Egg &
Cheese on Ciabatta
Steel Cut Oatmeal with
Strawberries & Pecans
Greek Yogurt with
Mixed Berries Parfait
Fresh Fruit Cup

MEALS AND SNACKS

Caesar Salad
Caesar Salad with Chicken
Greek Salad
Asian Sesame Salad with Chicken
Any Soup
Sprouted Grain Bagel Flat
Turkey Chili
Fresh Fruit (Apple or Banana)
Squeezable Yogurt
(Strawberry or Mixed Berry)
Turkey Sandwich



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Subway®

Most people think of sandwiches when they think of Subway®, but even this restaurant has expanded their options. Now they have wraps and protein bowls, and you can order most of their sandwich items as a salad. They make it easy to identify healthier options, too – listing their lower calories subs as part of their Fresh Fit menu.

BEVERAGES

Low-Fat Milk
Water

BREAKFAST

Egg & Cheese Flat Bread

MEALS AND SNACKS

Any 6" Sub or Sandwich from the Fresh Fit Menu
Any Salads
Protein Bowls
Veggie Delight Wrap

Dunkin'®

If you pass a Dunkin'® on your way to practice, don't skip it just because you don't want a donut. This quick-serve establishment has made some big changes in the recent years, including dropping the donut from their name! Their updated menu offers some nutritious breakfast items, and they'll even warm or toast their bakery items on request.

BEVERAGES

Low-Fat Milk
Low-Fat Chocolate Milk
Unsweetened Tea
Unsweetened Coffee
Water

BREAKFAST

Veggie Egg White Omelet
Power Breakfast Sandwich
Wake-Up Wrap

MEALS AND SNACKS

Multigrain Thin English Muffin
Croissant
Bagel
Egg & Cheese Muffin
Ham, Egg & Cheese Muffin



Starbucks®

Starbucks® is known for their coffee, but their food selection has grown significantly over recent years. They have a large selection of better-for-you breakfast items that can be ordered all day long. They also sell sandwiches and sealed snack packs and meals that can be taken with you. The below items are pulled from their website menu and may not be offered at all locations.

BEVERAGES

Low-Fat Milk
Low-Fat Chocolate Milk
Unsweetened Coffee (caffeine)
Unsweetened Tea (Caffeine)
Water

BREAKFAST

Bacon, Gouda & Egg Sandwich
Turkey Bacon, Cheddar & Egg White Sandwich
Spinach, Feta & Egg White Wrap
Avocado Spread
Kale & Portabella Mushroom Sous Vide Egg Bites
Bacon & Gruyère Sous Vide Egg Bites
Egg White & Roasted Red Pepper Sous Vide Egg bites
Oatmeal (classic & blueberry)
Vanilla Yogurt Cup
Strawberry Overnight Grains
8 Grain Roll
Blueberry Scone
Blueberry Muffin

MEALS AND SNACKS

Tomato & Mozzarella Panini

Snack Trays and Boxes:

- Grilled Chicken & Hummus Protein Box
- Gala Apples, Egg, White Cheddar Cheese & Almonds Box
- Green Apples, Egg, Mild Cheddar Cheese & Cashews Box
 - Gala Apples, Cheddar Cheese & Pretzels Snack Tray
- Carrots, White Cheddar Cheese & Almonds Snack Tray
 - Prosciutto, Mozzarella and Breadsticks

Chicken & Quinoa Protein Bowl with Black Beans & Greens

Berry Trio Parfait

Strawberry Overnight Grains

Vanilla Yogurt Cup

All Bagels

Toasted Almond & Banana Nut Square

Raspberry Walnut & Oat Nut Square

Morning Bun

Any Croissants (& Croissant Sandwiches)



Disclaimer: Above recommendations are made based on nutrition information provided on website menus. Menu items subject to change and may not be available at all locations.



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