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February
2024 ISSUE



IHSAA EXPRESS

Supporting Education Through Activities



IHSAA SELECTS NEW EXECUTIVE DIRECTOR



Chad Williams

The IHSAA Board of Directors has selected Chad Williams as the next Executive Director of the Idaho High School Activities Association. Board action was approved at the January 2024 meeting. Williams is currently the Superintendent of Schools for the Shelley School District and will be the 9th Executive Director in the 99-year history of the association.

A graduate of Idaho State University with a Master of Education and Educational Specialist, Williams has spent his entire career in Idaho as a teacher, coach, athletic director, Principal and Superintendent.

“I am truly honored to assume the leadership role at the Idaho High School Activities Association. The prospect of serving in this position fills me with both humility and excitement. My primary focus is on fostering relationships across Idaho, with the ultimate goal of offering students enriching opportunities for learning, personal growth, and excellence through extracurricular activities. I look forward to the journey ahead and the positive impact we can make together.”

Williams replaces current Executive Director, Ty Jones who will be retiring June 30th, 2024.



Support School Sports & Performing Arts!

New 2024 marketing resources are ready for Idaho!

These public service announcements are an effective tool to help you address some of the biggest challenges you face—including fan behavior at athletic events, student mental wellness, the value of participation and recruiting high school officials. There’s even one that specifically shows appreciation for athletic administrators and the critical role you play.

How can you use them?

- Share these resources with your school principal, superintendent, colleagues and friends.
- Send them to your school’s radio contacts and encourage them to broadcast on their stations.
- Play them at events, during school announcements, on PA systems and telephone hold lines.





IHSAA Board of Directors Action January Meeting



The following action items were approved by the IHSAA Board of Directors at the January 17 2024 meeting
(full synopsis is posted on the IHSAA Board of Directors webpage)

FINAL APPROVED READINGS

- 24-25 State Soccer Representation
- 24-25 State Soccer Play-in games, dates, times & sites
- 24-25 State Volleyball Representation
- 24-25 State Volleyball Play-in games, dates, times & sites
- 24-25 State Football Representation and Bracketing
- 24-25 State Swim Representation
- Language modification on Lifetime Passes for officials
- IMEA language change for State Solo Eligibility
- Sponsoring the State Baseball Tournament beginning in 2025
- Coeur du Christ Academy full-membership
- Modification of the 2A State Track Representation for 2024

APPROVED 1st READINGS

(Final Reading at the April Meeting)

- 24-25 State Wrestling Representation
- 24-25 State Basketball Representation
- 24-25 State Basketball Play-in games, dates, times & sites
- 24-25 Milk Bowl Sites and Rotation
- Modify State Speech Classification

2024 WINTER STATE TOURNAMENT DATES/SITES



WATCH
HIGH
SCHOOL
SPORTS
LIVE

WATCH NOW




Be There
FOR EVERY
MOMENT



Get your digital tickets for high school fall sports with GoFan.

GET YOUR TICKETS



STATE CHAMPIONSHIPS
IDAHO HIGH SCHOOL
GIRLS
BASKETBALL
2024



IHSAA
40
YEARS
unbottled.

February 15-17
Ford Idaho Center, Nampa

February 29-March 2
Ford Idaho Center, Nampa

2024 STATE
IDAHO HIGH SCHOOL
BOYS
BASKETBALL
CHAMPIONSHIPS



IHSAA
40
YEARS
unbottled.

2024
IDAHO HIGH SCHOOL

SPEECH

State Championships



April 12-13
TBD

February 23-24
ICCU Dome, Pocatello

2024
IDAHO HIGH SCHOOL

WRESTLING

STATE CHAMPIONSHIPS



March 8-9
Middleton HS, Middleton

2024
Idaho High School

DEBATE

STATE CHAMPIONSHIPS



2024 IDAHO HIGH SCHOOL

DANCE & CHEER

STATE CHAMPIONSHIPS



Dance - February 23
Cheer - February 24
Ford Idaho Center, Nampa

WE ARE EXCITED to have our Unbottled trailer, milk, and marketing materials at tournament sites this winter! Our milk crews will be working hard to provide athletes and fans with nutritious and delicious chocolate milk on these final days. We hope you'll stop by to see our milk crews and fuel your greatness!

- FEBRUARY 17, 2024: GIRLS BASKETBALL AT FORD IDAHO CENTER
- FEBRUARY 23 & 24, 2024: DANCE AND CHEER AT FORD IDAHO CENTER
- FEBRUARY 24, 2024: WRESTLING AT HOLT ARENA
- MARCH 2, 2024: BOYS BASKETBALL AT FORD IDAHO CENTER



unbottled.

ADMINISTRATION CORNER

DATES TO REMEMBER

2/1-3	All-State Music
2/5	Winter Academic State Champions Due
2/5	State GBB Pictures & Rosters Due
2/12	State Dance/Cheer Pictures & Rosters Due
2/15-17	State GBB - Real Dairy Shootout
2/18	State Wrestling Seeding Meetings
2/19	State BBB Pictures & Rosters Due
2/23	State Dance
2/24	State Cheer
2/23-24	State Wrestling Tournament
2/23	1st Day Spring Practice - Baseball/Softball/Tennis/Track
2/26	1st Day Spring Practice - 2A/3A Golf
2/29-3/2	State BBB - Real Dairy Shootout

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 2024-25 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
- ___ Nominate a student for the Interscholastic Star Scholarship
- ___ Seek a nomination for the Spirit of Sport Award



NFHS Courses of the Month

INTRODUCTION TO PITCH SMART



Hosted by Hall of Famer, John Smoltz, the Introduction to Pitch Smart course aims to explain the principles behind Pitch Smart, a joint arm care initiative between Major League Baseball and USA Baseball. This course includes topics such as risks of arm injuries, common misconceptions, and the Pitch Smart guidelines.



IHSAA Rule of the Month

PRE & POST SEASON REGULATIONS

17-2 PRE & POST SEASON REGULATIONS

Only in certain circumstances may school personnel be involved in practice or competition for IHSAA sponsored sports outside the sport season. The regulations listed below are in effect for any program in which students are instructed in the skills and techniques of a specific sport.

- Attendance is limited to non-school time.
- Participation is strictly voluntary and is open to all high school students that are currently enrolled at the school.
- All fees and expenses are provided by the student or his/her parents. No school funds, booster club funds (except those raised by the student and his/her parents for that specific activity/event) or other such funds can be used for entry fees, equipment, uniforms or transportation.
- Spectators are admitted without charge.
- Award limits and amateur regulations of the IHSAA are followed.
- Students cannot be required to attend out-of-season practices, camps or contests.
- Sport-specific or athletic classes offered during the regular school day must meet the following criteria:
 - Must be open to all students.
 - Must be a class for credit.
 - If the coach is teaching the class, he/she must be the teacher of record for that class.

17-2-1 Coaching – Certified coaches are defined as any individuals (paid, non paid, or volunteer as approved by the local school board) who are part of the school's current coaching staff in the following sports; baseball, basketball, cross country, football, golf, soccer, softball, swimming, tennis, track, volleyball, and wrestling.

17-2-2 Rule of 2 – Coaches can instruct/coach no more than two students at one time by a member of their high school (grades 9- 12) staff of that sport during the school year.

a. Anytime there are more than two students, it is considered an Open Gym/Field/Facility (follow the guidelines in Rule 17-2-3).

17-2-3 Open Gym/Field/Facility -Open Gym/Field/Facility does not violate IHSAA rules if the following conditions are met:

- Coaches supervise only. Coaches may NOT instruct/plan/organize/teach or coach.
- Coaches are allowed to coach/instruct any number of students on individual skills and development specific to their sport. Maximum of 10 hours per school year.
- Sessions do NOT count as required practice time prior to the season.
- Scrimmages and/or team competition against anyone that is not enrolled at the school are NOT allowed.
- Schools may petition the IHSAA to allow coaches to coach individuals during competitions that are qualifying events.
- Participants, coaches and/or schools are NOT covered under IHSAA catastrophic insurance plan.
- Administrative approval of Open Gym/ Field/Facility hours and weeks is required from the school Principal or Athletic Director.

17-2-4 Moratoriums - The intent of IHSAA moratoriums is to allow students and teachers/coaches quality time with their families without the pressure of losing a level playing field.

Coaching Limitations

- Coaches are not allowed to coach students of the school during the following times:
 - The 7-consecutive days prior to the Fall Practice start date listed in the IHSAA calendar.
 - The 3-day, consecutive no contact period during the winter break
 - Winter and spring activity coaches may contact students after the Fall Practice start date.
- Sport specific activities lead by coaches, captains, volunteers or parents such as practices, retreats, camps, weight room and conditioning/workouts are prohibited 7 days prior to the Fall Practice start date.
- Meetings with medical professionals, parent meetings, registration, equipment handout and fundraising are allowed. These meetings shall be non-mandatory.

TIME TO **SUIT UP!** #BECOMEANOFFICIAL



COACHES EDUCATION PAGE



On Nick Saban's radio show, a young athlete asked him a bold question. What advice would the Alabama football coach give him – a basketball player – to improve in his sport?

Saban's response is gold:

"I think for any athlete, it's the same thing. What's your goal? What's your aspiration? What do you want to accomplish? That's the first thing. "Second thing is to define what it takes to do it. What does it entail for you to be the kind of basketball player that you want to be?"

"Then you got to make the decision. Are you willing to do that? Are you willing to go work every day and do the things you need to do and take 500 shots a day like Kobe Bryant did so that you can be the kind of player that you want to be?"

"And then do you have enough discipline to make yourself do it every day? Whether you feel like it or not."

"You got to choose to get up. You got to choose to study. You got to choose to go make the shots. You got to choose to work out. People that can do that, they can reach their full potential."

"If you choose to make that kind of commitment to it, you can do the same thing, but it's not going to just come to you. It's not going to come easy."

"And you're going to have to overcome a lot of adversity to be able to persevere and sustain it to get where you want to go."

It's a beautiful response for sports, business and life. Replace the young basketball player with yourself – investor, business owner, manager, teacher, whatever – and the same framework applies.

Some key takeaways:

1. Everything begins with a vision. What do you want to achieve?
2. Vision alone isn't enough. You need a detailed plan of how to achieve it.
3. Commitment separates those who dream from those who do. Most people aren't willing to do what it takes.
4. Daily execution is the hardest (and most valuable) part.
5. Feelings are irrelevant. You can do what needs to be done despite how you feel.
6. One day of effort is overrated. Daily effort is underrated.
7. Improvement is a lifelong process. Embrace it, cherish it, commit to it.

“
 "The most important thing in good leadership is truly caring. The best leaders in any profession care about the people they lead, and the people who are being led know when the caring is genuine or when it is fake or not there at all."
 ”

DEAN SMITH

WWW.GB1LEADERSHIP.COM

Based on the tweet by Vala Afshar

here's how luck finds you

- WORK HARDER THAN EXPECTED
- STAY TEACHABLE (BE WILLING TO BE A BEGINNER)
- GIVING WITHOUT EXPECTING TO GET
- READ AND WRITE MORE
- SHOW UP ON TIME
- FOCUS ON YOUR CUSTOMER
- DEVELOP GOOD MANNERS (THANK YOU, SORRY, PLEASE)
- BE HUMBLE
- BE KIND AND GENEROUS
- SURROUND YOURSELF WITH SMARTER PEOPLE

Sketchnote by Anuj Magazine 10th-Jan-2022

"There is great power in honoring the reality of our current emotions, not feeding them or making them worse, but simply recognizing that this is what has arisen in this present moment and that this will also change. When we create this space within ourselves, a space of calmness that is undisturbed by the storm, the storm tends to pass more quickly. Practicing such profound honesty within ourselves helps in all facets of internal and external life—there is no real freedom without honesty, and without honesty, there can be no peace of mind."

HIDDEN POTENTIAL

The Science of Achieving Greater Things



ADAM GRANT

#1 *New York Times* bestselling author of **THINK AGAIN**

Leadership in Coaching Book of the Month

We live in a world that's obsessed with talent. We celebrate gifted students in school, natural athletes in sports, and child prodigies in music. But admiring people who start out with innate advantages leads us to overlook the distance we ourselves can travel. We underestimate the range of skills that we can learn and how good we can become. We can all improve at improving. And when opportunity doesn't knock, there are ways to build a door.

Hidden Potential offers a new framework for raising aspirations and exceeding expectations. Adam Grant weaves together groundbreaking evidence, surprising insights, and vivid storytelling that takes us from the classroom to the boardroom, the playground to the Olympics, and underground to outer space. He shows that progress depends less on how hard you work than how well you learn. Growth is not about the genius you possess—it's about the character you develop. Grant explores how to build the character skills and motivational structures to realize our own potential, and how to design systems that create opportunities for those who have been underrated and overlooked.

Many writers have chronicled the habits of superstars who accomplish great things. This book reveals how anyone can rise to achieve greater things. The true measure of your potential is not the height of the peak you've reached, but how far you've climbed to get there.



COMPETITION DEMANDS RESPECT!

BENCH-BAD
BEHAVIOR



“

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

”



Visit projectfilter.org,
or email projectfilter@dhw.idaho.gov
for more information on helping teens quit nicotine.



IDAHO DEPARTMENT OF
HEALTH & WELFARE
DIVISION OF PUBLIC HEALTH

February 2023

Initial-Eligibility Standards

If you want to compete in NCAA sports, you need to register with the NCAA Eligibility Center at eligibilitycenter.org. Plan to register before your freshman year of high school. For more information on registration, visit on.ncaa.com/RegChecklist.

GRADE 9 REGISTER

- » If you haven't yet, **register** for a free Profile Page account at eligibilitycenter.org for information on NCAA initial-eligibility requirements.
- » Use NCAA Research's [interactive map](#) to help locate NCAA schools you're interested in attending.
- » Find your high school's list of NCAA-approved core courses at eligibilitycenter.org/courselist to ensure you're taking the right courses, and earn the best grades possible!

GRADE 10 PLAN

- » If you're being actively recruited by an NCAA school and have a Profile Page account, **transition** it to the required [certification account](#).
- » Monitor the [task list](#) in your NCAA Eligibility Center account for next steps.
- » At the end of the school year, ask your high school counselor from each school you attend to upload an official transcript to your Eligibility Center account.
- » If you fall behind academically, ask your high school counselor for help finding [approved courses](#) you can take.

GRADE 11 STUDY

- » Ensure your [sports participation](#) information is correct in your Eligibility Center account.
- » Check with your high school counselor to make sure you're on track to complete the required number of NCAA-approved [core courses](#) and graduate on time with your class.
- » Share your [NCAA ID](#) with NCAA schools recruiting you so each school can place you on its [institutional request list](#).
- » At the end of the school year, ask your high school counselor from each school you attend to upload an official transcript to your Eligibility Center account.

GRADE 12 GRADUATE

- » **Request your final amateurism certification** beginning April 1 (fall enrollees) or Oct. 1 (winter/spring enrollees) in your Eligibility Center account at eligibilitycenter.org.
- » Apply and be accepted to the NCAA school you plan to attend.
- » Complete your final NCAA-approved [core courses](#) as you prepare for graduation.
- » After you graduate, ask your high school counselor to upload your final [official transcript](#) with proof of graduation to your Eligibility Center account.

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 other

4 CORE COURSES

10th GRADE

(1) English
(1) Math
(1) Science
(1) Social Science
and/or other

4 CORE COURSES

11th GRADE

(1) English
(1) Math
(1) Science
(1) Social Science
and/or other

4 CORE COURSES

12th GRADE

(1) English
(1) Math
(1) Science
(1) Social Science
and/or other

4 CORE COURSES

CONTACT THE NCAA ELIGIBILITY CENTER

U.S. and Canada (except Quebec):
877-282-1492 (toll free), Monday-Friday
9 a.m. to 5 p.m. Eastern time



[@ncaaec](#) [@ncaaec](#) [@ncaaec](#) [@playcollegesports](#)



THE 5-HOUR RULE: HOW TO TURN A WASTED DAY INTO A SUCCESSFUL ONE

We each have the same 24 hours in the day. How will you spend yours?

This article was first published on Big Think in June 2022. It was updated in December 2023
-Jonny Thomson

We each have the same 24 hours available to us. What we do with those hours varies by culture and gender, but we each have at least a few hours to spend in leisure. The 5-hour rule asks us to devote at least one hour a day to learning, experimenting, and reflecting. It's a trick used by the richest and most successful people in the world. Here are three easy steps to start your own 5-hour rule.

I like to make chit-chat now and then. One of my go-to conversation topics — most people's go-to conversation topic — is TV. I might open with, "are you watching anything good at the moment?" This often opens a half-decent, mostly entertaining discussion. But sometimes, my opening salvo falls flat. The other person says something like, "Oh, I've not got the time to watch TV."

It's an answer that bothers me. For one, it's laced with not a small whiff of condescension: If you're watching TV, you must be lazy. But mostly, it bothers me because it's not strictly true. What people mean is, "I've prioritized other things in my day." And that's fine. We each have our own personal values, concerns, and preferences.

"I've not got time to watch TV" means "TV doesn't interest me as much as this or that."

The fact is that we all have the same number of hours in the day, and it's up to us to decide how we spend them. Some people will most certainly have more "free hours" than others, but for most of us, we have at least a few hours to spend as we want. And according to "the 5-hour rule," how we choose to spend those hours might mean the difference between success and mediocrity.

THE ANATOMY OF A DAY

There are 24 hours in a day (or 1,440 minutes, if you really like to count your life away). The average person sleeps around eight hours (with the Dutch sleeping the most and the Singaporeans the least). That leaves 16 waking hours left to spend (I'm afraid those "learn while you're sleeping" tapes aren't likely to work). We need to subtract the seven to eight hours a day during which most people work, though those sleepy Dutch work a bit less. So, we're down to nine remaining hours.

Much of those nine hours are taken up by life administration: shopping, housework, unpaid labor (e.g. care work), and eating and drinking. Of course, there are massive cultural differences lurking in that category. For instance, Our World in Data reveals that people "in France, Greece, Italy and Spain report spending more time eating than people in most other European countries. The country where people spend the least time eating and drinking is the USA (63 minutes)."

Unsurprisingly, there's a huge disparity in how care work or unpaid labor is divided across genders. According to the OECD, "Around the world, women spend two to ten times more time on unpaid care work than men." This has a knock-on effect in how many leisure hours the genders have to spend. For instance, in Norway and New Zealand the difference is almost negligible. In Portugal and India, however, men have 50 percent more leisure time than women.

THE 5-HOUR RULE

Most people have at least a few hours to do with what they want. For more than half of the population, those hours are wasted away on non-work-related phone worship. But these are not the people who will become the entrepreneurs, innovators, and success stories of tomorrow.

Over the last few decades, a cottage industry has sprung up that examines and dissects the habits and values of "self-made" millionaires. One of the key findings that comes up again and again is known as the "5-hour rule." In short, this is the rule where we spend one hour a day learning, reflecting, and thinking. We do this five times a week (which makes up the "5-hour" rule). The rule dates to Benjamin Franklin, who would devote (at least) an hour each day specifically to learning something new. Franklin would rise early to read and write. He even set up his own club of artisans and experimenters. Today, Elon Musk, Oprah Winfrey, and Bill Gates all employ some version of the 5-hour rule.

The idea is that devoting an hour of your day to education exercises the mind, improves your skills, and rehearses great discipline. In education-speak, the 5-hour rule gives us both knowledge and skills.

HOW TO SPEND YOUR HOUR

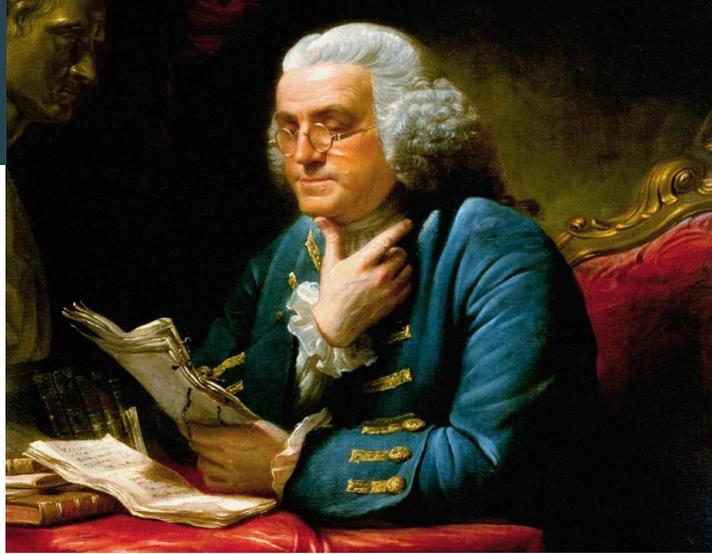
Even accepting the wisdom in the 5-hour rule, it can still come over as daunting. After a long day, with tired eyes and a throbbing headache, most of us will reach for the TV remote, not Tolstoy. But here are three "first steps" to the 5-hour rule.

Learn...however you can. Reading print on a book is one way of learning, but it's not the only way. In fact, if you don't enjoy reading that much, it's likely you'll learn less from it anyway. Today, podcasts, audiobooks, and spoken radio are all great ways to spend your hour. What's more, the internet is full of educational, entertaining, and enlightening long-form articles, which are much more digestible than huge, hand-aching tomes.

Experiment. Bettering yourself does not always mean cramming your head with facts. The most successful people in life were not those who stumbled on some magic treasure in the woods, but who tried and failed, tried, and failed again. In his book *Adapt: Why Success Always Starts with Failure*, Tim Harford says success means we "first, seek out new ideas and try new things; second, when trying something new, do it on a scale where failure is survivable; third, seek out feedback and learn from your mistakes as you go along." Try something new. Try something differently. When we experiment, we both have fun and learn a great deal.

Reflect. Failure is only valuable insofar as it improves the future. In the words of Samuel Beckett, "Try again. Fail again. Fail better." Each failure is different, and each defeat is closer to victory than the last. There are many ways to reflect. For some, it might mean a diary, journal, or ten minutes spent simply ruminating. For others, it could mean talking things over and unpacking what happened. When we reflect on our days and our mistakes, we turn failures into learning experiences.

So, why not give the 5-hour rule a go? At worst, it will make you a bit more interesting at the next family gathering. At best, it might make you a few million dollars.





OFFICIALLY HUMAN

WELCOME TO ALL ATTENDEES

Coaches & Players:

Please respect game officials & their calls

Parents & Fans:

Please respect game officials & portray positivity to all participants

Administration:

Please promote positive fan, coach, & player behavior

Our foundational goal is to restore respect to the game officials and recognize them as authorities on the fields and courts.

Be A Good Person

Hold the door for others.
Pick up trash that's not yours.
Compliment people behind their back.
Encourage people when they're down.
Include people when they feel left out.

Hold yourself to a high standard.
Admit when you're wrong.
Celebrate others when they succeed.

Doing the right things for the right reasons will never go out of style.

Be a good person.

Life is so much better when you're healthy and well. When you have the protection and peace of mind being vaccinated brings, you can enjoy all life has to offer. Schedule your appointment today.

immunizeidaho.com

