Bumps and bruises from being rough under the basketball hoop, skinned knees and hips and black toenails from volleyball, and tired legs from skiing were common occurrences growing up. Those and more were just physical evidence of how much athletics have been the foundation of my life. However, while fun and thrilling, sports serve a much greater purpose and impact than simply a luxurious pastime.

Adversity will always be part of athletics. Every athlete faces it with either a team, teammate, coach or injuries. Yet it’s how players face those challenges that is most important, defining their character, grit, and determination.

Freshman year basketball season I experienced this. As a freshman on varsity, many JV players didn’t like me. In addition, my coach was difficult to get along with, one of the girls was a cancer, and our season was very inconsistent. However, through all this adversity, my team’s hard work and grit paid off at the district tournament. Playing with heart and determination, we knocked out the number one seeded team in the semifinals and the number two seeded team in the championship, earning us a trip to state, an unexpected happy ending to our season.

Sports also teach players how to deal and work with a team. Team sports like basketball, football, and especially volleyball force athletes to learn to be part of a unit instead of being an individual player. This skill will carry on with athletes for the rest of their lives because working in groups and teams is common in the workforce and life after high school. Sports teach kids to be okay with being dependent on people, having someone’s back and having someone have their back. Trust is essential in life and relationships, and playing team sports gives that foundation of learning to trust people other than yourself.

Volleyball can be argued as the most team sport out there. Even if there’s a star hitter on the team, she/he cannot attack well if there isn’t a good pass or set. With the rule of not being able to touch the ball twice in a row, a player has to rely on teammates. Every possession is a team effort, and if the players can’t play as one, it is hard to compete. As a four-year varsity starter on the volleyball team, having playing my whole life, I have learned how to trust my teammates on the court. Whether it is trusting my teammates to pass the ball to the setter, or trusting my setter to set me a hittable ball, trust and playing as a team is the basis of volleyball. In other sports such as basketball and football, while it helps to have a good team, one player can make the difference, such as a star running back that gets the ball every play to score, or a point guard that carries the team. However, as I play the sport and know from experience, volleyball serves as the most team-based sport, at least two players, most of the time three, touch the ball every time the ball comes over the net. Nevertheless, team sports in general teach players to be able to work with each other and overcome challenges together as a unit instead of fighting the fight alone.

Athletics shaped me through my childhood into the person and athlete I am today. Along with the joy and healthy lifestyle I’ve received from sports, many lessons have been embedded in me as a result. More than just a fun hobby, athletics have prepared me for challenges of my future.
ADMINISTRATION CORNER

DATES TO REMEMBER
1/1  New Years Day
1/1  Wrestling Growth Allowance
1/20  Martin Luther King Jr. Day
1/21  Board of Directors Work Session
1/22  Board of Directors Meeting
1/30-31  All-State Music
1/31  Winter Sports Eligibility Verification Due
2/5  Winter State Academic Champions Due

JANUARY CHECKLIST

___ Send a New Year’s Sportsmanship Resolution out to parents
___ Send the name of a potential official to your commissioners
___ Publish Spring Schedules
___ Finalize 2020 Fall Opponents
___ Finalize 2020/21 Winter Opponents
___ Turn in Winter EV Forms
___ Finalize Spring Bus Schedules
___ Plan Spring Coaches and Parent Meetings
___ Nominate a student for the IHSAA Student Advisory Council
___ Nominate a student for the Interscholastic Star Scholarship

ADMINISTRATOR RESPONSIBILITIES - OFFICIALS

** Meet the officials at the front door. Greet them with water and a smile.
** Escort officials to the appropriate changing area and restrooms.
** Inform officials of special game circumstances and/or areas of concern.
** Introduce them to the administrators in charge of the venue, let them know where you will be standing during the contest.
** Give the officials your halftime procedures and remind them who will be responsible for communication during and after the half. Give them water at halftime.
** Towards the end of the game, make sure officials know who is escorting them and where they are meeting their escort.
** Be aware of when an official may need an escort out of the building and/or to their car. Make sure they are safe and have plenty of water to drink after the contest.
** Say THANK YOU - remind the officials that they are an important part of the game and the development of student-athletes.

JOIN SAC

THE STUDENT ADVISORY COUNCIL OF THE IHSAA

For a great opportunity to excel in leadership skills, build character, and become more involved.

What is SAC?

The SAC is a diverse group of high school students in Idaho who voice their ideas to the IHSAA Idaho High School Activities Association.

Our Mission

Our mission is to connect Idaho schools with the IHSAA through promoting our unique sportsmanship, achievement, and character.

What is IHSAA?

A group devoted to coordinating, supervising, and directing interscholastic activities which enhance and protect the educational process of all students.

Apply for the 2020-21 Council!

Search idhsaa.org, click on the “Schools” tab, and then proceed to the “Students” section. Under Student Resources, you will find a link to the application process and requirements.

COACHES CORNER

University of Idaho Course Credit “Fundamentals of Coaching”

In an effort to assist in coaches’ education throughout the State of Idaho, The Idaho High School Activities Association in cooperation with the NFHS and the University of Idaho is continuing an opportunity for Idaho teacher/coaches. Teacher/Coaches can earn (1) college credit from the University of Idaho by taking the Fundamentals of Coaching course developed by the NFHS. Information and instructions are on the IHSAA Coaches Education Page.

NFHS LEARN

Course of the Month

STUDENT MENTAL HEALTH AND SUICIDE PREVENTION

The NFHS is proud to bring you this course on Student Mental Health and Suicide Prevention in response to this reality. With a focus on wellness, including both physical and psychological, this course highlights causes, strategies and provides helpful resources. For students, their peers and anyone responsible for their care and well-being, take the course Student Mental Health and Suicide Prevention.

IHSAA COACHING REQUIREMENT

Beginning in fall of 2020 all Idaho coaches will be required to take the NFHS Learn course “Student Mental Health and Suicide Prevention”.

CONGRATULATIONS

Todd Gilkey, St. Maries HS
National Interscholastic Athletic Administrators Association
Distinguished Service Award

Todd Gilkey, has been an athletic administrator since 1999, with Coeur d’Alene HS sandwiched between two stints at St. Maries HS.

At the national level, Gilkey has been a member of the NIAA Endowment Committee since 2008, he has been the NIAA state liaison since 2011, served on the NIAA Strategic Planning Committee and has earned the State Award of Merit and the NFHS Citation.

Gilkey has played a vital role as a board member of the IAA. He is currently serving his second term as IAA President and has been the Section 8 Secretary since 2009.

Gilkey has hosted more than 40 regional and district tournaments and held multiple conference and league leadership positions and has been chosen by his peers as Idaho Athletic Director of the Year five times.

This award is presented annually to NIAA members in recognition of their length of service, special accomplishments and contributions to interscholastic athletics at the local, state, and national levels.
2019
IDAHO HIGH SCHOOL

STATE CHAMPIONSHIPS

RESULTS

5A 1st - Coeur d’Alene
2nd - Centennial
3rd - Rocky Mountain

4A 1st - Emmett
2nd - Twin Falls
3rd - Jerome

3A 1st - CDA Charter
2nd - Sugar-Salem
3rd - McCall-Donnelly

Coeur d’Alene Vikings
Emmett Huskies
CDA Charter Panthers

DRINK CHOCOLATE MILK WITHIN 30 MINUTES
AFTER YOUR WORKOUT TO REHYDRATE, REPAIR, & REPLENISH
More in Common Than You Think

As you reflect on this year and prepare for 2020, realize wisely and earnestly regardless of race, religion, color, creed, and sexual orientation, we all have something in common.

“Every time you are tempted to react in the same old way, ask if you want to be a prisoner of the past or a pioneer of the future.”

— Deepak Chopra

We live in a 24/7 instant gratification culture that is in constant search for the next big story. We have become fixated, curious, and borderline obsessed with stardom and today’s celebrities, executives, athletes, politicians, coaches, and entertainers. We put these individuals on pedestals, religiously keeping up with their daily lives — praising them, ridiculing them, lifting them while quickly tearing them down. Their pain becomes our entertainment in the process, dehumanizing the essence of who they are. But as we attempt to emulate these individual’s uniqueness, we venture farther away from accepting and embracing all of who we were born and meant to be.

When we put our notions of fortune and success aside and examine humanity at its core, human beings have a constant desire to feel accepted, appreciated, loved, valued, heard, and seen. As you reflect on this year and prepare for 2020, realize wisely and earnestly regardless of race, religion, color, creed, and sexual orientation, we all have something in common.

We Are All Fighting A Battle

We are all fighting some battle that another person knows nothing about while carrying with us our dreams, aspirations, fears, and uncertainties. When we liberate ourselves from our ego, we can begin to value another person — not for how they can serve us but for who they authentically are.

To Be, or Not To Be

One of the fiercest battles a person has to fight is to live in a world where every single day, someone is trying to make you be someone you don’t want to be. The most important relationship we will ever have is the one with ourselves. We must begin the transformative journey of healing our mind, body, and spirit while celebrating all of who we are. If we equate our worth to the amount of money and materials we obtain, we will always live in a constant race for more, equating objects to peace of mind.

Compassion for Others Begins With Kindness to Ourselves

It cost us absolutely nothing to be kind. As we consistently practice kindness towards others, we must never forget to be kind to ourselves. We must not judge our reflection in the mirror. Instead, be receiving of that reflection, permitting ourselves to be whole, present, and a masterpiece that is a work in progress. Every day we are presented with an opportunity to be beacons of peace, love, positivity, courage, and perseverance — in the process, leaving footprints of kindness everywhere we go!

We are all trying to figure out this game called life. No matter our longevity life is finite and precious. There is no reset button nor playbook on how to navigate all that we might experience and feel on this self-discovery journey. So live and live immediately. Live life to the fullest from a place of love and gratitude. And as the renowned poet Dr. Maya Angelou once eloquently voiced, “I’ve learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel.”
The IHSAA has developed the “Idaho High School Spirit of Sport Award”. The recipient must be an individual from a high school that is a member of the IHSAA. The recipient must be a current coach or student-athlete involved with the schools’ athletic or activities program.

This award seeks to recognize those individuals who exemplify the ideals of the positive spirit of sport that represent the core mission of education-based participation. The award may be given in recognition of a specific act or for an activity of longer duration.

For example, it could be given to an individual who has gone beyond the normal everyday expectations of assisting others within the school or community. It could also be given to an individual who has overcome some sort of adversity or challenging circumstances.

The IHSAA seeks to identify worthy award recipients by nominations submitted from anyone from the school or community. All nominations must be forwarded to the IHSAA. A committee made up of IHSAA Board of Directors members will then review all nominations and select the one Spirit of Sport Award winner.

If you have a candidate you wish to nominate, please complete and return the nomination form to the IHSAA no later than May 1.

Officials vs. Cancer is a nationwide program between the American Cancer Society and the International Association of Approved Basketball Officials. Participation is not limited to IAABO officials, however, any official in any league is invited to participate.

The program’s objective is to increase cancer awareness and promote healthy living through year-round awareness efforts and fundraising campaigns. Since the inception of the program in 2008, over $2 million has been donated to the American Cancer Society.
1. Send three text messages each day to friends and family that you don’t see enough of. Thank them for being in your life and helping you along the way. Let them know that you still think about them even though you don’t see them on a regular basis.

2. Write for 2 minutes each day describing one experience (experiences are not things) that you are grateful for that you had over the past 24 hours.

3. Exercise for 10 minutes a day.

4. Meditate twice a day for two minutes each time, focusing on your breath going in and out. Do this first thing in the morning while you are still in bed and last thing at night when you get into bed. (Is there anything to be grateful for more than oxygen filling our lungs?)

5. Write one email each day thanking or praising someone in your immediate life.

All of these activities combined will take you less than 15 minutes per day, since most of the people reading this are already exercising for 10 minutes a day. The research on gratefulness is clear; it makes you better at whatever you are doing.

Take the challenge. You don’t have to announce to the world through Facebook or Twitter that you are taking the challenge, just take the challenge and see what happens to your overall mind-set.

Steve Foster is a Positive Coaching Alliance National Advisory Board Member and current Pitching Coach for the Colorado Rockies. Foster played 7 years with the Cincinnati Reds, and has been blessed to receive awards along the way including Manager and Coach of the year as well as Topps Scout of the Month. He co-authored and self published a book with his father titled Lessons From Little League and Life. He is married to Cori Foster and has two children.

Professional baseball is hard, Foster says; the travel, the competition, the failure, the trades, the demotions, the releases, the firings, the injuries, and the time away from home can all combine to rob us of our grateful spirit if we allow it to. This is a problem, because being grateful is what keeps us from becoming bitter. People who are grateful live in the moment. People who are bitter are stuck in the past.

A grateful spirit is what allows us to Embrace The Suck.

Understand that gratefulness is a work ethic. Being grateful is not a mystery. We have to train our brains to be grateful just like we work out our bodies. We not only need to be grateful, we need to work at being grateful.

Try an experiment right now called the 21-Day Challenge. Combine each of the five researched habits and try it out for 21 days in a row to create or improve upon a grateful mind-set.