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January 2021 ISSUE



IHSAA EXPRESS

Supporting Education Through Activities

IHSAA AWARDS OF EXCELLENCE

2021 Interscholastic Star Scholarship

2020
Idaho Star
Sarah Cole
Mt. View High School



This scholarship, sponsored by the Idaho High School Activities Association, was established in 1992 to recognize and reward outstanding students who participate in high school athletic and non-athletic activities.

Applicants must be juniors who participate or have participated in at least one IHSAA-sponsored sport and one IHSAA-sponsored activity. IHSAA-sponsored activities are: cheerleading, dance, drama, speech, debate, vocal music and instrumental music. These activities must be extracurricular and should be performance-based. Class-only participation will not be considered. Students from 1A and 2A schools may also count FFA and/or student government.

Applicants must be students who:

- Through their participation, strengthen interscholastic sports and activities programs.
- Are active contributors to school and community organizations and programs.
- Are good citizens and positive role models for their peers.
- Promote the ideals of good sportsmanship and citizenship.

Each year \$11,500 in scholarships are awarded to Idaho students and schools who have interscholastics stars. Applications are due April 10th for selection of the 2021 Idaho Star Scholarship.

2021 Spirit of Sport Award

2020
Spirit of Sport
Regan Chambers
Twin Falls High School



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, complete and return the nomination form to the IHSAA no later than May 1.

ADMINISTRATION CORNER

DATES TO REMEMBER

1/1	New Year's Day
1/1	Wrestling Growth Allowance Window Closed
1/18	Martin Luther King Jr. Day
1/19	Board Work Session & Appeals - Virtual
1/20	IHSAA Board of Directors Meeting - Virtual
2/29	Winter Eligibility Verifications Due

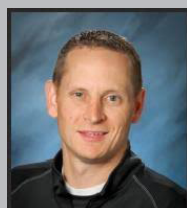
JANUARY CHECKLIST

- ___ Send a New Year's Sportsmanship Resolution out to parents
- ___ Send the name of a potential official to your commissioners
- ___ Publish Spring Schedules
- ___ Finalize 2021 Fall Opponents
- ___ Finalize 2021/22 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

Congratulations to these Idaho Athletic Administrators honored by the National Interscholastic Athletic Administrators Association



Tracy Lienen
Boise High School
NIAAA Hall of Fame



Tol Gropp
Timberline High School
NIAAA Citation Award



Troy Rice
Rocky Mt. High School
State Award of Merit

FROM THE NFHS



*Become an NFHS Level 1 School
when 90% of your coaches complete*



TIM BRENNAN EARNS AFCA REGIONAL POWER OF INFLUENCE AWARD HONORS

Five of the best high school head coaches in the nation highlight the announcement of the 2020 Regional Power of Influence Award winners. This award is given jointly by the

American Football Coaches Association® and the American Football Coaches Foundation®. These winners will be honored during a virtual AFCA Convention, which will be held on January 12-14, 2021.

This is the second year that the AFCA has recognized regional winners for the Power of Influence Award. The award was created as a way for the AFCA® and AFCF® to honor deserving high school football coaches. Coaches who receive this award are recognized for their impact on their team, as well as the legacy they leave with the school and surrounding community. This award is not based on wins and losses; however, it should be noted that coaches of powerful influence have longevity and success. The winners are selected by members of the AFCF Board of Directors.

Tim Brennan has racked up on overall record of 225-79 in his 29 years as a head coach, with the last 25 coming at Bishop Kelly High School in Boise, Idaho. He has led the Knights to six state championships, 11 league championships and four undefeated seasons. Brennan has won numerous awards over his career including six Idaho State Coach of the Year honors and the Hugh Brady Award in 2018 for outstanding service and dedication to the Idaho State Coaches Association and the youth of Idaho. He has served as vice president and president of the Idaho State Coaches Association and has been a board member of the Idaho Third District Coaches Association for 32 years.

The AFCA will announce the 2020 National Power of Influence Award winner during the virtual AFCA Convention on January 12-14, 2021. The Regional winners are finalists for the national Power of Influence Award.



COACHES CORNER

www.proactivecoaching.info

If everyone could think like an offensive lineman...



- They don't need the attention, spotlight or name in the paper
- Success requires all five working together
- All they worry about is fulfilling their role real well - every play
- The sole purpose of their job is to make others successful

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

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



What can Unified Sports do for *your* school?

Unified Sports allows all students, regardless of ability level, the opportunity to share their skills and talents with the school and community. On the court the partners and athletes learn the value of teamwork and the importance of inclusion in all aspects of life. Off the court, the students build friendships and lasting relationships that will impact their overall school experience. These feature stories highlight real-life examples of the impact of Unified Sports on all participants!

SPECIAL OLYMPICS UNIFIED SPORTS® *a student's guide*

**HOW
TO START**
a Unified Sports
Program at
your school

10 *easy steps*

Feature:

What can
Unified Sports
do for *your* school?



Special Olympics
Unified Champion
Schools



High School Playbook



Special Olympics
Unified Champion
Schools

Special Olympics' Mission Statement

To provide year-round sports training and athletic competition in a variety of Olympic-type sports for children and adults with intellectual disabilities, giving them continuing opportunities to develop physical fitness, demonstrate courage, experience joy and participate in a sharing of gifts, skills and friendship with their families, other Special Olympics athletes and the community.

SCHOOLS OF EXCELLENCE FALL STANDINGS

CLASSIFICATIONS TOP 10

5A

		Academic	Athletics	Total
	School	Score	Score	Score
1st	Boise	720	665	1385
2nd	Timberline (B)	735	640	1375
3rd	Rocky Mountain	710	535	1245
4th	Eagle	720	465	1185
5th	Mountain View	710	388	1098
6th	Idaho Falls	705	275	980
7th	Highland	735	240	975
8th	Thunder Ridge	720	245	965
9th	Madison	545	400	945
10th	Post Falls	680	245	925

4A

		Academic	Athletics	Total
	School	Score	Score	Score
1st	Bishop Kelly	735	585	1320
2nd	Twin Falls	710	480	1190
3rd	Sandpoint	695	438	1133
4th	Century	720	313	1033
5th	Moscow	700	330	1030
6th	Pocatello	705	185	890
7th	Blackfoot	545	335	880
8th	Bonneville	700	175	875
8th	Canyon Ridge	710	165	875
10th	Skyline	365	500	865

3A

		Academic	Athletics	Total	Qualified
	School	Score	Score	Score	Average
1st	Sugar-Salem	560	580	1140	95.00
2nd	Timberlake	505	450	955	79.58
3rd	Kimberly	710	411	1128	70.50
4th	Snake River	520	255	775	64.58
5th	McCall-Donnelly	520	225	745	62.08
6th	Filer	525	160	685	57.08
7th	American Falls	505	150	655	54.58
8th	Gooding	515	240	755	53.93
9th	Parma	375	240	615	51.25
10th	South Fremont	435	178	613	51.08

2A

		Academic	Athletics	Total	Qualified
	School	Score	Score	Score	Average
1st	Melba	355	310	665	66.50
2nd	Firth	535	245	780	65.00
3rd	Soda Springs	365	265	630	63.00
4th	Salmon	360	190	550	55.00
5th	North Fremont	360	178	538	53.80
6th	West Jefferson	355	160	515	51.50
7th	Declo	695	88	783	48.94
8th	Nampa Christian	380	90	470	47.00
9th	Malad	430	0	430	43.00
9th	Ririe	355	75	430	43.00

1A DI

		Academic	Athletics	Total	Qualified
	School	Score	Score	Score	Average
1st	Oakley	360	345	705	88.13
2nd	Butte County	345	150	495	61.88
3rd	Raft River	285	195	480	60.00
4th	Prairie	360	88	448	56.00
5th	Victory Charter	260	185	445	55.63
6th	Greenleaf Friends	370	0	370	46.25
7th	Potlatch	350	0	350	43.75
8th	Liberty Charter	175	160	335	41.88
8th	North Star Charter	260	75	335	41.88
10th	Genesee	175	95	270	33.75

1A DII

		Academic	Athletics	Total	Qualified
	School	Score	Score	Score	Average
1st	Sun Valley Community	285	335	620	103.33
2nd	Dietrich	340	100	440	55.00
3rd	Garden Valley	250	75	325	54.17
4th	Timberline (W)	350	75	425	53.13
5th	Deary	245	150	395	49.38
6th	Kendrick	195	88	283	47.17
7th	Richfield	260	0	260	43.33
8th	Rockland	195	150	345	43.13
9th	Carey	160	95	255	42.50
10th	Salmon River	185	0	185	30.83

IDAHO HIGH SCHOOL



IHSAA



2020 STATE CHAMPIONSHIP RESULTS

5A

1st - Coeur d'Alene



2nd - Thunder Ridge



3rd - Rocky Mt.



4A

1st - Century



2nd - Jerome



3rd - Emmett



3A

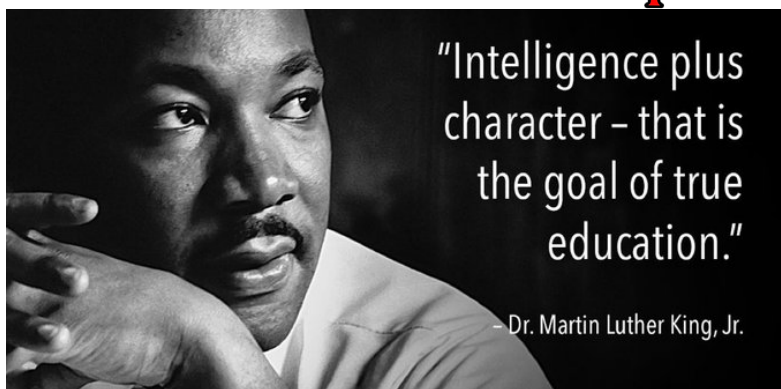
1st - CDA Charter



2nd - Sugar-Salem



3rd - American Falls



21 TIPS FOR A POSITIVE NEW YEAR

2021

1 STAY POSITIVE

You can listen to the cynics and doubters and believe that success is impossible or you can trust that with faith and an optimistic attitude all things are possible.

2 TAKE A DAILY "THANK YOU WALK"

You can't be stressed and thankful at the same time. Feel blessed and you won't be stressed.

3 EAT HEALTHIER FOODS

that grow on trees and plants and less foods manufactured in plants.

4 TALK TO YOURSELF

instead of listen to yourself. Instead of listening to your complaints, fears and doubts, talk to yourself with words of truth and encouragement.

5 NO ENERGY VAMPIRES ALLOWED

Post a sign that says "No Energy Vampires Allowed." Gandhi said, "I will not let anyone walk through my mind with their dirty feet."

6 BE A POSITIVE TEAM MEMBER

Being positive doesn't just make you better, it makes everyone around you better.

7 DON'T CHASE SUCCESS

Decide to make a difference and success will find you.

8 GET MORE SLEEP

You can't replace sleep with a double latte.

9 DON'T WASTE YOUR ENERGY

Don't waste your precious energy on gossip, energy vampires, issues of the past, negative thoughts or things you cannot control.

10 LOVE, SERVE AND CARE

You don't have to be great to serve but you have to serve to be great. Look for opportunities to Love, Serve and Care.

11 REMEMBER YOUR WHY

Live your purpose. Remember why you do what you do. We don't get burned out because of what we do. We get burned out because we forget why we do it.

12 LOVE THE PROCESS

Remember there's no such thing as an overnight success. Love the process and you'll love what the process produces.

13 HAVE TRUST

Trust that everything happens for a reason and expect good things to come out of challenging experiences.

14 NO COMPLAINING RULE

Implement the No Complaining Rule. If you're complaining you're not leading.

15 READ MORE

Read more books than you did in 2020. I happen to know of a few good ones. :)

16 DON'T SEEK HAPPINESS

Instead live with love, passion and purpose and happiness will find you.

17 FOCUS ON "GET TO"

Focus on "Get to" vs "Have to." Each day focus on what you get to do, not what you have to do. Life is a gift not an obligation.

18 GET BACK UP

The next time you "fail" remember that it's not meant to define you. It's meant to refine you.

19 SMILE & LAUGH MORE

They are natural anti-depressants.

20 BOOST YOUR IMMUNE SYSTEM

and health-Eat wild salmon, turmeric, blueberries. Take vitamin C, D and Zinc.

21 ENJOY THE RIDE

You only have one ride through life so make the most of it and enjoy it!



YOUR QUESTIONS UNBOTTLED

TALK DAIRY WITH US

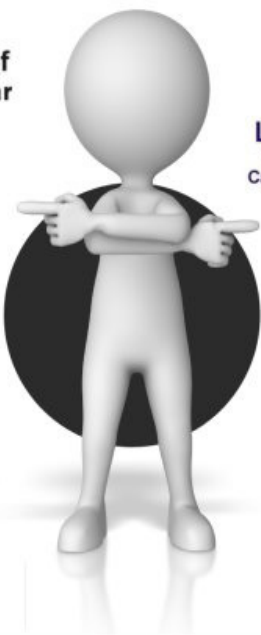
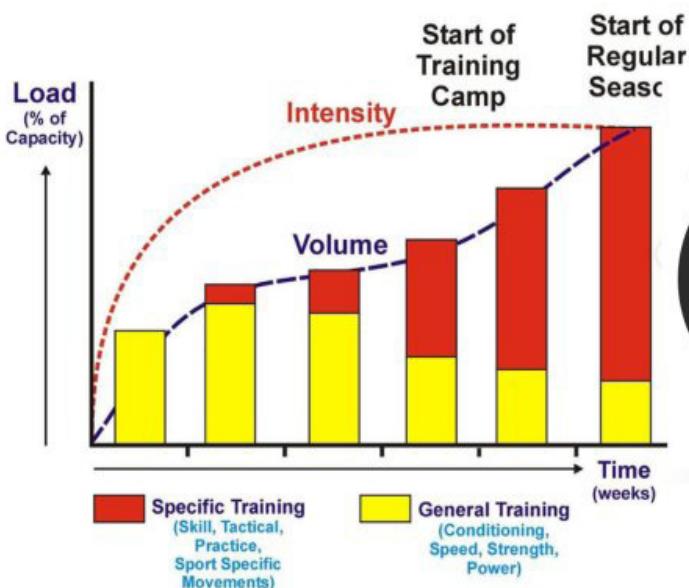
Ever wonder what life is like for cows on a dairy farm? Or how milk compares to plant-based alternatives? We've gathered a panel of experts (dairy farmers, nutritionists, processors, you name it!) to answer your questions about the dairy industry. No question is too big, too small, or too weird for our panel. Go ahead — ask us anything! go to unbottled.com

MANAGING THE RETURN TO SPORT AFTER THE QUARANTINE

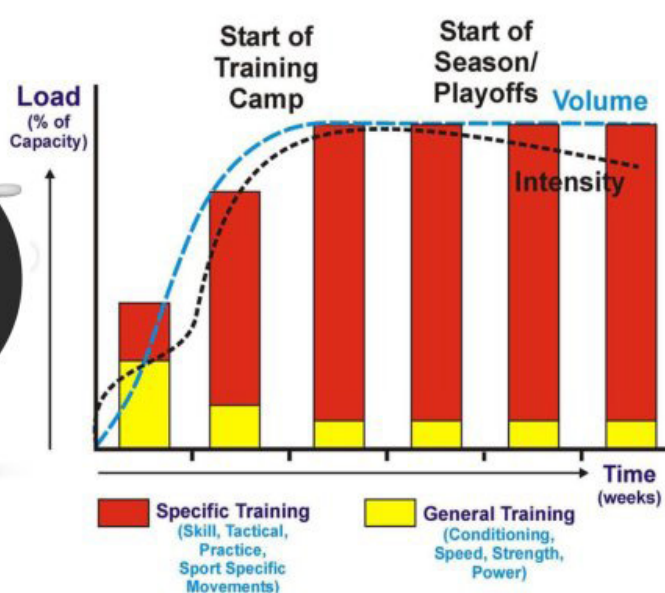
By Derek Hansen - Sprint coach & Return to play specialist - @DerekMHansen

Make sure your athletes are well prepared before returning to full training load

What should probably happen



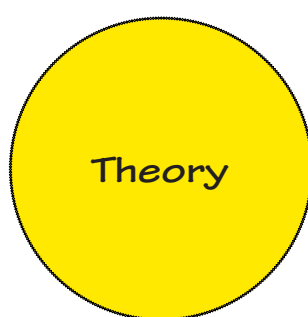
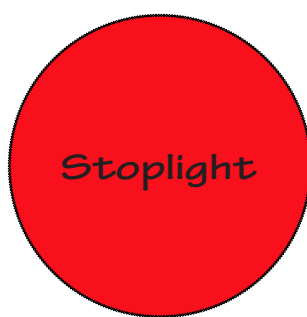
What will likely happen



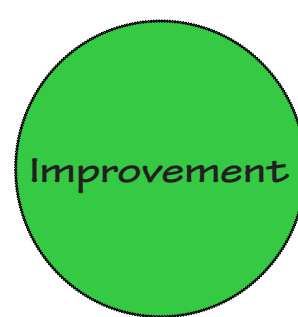
A general base has to be introduced to ensure resiliency once the players enter their full training load

Plan high intensity components as soon as possible to accumulate exposures





Of



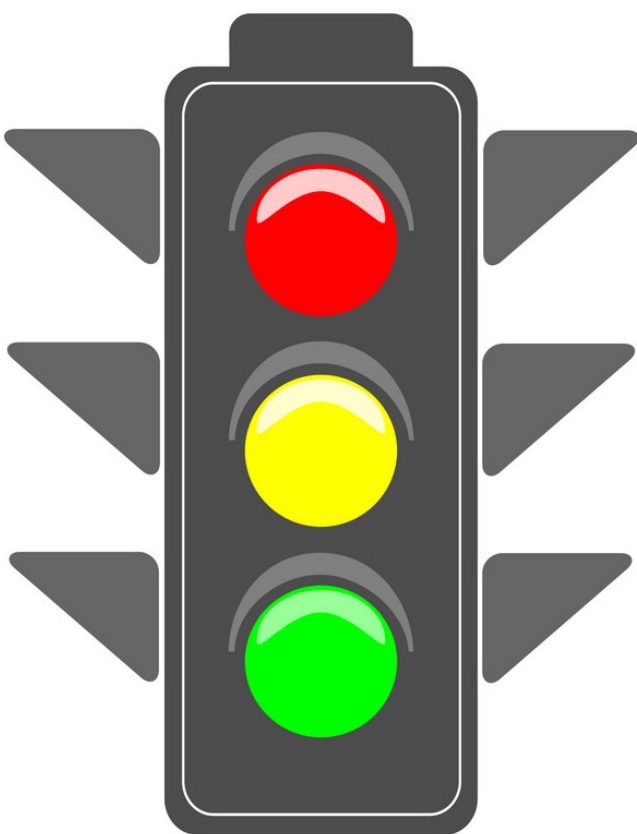
*This article was written by University of Washington women's Basketball Coach Mike Neighbors
Editing changes were made to adapt the message to all professions, not just basketball coaching.*

If you want to download the original pdf, you can click here: [STOPlight Theory](#)

As coaches, we strive daily for improvement in ourselves and in our athletes. This article outlines a system to use to be intentional about those efforts to improve.

In Mike's words "All of these things are just examples to choose from... You could NEVER do them all so don't try..."

A good way to get started is to select one idea from each color (or come up with one that fits for you) to focus on throughout the day.



THINGS I AM GOING TO STOP DOING

So many times in our day we make TO DO lists. It is just as important to have a list of things you WON'T DO! Those things vary for us all. Eliminating the distractions is vital to you making the most of your 24 hours in a day. Actually making a list of the things that WON'T do in your day to refer to throughout the day is a valuable tool. Examples: won't check email until certain time, won't "surf" the web until x number of things are done, won't focus on anything that doesn't effect your job until after the day's most important task is completed, won't focus on my "turkeys" until my "eagles" are fed, won't go home until my urgent pile is cleared, won't go to lunch alone, won't use sarcasm, won't let things I can't control effect the things I can, won't resent others success, won't fear failure, won't be afraid of hearing bad news, won't try to make everyone happy.

THINGS I AM GOING TO CONTINUE DOING

Identify the things that are positively impacting your day that you need to continue doing but might need to do so cautiously. These things can be positives when executed correctly but can border on negatives if you over/under utilize. Examples: Seek out people with opposite opinions, argue/debate/disagree, read and write, use data to make calculated decisions, telling others the truth, learn about leadership techniques but don't be afraid to be different (Muppets principle), be unconventional, lead by insuring others can deal with adversity, focus on bright spots rather than total focus on deficient areas.

THINGS I AM GOING TO START DOING

List actionable things you want to introduce into your daily routine that will positively impact your 24 hours. Examples: Speak in images, use least invasive correction that is needed, surround yourself with smart people that challenge you, earn trust, whisper criticism/shout praise, confront then move on, build relationships, show people how much you care rather than how much you know, Separation in the preparation, teach rather than coach in practice, coach rather than teach off the court, REHEARSE things more often in practice, focus on being better rather than being good, trust "blink" decisions, get all the facts, simplify, be productive rather than busy, spend time with the right people, take people with you.

WAY TO GO



Thank You!



**ATHLETES – COACHES – ADMINISTRATORS
PARENTS – OFFICIALS**

for your planning, perseverance, persistence and hard work

Check off Fall Sports

