



- * **STATE DRAMA CHAMPIONS**
- * **SCHOOLS OF EXCELLENCE - Fall Top 10**
- * **SPIRIT OF SPORT - Nominate Today**
- * **SPORTSMANSHIP T-SHIRT DESIGN CONTEST**
- * **BATTLE OF THE EANS CONTEST**
- * **EXPECTATIONS OF SPORTS PARENTS**
- * **IDAHO AD'S RECOGNIZED BY THE NIAAA**
- * **LEADERSHIP BOOK OF THE MONTH - Mind Gym**
- * **HS COACHES GUIDE - Supporting HS Athlete Mental Health**
- * **NOMINATE YOUR SCHOOLS - Interscholastic Star**
- * **IDAHO TEACHERS RECOGNIZED BY THE NFHS**



**January
2023 ISSUE**



IHSAA EXPRESS

Supporting Education Through Activities



2022 IHSAA Spirit of Sport Award
MALAD BASEBALL TEAM



2022 IHSAA Interscholastic Star
AMAIA CLAYTON
Renaissance High School

2023 Spirit of Sport Award

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.

APPLICATION DEADLINE - MAY 1, 2023

2023 Interscholastic Star Scholarship

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 \$13,000 in scholarships are awarded to Idaho students and schools who have interscholastics stars.

APPLICATION DEADLINE - APRIL 10, 2023

ADMINISTRATION CORNER

**ALWAYS
BE RESPECTFUL
AT HIGH SCHOOL
ATHLETIC EVENTS.**



DATES TO REMEMBER

1/1	Wrestling Growth Allowance
1/4	AD Growth Zoom - Is it still dark outside?
1/16	Mratin Luther King Jr. Day
1/17	Board of Directors Work Session & Appeals
1/18	Board of Directors Meeting
1/27	Winter Eligibility Verification Due
1/30	State Cheer/Dance Pictures & Rosters Due
2/2-4	All-State Music

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 2023 Fall Opponents
- ___ Finalize 2023/24 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
- ___ Seek a nomination for the Spirit of Sport Award

IHSAA Rule of the Month

RULE 2-3 - CLASSIFICATION PETITIONS

The IHSAA Board of Directors shall make the final determination on all classification petitions during their annual September meeting. Classification petitions will be considered for two-year cycles. Schools may petition to move up or down a classification in specific team sports or up a classification in specific individual sports by submitting a classification petition to the IHSAA by September 10 of the grace year. Teams may only petition down in distinct team sports.

2-3-1 Cheer, dance, football, boys soccer, girls soccer, volleyball, boys basketball, girls basketball, baseball and softball are considered team sports for the classification petitioning process.

2-3-2 Petitions must include the following to be considered when petitioning down a classification:

- The IHSAA office will tabulate votes from all superintendents of the classification in which the school wishes to be placed as well as the classification they will be leaving. A simple majority of the superintendent votes, one vote per high school, must be obtained to move the petition to the Board for a final decision.
- Cover letter and letters of support.
- Evidence that the varsity, JV, and freshman combined winning percentage is near or below 25% during the most recent two years of competition against their assigned classification.
- Evidence that the varsity, JV, and freshman teams finished near or below the bottom 33% of their postseason tournaments during the most recent two years of competition.
- The IHSAA office will organize team sport committees to review all petitions prior to coming to the IHSAA Board of Directors to be used as advisory information.

2-3-3 Petitions must include the following to be considered when petitioning up a classification:

- The IHSAA office will tabulate votes from all superintendents of the classification in which the school wishes to be placed as well as the classification they will be leaving. A simple majority of the superintendent votes, one vote per high school, must be obtained to move the petition to the Board for a final decision.
- Cover letter and letters of support.
- The IHSAA office will organize team sport committees to review all petitions prior to coming to the IHSAA Board of Directors to be used as advisory information.

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



Tol Gropp
Timberline HS
2023 NIAAA President-Elect
2024 NIAAA President



Cass Herbst
East Valley MS
NIAAA
Thomas Frederick Award

Congratulations to these Idaho Educators honored by NFHS Performing Arts



Kathy Stefani
Moscow HS
NFHS Section 8
Outstanding Music Educator



Sharon Hoge
Blackfoot HS
NFHS Section 8
Outstanding Theatre Educator



COURSE OF THE MONTH Fundamentals of Coaching



This NFHS Fundamentals of Coaching course provides a unique student-centered curriculum for interscholastic teacher/coaches, assisting them in creating a healthy and age-appropriate athletic experience that supports the educational mission of our nation's schools.

University of Idaho COURSE CREDIT

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 NFHS Fundamentals of Coaching course.



REGISTER TODAY

JANUARY COACHES EDUCATION PAGE

What are the Expectations for ALL Sports Parents?

Here is a list of 7 good ones...



Greg Berge GB1 Leadership

1 Cheer for ALL players on the TEAM. Parents: when you sign your child up for a team sport you become a member of the team. In essence you have adopted the other players as your own. Cheer for them all. This is the purpose of team sport. This is the right thing to do.

2 Support the Officials Officiating, it is a very difficult job. We are losing officials left and right. If you cannot not treat the officials kindly, then leave. If we do not have officials, we do not have team sports. Do your part - Be a Role Model - Lead by Example.

3 Speak about the Coaches. Coaching is a very demanding job. Coaches are getting harder to find as well. It is the coaches job to think of the TEAM first. Your child's individual interests always come second to the team. Speak about coaches. Don't be that parent.

4 Encourage and Support your Child Your child needs you as a support for them. They do not need you to solve their issues. Talked them through the adversity that naturally occurs in team sports. These are wonderful life lessons that will make them a better person.

5 Ask Questions - Not Opinions Don't act like you know more than the coach. You are not at practice each day. It is very difficult to manage and lead a TEAM. Until you have done it, you have no idea. Ask questions - don't give opinions.

6 Be a influence at games Parents are tone setters too. Be a influence at all sporting events. Your attitude is contagious to others. Be a positive role model. Lead by example.

7 Be a fan of the TEAM This is the beauty of team sports. Turn yourself into a fan of the team and know that your child has an important role. Don't obsess about playing time. Let Go. You will enjoy the experience so much more. Think WE > ME.



01
A difficult conversation can arise at any time. This can be training or a game. If you feel you are about to engage in a difficult conversation remind yourself to stay calm and to breathe slowly



02
If possible try and move the conversation away from players and the sport field. Try and find another parent who can watch and be a 3rd observer



03
Provide the parent with time and space to vent their emotions



04
Listen to what it is they have to say and be respectful



05
Remind yourself that they are acting out of emotion and this is often not a personal attack



06
Take time to acknowledge how the parent feels and seek to understand their point view. Feedback to them what it is you think they are trying to portray



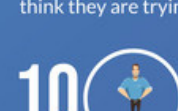
07
When you feel the parent has finished speaking ask if you can share another perspective on the situation



08
Remind the parent that you both want what is best for their child



09
If the conversation becomes confrontational don't be afraid to end it



10
As difficult as it may be try and end on some steps you identify to move forward. Make sure you speak to your club or a representative to reflect on the experience



Coaches:
KEEP YOUR COOL!



*I have come to a frightening conclusion
I am the decisive element on the snow.
It is my personal approach that creates the climate.
It is my daily mood that makes the weather.
As a coach, I possess tremendous power to make
an athlete's life miserable or joyous.
I can be the tool of torture or an instrument of inspiration.
I can humiliate or humor, hurt or heal.
In all situations it is my response that decides whether a crisis will be
Escalated or de-escalated and an athlete humanized or dehumanized.*



-Tom Crawford, Director of Coaching
United States Olympic Committee



THE COACHES' GUIDE

to Supporting High School Athlete Mental Health



The Jed Foundation

**POSITIVE
COACHING
ALLIANCE®**

This Is Your Guide to Supporting Your Players

Teens are facing an escalating crisis in mental health. According to the Centers for Disease Control and Prevention, more than one in three high school students experienced persistent feelings of sadness or hopelessness in 2019. Nearly 20% of all high school students had serious thoughts of suicide in the past year, a statistic that rises significantly for LGBTQ students and students of color. Sports teams offer unique opportunities to create spaces where teens feel safe, seen, heard, and valued.

A trusted, caring adult can be a game changer for young people, and coaches are ideally positioned to provide that support. You can be the first to notice when an athlete is struggling emotionally, and the first person an athlete trusts enough to reach out to.

The Jed Foundation (JED) and Positive Coaching Alliance (PCA) created this quick, easy-to-use guide to increase your knowledge and comfort in navigating these situations and conversations. We want to help you feel prepared, and we want you to know:

- You do not have to be a mental health professional to support an athlete with their mental health.
- You are never alone when you support athletes.
- You don't have to provide care. You can be the bridge that connects them to it.

This guide will walk you through straightforward—but significant—steps you can take to:

- **Support** mental health on your team.
- **Recognize** and **reach out** to a struggling athlete.
- **Connect** athletes to professional help, if and when it is needed.



Photos courtesy of Positive Coaching Alliance and contracted photographers.



FOR THE COMPLETE JED/PCA COACHES GUIDE



2022 STATE DRAMA CHAMPIONS

5A



HIGHLAND
RAMS

4A



CENTURY
DIAMONDBACKS

3A



CDA CHARTER
PANTHERS



IHSAA SAC Presents: Sportsmanship T-Shirt Contest

Who? Any High School Student Interested!

What? Create a design for a T-Shirt that demonstrates sportsmanship. The winner's design will be featured on T-Shirts that will be handed out at State events next year!
Winner will receive a T-Shirt or Sweatshirt with their design!

When? *Deadline January 31, 2023*

Submit to: federicom@idhsaa.org
** All Submissions must be in JPEG format**

IHSAA SAC PRESENTS
BATTLE OF THE FANS

DUE DATE: JANUARY 31ST, 2023

POST TO YOUTUBE & EMAIL TO federicom@idhsaa.org

HOW TO BATTLE:
+INTRODUCE SCHOOL
+WHY YOUR SCHOOL SHOULD WIN
+LIP SYNC
+TIK TOK CLIPS
VIDEO MAXIMUM 90 SECONDS

JUDGING CRITERIA:

YOU VIDEO WILL BE JUDGED ON SPORTSMANSHIP, SCHOOL SPIRIT, ORIGINALITY AND STUDENT PARTICIPATION. BE LOUD AND POSITIVE!

SCHOOLS OF EXCELLENCE FALL STANDINGS CLASSIFICATIONS TOP 10

5A

		Academic Score	Athletics Score	Total Score
1st	Boise	890	830	1720
2nd	Eagle	885	730	1615
3rd	Timberline (B)	915	675	1590
4th	Rocky Mountain	900	533	1433
5th	Coeur d'Alene	895	500	1395
6th	Highland	915	475	1390
7th	Mountain View	880	493	1373
8th	Lake City	880	445	1325
9th	Thunder Ridge	900	390	1290
10th	Madison	905	345	1250

4A

		Academic Score	Athletics Score	Total Score
1st	Bishop Kelly	945	775	1720
2nd	Twin Falls	905	760	1665
3rd	Sandpoint	890	653	1543
4th	Skyline	715	630	1345
5th	Canyon Ridge	875	375	1250
6th	Idaho Falls	900	345	1245
7th	Pocatello	880	335	1215
8th	Shelley	850	320	1170
9th	Century	915	240	1155
10th	Minico	855	238	1093

3A

		Academic Score	Athletics Score	Total Score	Qualified Average
1st	Sugar-Salem	540	395	395	77.92
2nd	McCall-Donnelly	525	385	910	75.83
3rd	Fruitland	540	355	895	74.58
4th	Teton	525	328	853	71.08
5th	Kimberly	710	425	1135	70.94
6th	Snake River	535	255	790	65.83
7th	Weiser	520	253	773	64.42
8th	Bonnars Ferry	525	225	750	62.50
9th	Buhl	480	225	705	58.75
10th	Filer	515	75	590	49.17

2A

		Academic Score	Athletics Score	Total Score	Qualified Average
1st	Cole Valley Christian	530	300	830	69.17
2nd	Melba	350	325	675	67.50
3rd	West Side	370	283	653	65.30
4th	Declo	640	235	875	62.50
5th	Malad	445	175	620	62.00
6th	Ririe	350	260	653	61.00
7th	North Fremont	350	245	595	59.50
8th	Firth	530	180	710	59.17
9th	Aberdeen	485	88	573	57.30
10th	Soda Springs	360	190	550	55.00

1A DI

		Academic Score	Athletics Score	Total Score	Qualified Average
1st	Grace	355	350	705	88.13
2nd	Raft River	375	250	625	78.13
3rd	Logos	385	170	555	69.38
4th	Valley	350	160	510	63.75
5th	Victory Charter	270	175	445	55.63
6th	Butte County	260	150	410	51.25
7th	Potlatch	330	75	405	50.63
8th	Liberty Charter	180	150	330	41.25
9th	Genesee	175	95	270	33.75
10th	Carey	170	88	258	32.25

1A DII

		Academic Score	Athletics Score	Total Score	Qualified Average
1st	Rockland	365	265	630	78.75
2nd	Kendrick	285	175	460	76.67
3rd	Dietrich	260	95	355	59.17
4th	Nezperce	265	0	365	44.17
5th	Garden Valley	175	88	263	43.83
6th	Camas County	175	75	250	41.67
6th	Clark Fork	175	75	250	41.67
8th	Timberline (W)	235	0	235	39.17
9th	Leadore	180	0	180	30.00
10th	Mackay	90	85	175	29.17



"Game Winning Fueling Strategies" is a virtual sports nutrition education program available to high school sports teams in Idaho and Utah. Each nutrition talk with sports dietitian and former professional triathlete Erin Green is tailored to help high school athletes perform their best. You and your athletes will learn the basics of sports nutrition and how to incorporate good nutrition habits that will help improve performance!

These Team Talks are intended for both athletes and coaches to attend!

Please use this form to sign up for a "Game Winning Fueling Strategies" session. Once submitted, you will receive an email confirmation with a Zoom link to join. You may use the link to attend as a team or distribute among your players to use on their personal devices.

Brought to you by Dairy West.

[Register Now](#)



Leadership in Coaching Book of the Month

In *Mind Gym*, noted sports psychology consultant Gary Mack explains how your mind influences your performance on the field or on the court as much as your physical skill does, if not more so. Through forty accessible lessons and inspirational anecdotes from prominent athletes—many of whom he has worked with—you will learn the same techniques and exercises Mack uses to help elite athletes build mental ‘muscle.’ *Mind Gym* will give you the ‘head edge’ over the competition.

MIND GYM

AN ATHLETE'S GUIDE
TO INNER EXCELLENCE

GARY MACK WITH DAVID CASSTEVENS
FOREWORD BY ALEX RODRIGUEZ

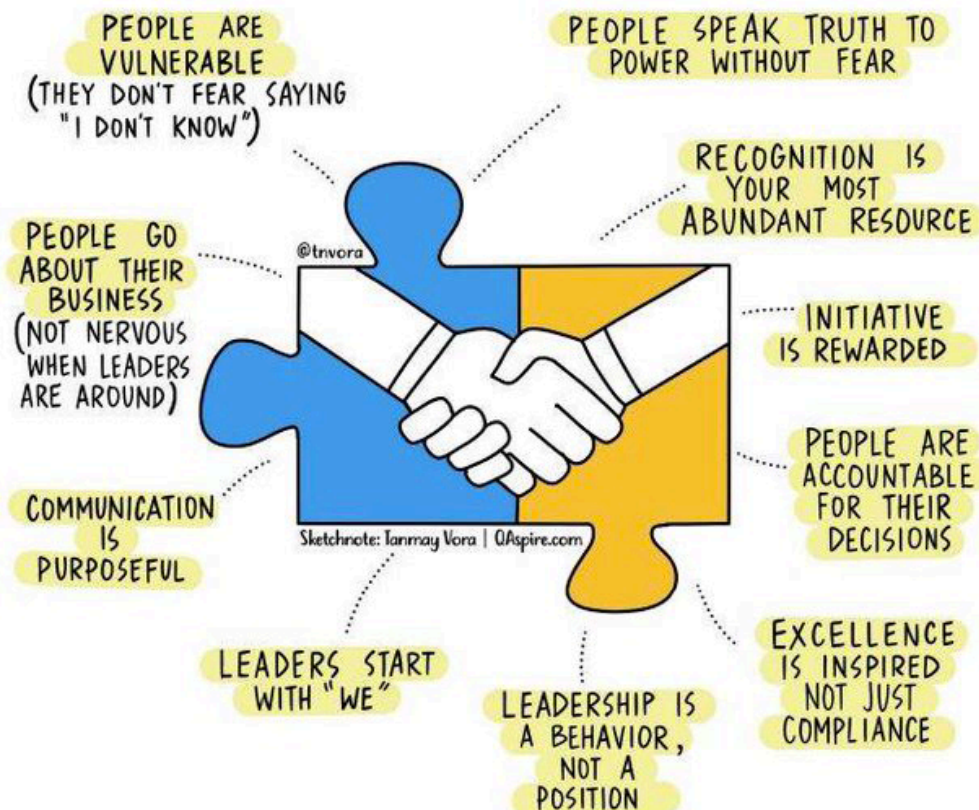



WATCH HIGH SCHOOL **SPORTS LIVE**

WATCH NOW

TRUST EXISTS WHEN...

Adapted from Insights by Matt Whiat






When you're in the spotlight you have to be fully focused on the game.

Don't let nicotine control your thoughts. Are you a teen who wants to quit vaping, smoking, or chewing? Find free and confidential help by texting "Start My Quit" to 36072 to get started.



High School Sports Fans:
IT'S TIME TO SUIT UP!

#BECOMEANOFFICIAL
SIGN UP TODAY!



A healthier family is a vaccine away.

COVID-19 bivalent boosters available now.

Find yours at vaccines.gov

