



- * **#WESEEYOU**
- * **STATE CHAMPIONS - Drama**
- * **RULE OF THE MONTH - State Representation**
- * **SCHOOLS OF EXCELLENCE - Fall Standings**
- * **DECEMBER BOARD OF DIRECTORS - Approvals**
- * **TURN OFF YOUR SHOT CLOCK - A Lesson of Progress**
- * **LEADERSHIP BOOK OF THE MONTH - Row the Boat**
- * **8 THINGS THAT BRING A TEAM TOGETHER**
- * **NFHS LEARN COURSE OF THE MONTH - Directing Plays**
- * **NOMINATE TODAY - Spirit of Sport & Interscholastic Star**

**January
2024 ISSUE**



IHSAA EXPRESS

Supporting Education Through Activities



2023 IHSAA Interscholastic Star
MIRAH BENNION
Madison High School



2023 IHSAA Spirit of Sport Award
OLIVIA TAUFU'I
Blackfoot High School

2024 Interscholastic Star Scholarship

This scholarship, sponsored by the Idaho High School Activities Association and First Federal Bank, 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, 2024

2024 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, 2024



IHSAA Board of Directors Action
December Meeting
2023



The following action items were approved by the IHSAA Board of Directors at the December 5th 2023 meeting (full synopsis is posted on the IHSAA Board of Directors webpage)

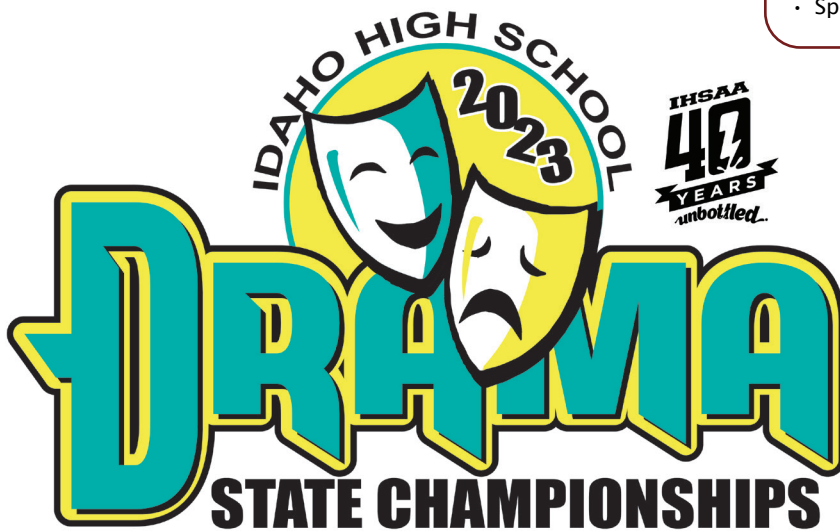
FINAL APPROVED READINGS

- 24-25 calendar from tentative to approved
- Fall sports competitions will be on the 11th day of practice
- 25-26 calendar from suggested to tentative
- 26-27 & 27-28 calendars to suggested
- Bylaw language change for an Audit vs. Review

APPROVED 1st READINGS

(Final Reading at the January Meeting)

- 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 24-25



5A

HIGHLAND
RAMS



4A

CENTURY
DIAMONDBACKS



3A

CDA CHARTER
PANTHERS



ADMINISTRATION CORNER

DATES TO REMEMBER

1/15	Martin Luther King Jr. Day
1/16	IHSAA Board of Directors Work Session
1/17	IHSAA Board of Directors Meeting
1/26	Winter Sports Eligibility Verification Reports Due
2/1-3	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 2024 Fall Opponents
- ___ Finalize 2024/25 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

IHSAA Rule of the Month

STATE REPRESENTATION

2-5-1 State tournament representation in volleyball, soccer, swimming, football, basketball, wrestling, track, softball and tennis will be determined for a two-year period based on a percentage of schools in that classification. Note: Representation may be altered periodically to reflect the historical representation of each classification.

a. Representation to state competition will be determined by the percentage of the number of teams from a district or region that qualify for state tournament competition.

b. State play-in games should be used when the percentage of the representation between districts or regions can be more equitable.

c. When there are three or more schools within a region or district, representation should be at least 1.5 if possible.

d. When state play-in games are used, they should be played at neutral sites and between regions or districts of the state that would not cause unrealistic travel requirements. Note: It is considered unrealistic travel if a team cannot travel to a play-in site, compete and return to their own school in one day.

2-5-2 State tournament representation for cross country, golf, speech, debate, drama, cheer and dance will be determined yearly by the total number of team and/or individual finishers at a district/regional qualifying

Congratulations to Wendell HS student and current IHSAA Student Advisory Council Jr. President Nayeli Monjaras-Juarez as being selected as part of the first ever NFHS National Student Advisory Council (NSAC), which will meet for the first time January 20-23 in Indianapolis.



Nayeli Monjaras-Juarez

IHSAA STUDENT ADVISORY COUNCIL | WENDELL HIGH SCHOOL

NFHS National Student Advisory Council

Nayeli is one of only 16 high school student leaders selected to serve on the inaugural NFHS National Student Advisory Council



LEARNING CENTER
NFHSLearn.com

NFHS Courses of the Month



DIRECTING PLAYS

Whether you are a veteran or first-time Theatre Director, it is extremely important to understand the roles and responsibilities of putting on a great performance.

That is why the National Federation of State High School Associations, in partnership with the Educational Theatre Association, has created the course, Directing Plays.

In this course, you will learn about the role and responsibilities of a Theatre Director, the various types of budgets and how to plan for your program, the importance of copyright compliance, how to create and explain your vision to your cast and crew, the various stages of the rehearsal process, and the responsibilities once the performance has concluded.

So, take the course, Directing Plays, available for free at NFHSLearn.com



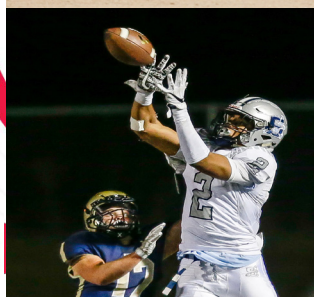
NFHS LEARN STUDENT LEADERSHIP Series

2 NEW COURSES!

Student Leadership:
Becoming a Leader

Student Leadership:
Leading Others

NFHSLearn.com





THE DAILY COACH

GOALS WORKSHOPS CAREER SUCCESS
SKILLS SEMINARS MENTORING
HELP WORK LEARN COACHING
MOTIVATE DEVELOP PROGRAM IMPROVE
LEADERSHIP METHOD MENTOR INSPIRE PEOPLE
DIRECTION PRACTICE TRAINING



Turn Off Your Shot Clock: A Leadership Lesson for Progress

In a world of instant gratification often driven by wins and key performance indicators, it's easy to succumb to pressure and outside noise.

In our fast-paced world — in which success is often measured by the finished product instead of the meticulous process — Derick Grant, the transformative mindset performance coach known as DG Mindset on social media, offers a refreshing perspective on staying motivated when progress feels slow.

His advice is not just a game-changer for individuals, but a crucial lesson for leaders and our teams as we approach the end of 2023 and set our sights on the challenges and opportunities of 2024.

DG Mindset draws an analogy from basketball, where the shot clock imposes a strict time limit for teams to take a shot. In life, he suggests, we often set our own shot clocks — arbitrary timelines and deadlines that pressure us to achieve certain milestones within a specific timeframe.

However, according to DG Mindset, this self-imposed urgency can lead to hasty decisions, much like a player throwing up a subpar or bad shot just to beat the clock.

"You have to turn off your shot clock," DG Mindset advises. In other words, release yourself from the constraints of artificial time frames.

"Stop thinking that progress is supposed to be in a certain amount of time," he emphasizes. "It's not about how fast you're moving. It's about how much momentum you are gaining. How much progress are you making? My advice to you is stop worrying about how long and start focusing on the quality of the amount of progress that you are making and just keep moving in that direction."

This timeless advice urges us to shift our focus from the ticking clock to the substantial strides we are taking. Progress, DG Mindset underscores, should not be measured solely in terms of speed, but rather in the depth of momentum gained.

As leaders, this lesson is particularly relevant. In a world of instant gratification often driven by wins and key performance indicators, it's easy to succumb to pressure and outside noise. DG Mindset challenges us to redefine success by evaluating the meaningful progress we're achieving, irrespective of the pace.

By concentrating on what we can control and the quality of our daily habits, efforts, and impact, we can break free from the holistic heaviness of unrealistic deadlines and expectations.

As we bid farewell to 2023 and step into 2024, let's take note of DG Mindset's wisdom: prioritize progress over speed and quality over quantity.

By redefining success for ourselves and our teams and letting go of arbitrary performance timelines, we embrace a more measured growth approach that builds off momentum — and compounds over time.

It is not what you do for
your children,
but what you have taught
them to do for themselves,
that will make them
successful human beings.

Ann Landers

CULTURE

IT'S LIKE A FISH TANK.

- YOU MUST ACCLIMATE THE FISH TO THE WATER FIRST.
- CHECK THE WATER QUALITY DAILY.
- CLEAN & CHANGE THE FILTERS REGULARLY.
- MAKE SURE THERE ARE NO BULLIES.
- KEEP THE TEMPERATURE RIGHT.



Game Winning Fueling Strategies

Sign up your sports team for a custom nutrition talk with Erin Green, professional athlete and sports dietitian. These 15-minute virtual team talks are free and available to high school sports teams in Idaho and Utah. During the talk, expect your athletes to learn the basics of sports nutrition and how to practically incorporate daily good nutrition habits that will help improve performance. Click the link below to request a session with Erin for your team.



These virtual team talks, "Game Winning Fueling Strategies," are the latest addition to Unbottled's complete Sports Nutrition Toolkit! The toolkit contains a comprehensive Greatness Guide, which offers sports nutrition education for young athletes, and a series of downloadable handouts for a variety of sports nutrition topics. For more information, visit, greatness.unbottled.com

[Sign Your Team Up For a Talk Today!](#)

Contact Jaclyn St. John at jestjohn@dairywest.com with any questions!

Brought to you by Dairy West

Leadership in Coaching Book of the Month

In *Row the Boat*, Minnesota Golden Gophers Head Coach P.J. Fleck and bestselling author Jon Gordon deliver an inspiring message about what you can achieve when you approach life with a never-give-up philosophy. The book shows you how to choose enthusiasm and optimism as your guiding lights instead of being defined by circumstances and events outside of your control.

Discover how to put the three key components of row the boat into practice in your life:

The Oar: The energy. Only you can dictate whether your oar is in the water or whether you take it out and decide not to use it.

The Boat: The sacrifice. The more you give, serve, and make your life about helping others, the better and more fulfilled your life will be, and the bigger your boat gets.

The Compass: The direction. The vision you have for your life and the people you surround yourself with help create the dream of where you want to go.

Perfect for athletes, coaches, business leaders, and anyone else who hopes to squeeze a little more enjoyment and productivity out of life, *Row the Boat* will propel leaders, teams, and organizations to greater heights than they have ever reached before.

OFFICIALS: ESSENTIAL MEMBERS OF EVERY STARTING LINEUP

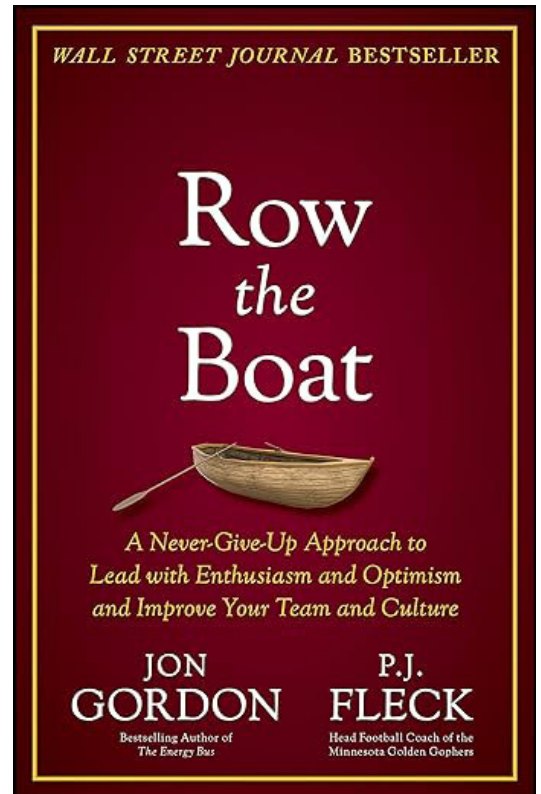
Without officials, today's event would not be possible. They deserve thanks and appreciation for dedicating their nights and weekends, so our students can always play the sports they love.

Think you have what it takes to make the big calls?

Sign up today
HIGHSCOOLOFFICIALS.COM



#BECOMEANOFFICIAL





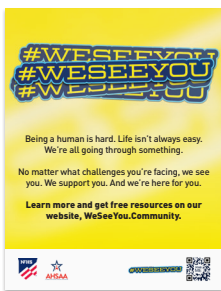
#WESEEYOU

This toolkit contains FREE materials to encourage creating a culture of caring in your school community. One where everyone feels seen and supported.

Empathy is everything. No matter if you're a coach, administrator, state association representative, official or even a fan, we can all play a part in looking out for one another.

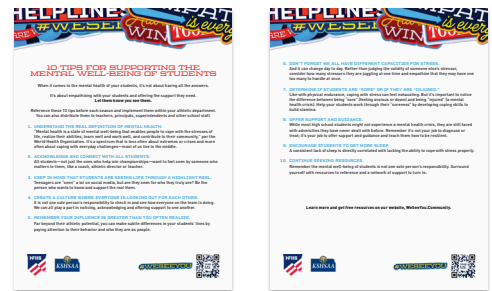
Here is what's included and suggestions on how to use them:

PRINTABLE FLYER



This printable flyer can be used to promote the #WeSeeYou culture in your school! All you have to do is print it off and hang it up throughout your facilities.

10 TIPS INFO SHEET



Distribute this resource to every coach and athletic director in your school and encourage them to reference it before each season for tangible action steps they can take to create a culture of caring in their teams. You can also distribute it to teachers, principals, superintendents and other school staff.

MINI HANDOUT CARD



Encourage students, coaches, athletic directors, teachers, principals, superintendents and other school staff to hand out this resource when they notice someone might be struggling, whether it's a student or even another staff member. It's a small gesture with the potential to make a huge impact.

PROGRAM ADS



These are perfect for event programs because they offer support and empathy for your entire school community. They can also be used as handouts at parent meetings.

SCHOOLS OF EXCELLENCE FALL STANDINGS

The Idaho High School Activities Association recognize winners of the “Schools of Excellence” program. This yearlong, voluntary program in which schools earn points based on their student-athletes’ performance in athletics, academics and sportsmanship is the top award for the IHSAA and its member schools. The top three schools in each classification with the best overall programs were recognized at the IHSAA Annual Meeting.

CURRENT TOP 10

5A

	School	Academic Score	Athletics Score	Total Score
1st	Eagle	910	743	1653
2nd	Boise	890	745	1635
3rd	Coeur d'Alene	915	710	1625
4th	Timberline (B)	900	690	1590
5th	Rocky Mountain	880	680	1560
6th	Mountain View	895	555	1450
7th	Highland	915	475	1390
8th	Lake City	890	430	1320
9th	Owyhee	880	335	1215
10th	Thunder Ridge	875	235	1110
10th	Middleton	885	225	1110

4A

	School	Academic Score	Athletics Score	Total Score
1st	Bishop Kelly	935	845	1780
2nd	Twin Falls	915	750	1665
3rd	Sandpoint	900	610	1510
4th	Canyon Ridge	880	450	1330
5th	Pocatello	890	262	1152
6th	Lakeland	850	255	1105
7th	Wood River	880	175	1055
8th	Idaho Falls	450	585	1035
8th	Skyview	710	325	1035
10th	Moscow	865	165	1030

3A

	School	Academic Score	Athletics Score	Total Score	Qualified Average
1st	Sugar-Salem	555	395	950	79.17
2nd	Kimberly	700	485	1185	74.06
3rd	Snake River	540	345	885	73.75
4th	Fruitland	540	325	865	72.08
5th	McCall-Donnelly	540	320	860	71.67
6th	Weiser	530	248	778	64.83
7th	Timberlake	495	240	735	61.25
8th	Marsh Valley	535	165	700	58.33
9th	Buhl	495	150	645	53.75
10th	Filer	510	75	585	48.75

CURRENT TOP 10

2A

	School	Academic Score	Athletics Score	Total Score	Qualified Average
1st	Malad	445	270	715	71.50
2nd	Nampa Christian	375	310	685	68.50
3rd	Grangeville	520	150	670	67.00
4th	Declo	630	255	885	63.21
5th	North Fremont	365	263	628	62.80
6th	Firth	530	150	680	56.67
7th	Soda Springs	360	175	535	53.50
8th	Bear Lake	360	150	510	51.00
9th	Sun Valley Community	290	180	470	47.00
10th	Ririe	355	95	450	45.00

1A DI

	School	Academic Score	Athletics Score	Total Score	Qualified Average
1st	Grace	350	363	713	89.13
2nd	Oakley	380	170	550	68.75
3rd	Victory Charter	280	190	470	58.75
4th	Raft River	285	100	385	48.13
5th	Troy	270	100	370	46.25
6th	Prairie	265	75	340	42.50
7th	Potlatch	250	75	325	40.63
8th	Liberty Charter	180	75	255	31.88
9th	Genesee	175	75	250	31.25
10th	Butte County	0	175	175	21.88

1A DII

	School	Academic Score	Athletics Score	Total Score	Qualified Average
1st	Rockland	375	263	638	79.75
2nd	Camas County	355	95	450	75.00
3rd	Kendrick	190	175	365	60.83
4th	Dietrich	170	150	320	53.33
5th	Grace Lutheran	100	90	190	31.67
6th	Highland (C)	180	0	180	30.00
7th	Cascade	170	0	170	28.33
8th	Tri-Valley	0	160	160	26.67
9th	Garden Valley	0	150	150	25.00
10th	Horseshoe Bend	0	100	100	16.67

A healthier family is a vaccine away.



COVID-19 bivalent boosters available now.

Find yours at vaccines.gov

8 THINGS THAT BRING A TEAM TOGETHER



Vision

A shared vision guides your team's efforts. It gives everyone purpose and direction inspiring collective action.



Trust

Trust acts as the cornerstone of your team, strengthening collaboration and enabling you to have confidence in others.



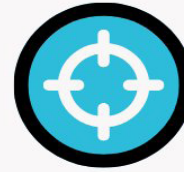
Optimism

Optimism creates hope and builds resilience. With optimism, your team navigate challenges with a positive mindset and determination.



Respect

When people know you care for them, they listen, care, and respect you. Respect reduces conflict and reinforces appreciation for others.



Connection

Strong connections give people a sense of belonging. It enhances collaboration, trust, and communication..



Communication

Effective communication forms the lifeblood of any team, ensuring clarity and coordination..



Enthusiasm

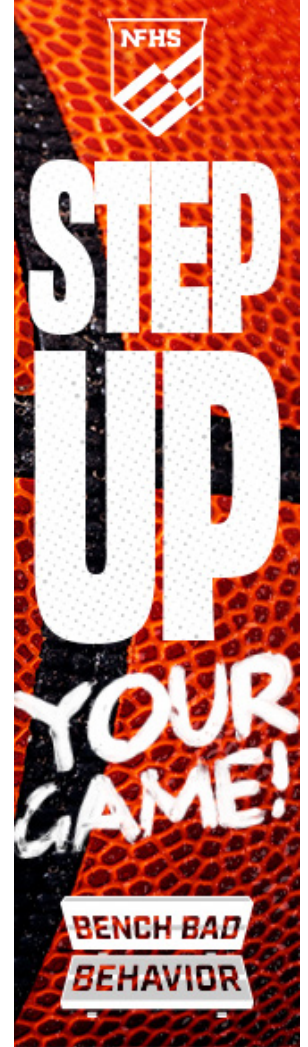
Enthusiasm brings energy and passion. It helps everyone move forward with commitment and resolve.



Gratitude

Gratitude strengthens relationships. It gives people appreciation for their efforts, reinforces positivity, and positive behaviors.

FOLLOW FOR MORE TIPS
COACH AJ @ MENTAL FITNESS



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.



February 2023