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- * ISCA - State Clinic
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- * A CASE FOR STATE HIGH SCHOOL ASSOCIATIONS
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June
2026 ISSUE



IHSAA EXPRESS

Supporting Education Through Activities



NFHS POSITION STATEMENT THE CASE FOR STATE HIGH SCHOOL ATHLETIC/ACTIVITY ASSOCIATIONS

BY NFHS, May 4, 2026



HISTORY

The 51 NFHS-member state high school associations were organized in the early 20th century to establish uniform playing rules, and address eligibility and health and safety concerns around students participating in education-based high school sports. For more than 100 years, these associations have been successfully promoting, regulating and directing interscholastic athletic programs.

ESSENTIAL SERVICES

These state associations provide essential services that can only be offered by leaders focused on educational outcomes: structure for regular-season competition for schools, promotion of student safety/risk minimization, mental wellness programs, sportsmanship initiatives, state-culminating championships, consistent playing rules in concert with the NFHS, coaches education programs, recognition program, community service, promotion of multiple-sport participation and advocacy on key issues.

ELIGIBILITY RULES ENFORCEMENT

State associations have eligibility and transfer rules in place that are designed for equitable and fair participation in interscholastic athletics and activity programs. These associations are essential for maintaining a structured and enriching environment for student-athletes. Their focus on safety, fairness, education and community impact ensures that high school sports and other activities remain a valuable and positive part of the educational experience.

EDUCATION FOCUS

NFHS-member state associations are governed by boards and committees composed of individuals within member schools – superintendents, principals, athletic directors, coaches and others – who have an educational focus to enforcing eligibility, playing and academic rules. Governance of high school sports by these 51 state associations ensures fairness and equal opportunity for all student-athletes because the goal of sports within our nation’s schools is not to prepare students first and foremost for playing sports after high school, but to mold high school students to be tomorrow’s leaders. To maintain the proper focus on sports within our nation’s schools, it is essential that NFHS-member state associations maintain control over education-based activity programs in our country.

SUMMARY

The NFHS believes that state high school associations that are education-focused and have been successfully directing high school sports for more than 100 years should continue to direct and operate these programs. The NFHS believes these programs should remain independent of state government involvement, so that the outcomes are not influenced by independent districts apart from the educational objectives of high school sports. Education-based sports programs are connected to classroom learning every day, and the 51 athletic/activity associations that govern activity programs have adopted eligibility, participation, transfer and academic rules consistent with their member schools that apply statewide. These are the only organizations capable of maintaining the educational focus on high school athletics and activity programs.

ADMINISTRATORS

“In The Know”

FROM THE IHSAA

- + Coaches Safety Courses - RENEWAL YEAR - Fall 2026
- + AD Mentor Program available through the IHSAA
- + 2026-27 Activity Cards will be electronic through DragonFly

DATES TO REMEMBER

6/1	Spring Sports Concussion Survey Due
6/9	IHSAA Board of Directors Work Session
6/10	IHSAA Board of Directors Meeting
6/21	Father's Day
7/4	Independence Day
8/3-4	New Athletic Director In-Service at IHSAA
8/4	IHSAA Annual Meeting
8/4	IHSAA Hall of Fame Banquet
8/5	IHSAA Board of Directors Work Session & Board Meeting
8/3-9	No Contact Period
8/10	5A/6A Golf Start Date
8/10	1st Practice - SOC/FB/SW/VB/XC/DA/CH
8/21	1st Competition - SOC/FB/SW/VB/XC

THE NATIONAL FEDERATION



The National Federation of State High School Associations (NFHS) is an organization of 51 autonomous state high school athletic and/or activity associations and the association of the District of Columbia.

Collectively, the associations, through their common commitment to high school athletic/activity programs form the NFHS. These organizations have established the NFHS as a means of maintaining cooperative, reciprocal relationships among all of the member associations. As the mechanism for maintaining these relationships, the NFHS provides a common forum for administering high school activities, through a democratic governance process, by all who direct these programs.

Through its national office in Indianapolis, the NFHS has established an administrative entity to coordinate and support the functions of the organization. The administrative office is a convener of a large number of meetings and committees for the promulgation of rules, publisher of extensive media materials to support the operations of the organization, and is a resource for and a repository of information/data on high school athletic/activity programs.

As stipulated in the NFHS Constitution, the legislative body of the organization is the National Council (executive directors of the member state associations), which annually elects a specified number of members to staggered terms on the Board of Directors, the administrative entity which conducts the business and day-to-day operations of the organization through the executive director and administrative staff.

The NFHS is committed to diversity and inclusiveness in the administration of the organization. This commitment is achieved by providing opportunity for any National Council member to serve on the Board of Directors.

PRIORITIZING THE

EDUCATION

IN EDUCATION-BASED ATHLETICS & ACTIVITIES



FALL OF 2026

COACHES SAFETY RENEWAL BEGINNING MAY 1, 2026

REQUIRED COURSES (ALL COACHES)

- * **St. Lukes Concussion Course**
- * **NFHS Sudden Cardiac Arrest Course**
- * **Coaching Mental Wellness**

Information and direct course links are located on the IHSAA Coaches Webpage

IHSAA Board Members Completing Their Service



Tonia Burk
Girls Coaches



Hiroshi Fukuoka
Music Educators



Raini Hayden
Idaho School Board Association



Rob Sauer
District III

THANK YOU

For your service to IHSAA member schools and the 88,500 students in the State of Idaho!



coaching word of the month

Mudita

Finding joy in others' success Celebrating when your teammates, friends, and family win as if their victory is your own.



Clint Hurdle



Professional Development credit for NFHS Fundamentals of Coaching is now available!

To register and pay for professional development credit through Boise State University, please follow the link below. The registration and payment process is quick and easy to complete, but if you encounter any problems, please feel

free to contact Extended Studies Customer Service for assistance at (208) 426-1709.

Credit Registration Deadline: July 10, 2026

REGISTER HERE

My son came home from karate with a white belt. I asked what it meant. He said: "You know nothing. You have an opportunity to learn everything." That stopped me cold. I was an MLB manager at the time.

Most leaders confuse experience with wisdom. They've "seen it all" so they stop listening, stop asking, stop being curious. But the leaders who last longest never stop being students. They have the White Belt Mentality.

Here are 3 principles of the White Belt Mentality

Principle 1: Approach every room like you have something to learn.

The moment you walk in thinking you already have the answers, you've lost.

- Ask more questions than you give answers
- Seek out people who challenge your thinking
- Be the first to say "I don't know but let's figure it out together"

The leaders who stay curious outlast the ones who think they've arrived.

Principle 2: Your team will teach you.

When I was managing the Pirates, my best ideas didn't come from strategy sessions.

They came from conversations with players, coaches, and support staff who were closest to the problem.

I had to listen, not just wait to talk. Actually listen.

People tell you exactly what they need, if you're willing to hear it.

Principle 3: Build habits that force you to keep growing.

Staying a white belt isn't an attitude, it's a daily practice.

- Carry a journal and write down what you learn, not just what you do
- Spend a few months learning from one voice, book, or mentor, and then follow the seeds to the next
- Seek out people who tell you what you need to hear, not what you want to hear

The best leaders in any room aren't the ones with the most experience.

They're the ones still acting like they have the most to learn.

Here's to the coaches who see more.

The coaches who see more than the value an athlete adds to the roster, and is intentional on making sure the kid knows they have value as a human.

The coaches who see more than what place their team falls in the league standings, but who also cares about making sure no kid ever questions their place on the team.

The coaches who see more than the big emotions after a tough loss, and cares about helping them learn to manage the ups and downs of the game as much as they help them build the skillset to play it.

The coaches who see more than what position an athlete plays on the field, but also sees the opportunity to help the kid position themselves to be leaders in all parts of life.

Here's to these coaches.

The ones who know they're responsible for helping athletes develop their game, but also that they have an opportunity to make an impact on the kid playing it.

Thanks for all you are!

HIGH SCHOOL SPORTS ARE FORMATIVE NOT PERFORMATIVE.



IDAHO STATE COACHES ASSOCIATION

COACHES CLINIC

LEARN. CONNECT. LEAD.

JUNE 7-9, 2026
COLUMBIA HIGH SCHOOL
NAMPA, IDAHO

CLINICS FOR
ALL SPORTS!

★ GREAT CLINICS. GREAT PEOPLE. STRONGER TOGETHER. ★

FOOTBALL CLINICIANS:
COLLEGE OF IDAHO
COACHING STAFF

PRESENTED BY THE
IDAHO STATE
COACHES ASSOCIATION

NETWORK WITH COACHES | PRACTICAL IDEAS | ELEVATE YOUR PROGRAM

REGISTER TODAY!
VISIT IDAHOCOACHES.NET
FOR MORE INFORMATION

THANK YOU TO OUR CLINIC PARTNER: **AIR NATIONAL GUARD**

Squires attends his 72nd state track meet

By Dana Greig / Idaho County Free Press May 27, 2026



Kamiah legend Robert (Bob) Squires attended his 72nd state track meet this year, a place he has loved to be since his sophomore year in high school.

"In school I did the high jump, long jump and some relays," explained Squires. "I ran the hundreds but I never made it to state in those."

After high school, Squires attended college in Caldwell, during which, he said he always came to watch the state meets.

"After college I started teaching at Kooskia and helped do track there, so continued to go to the meets," said Squires. "Then I went to American Falls and coached down there before coming back to Kamiah for the rest of my career, coaching all the time until I retired."

Squires' presence is notable not only for his longevity and loyalty well past retirement, but for the commitment to the community and young athletes during his career.

Proving his impact, the Kamiah school board voted in the summer of 2017 to dedicate the high school's football and track complex to him by renaming it the Bob Squires Sports Complex, according to a Sept. 1, 2017 Clearwater Progress story.

The story also noted the honor came due to Squires' lengthy commitment to both teaching and coaching, so much so that he was recognized by the Idaho State Athletic Association and the North Idaho Hall of Fame.

Squires' consistent return to the state track tournament proves that all sports can be lifetime sports, if one simply makes the choice to continue to participate.



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**MY LIFE
MY QUIT**

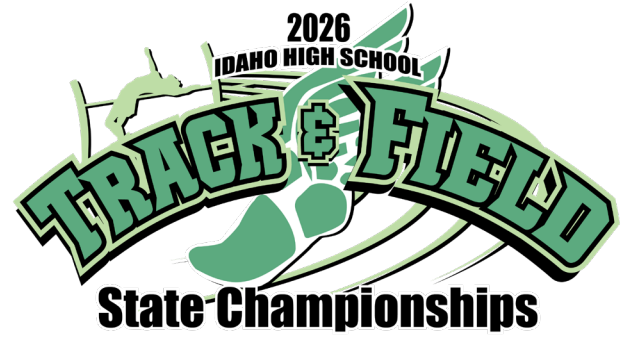
2026 IHSAA SPRING STATE TOURNAMENT CHAMPIONS



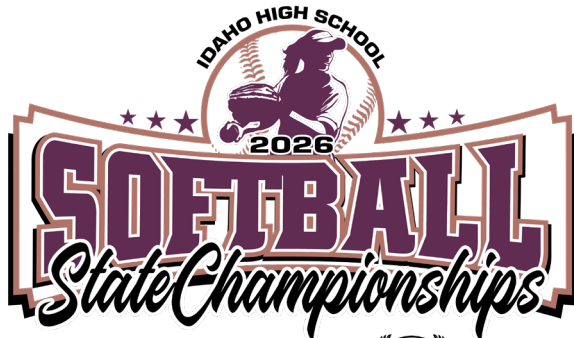
unbottled.

GIRLS CHAMPIONS	BOYS CHAMPIONS
4A Kimberly Bulldogs	Kimberly Bulldogs
3A Soda Springs Cardinals	Melba Mustangs

GIRLS CHAMPIONS	BOYS CHAMPIONS
6A Mountain View Mavericks	Mountain View Mavericks
5A Moscow Bears	Sandpoint Bulldogs
4A Kimberly Bulldogs	Kimberly Bulldogs
3A Nampa Christian Trojans	Nampa Christian Trojans
2A Logos Knights	Logos Knights



unbottled.



unbottled.



SOFTBALL STATE CHAMPIONS

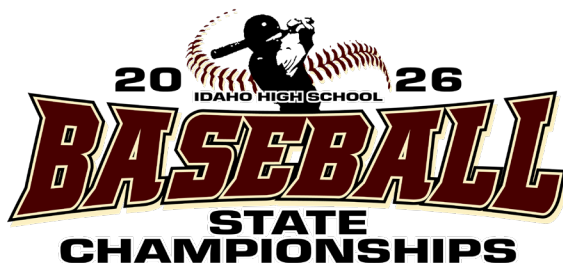
6A Owyhee Storm
5A Middleton Vikings
4A Cole Valley Christian Chargers
3A Nampa Christian Trojans
2A Glens Ferry Pilots

STATE TENNIS

GIRLS CHAMPIONS	BOYS CHAMPIONS
6A Eagle Mustangs	Boise Brave
5A Hillcrest Knights	Century Diamondbacks
4A Fruitland Grizzlies	Parma Panthers



unbottled.



unbottled.



STATE BASEBALL CHAMPIONS

6A Owyhee Storm
5A Sandpoint Bulldogs
4A Homedale Trojans
3A Orofino Maniacs
2A Potlatch Loggers

2026 IHSAA SPRING SPORTSMANSHIP WINNERS



Thank You
LOCAL DAIRY FARM FAMILIES

STATE SOFTBALL

- 6A Mt. View Mavericks
- 5A Middleton Vikings
- 4A **Weiser Wolverines**
- 3A Wendell Trojans
- 2A Genesee Bulldogs

STATE BASEBALL

- 6A **Owyhee Storm**
- 5A **Sandpoint Bulldogs**
- 4A **Homedale Trojans**
- 3A **Salmon Savages**
- 2A **Kendrick Tigers**



Steve Jones and Lucas Jadin

The Twin Thieves

“Before our players love the message, we have to get them to love the messenger. And to do that requires a relentless, championship-level commitment in learning about our people. We need to become elite trust builders. If we want to lead them better, we have to read them better.”



2026 Spring Academic State Champions

The Idaho High School Activities Association is pleased to announce the 2026 Spring Sports Academic State Champions sponsored by First Federal Bank. This award is presented to the varsity team in each classification that achieves the highest cumulative grade point average. The IHSAA congratulates these student-athletes for their outstanding academic achievement and commitment to excellence through athletics and activities.

GIRLS TRACK

6A	Mountain View	3.948
5A	Blackfoot	3.930
4A	Gooding	3.790

BOYS TRACK

6A	Highland	3.806
5A	Twin Falls	3.685
4A	Sugar-Salem	3.623

COMBINED TRACK

3A	Nampa Christian	3.735
2A	Rockland	3.745

BASEBALL

6A	Canyon Ridge	3.710
5A	Blackfoot	3.673
4A	Homedale	3.576
3A	Nampa Christian	3.591
2A	Kendrick	3.410

SOFTBALL

6A	Highland	3.763
5A	Shelley	3.904
4A	Sugar-Salem	3.859
3A	North Fremont	3.841
2A	Highland-C	3.492

GIRLS TENNIS

6A	Borah	3.961
5A	Skyline	3.904
4A	Sugar-Salem	3.889

BOYS TENNIS

6A	Mountain View	3.935
5A	Century	3.964
4A	Fruitland	3.909

GIRLS GOLF

4A	Snake River	3.927
3A	Nampa Christian	3.973

BOYS GOLF

4A	Homedale	3.731
3A	Nampa Christian	3.890

2025-2026 IHSAA Schools of Excellence

The Idaho High School Activities Association is pleased to continue the "Schools of Excellence" Initiative, sponsored by First Federal Bank. Schools earn points based on their varsity teams' achievements in the classroom, at the competitive venue, and in the area of citizenship/sportsmanship. Participation is voluntary, and the school in each classification with the best overall program is honored with a special award at the end of the year.

**Awards will be presented at the
IHSAA Annual Meeting
August 4, 2026**

6A

School of Excellence	Exemplary Achievement
Eagle	Rocky Mountain
	Highland

5A

School of Excellence	Exemplary Achievement
Bishop Kelly	Twin Falls
	Century

4A

School of Excellence	Exemplary Achievement
Kimberly	Sugar-Salem
	Fruitland

3A

School of Excellence	Exemplary Achievement
Malad	Ririe
	Soda Springs

2A

School of Excellence	Exemplary Achievement
Prairie	Grace
	Oakley

1A

School of Excellence	Exemplary Achievement
Rockland	Genesee
	Carey

FOR A COMPLETE LIST OF
SCHOOLS OF EXCELLENCE STANDINGS

[CLICK HERE](#)

PRIORITIZING THE

EDUCATION

IN EDUCATION-BASED ATHLETICS & ACTIVITIES



IHSAA Announces 26-27 Student Advisory Council



WHAT IS SAC

The SAC is a diverse group of high school students in Idaho who represent the student voice of high school sports and activities to the Idaho High School Activities Association.



OUR MISSION

The mission of the SAC is to connect Idaho schools with the IHSAA through promoting our ideals of sportsmanship, achievement and character.



WHAT IS IHSAA

A non-profit devoted to coordinating, supervising and directing Interscholastic activities which enhance and protect the educational process of all students.

26-27 SAC

District I

Noah Childress - JR Moscow HS
Sean McMahon - JR Priest River HS
Cooper Miller - JR Wallace HS
Mallory Morrisroe - JR Coeur d'Alene HS

District II

* Blake Clark - JR Deary HS
* Allie Vincent - JR Deary HS
Lilly Huff - JR Moscow HS
Soleil Keith - JR Nezperce HS
Hudson Kirkland - JR Kendrick HS
Francis Ward - JR Clearwater Valley HS
Briar Wilson - JR Troy HS

District III

Maxwell Campbell - JR Centennial HS
Bella Cardoza - JR Rocky Mountain HS
Benjamin Chandler - JR Rocky Mountain HS
Sophia Wilson - JR Vallivue HS
Gracee Yarbrough - JR Columbia HS

District IV

* Natalie Hernandez - JR Glens Ferry HS
* Sariah Welch - JR Kimberly HS
Aydan Guerrero - JR Hansen HS
Kaleb Kohtz - JR Valley HS
Mackenzie Schnackenberg - JR Twin Falls HS
Brayden Spriggs - JR Glens Ferry HS
Troup Wilson - JR Buhl HS

District V

* Drake Morrison - JR Malad HS
Madalyn Barnes - JR North Gem HS
Samantha Schrenk - JR Malad HS

District VI

* Sarah Miller - JR Sugar-Salem HS
* Taylor Neppi - JR South Fremont HS
Hallie Brown - JR Teton HS
Kenadee Brown - JR Alturas Prep
Jacen Johnson - JR Ririe HS
Makena McDaniel - JR Rigby HS
Gracie West - JR Rigby HS

* Two-year member

THANK YOU!

25-26 SAC GRADUATES

District I

Malia Miller - JR Timberlake HS

District II

Trinity Bonebrake - SR Lewiston HS
Hali Anderson - SR Kendrick HS
Nathan Tweit - SR Kendrick HS
Chloe Grieser - SR Genesee HS
Kairys Grant - SR Nezperce HS

District III

Dylan O'Brien - SR Nampa Christian HS
Kaitlyn McGee - SR Ridgevue HS
Beckham Basham - SR Centennial HS
Samantha Parsons - SR Payette HS
Beatrice Grant - SR Bishop Kelly HS
Emerson Shirley - Sr Boise HS

District IV

Zeidy Reynaga - SR Glens Ferry HS
Kierra Thompson - SR Buhl HS

District V

Kimberli Jensen - SR North Gem HS
Bibinee Knapp - SR Preston HS



2026-2027

Administrative Workshops REQUIRED BY IHSAA RULES

NEW ATHLETIC DIRECTORS

8/3 IHSAA Office

8/4 IHSAA Office

DISTRICT I

NEW PRINCIPALS

8/12 N. Idaho College 10:00am

DISTRICT I

PRINCIPALS & AD'S

8/12 N. Idaho College 11:30am

DISTRICT II

NEW PRINCIPALS

8/13 LCSC 8:30am

DISTRICT II

PRINCIPALS & AD'S

8/13 LCSC 10:00am

DISTRICT III

NEW PRINCIPALS

8/17 IHSAA Office 10:30am

DISTRICT III 6A/5A

PRINCIPALS & AD'S

9/10 West Ada SD 8:00am

DISTRICT III 4A/3A

PRINCIPALS & AD'S

8/10 Fruitland HS 10:00am

DISTRICT III 2A

PRINCIPALS & AD'S

8/17 IHSAA Office 12:30pm

DISTRICT III 1A

PRINCIPALS & AD'S

8/11 Council HS 10:00am

DISTRICT IV

NEW PRINCIPALS

8/18 Twin Falls HS 9:30am

DISTRICT IV

PRINCIPALS & AD'S

8/18 Twin Falls HS 11:00am

DISTRICT V

NEW PRINCIPALS

8/19 Highland HS 10:00am

DISTRICT V

PRINCIPALS & AD'S

8/19 Highland HS 11:30am

DISTRICT VI

NEW PRINCIPALS

8/20 Idaho Falls HS 9:30am

DISTRICT VI

PRINCIPALS & AD'S

8/20 Idaho Falls HS 11:00am



LEADERSHIP

Video of the Month



University of North Carolina Commencement Address

Eric Church

On May 9, 2026 Eric delivered a moving commencement speech for the graduating class of UNC Chapel Hill, structured around the 6 strings of a guitar. Each string, or pillar, represents Faith, Family, Love and Partnership, Ambition vs Resilience, Community, and Individuality. He closed it out with a special performance of his song "Carolina".

Church told the students that the guitar was a metaphor for the world they would enter. All six strings need to work together and stay in tune to create the best life.

- **The Low E String (Faith):** As the thickest and heaviest string, it serves as life's foundation. Church remarked, "The people who tend to their faith in ordinary seasons do not come undone in extraordinary ones."
- **The A String (Family):** This string brings warmth and richness to the chord. He warned graduates not to neglect family because of business, emphasizing that family is an "everyday string," not a "holiday string."
- **The D String (Spouse):** Positioned at the center of the chest, choosing a partner is the most vital decision outside of faith. The right spouse will amplify your song rather than pull the instrument out of tune. Church credits his wife Katherine for assisting with the speech as well as being instrumental in his career.
- **The G String (Ambition and resilience):** Acknowledging the humorous name, Church explained that ambition and resilience pull in opposite directions on this string. He quoted Ernest Hemingway: "The world breaks everyone. Afterward, the best of us are stronger at the broken places."
- **The B String (Community):** Church challenged the digital-first generation to resist the temptation to "perform for everyone and belong to no one." He urged them to be locally active, learn actual names instead of usernames, and plant real roots.
- **The High E String (Authenticity/you):** Representing the graduate's unique voice. Church told the crowd, "The world does not need another cover song. It needs an original."



A bad coach tears people down. An average coach focuses only on results. A good coach teaches skills and systems. A great coach builds confidence and trust. An exceptional coach helps people believe in themselves at a higher level. And the best coaches impact lives long after the scoreboard stops mattering.