



- * 2022 IHSAA HALL OF FAME BANQUET
- * 21-22 SCHOOLS OF EXCELLENCE
- * SPRING ACADEMIC CHAMPIONS
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- * COACHING CREDITS - University of Idaho
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- * MEET THE 22-23 STUDENT ADVISORY COUNCIL
- * SPRING STATE CHAMPIONSHIP RESULTS
- * IHSAA INTERSCHOLASTIC STAR RECEIPIENTS



June
2022 ISSUE



@idhsaa



@idhsaa



@idhsaa

IHSAA EXPRESS

Supporting Education Through Activities



2022 IHSAA

Hall of Fame Banquet

Wednesday August 3, 2022

6:30 pm

Boise Centre East

PURCHASE TICKETS HERE

2022 IHSAA HALL OF FAME AWARDS RECEIPIENTS

HALL OF FAME INDUCTEES

Cary Cada, Borah HS

John Gregory, Nampa HS

Dave Mills, Boise HS

MEMORIAL AWARDS

Dick Fleischmann Award

Travis Bell, Highland HS

Wes Lowe Award

Bill Cooper, Caldwell HS

Duane D Wolfe Award

Mario Hernandez, Teton Toyota

SPECIAL AWARDS

Official of the Year

Spirit of Sport Award

Interscholastic Star

District Distinguished Service Awards

2021-2022 IHSAA Schools of Excellence

The Idaho High School Activities Association is pleased to continue the "Schools of Excellence" Initiative, sponsored by the Idaho Army National Guard, whereby 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 3, 2022

5A

School of Excellence

Eagle

Exemplary Achievement

Rocky Mountain

Timberline (B)

4A

School of Excellence

Bishop Kelly

Exemplary Achievement

Twin Falls

Bonneville

3A

School of Excellence

Sugar-Salem

Exemplary Achievement

Snake River

Kimberly

2A

School of Excellence

Ririe

Exemplary Achievement

Melba

Salmon

1A DI

School of Excellence

Oakley

Exemplary Achievement

Genesee

Glenns Ferry

1A DII

School of Excellence

Sun Valley

Exemplary Achievement

Carey

Rockland

FOR A COMPLETE LIST OF SCHOOLS OF EXCELLENCE STANDINGS

CLICK HERE

ADMINISTRATION CORNER

DATES TO REMEMBER

6/1	Spring Sports Concussion Survey Due
6/7	Board of Directors Work Session
6/8	Board of Directors Meeting
6/19	Fathers Day
7/4	Independence Day
8/1-7	No Contact Period
8/2	Board of Directors Work Session
8/3	Board of Directors Meeting
8/3	IHSAA Annual Meeting
8/3	IHSAA Hall of Fame Banquet
8/8	1st Practice - Soc/VB/FB/Swim/Dance/Cheer/XC
8/11	1st Practice - 4A & 5A Golf
8/19	1st Soccer Competition
8/24	1st Swim/Volleyball/XC Competition
8/26	1st Football Competition

Two IHSAA Board Members have completed their terms

Paul Anselmo - District I
Chad Williams - District VI

THANK YOU for your service to the schools and student participants in the State of Idaho!



Chad Williams



Paul Anselmo



STATE COACHES CLINIC

June 5-7 2022

[CLINIC SCHEDULE](#)

[REGISTER HERE](#)

5 Ways To Communicate Better



SUMMER COACHING CREDITS



In an effort to assist in Idaho HS coaches' education throughout the State of Idaho, The Idaho High School Activities Association in cooperation with the NFHS and the University of Idaho is an opportunity for college credits. Coaches can earn (3) college credits from the U of I by becoming a NFHS "Level 3" high school coach through coursework developed by the NFHS.

[CLICK HERE](#)

- [Course Requirements/Instructions](#)
- [University of Idaho Course Registration Link](#)
- [NFHS Level 3 Coaches Course Link](#)



FAILURE HELPS US TO LEARN FROM OUR MISTAKES AND IMPROVE FOR NEXT TIME



FAILURE ENCOURAGES IMPROVEMENT

FAILURE HELPS TO BUILD OUR RESILIENCE

FAILURE ENCOURAGES PROBLEM SOLVING



10 THINGS TO TEACH YOUR PLAYERS ABOUT FAILURE

@BELIEVEPHQ

FAILURE CREATES OPPORTUNITIES

FAILURE HELPS US TO LEARN



FAILURE ENCOURAGES THINKING

FAILURE BUILDS CHARACTER



FAILURE MAKES US MORE COURAGEOUS



FAILURE MAKES US STRONGER



TITLE IX 50
Celebrating and Growing Opportunities

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



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“The beautiful thing about learning is that no one can take it away from you.”

JUNE COACHES EDUCATION PAGE

IHSAA COACHING REQUIREMENTS 2022-2023 CERTIFICATION YEAR

3-1 The head coach of any IHSAA sport or activity must be certified to teach in Idaho or have completed a coaching fundamentals course. Authorized courses are: NFHS Fundamentals of Coaching and ASEP Coaching Principles.

3-1-1 Assistant and sub-varsity coaches need not be certified teachers as long as they have been officially approved by their local Board of Trustees. Assistant and sub-varsity coaches are strongly encouraged to complete a coaching principles course.

3-2 All coaches (includes head coaches, directors, assistant coaches, and volunteers) of IHSAA activities must complete:

a. A First Aid course with a CPR component from a school district-recognized provider. A “recognized provider” is one whose curriculum is similar to the American Red Cross and American Heart Association. New coaches must complete the course during his/her first year of coaching. At no time may a team practice, travel or compete without at least one adult present who has met this requirement.

b. New coaches must take the *St. Luke's* online concussion course prior to the first day of practice. All coaches are required to review the *St. Luke's* Online Concussion Course on even numbered years. IHSAA statewide review dates: FALL 2022-23 - Only courses completed after May 1 will be accepted. The IHSAA Board of Directors must approve alternative concussion courses or seminars.

c. New coaches must take the NFHS Sudden Cardiac Arrest course prior to the first day of practice. All coaches are required to review the NFHS Sudden Cardiac Arrest Course on even numbered years. IHSAA statewide review dates: FALL 2022-23 - Only courses completed after May 1 will be accepted.

d. New coaches must take the NFHS Student Mental Health and Suicide Prevention course prior to the first day of practice. All coaches are required to review the NFHS Student Mental Health and Suicide Prevention course on even numbered years. IHSAA statewide review dates: FALL 2022-23 - Only courses completed after May 1 will be accepted.

Make Time for Family and Have A Lot of Ice Cream This Summer

PROACTIVE
COACHING

Humility

"A willingness to ground yourself in honest awareness and assessment is key to growth, no matter how good you think you are. Humility increases self-confidence and decreases self-importance — a rare, powerful, and attractive combo."

Brian Kight

On Confidence

Justin Su'a

7 Questions to ask yourself when your confidence is low:

1 What hard-to-notice progress am I making?

Blaring failures can blind you from subtle wins.

2 What can I learn from my past success?

Spend some time reflecting on some of your highlights from the past.

3 How's my preparation?

Your level of preparation influences your level of confidence. Consider changing things up if you need to.

4 Who's opinion am I giving too much power to?

Opinions from others can evolve into self-beliefs.

5 What am I saying to myself?

You are the most important person you speak to every day—make it productive.

6 What's my purpose?

A powerful purpose can cut through self-doubt.

7 Am I focused on the results or the process?

Confidence is more stable when it's attached to actions, not outcomes.

A final note about confidence: *Sometimes, you'll have confidence and perform poorly. Other times, you'll lack confidence and perform great. Confidence is nice to have, but it's possible to succeed without it.*

IHSAA Selects Six Interscholastic Stars

The Idaho High School Activities Association have named six high school juniors as the 2021-2022 recipients of its annual Interscholastic Star Student Recognition Awards.

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

Gracie Castillo (Garden Valley HS), Tayva McKinney (Potlatch HS), Blanca Mazo (North Fremont HS), Whitney Turner (Weiser HS), Amaia Clayton (Renaissance HS), Rachel Sheppard (Lewiston HS) were selected from a large field of outstanding students nominated by their schools Principal.

Amaia Clayton was selected as the "Idaho Star" for 2022-2023 and will grace the back covers of the 22-23 state tournament programs.

Nominees for the scholarships are exemplary 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 application includes an essay, recommendations from school administrators, and descriptions of athletic and activity participation and service to school and community.

Interscholastic Stars receive a \$1,000 scholarship to the college of their choice. A \$500 check is also given to each Interscholastic Star's school. Runner's up at each level receive a \$500 scholarship.

All six Interscholastic Stars are leaders in their schools and communities:



1A DII Star – Gracie Castillo – A multiple sport athlete at Garden Valley HS, Gracie is the captain of her wrestling and track teams. She active in Student Government, NHS, and helped organize a Pass the Boot fundraiser to support the community's firefighter.



1A DI Star – Tayva McKinney – Tayva has been a part of the Volleyball, Basketball and State Championship Softball teams at Potlatch HS. She is a member of the FFA, BPA and Student Government.



2A Star – Blanca Mazo – A three sport athlete at North Fremont HS, Blanca is also involved in Student Government and was a cheerleader. A member of NHS, Blanca has organized her school's Veterans Day Assembly and multiple fundraisers in her community.



3A Star – Whitney Turner – Whitney has participated in Volleyball, Track & Field and Wrestling at Weiser HS. Competed at the State Vocal Solo Competition as well as local musical theater. Whitney is very involved in community including local blood drives, assisting underprivileged children and singing at the senior center.



4A Star – Amaia Clayton – A State Speech qualifier and debater for Renaissance HS, Amaia also competes for the Eagle HS swim team. A member of her school's student council, NHS and the West Ada Student Superintendent Committee, Amaia is an active participant in school, local community and state committees.



5A Star – Rachel Sheppard – Member of the Lewiston HS Volleyball, Tennis, Speech teams. Rachel is passionate about music and has leadership roles in her school's band. She is involved in school and community clubs while tutoring struggling students.



THE PARENT SEAT

Parent Meeting Video

[WATCH VIDEO](#)

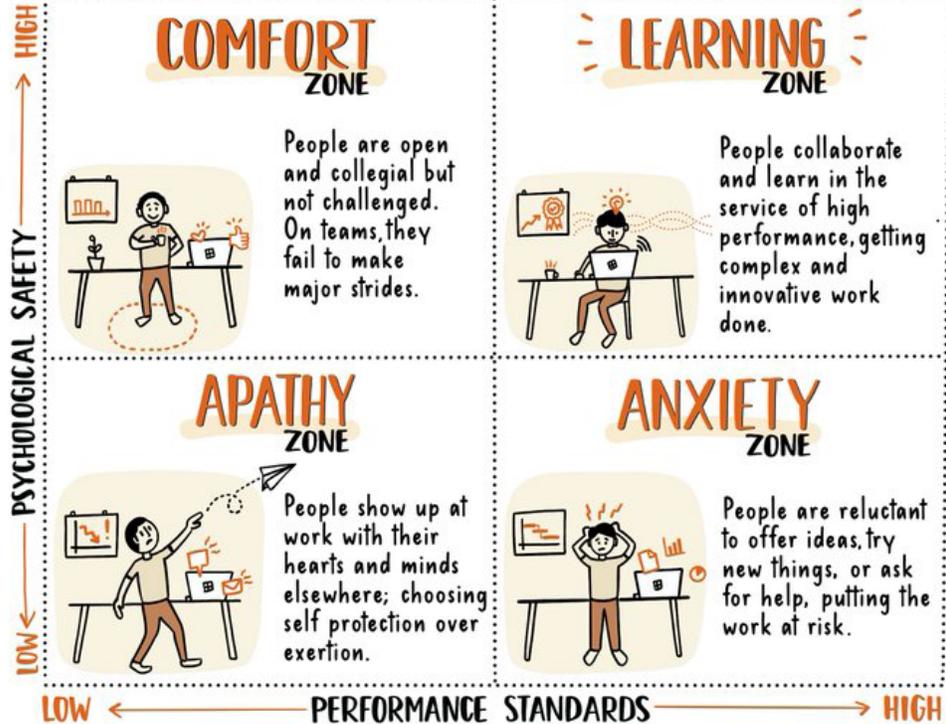


WATCH HIGH SCHOOL SPORTS LIVE ON THE NFHS NETWORK.



HOW
psychological safety
RELATES TO PERFORMANCE STANDARDS

AMY EDMONDSON



Sketchnote: Tanmay Vora, QAspire.com

www.amycedmondson.com

IHSAA Announces 22-23 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.



THANK YOU!

21-22 SAC GRADUATES

District I

Ella Terzulli - Junior, Lakeland HS
Braylyn Bayer - Junior, Bonners Ferry HS
Asha Abubakari - Junior, Bonners Ferry HS

District III

*Toby Kingery - Senior, Cole Valley Christian
*Shaelyn Olsen - Senior, Greenleaf Friends
*William Tadge - Senior, Eagle HS
Parker Gropp - Senior, Timberline HS
Jane Teuber - Senior, Bishop Kelly HS
Molly Sawyer - Junior, Borah HS

District V

Taylor Bunderson - Junior, Pocatello HS

* Two-year member

District II

*Makenzie Stout - Senior, Genesee HS
*Isabelle Monk - Senior, Genesee HS
Triniti Wood - Senior, Deary HS
Araya Wood - Junior, Deary HS
Emily Sanford - Junior, Moscow HS

District IV

* Jessica Duran - Senior, Wendell HS
Halle Walker - Junior, Twin Falls HS
Sydney Fowler - Junior, Kimbely HS
Aysha Cleverley - Junior, Buhl HS

District VI

*Madison Kincaid - Junior, Watersprings
Ian Simpson - Junior, Butte County HS
Emily Miller - Junior, Sugar-Salem HS

District II

Erin Morgan - Kendrick HS
Abigail Brown - Timberline (W) HS

District III

Isabella Reyes - Bishop Kelly HS

District IV

Maysi Bright - Kimberly HS

District V

Brynlee Simmons - Soda Springs HS
Mikeeli Townsend - Marsh Valley HS

District VI

Katie Miller - Sugar-Salem HS
Challiss Potter - Hillcrest HS



2022 Student Advisory Council SPRING SUMMIT

- by Makenzie Stout, District II SAC

This spring the SAC put on 6 different summits at 6 different schools. Each school sent two representatives from their school to learn more about leadership, nutrition, and being a strong role model in their school. Over 130 students participated in these summits from all over the state of Idaho. At these summits, the students would listen to speakers, play various leadership games, and communicate with others, sharing what they could do to improve their particular schools. Huge thanks to all the speakers for taking their time to share their knowledge, Principals for helping out and allowing their students to be involved with the summits, and Mike Federico along with IHSAA that helped create these summits. All of the SAC members worked hard to plan these summits and are ready to make even better summits in the future to continue to better Idaho schools and communities.



20+ Paradoxes that will change your life

Sahil Bloom + Sachin Ramje

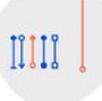
The Brakes Paradox

Build brakes into your life that allow you to accelerate and hit turns without fear.



The Opportunity Paradox

Take on less, accomplish more. Success doesn't come from taking on every opportunity. It comes from deploying energy on the opportunities that matter—the 10x opportunities.



The Money Paradox

You have to risk losing money in order to make money.



The Time Paradox

You have to know your death in order to truly live your life.



The Fear Paradox

The thing we fear the most is often the thing we most need to do. Make a habit of getting closer to your fears. Treat them as magnets for your energy. You may find growth on the other side.



The Fancy Car Paradox

You see a fancy car and dream of the respect you'd get by driving it...while ignoring the person actually in it. We all want respect. We believe fancy stuff will earn it. It won't.



The Looking Paradox

Sometimes you have to stop looking in order to find what you're looking for.



The Failure Paradox

You have to fail more to succeed more. Our greatest periods of growth often stem directly from our greatest moments of failure.



The Wisdom Paradox

The more you learn, the more you are exposed to the immense unknown. This should be empowering, not frightening.



The Abilene Paradox

Groups can collectively make a decision that runs counter to the actual individual preferences of many members of the group. The natural desire to avoid "rocking the boat" prevents people from speaking up.



The Locksmith Paradox

As the locksmith improves at his craft, customers become upset by the lower time input required to deliver a fixed output. Same results, but the perception of value changed.



The Advice Paradox

Taking more advice leaves you less well-equipped. Winners learn to filter and selectively implement advice—take the signal, skip the noise.



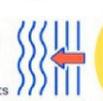
The Persuasion Paradox

Persuasive people don't argue—they observe, listen, and ask questions. Argue less, persuade more.



The Effort Paradox

You have to put in more effort to make something appear effortless.



The Productivity Paradox

Work longer, accomplish less. Parkinson's Law says that work expands to fill the time available for its completion. Work like a lion instead—sprint, rest, repeat.



The Desire Paradox

Desire leads to more achievement and more suffering. Desire is a powerful force for growth, but the quest for more often distracts from the beauty of enough.



The Choice Paradox

More choices, less satisfaction. In a world of abundance, what we truly crave is scarcity.



The Destruction Paradox

Those who seek to destroy us sometimes spark the fire that allows us to grow. The injection of chaos makes you stronger.



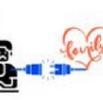
The Growth Paradox

Growth happens gradually, then suddenly. The best things in life come from allowing compounding to work its magic.



The Social Media Paradox

More connectedness, less connected.



The Speed Paradox

Sometimes you have to slow down to speed up. Slowing down gives you the time to be deliberate with your actions.



The Action Paradox

Sometimes inaction is the most powerful action. Action is about progress. Stillness—inaction—can create it.



2022 Spring Academic State Champions

The Idaho High School Activities Association is pleased to announce the 2022 Spring Sports Academic State Champions. This award, sponsored by the Idaho Army National Guard, 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.

Boys Track

5A Boise	3.760
4A Hillcrest	3.683
3A Marsh Valley	3.783

Girls Track

5A Highland	3.867
4A Preston	3.893
3A Marsh Valley	3.941

Combined Track

2A Soda Springs	3.734
1A Oakley	3.728

Baseball

5A Thunder Ridge	3.753
4A Bishop Kelly	3.768
3A Marsh Valley	3.651
2A North Fremont	3.679
1A Kendrick	3.528

Softball

5A Timberline	3.815
4A Bishop Kelly	3.792
3A Homedale	3.866
2A North Fremont	3.840
1A Kendrick	3.790

Boys Tennis

5A Centennial	3.830
4A Wood River	3.898
3A Sugar-Salem	3.870

Girls Tennis

5A Rocky Mountain	3.881
4A Century	3.951
3A Parma	3.821

Boys Golf

5A Centennial	3.840
4A Blackfoot	3.755
3A Marsh Valley	3.918
2A Bear Lake	3.710

Girls Golf

5A Capital	3.897
4A Century	3.953
3A Marsh Valley	3.940
2A Challis	3.820

Celebrating the **inspirational individuals** and **landmark moments** in the history of **Title IX**, and **continuing to grow the educational and competitive opportunities** for the **future**.

HOW TO WIN AT SPORTS AND LIFE

When you make a commitment, **follow through**.

When you give your word, **keep it**.

When you have a role, **play it**.

When you need to perform, **produce results**.

When people count on you, **get the job done**.

When you make a mistake, **own and correct it**.

JanssenSportsLeadership.com





Replenish Program Application

Chocolate Milk to Fuel Your Athletes

To coach your athletes to achieve their personal greatness means teaching them about the importance of fueling properly. Drinking chocolate milk after physical activity is a great way to replenish energy and help muscles recover.

Your high school athletic program can apply for 1 pallet of chocolate milk, per high school, to help fuel your athletes!

Dairy West is excited to offer this program to high school athletic programs across Idaho and Utah for the 2022-2023 school year!

Application Process

This year's application for shelf-stable whole chocolate milk is a competitive process.

Dairy West is looking for passionate high school athletic programs to partner with us to:

- Teach the importance of fueling for performance
- Promote dairy foods as trusted fuel for athletes

School athletic departments can apply by filling out the short application and telling us how they intend to partner on this program! Applications will be reviewed by a committee and awards will be announced in early July. Milk will be distributed to schools starting in the fall of the 2022-2023 school year.

Please note the following changes to the Replenish with Chocolate Milk Program:

- We will be offering one-time, one pallet deliveries
At least one team from your school must complete a Game Winning Fueling Strategies Virtual Team Talk *prior* to your milk delivery



APPLY HERE!

For questions, contact Calla Chapin at cchapin@dairywest.com

Brought to you by Dairy West

CHOOSE A WINNING STRATEGY TO STAY HEALTHY!

EAT A BALANCED DIET, EXERCISE REGULARLY, AND CHOOSE TO VACCINATE!



The project described was supported in part by Immunization and Vaccines for Children 93.268 from the Centers for Disease Control and Prevention (CDC) of the U.S. Department of Health and Human Services (HHS). Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the Department or CDC/HHS. Idaho Department of Health and Welfare October 2021.

7 Ways to Reduce the Fear of Mistakes

by @inner_drive | www.innerdrive.co.uk



No Shame Policy

Be part of a group where mistakes aren't followed by laughter, ridicule and embarrassment.



Address the Problem

Don't be an ostrich and bury your head in the sand. What can you do to make the situation better?



Learn From Your Mistakes

"Real failure is a man who has blundered and not cashed in on the experience."



Don't Bottle It Up

Talk to someone, like a parent, coach or friend.



Question Your Fears

Are they in reality irrational and highly unlikely to come true?



Focus on What You Can Control

A lot of the things you worry about are out of your hands and potentially down to chance.



Embrace the Grey

Success and failure shouldn't be seen as black or white. This all-or-nothing thinking can increase stress and anxiety.



MAKE THE RIGHT CALL. BECOME A HIGH SCHOOL OFFICIAL.

GET STARTED



Good Sportsmanship Starts With YOU



Thank You Schools for Your Support of High School Activities



IT'S MORE THAN A GAME
Students Now Citizens Forever