



- \* **1% LEADERSHIP - Book of the Month**
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June  
2023 ISSUE



# IHSAA EXPRESS

Supporting Education Through Activities

## Remember to Cherish the Journey

by Tim Perrigot, IHSAA Board President

### No. 3 Lakeside 81, No. 1 Lapwai 79 (OT)

The Lakeside boys' basketball team ended Lapwai's 62-game winning streak in the 1A Division I Boys State championship game, beating the Wildcats 81-79. The Knights led 45-22, but Lapwai scored 46 second-half points to force overtime. Lakeside made 11 of 16 free-throw attempts and eventually pulled out the victory. What a game! It was one of the best high school events I've ever attended. I was happy for the Lakeside Knights and yet felt bad for the Lapwai players who didn't win.



"The Station" by Robert J. Hastings is an internationally recognized and acclaimed essay that reminds all of us to embrace the journey now, each day. Hastings begins the essay by describing our "long journey" by train that spans an entire continent. This "idyllic vision," tucked away in our subconscious minds, takes us past "cars on nearby highways, children waving at crossings, cattle grazing in the distant pastures, smoke pouring from the power plants, rows upon rows of cotton and corn and wheat, flatlands and valleys, city skylines, and village halls."

Hastings uses the train station as an analogy for our final destination. "For a certain hour and on a given day, our train will finally pull into the station with bells ringing, flags waving, and bands playing." All our dreams will come true upon arrival, so we "pace the aisles, count the miles, peering ahead, waiting, waiting, waiting for the station."

We promise ourselves that when we reach the station, that will be it. "When we're eighteen...win that promotion...put the last kid through college...buy that 450 SL Mercedes Benz...have a nest egg for retirement." Maybe even win a state championship trophy! "From that day on, we will all live happily ever after," writes Hastings.

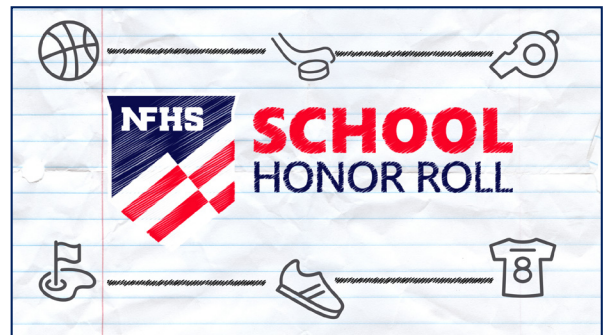
Eventually, we must realize that "there is no station in this life. No one earthly place to arrive at once and for all." The station is an illusion—it constantly outdistances us. Hastings concludes, "It isn't the burdens of today that drive men mad, but rather regret over yesterday and the fear of tomorrow. Regret and fear are twin thieves who would rob us of today."

As the 2022-2023 school year ends, I am reminded of all the games and tournaments I attended. Some games were competitive, some were not. There were Hail Mary's, last-second shots, and sprints to the finish line. There were decisive victories, and there were stunning upsets. I think about the countless hours of practice and devotion our athletes dedicated to their individual sports and teams. Win or lose, I'm proud of all our IHSAA competitors.

Which brings me back to that wonderful championship game and the essay. Hastings states, "Yesterday's a memory, tomorrow's a dream. We do not know what the future holds." It's a wonderful reminder to all that the joy of life is in the journey rather than reaching the destination. Cherish the journey... Thanks, Mr. Hastings!



Wood River High School is First Idaho School to Earn Level 1 Status in NFHS School Honor Roll Program



INDIANAPOLIS, IN (May 1, 2023) – The National Federation of State High School Associations (NFHS) is pleased to announce that Wood River High School in Hailey, Idaho, has earned Level 1 status in the NFHS School Honor Roll. Wood River High School is the first school in Idaho to earn Level 1 status in the NFHS School Honor Roll.

The NFHS School Honor Roll is a national recognition program designed to promote professional development for high school coaches by completing specific online education courses through the NFHS Learning Center ([www.NFHSLearn.com](http://www.NFHSLearn.com)).

In earning Level 1 status, more than 90 percent of the coaches at Wood River High School completed the core course "Fundamentals of Coaching" along with three of the Learning Center's most significant courses – "Concussion in Sports," "Sudden Cardiac Arrest" and "Protecting Students from Abuse."

"We want to congratulate the coaches and administration at Wood River High School for being the first school in Idaho to take this significant step in prioritizing professional development," said Dr. Karissa Niehoff, NFHS chief executive officer. "These four courses will definitely help the coaches at Wood River High School to handle the daily challenges in high school sports and should serve as a challenge for other schools to follow their example."

"Wood River High School is exceptionally proud of our coaches and their continued dedication to professional development," said Kevin Stilling, Wood River activities and athletics director. "We are especially proud to become the first school in Idaho accepted into the NFHS Honor Roll program."

As a physical sign of completing Level 1 certification, Wood River High School will receive a large display banner for its school gymnasium to commemorate its accomplishments and dedication to professional development and education-based activity programs.

For more information on the NFHS School Honor Roll and to apply for participation in the program, please visit <https://nfhslearn.com/home/administrators>.



**43rd Annual IHSAA  
Hall of Fame Banquet**

**Wednesday August 2, 2023  
6:30 pm  
Boise Centre East**



*Preserving the heritage of high school activities in Idaho by honoring outstanding individuals of exemplary character who have excelled through meritorious long-time service and superior achievement*

**2023 IHSAA  
HALL OF FAME  
AWARDS RECIPIENTS**

**HALL OF FAME INDUCTEES**

**Bruce Benson, Madison HS  
Randy Potter, Columbia HS**

**MEMORIAL AWARDS**

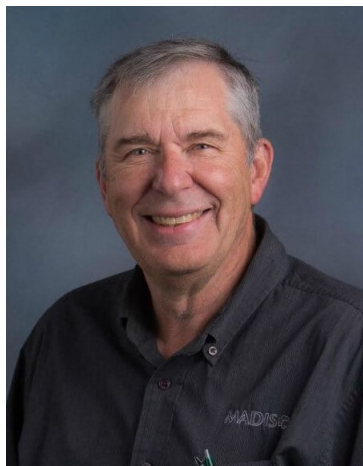
**Dick Fleischmann  
Wes Lowe  
Duane D Wolfe**

**SPECIAL AWARDS**

**Official of the Year  
Spirit of Sport  
Interscholastic Star  
Distinguished Service**

**Hall of Fame Class of 2023**

**Bruce Benson  
Madison High School**



Bruce spent thirty years as a teacher and coach at Madison High School and is one of the most well-respected speech arts coaches in the state of Idaho. After working as a teacher and coach at Grantsville High School in Utah for one year, Bruce moved to Madison in 1986. He was a 9th grade assistant football coach for four years, the head speech coach for twenty-seven years and the head debate coach for twenty-five years. In addition, he served numerous terms on the Idaho Speech Arts Teachers Association executive board as well as the District VI Board of Control. Over the course of his career, Bruce helped modify how the State Debate tournament was scored and was instrumental in bringing Congressional Debate to Idaho's schools. His teams placed in the top four at State Speech and State Debate an amazing eleven times with his debate team winning two state titles (2014 and 2015) and his speech team winning one (2018). Bruce received many awards over the course of his career including Debate Teacher of the Year, Speech Teacher of the Year, Speech Arts Teacher of the Year and the NFHS Outstanding Speech Arts Educator award. He was inducted into the ISATA Hall of Fame in 2010.



**Randy Potter  
Columbia High School**



During his thirty-six years in education, Randy Potter has impacted literally thousands of young people across the state of Idaho. He started his career at Kimberly High School in 1986 teaching business and PE and coaching football, track and basketball. After eight years in Kimberly, he moved to Homedale and spent eleven years there as a teacher, coach and eventually, athletic director. He served as Skyview's AD for one year before being named Columbia High School's AD when it opened in 2006. Randy would finish his career at Columbia in 2022. Throughout his stellar career Randy worked diligently to bring a sense of community and pride to his schools and also served as a mentor and role model to countless coaches and AD's working in our schools today. He has received numerous awards for his dedication and service including five Coach of the Year awards, six district Athletic Director of the Year awards and four state Athletic Director of the Year awards. Randy earned the IHSAA Dick Fleischmann award in 2021, the NIAAA Distinguished Service award in 2022 and was inducted into the IAAA Hall of Fame in 2023.



## 2022-2023 IHSAA Schools of Excellence

The Idaho High School Activities Association is pleased to continue the "Schools of Excellence" Initiative, 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 2, 2023**

**5A**  
School of Excellence **Exemplary Achievement**  
Eagle Timberline (B)

Boise

**4A**  
School of Excellence **Exemplary Achievement**  
Bishop Kelly Twin Falls  
Century

**3A**  
School of Excellence **Exemplary Achievement**  
Kimberly Sugar-Salem  
Snake River

**2A**  
School of Excellence **Exemplary Achievement**  
Cole Valley Christian Ririe  
Bear Lake

**1A DI**  
School of Excellence **Exemplary Achievement**  
Grace Oakley  
Genesee

**1A DII**  
School of Excellence **Exemplary Achievement**  
Rockland Dietrich  
Nezperce

**FOR A COMPLETE LIST OF SCHOOLS OF  
EXCELLENCE STANDINGS**

[CLICK HERE](#)

## 2023 Spring Academic State Champions

The Idaho High School Activities Association is pleased to announce the 2023 Spring Sports Academic State Champions. 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

5A	Highland	3.876
4A	Sandpoint	3.860
3A	Sugar-Salem	3.840

### BOYS TRACK

5A	Boise	3.640
4A	Skyline	3.753
3A	Weiser	3.639

### COMBINED TRACK

2A	Bear Lake	3.809
1A	Raft River	3.770

### BASEBALL

5A	Highland	3.653
4A	Blackfoot	3.784
3A	Fruitland	3.537
2A	Declo	3.670
1A	Prairie	3.497

### SOFTBALL

5A	Rigby	3.823
4A	Bishop Kelly	3.870
3A	Fruitland	3.874
2A	Nampa Christian	3.907
1A	Kendrick	3.789

### GIRLS TENNIS

5A	Middleton	3.881
4A	Bishop Kelly	3.941
3A	Weiser	3.828

### BOYS TENNIS

5A	Coeur d'Alene	3.838
4A	Vallivue	3.822
3A	Fruitland	3.771

### GIRLS GOLF

3A	Homedale	3.931
2A	Bear Lake	3.836

### BOYS GOLF

3A	Teton	3.826
2A	Cascade	3.935

#### 1. Stop telling people everything

Most people don't care, and some secretly want you to fail.

#### 2. Choose your friends wisely

The fastest way to become better is to surround yourself with better people.

#### 3. Expect nothing, appreciate everything

Be grateful for the little things in your life to find inner peace.

#### 4. Do your best and trust the process

The harder you work, the luckier you will get.

#### 5. Control yourself, not others

Controlling others is strength. Controlling yourself is true power.

#### 6. Learn to react less

When you control your reaction, nobody can manipulate you.

## ADMINISTRATION CORNER

### DATES TO REMEMBER

6/1	Spring Sports Concussion Survey Due
6/6	IHSAA Board of Directors Work Session & Appeals
6/7	IHSAA Board of Directors June Meeting
6/10-12	State Coaches Association Clinic
6/18	Father's Day
7/4	Independence Day
7/31-8/6	Fall No-Contact Period
8/1	IHSAA Board of Directors Work Session & Appeals
8/2	IHSAA Board of Directors August Meeting
8/2	IHSAA Annual Meeting
8/2	IHSAA Hall of Fame Banquet
8/7	1st Practice - Soccer/Football/Swim/Volleyball/XC/Dance/Cheer
8/10	1st Practice - 4A/5A Golf
8/18	1st Competition Date - Soccer
8/23	1st Competition Date - Swim/Volleyball/XC
8/25	1st Competition Date - Football



Craig Woods - District III



Spencer Barzee - District V

Two IHSAA Board Members have completed their terms

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

## IHSAA Rule of the Month

### RULE 17-1-3 SUMMER PROGRAMS

**17-1-3 Summer Programs** Summer programs must be voluntary and must be terminated by the last day of July. The IHSAA supports member schools' involvement in voluntary summer programs. However, the IHSAA believes that students need time off during the summer and strongly recommends that member schools schedule at least ten days of non-student contact during the summer each year.

a. Coaching restrictions are suspended during the summer (the day after the spring state tournaments through July 31st). A high school coach can coach his/her players anytime, anywhere, during this period. During this period a team can scrimmage against another team without violating the out-of-season contest requirements (renting facility etc.). Practice, competition and facility use during the summer, is not covered by IHSAA insurance (liability, catastrophic, concussion etc.).

b. A high school coach who coaches a team during the summer that advances to a regional or national qualifying event can continue to coach after July 31st until the completion of the tournament/s. IHSAA must approve a written request prior to participation during August.

c. Students will only be allowed to attend team camps during the summer, not during the school year.

d. Member schools are prohibited from hosting athletic camps involving students from IHSAA member schools during the month of August. Coaches from member schools are prohibited from working in or hosting athletic camps involving students from IHSAA member schools during the month of August.

**2023-2024 FALL NO-CONTACT PERIOD**  
**JULY 31st - AUGUST 6th**



Registration  
[CLICK HERE](#)

Clinic Schedule  
[CLICK HERE](#)

COACHES CLINIC  
IN JACKPOT

**JUNE**  
**10-11-12**

NEW WEEKEND  
NEW FORMAT  
GREAT SPEAKERS  
GOLF TOURNAMENT ON SUNDAY  
FOLLOWED BY A BBQ  
HOSPITALITY ROOM BOTH EVENINGS  
COLLEGE CREDIT AVAILABLE

FOOTBALL - SATURDAY	VOLLEYBALL - SATURDAY
WRESTLING - SATURDAY	BASKETBALL - 1 SUNDAY/THE REST ON MONDAY
SOFTBALL - MONDAY	TRACK & FIELD - 1 SUNDAY/THE REST ON MONDAY
AD'S - SATURDAY	KEYNOTE - SUNDAY

unbottled.

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.



- **Course Requirements/Instructions**
- **University of Idaho Course Registration Link**
- **NFHS Level 3 Coaches Course Link**

**NFHS NATIONAL  
COACHING CREDENTIAL**





# SIX THINGS MENTALLY STRONG PEOPLE DO

1. They move on. They **don't waste time** feeling sorry for themselves.
2. They **embrace change**. They welcome challenges.
3. They **stay happy**. They don't waste energy on things they can't control.
4. They are **kind, fair and unafraid** to speak up.
5. They are willing to take **calculated risks**.
6. They **celebrate** other people's success. They don't resent that success.



## UNSUNG HEROES. Great Assistant Coaches are Vital to Team Success.

Greg Berge

UNSUNG HEROES. Why Great Assistant Coaches are Vital to Team Success. Here are 7 Things Great Assistant Coaches Do.

- 1: **SUPPORT the Head Coach** - Being a head coach is a tough job, and a great assistant coach understands this. Their top priority is to support the head coach in any way possible. This can include offering feedback, asking how they can help, & being willing to do what is needed.
- 2: **Are LOYAL and TRUSTWORTHY** - Loyalty and trust are crucial for a successful coaching staff. Assistant coaches must be supportive of the head coach in public and with the team, especially in high-pressure situations.
- 3: **Have great RELATIONSHIPS with all players** - Assistant coaches act as a bridge between the head coach and the players. They need to have strong relationships with all players on the team, building trust through communication and understanding.
- 4: **Stay POISED and COMPOSED** - Coaching can be a high-pressure and competitive job. Assistant coaches must lead by example, staying calm and collected in tense situations. If they lose their composure, it can negatively impact the team.
- 5: **Do the LITTLE THINGS** - Small details can make a big difference. Great assistant coaches understand this and focus on the details to make the team better. They are organized, detail-oriented, and follow through on tasks.
- 6: **Are willing to put in the TIME** - Coaching is a demanding job that requires a lot of work. Great assistant coaches are willing to put in the extra time needed to support the head coach and the team. They understand that hard work is necessary for success.
- 7: **Are not afraid to share their VOICE** - Great head coaches value feedback from their assistant coaches. They want different perspectives and opinions. A great assistant coach is not afraid to share their voice and make suggestions to improve the team.

Years ago, anthropologist Margaret Mead was asked by a student what she considered to be the first sign of civilization in a culture. The student expected Mead to talk about fishhooks or clay pots or grinding stones.

But no. Mead said that the first sign of civilization in an ancient culture was a femur (thighbone) that had been broken and then healed. Mead explained that in the animal kingdom, if you break your leg, you die. You cannot run from danger, get to the river for a drink or hunt for food. You are meat for prowling beasts. No animal survives a broken leg long enough for the bone to heal. A broken femur that has healed is evidence that someone has taken time to stay with the one who fell, has bound up the wound, has carried the person to safety and has tended the person through recovery. Helping someone else through difficulty is where civilization starts, Mead said.



**"We are at our best when we serve others."**

Margaret Mead

# 2023 IHSAA SPRING STATE TOURNAMENT CHAMPIONS

IDAHO HIGH SCHOOL  
2023  
**GOLF**

## STATE CHAMPIONSHIPS

### GIRLS

3A Bonners Ferry  
2A Ambrose

### BOYS

Kimberly  
Declo

### GIRLS

5A Boise  
4A Skyline  
3A Weiser  
2A Melba  
1A Raft River

### BOYS

Rocky Mountain  
Bishop Kelly  
Sugar-Salem  
Aberdeen  
Victory Charter

IDAHO HIGH SCHOOL  
2023  
**TRACK & FIELD**  
STATE CHAMPIONSHIPS

IDAHO HIGH SCHOOL  
2023  
**SOFTBALL**  
STATE CHAMPIONSHIPS

5A Owyhee  
4A Skyview  
3A Kimberly  
2A Malad  
1A Genesee

### GIRLS

5A Boise  
4A Bishop Kelly  
3A Parma

### BOYS

Eagle  
Wood River  
Sun Valley

IDAHO HIGH SCHOOL  
2023  
**TENNIS**  
STATE CHAMPIONSHIPS



# IHSAA Selects Five Interscholastic Stars

The Idaho High School Activities Association have named six high school juniors as the 2022-2023 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.

**Mirah Bennion was selected as the "Idaho Star" for 2022-2023 and will grace the back covers of the 23-24 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.

Each Interscholastic Star receives 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. The Idaho Star receives an additional \$1500 scholarship

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



**1A DII Star – Sara Hollist** – A multiple sport athlete at Garden Valley HS, Sara has participated in Cross Country, Basketball, Track and Softball. She is active in Drama and played in the school band, while assisting in many community based projects through the city of Garden Valley.



**1A DI Star – Kenneth "Teak" Wareham** – Teak has been a part of the Football, Basketball and State Championship Baseball team at Genesee HS. He is a member of the FFA and Student Government. He is a leader amongst his peers and community through Idaho STEM Action Center.



**2A Star – Sidney Pilkerton** – A three sport athlete at Salmon HS, Sidney is also involved in Student Government, Music and Speech. A member of NHS, Sidney has helped raise money for children in her community and delivered meals to those that are less fortunate at Christmas.



**3A Star – Halle Drollinger** – Halle has participated in Volleyball, Basketball and Tennis at Fruitland HS. She enjoys music, drama and musical theatre. Halle is very involved in her community spending over 2,540 hours of community service while also a member of various school clubs.



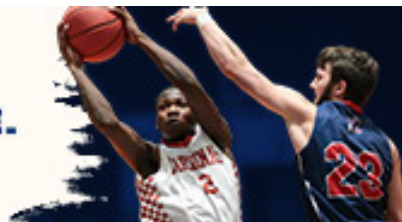
**4A Star – Lucina Glynn** – A State Speech and Debate qualifier for Bishop Kelly HS, Lucina also competes in Cross Country and Track & Field. She is the President of the French Club and is involved in multiple school clubs and community causes.



**5A Star – Mirah Bennion** – Member of the Madison HS Cross Country, Track & Field, Speech and Debate teams. Mirah is passionate about music and has multiple leadership roles. She is involved in school's Key Club and is a youth camp leader in her community.



PLAY.  
PERFORM.  
COMPETE.  
TOGETHER.



COMPETE  
AS EQUALS.

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

#BECOMEANOFFICIAL

SIGN UP TODAY!



# IHSAA Announces 23-24 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!

## 22-23 SAC GRADUATES

### District I

- \*Ella Terzulli - Sr, Lakeland HS
- \*Braylyn Bayer -Sr, Bonners Ferry HS
- \*Asha Abubakari - Sr, Bonners Ferry HS
- Emerie Smith - Sr, Post Falls HS

### District II

- \*Araya Wood - Sr, Deary HS
- \*Emily Sanford - Sr, Moscow HS
- Kenadie Kirk - Sr, Deary HS
- Faith Tiegs - Sr, Nezperce HS
- Owen Tiegs - Jr, Nezperce HS

### District III

- \*Molly Sawyer - Sr, Borah HS
- Kade Andrus - Sr, Mt. View HS
- Cody Smithies - Sr, Payette HS
- Carlos Valdez - Jr, Bishop Kelly HS
- Johanna Serrato - Jr, Caldwell HS

\* Two-year member

### District IV

- \*Halle Walker -Sr, Twin Falls HS
- \*Sydney Fowler - Sr, Kimberly HS
- \*Aysha Cleverley - Sr, Buhl HS
- Alli Stastny - Sr, Kimberly HS
- Ellie Stastny - Sr, Kimberly HS
- Nayeli Juarez - Jr, Wendell HS
- Brooklyn De Vries - Jr, Hagerman HS
- Thomas Harper - Jr, Raft River HS
- Madison Spriggs - Jr, Glenns Ferry HS

### District V

- \*Taylor Bunderson - Sr, Pocatello HS
- Lydia Howell - Jr, Marsh Valley HS
- Hayven Holyoak - Jr, Preston HS

### District VI

- \*Ian Simpson - Sr, Butte County HS
- \*Emily Miller - Sr, Sugar-Salem HS
- Bryce Johnson - Jr, South Fremont HS

### District II

- Makenzie Stout - Genesee HS
- Isabelle Monk - Genesee HS
- Triniti Wood - Deary HS

### District III

- Toby Kingery - Cole Valley Christian
- Shaelyn Olsen - Greenleaf Friends
- William Tadge - Eagle HS
- Parker Gropp - Timberline HS
- Jane Teuber - Bishop Kelly HS

### District IV

- Jessica Duran - Wendell HS

### District VI

- Madison Kincaid - Watersprings

### District VI

- Katie Miller - Sugar-Salem HS



# A healthier family is a vaccine away.

## COVID-19 bivalent boosters available now.

## Find yours at [vaccines.gov](https://vaccines.gov)





# 1% LEADERSHIP

MASTER THE  
**Small, Daily Improvements**  
THAT SET  
**Great Leaders Apart**

—  
**ANDY ELLIS**

## Leadership in Coaching

June

Book of the Month

Leadership development speaker & consultant Andy Ellis is the former CSO of Akamai, where he contributed to the creation of Akamai's billion-dollar cybersecurity business.

He now brings his speaking, consulting, and business knowledge to readers with 1% Leadership—based on the reality that real-world leadership is messy and complicated; it rarely fits into an acronym or a dogmatic overarching philosophy.

Ellis says that there are no “irrefutable laws” of leadership or power; there is no secret. As a result, 1% Leadership does not provide one path to leadership—it provides dozens of practical lessons that anyone, at any stage of their career, can use continuously make tiny “1% at a time” improvements.

1% Leadership is a handy guidebook that business readers can regularly apply to identify blind spots, boost morale (both personal and among teams and organizations), and solve problems at work.

## 7 MODERN LEADERSHIP BEHAVIORS:

- Own your failures
- Care enough to be clear
- Make order from the chaos
- Don't compromise your values
- Give credit to those who earned it
- Proactively anticipate what's needed
- Balance accountability & understanding



“

**Teachers report changes in students' attention span, focus, and self-control due to the use of nicotine products.**

”



Visit [projectfilter.org](https://projectfilter.org),  
or email [projectfilter@dhw.idaho.gov](mailto:projectfilter@dhw.idaho.gov)  
for more information on helping teens quit nicotine.



# 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 shelf-stable 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 2023-2024 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 approval will be contingent upon meeting the application requirements.

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

- Application approval is contingent on meeting all program requirements and team talk attendance.
- Summer deliveries will be available starting in August.



[Apply Here!](#)

For questions, contact Calla Chapin at [cchapin@dairywest.com](mailto:cchapin@dairywest.com)

Brought to you by Dairy West

# BASE

In order to thrive, kids have certain needs. Coaches can play an integral role in meeting these needs by intentionally creating an environment where kids feel included, have choice, develop competencies, and participate in meaningful activities.

**BASE:** Belonging, Autonomy, Skill Building, Experiences

**B**elonging - The need to feel accepted and cared for by others

**A**utonomy - The need to have choice and control of own experience

**S**kill Building - The need to feel competency and a belief in own ability

**E**xperiences - The need to participate in meaningful and relevant experiences

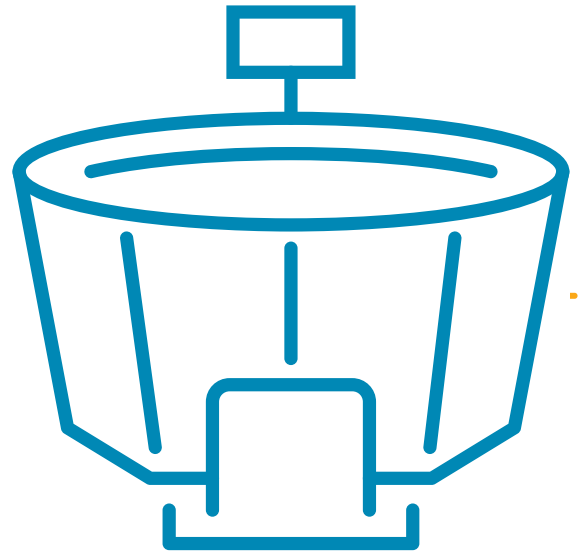
If the BASE needs are not met, young people can struggle and exhibit certain characteristics. On the following pages are tips for what you might see if kids don't have certain needs met and what you can do to meet those needs.

# BASE

## Autonomy

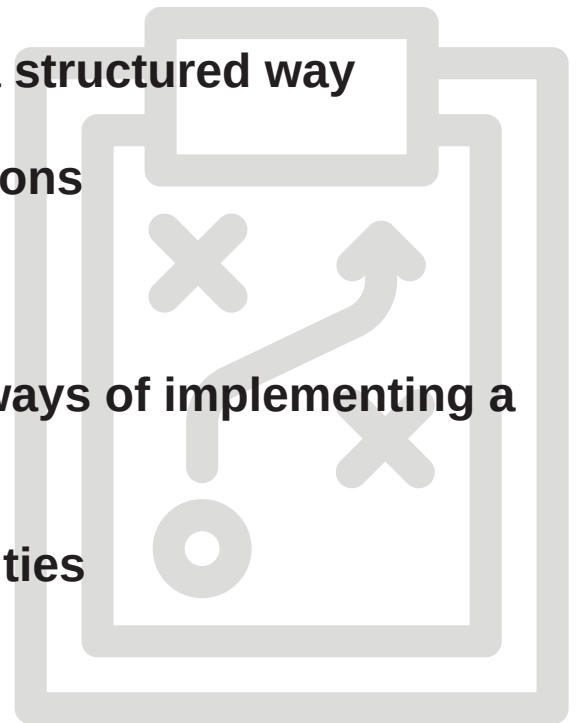
### Players May:

- Act angry at others
- Be uncooperative
- Be stubborn
- Not want to participate



### Coaches Can:

- Ask players to voice opinions in a structured way
- Implement some players suggestions
- Ask player to demonstrate
- Give player the space to try new ways of implementing a skill
- Offer opt-in and opt-out opportunities



# BASE

## Skill Building

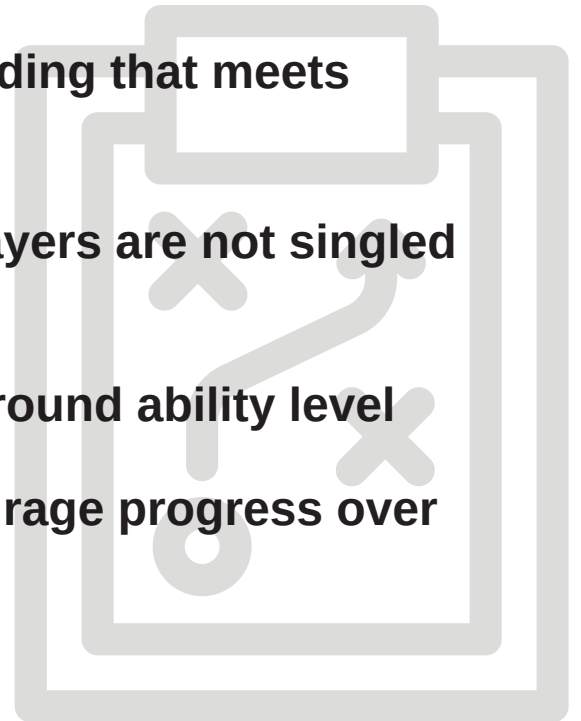
### Players May:

- Stop trying when unsuccessful
- Say "this is stupid" about activities
- Stop participating
- Encourage others to not participate or misbehave



### Coaches Can:

- Incorporate fundamental skill building that meets players' age and skill level
- Manage competitive games so players are not singled out for lack of skill
- Immediately respond to teasing around ability level
- Be specific with praise and encourage progress over performance

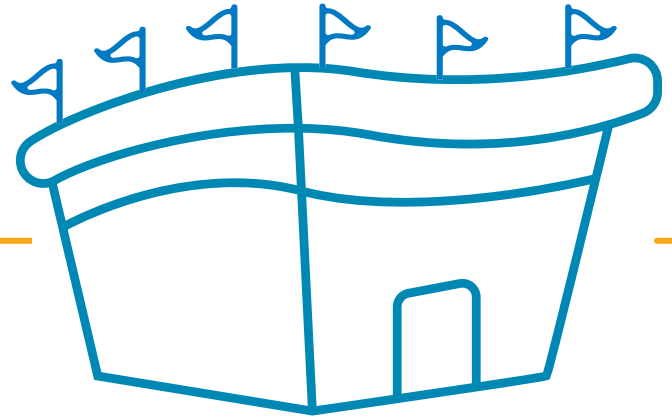


# BASE

## Experiences

### Players May:

- Act bored
- Show a lack of effort
- Have side conversations while the coach is talking
- Be off task

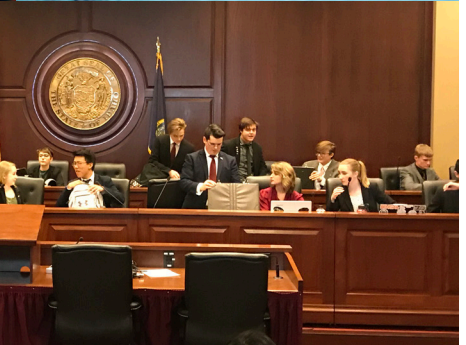
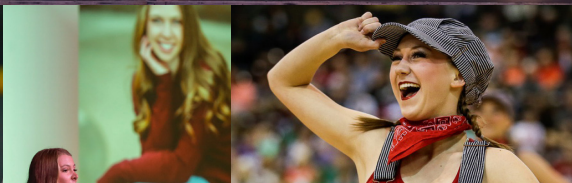


### Coaches Can:

- Incorporate appropriate activities based on skill level and age of players
- Provide leadership opportunities
- Ask players what activities they want to play
- Be enthusiastic to further engage your team
- Participate in activities alongside your players



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**Students Now Citizens Forever**