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June
2024 ISSUE



IHSAA EXPRESS

Supporting Education Through Activities



Executive Director Reflection

- Ty Jones, IHSAA Executive Director - Almost Retired

As I prepare to retire from my position as the Idaho High School Activities Association Executive Director, I find myself reflecting on the many memories and experiences that have shaped my career. My dad told me years ago that being an educator is the best job in the world and he wasn't wrong. The support and guidance that I received over the years from Superintendents, Principals, Athletic Directors and Coaches are some of the best memories that I have.

Throughout my tenure, your friendship and leadership for Idaho's students have left an indelible mark on the lives of athletes, coaches, and administrators alike. Your vision, passion, and dedication have not only elevated the standards of your athletic programs but have also instilled the life lessons that we should all strive to give to our student participants. We should always remember that education-based activities are the backbone of this.

I have found over the years that the relationships that you make are the key to being able to work with our students and school personnel. Maya Angelou once said that "People will forget what you said, people will forget what you did, but people will never forget how you made them feel". I am grateful for the countless opportunities you have provided me to watch you do what you do for Idaho's students.

In closing, I extend my heartfelt thanks to you for your support, guidance, and friendship throughout the years. It has been an honor and a privilege to work alongside such dedicated individuals. I wish you the best of luck in the future with your careers and with working with Idaho's kids. More than ever, they need you to continue to lead the way in setting them up for success in their lives.

THANKS Ty

Ripples

"When you create a difference in someone's life, you not only impact their life, you impact everyone influenced by them throughout their entire lifetime.

Go create waves."



Presidents Message

- Heath Jackson, IHSAA Board President



As the end of another school year comes to an end, I find myself reflecting on the multitude of student activities I have observed throughout the past year, many organized by the Idaho High School Activities Association. What an amazing year it has been to watch students participate and compete at their highest level. I am impressed at the time and commitment of these students, their coaches, administration, and their parents to ensure they are prepared to compete to the best of their ability as they represent their schools and communities across the state. These experiences impart invaluable life lessons and instill essential characteristics that will undoubtedly pave the way for these students' success beyond graduation.

This winter, one of my favorite books was made into a movie that inspires the value of teamwork. *Boys in the Boat* is a true story about the University of Washington's eight-oared rowing crew that competed in the 1936 Berlin Olympics and won the gold medal. In this remarkable story, we trace the path of a crew that defied daunting obstacles, reshaping the

landscape of rowing with their relentless commitment, unwavering resolve, and infectious optimism in forging a victorious team. It's a tribute to the spirit of sacrifice and unwavering dedication, all for the greater good of the team.

The late educational leader Richard DuFour describes a team as "a group of people working interdependently to achieve a common goal, for which members are held mutually accountable." One of my favorite quotes from the book describes the value of each member of the team and the unique contributions the team needs from each team member. "Even if they could, few rowing coaches would simply clone their biggest, strongest, smartest, and most capable rowers. Crew races are not won by clones. They are won by crews, and great crews are carefully balanced blends of both physical abilities and personality types. In physical terms, for instance, one rower's arms might be longer than another's, but the latter might have a stronger back than the former. Neither is necessarily a better or more valuable oarsman than the other; both the long arms and the strong back are assets to the boat. But if they are to row well together, each of these oarsmen must adjust to the needs and capabilities of the other." This quote exemplifies the many teams that I have observed this year throughout the state. Every member of a team plays a crucial role in achieving overall success. Whether you shine as the star player, excel as a defensive specialist, or consistently challenge your teammates throughout the season to improve, each contribution is indispensable to the team's collective achievements.

The Idaho High School Activities Association offers several opportunities through which our students can gain invaluable experiences and develop essential characteristics that will serve them well throughout their lives. Gratitude goes out to our coaches, educators, athletic directors, and principals for their tireless efforts in offering opportunities for our students to cultivate these traits, such as teamwork, which will empower them to foster collaborative bonds as they journey toward success beyond high school graduation. I hope you all have an amazing summer and I look forward to watching the success of our students in the upcoming school year!



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



44th Annual IHSAA Hall of Fame Banquet

Wednesday July 31, 2024
6:30 pm
Boise Centre East

2024 IHSAA HALL OF FAME AWARDS RECIPIENTS

HALL OF FAME INDUCTEES

Kirby Bright
Beth Holt
Ty Jones
Kevin Lancaster

MEMORIAL AWARDS

Dick Fleischmann
Wes Lowe
Duane D Wolfe

SPECIAL AWARDS

Official of the Year
Spirit of Sport
Interscholastic Star
Distinguished Service



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VISIT GOFAN.CO & SEARCH
IHSAA (IDAHO)



44TH ANNUAL IHSAA HALL OF FAME BANQUET
JULY 31, 2024 | 06:30 PM



ADMINISTRATION CORNER

DATES TO REMEMBER

6/1	Spring Sports Concussion Survey Due
6/1-3	State Coaches Clinic
6/4	IHSAA Board of Directors Work Session
6/5	IHSAA Board of Directors Meeting
7/4	Independence Day
7/30	IHSAA Board of Directors Work Session
7/31	IHSAA Board of Directors Meeting IHSAA Annual Members Meeting IHSAA Hall of Fame Banquet
8/1	Beginning of the IHSAA "School Year"
8/5-11	No Contact Period
8/12	1st Practice - Soccer, Football, Swim, Volleyball, Cross Country, Dance, Cheer
8/12	1st Practice - 6A/5A Golf
8/23	1st Date of Competition - Soccer, Football, Swim, Volleyball, Cross Country



Tim Perrigot
District IV



Stacy Wilson
Boys Coaches

Two IHSAA Board Members have completed their terms

THANK YOU

Tim & Stacy for your service to member schools and the 51,473 student participants in the State of Idaho!

IHSAA Rule of the Month

Rule 17 - SPORT SEASONS

17-1 SPORT SEASONS

Seasons have been established for sports and specific activities sponsored by the IHSAA. A season will commence with the first allowed day of practice and will end with the completion of the state championship in that sport, or other date established by the Board of Directors.

17-1-1 The School Year The school year is considered to begin August 1 and conclude after the final IHSAA spring sport state championship. Coaching restrictions are in effect during the school year.

17-1-2 Regular Season Practices are held during the sport season and include items that are not allowed at any other time.

The following are usually a part of regular season practice:

- Publicized announcement of the start of practice
- Restricted attendance according to school boundaries, age, sex, abilities, etc;
- Required attendance
- Intra-squad scrimmages
- Teaching team concepts as well as individual techniques and skills through the use of drill, "chalk talks", film sessions, etc.
- The use of school uniforms and/or protective equipment

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.



LEARNING
CENTER

NFHSLearn.com

COURSE OF THE MONTH

ADMINISTERING INTERSCHOLASTIC UNIFIED SPORTS

Unified Sports is an inclusive sports program that unites Special Olympics athletes (individuals with intellectual disabilities) and partners (individuals without intellectual disabilities) as teammates for training and competition.

To better understand how to implement a Unified Sports program at the interscholastic level, the National Federation of State High School Associations, in partnership with Special Olympics, has created the course Administering Interscholastic Unified Sports.

This course is designed to assist and guide administrators in implementing a Unified Sports program by learning about various guidelines, strategies, components, and scenarios related to the program.

So, take the course, Administering Interscholastic Unified Sports, available for free at NFHSLearn.com.



Hey Coach, Got a minute?

I watched you yelling at my kid. I watched the way he rolled his head back and slumped his shoulders. I watched him drag ass back to the bench. And I watched him sit out for a long while. He was pissed. You were pissed. And me? Yeah I was Pissed. I've watched this happen for years and I've got something to say to you!

Thanks, Coach!

- **THANK YOU** for calling out his mistakes and holding him accountable.
- **THANK YOU** for teaching him that no matter how talented of an athlete he may be, he's got to earn his place by working hard.
- **THANK YOU** for not giving up on him, even when he's given up on himself.
- **THANK YOU** for Loving him Tough.

It's not easy to watch from the stands. To sit back and witness your child being taught, reprimanded, inspired, and molded by another person. I always thought that was my job. But not in this arena. This is your house. And I completely respect and admire the way you've run it.

It feels like just yesterday that you took this swarm of four-foot-nothing, round-cheeked, wide-eyed, little boys under your wing. The first season we handed them over to you, they spent more time eyeing their parents in the stands than focusing on the court. They were unsure of the game, unsure of themselves, unsure of you. But each week you showed up with gusto. Broad smile, bellowing praise, and gentle instruction. With that, you earned their trust, and mine.

Today, we see a group of almost-men that tower over their moms, and a handful, over their dads (even if only by a hair of their unruly mops). Today we see a Team. A Brotherhood. A Family. All come together because of you.

Today, if we catch their eye, it's only for a brief moment. They are focused on the court, on each other, and on Coach.

It takes a special kind of someone to take a group of young kids and turn them into brothers. To teach them to trust, respect, and love the game as well as each other. It takes some thick skin to endure the criticism of board members, parents, other coaches, and even kids. It takes serious dedication to work your 9-5, to honor family time, to be present for social engagements, all the while scheduling, practicing, and giving your all every time these kids take the floor.

I've watched you get heated with refs, with other coaches, with the kids; but I know it's only because your passion for the game and for your boys drives you hard. And that passion drives them harder.

Over the years, they've come to understand what you expect from them. And when those expectations aren't met, they've had to ride the pine.

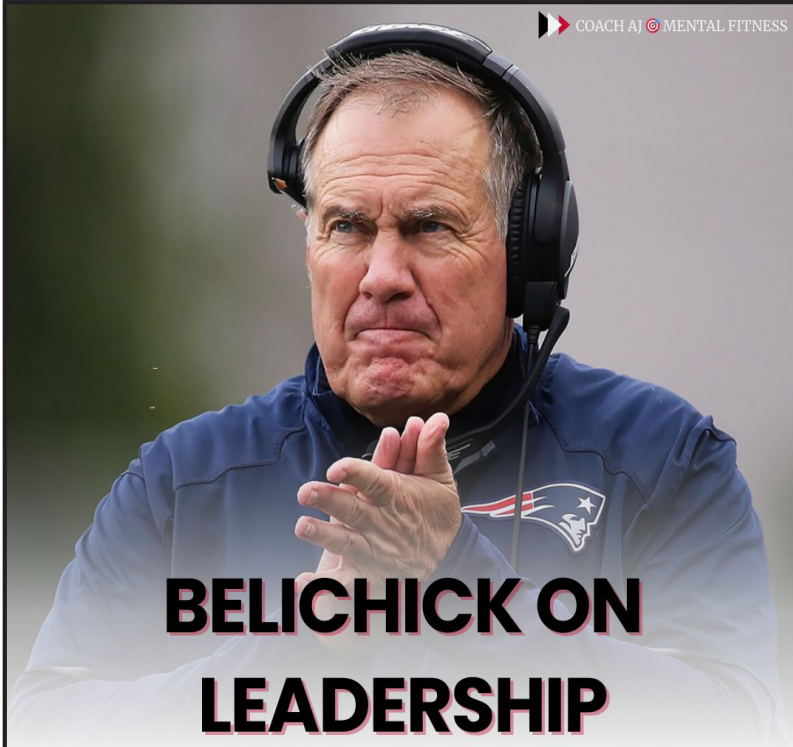
Over the years, they've come to understand what to expect of themselves. And when they rise to the occasion, they reap the glory on the court.

Yet no matter the outcome, they've come to understand that you stand for each and every one of them. They are better teammates, better athletes, better kids, because of your unwavering support.

- **THANK YOU** for battling it out.
- **THANK YOU** for the fight.
- **THANK YOU** for fighting them because I know you have always fought FOR them.

Much Love & Respect, Coach!

- The Mom of an Athlete



"Ultimately, the team has to come first even though we all have individual goals and preferences."

Make Sure that Everyone is Prepared to Perform

"The only sign we have in the locker room is from 'The Art of War.' Every battle is won before it is fought."

- Live the details.
- Commit to practice.
- Communicate expectations.

It always begin with how you prepare.

Be Consistent and Dependable

"It's not all about talent. It's about dependability, consistency, and being able to improve." Belichick always emphasized consistency because consistency is what creates excellence.

People need to know that they can trust you and rely on you.

Always be Growing, Never be Complacent

"If you...spend too much time feeling good about what you did in the past, you're going to come up short next time.

Complacency erodes your discipline and affects your attitude. You have to build a growth-mindset into the culture.

Lead from the Front

"Mental Toughness is doing the right thing for the team when it's not the best thing for you."

You can't try to please everyone.

Great leaders know it isn't about popularity, but about responsibility.

It means making the tough decisions.

Ignore the Noise and Focus on What Matters

He always said, "Ignore the noise" and "Do your job."

To perform your best, focus on what matters.

- Focus on what you can control.
- Focus on giving your best.
- Eliminate distractions.

You have to eliminate the clutter.



Dan Hawkins (right), Boise State University Head Football Coach, 2001-2005 with current BSU Head Coach Spencer Danielson



COMPARISON IS THE THIEF OF JOY

~ by Dan Hawkins
Father, Grandfather, Coach

When Theodore Roosevelt wrote these words in his 1913 autobiography, he undoubtedly had no idea how much his wisdom could be applied to the modern-day world of athletics.

It is hard when we lose. It is hard when we get cut. It is hard when we feel like we do not or cannot measure up to what other people are accomplishing. We want to take all these motivational sayings and throw them in the trash and scream like Charlie Brown, "GOOD GRIEF." (Can you feel the anger and the disappointment?)

The "joy" of engaging in any endeavor has been suffocated by the pressures and expectations of "winning." Of course, wanting to win, wanting to win the championship, or wanting to get an athletic scholarship is a worthy pursuit. The obstacle occurs when we put the PRODUCT over the PROCESS. We lose the "joy" of the journey because we focus on the outcome.

Elite teams, performers, and coaches know that judging yourself by the scoreboard leaves you empty of the valuable knowledge and experience you gained by simply being in the fires of competition. Success leaves clues: let us learn! (QUIT TRYING TO WIN, AND JUST "BE" A WINNER!)

Think about the beauty of track and field. If a runner finishes a race in fifth place, but records a new PR (personal record), they wish they could have finished higher, but have the satisfaction that they ran better than they ever have before - "JOY." If a golfer plays their best round ever, the comparison with others is minimal. They played the best they ever have - "JOY."

So how do we functionally translate a track and field mentality to other sports?

Former MLB Manager, Clint Hurdle would tell you to focus on "quality at bats." Not average, not RBI, not OPS. So, if you strike out, are you taking good cuts? Are you swinging at good pitches? Are you hitting the ball on the barrel? You might hit the ball hard and the defense makes an out. A hitter who is engaged with the learning of the journey would rather have a "quality at bat" over a poorly hit single any day.

Hall of Fame Rugby coach, Jack Clark of the University of California, will tell you all stats are proprietary. Judge your efforts, your technique, and your performance off stats that you believe are part of the success formula. Jack Clark has won twenty-three national championships and a 90%-win rate. The Cal rugby squad lives by the mantra, "grateful for everything, entitled to nothing." (ALERT! NO MENTION OF WINNING!)

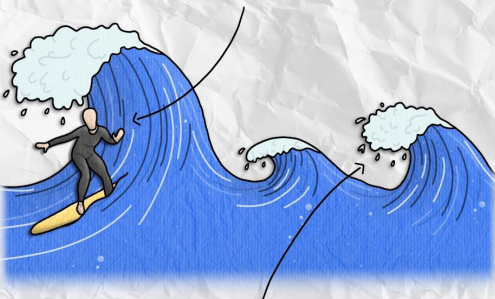
Regardless of the final score or outcome, study what was learned, NOT what was accomplished. Focus on what you can control, which is never the final outcome. I suggest you subscribe to the Greek concept of Arete, a concept that refers to "excellence of any kind," especially a person's full realization of potential. (NOTE: SEE JOHN WOODEN.)

Most great accomplishments are forged through the fires of adversity. Do not shrink back from the Journey. Buen Camino Pilgrims!

"...If you compare yourself with others, you may become vain and bitter; for always there will be greater and lesser persons than yourself..." - Desiderata

THE SURFER MENTALITY

ENJOY EVERY RIDE WHILE IT LASTS



THERE'S ALWAYS ANOTHER
WAVE COMING SOON

@SahilBloom
@WisdomMadeEasy

He who jumps
into the void owes
no explanations to
those who stand
and watch.

- Jean-Luc Godard

@WisdomMadeEasy

YOUR MIND IS LIKE A PARACHUTE



IT ONLY WORKS WHEN
YOU OPEN IT

@WisdomMadeEasy

CONGRATULATIONS

2023-2024 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
July 31, 2024**

	5A	
School of Excellence	Exemplary Achievement	
Eagle	Timberline (B)	
	Rocky Mountain	
	4A	
School of Excellence	Exemplary Achievement	
Bishop Kelly	Twin Falls	
	Canyon Ridge	
	3A	
School of Excellence	Exemplary Achievement	
Kimberly	Sugar-Salem	
	Buhl	
	2A	
School of Excellence	Exemplary Achievement	
Declo	Malad	
	Sun Valley	
	1A DI	
School of Excellence	Exemplary Achievement	
Grace	Oakley	
	Potlatch	
	1A DII	
School of Excellence	Exemplary Achievement	
Rockland	Camas County	
	Cascade	

FOR A COMPLETE LIST OF SCHOOLS OF
EXCELLENCE STANDINGS

[CLICK HERE](#)

2024 Spring Academic State Champions

The Idaho High School Activities Association is pleased to announce the 2024 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

5A	Highland	3.935
4A	Preston	3.907
3A	Sugar-Salem	3.825

BOYS TRACK

5A	Boise	3.690
4A	Blackfoot	3.649
3A	Marsh Valley	3.810

COMBINED TRACK

2A	Nampa Christian	3.816
1A	Raft River	3.745

BASEBALL

5A	Owyhee	3.567
4A	Burley	3.722
3A	Homedale	3.623
2A	Declo	3.730
1A	Prairie	3.390

SOFTBALL

5A	Rigby	3.828
4A	Century	3.800
3A	Sugar-Salem	3.898
2A	North Fremont	3.885
1A	Genesee	3.628

GIRLS TENNIS

5A	Middleton	3.941
4A	Bishop Kelly	3.955
3A	Fruitland	3.897

BOYS TENNIS

5A	Meridian	3.881
4A	Sandpoint	3.911
3A	Fruitland	3.940

GIRLS GOLF

3A	Sugar-Salem	3.915
2A	Grace Lutheran	3.903

BOYS GOLF

3A	Marsh Valley	3.640
2A	Cascade	3.972



12,888

**SWEATSHIRTS GIVEN TO
2023 - 2024 STATE
CHAMPIONSHIP PARTICIPANTS**



70,736

**MILKS HANDED OUT
AT 2023 - 2024 STATE
CHAMPIONSHIPS**

REFUEL, REBUILD, REPLENISH

THINK LIKE a FARMER

Don't shout at the crops.



Don't blame the crop for not growing fast enough



Don't uproot crops before they have a chance to grow



Choose the best plants for the soil



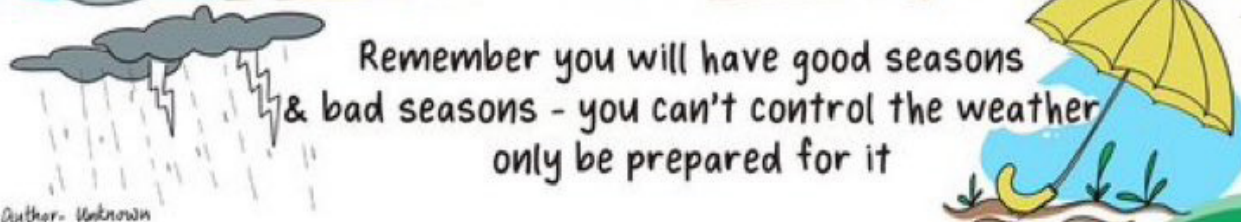
Irrigate and fertilize



Remove weeds



Remember you will have good seasons & bad seasons - you can't control the weather only be prepared for it



Author: Unknown

Illustration by nitasha nambar

2024 IHSAA SPRING STATE TOURNAMENT CHAMPIONS

IDAHO HIGH SCHOOL
2023
GOLF
STATE CHAMPIONSHIPS

3A CHAMPIONS
GIRLS Kimberly BOYS Filer
2A CHAMPIONS
GIRLS Ambrose BOYS Compass Charter

GIRLS CHAMPIONS
5A Boise
4A Skyview
3A Weiser
2A Soda Springs
1A Logos

IDAHO HIGH SCHOOL
2024
TRACK & FIELD
STATE CHAMPIONSHIPS
IHSAA 40 YEARS unbottled.

BOYS CHAMPIONS
5A Rocky Mountain
4A Bishop Kelly
3A McCall-Donnelly
2A Nampa Christian
1A Rockland

STATE CHAMPIONSHIPS
IDAHO HIGH SCHOOL
SOFTBALL
2024
IHSAA 40 YEARS unbottled.

5A Borah
4A Pocatello
3A Kimberly
2A Cole Valley Christian
1A Genesee

5A CHAMPIONS
GIRLS Eagle BOYS Timberline
4A CHAMPIONS
GIRLS Sandpoint BOYS Century
3A CHAMPIONS
GIRLS Parma BOYS Weiser

IDAHO HIGH SCHOOL
2024
TENNIS
STATE CHAMPIONSHIPS
IHSAA 40 YEARS unbottled.



5 Keys for Sport Parents

By Greg Berge

Raising an Athlete is Hard. Your approach matters. Here are 5 Critical Lessons for Sports Parents.

1. It is your child's experience, not yours.

You must remember that this athletic journey is your child's, not yours. Allow them to own their successes AND failures. Support them without dictating their path.

2. Team Focus

As much as you love your child, remember it is a TEAM sport. It's all about the team, not just your child. Teach them the value of teamwork and collective success. Show them how to sacrifice ME for WE. Celebrate their teammates' Successes!

3. Embrace the Struggle

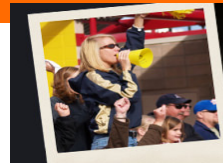
Accept the struggle of team sports. Embrace the highs and lows. Help your child understand the value of perseverance and resilience. Struggles are part of growth and character development.

4. Navigate, Don't Plow

Be there for support, not to clear all obstacles. Allow them to navigate challenges and learn resilience. Being a snowplow parent denies them the chance to grow.

5. Find Joy in the Journey

Find happiness in the entire sports experience. Celebrate the small victories and lessons learned. The journey's highs and lows are equally valuable. Teach your child to cherish every moment, win or lose.



THE PARENT SEAT

Parent Meeting Video

[WATCH VIDEO](#)



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IHSAA Selects Six Interscholastic Stars

The Idaho High School Activities Association have named six high school juniors as the 2023-2024 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.

Calyn Permann was selected as the "Idaho Star" **She will grace the back covers of the 24-25 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 – Calyn Permann – A multiple sport athlete at Rockland HS, Calyn has participated in Volleyball, Basketball and Track. She is active in Music, Cheer, Drama while participating in FFA and Student Government. She also participates in the schools Pep Club and Sources of Strength program.



1A DI Star – Autum Martinez – Autum has been a part of the Volleyball and Softball teams at Clearwater Valley HS. She is a member of the Student Government, Drama and Music programs. She also is leader in her community through Idaho County Ambassadors and Kids for Community.



2A Star – Nayeli Juarez – A three sport athlete at Wendell HS, where she is a captain in all three sports. Nayeli is also involved in Student Government, Cheer and FFA. As a member of the Student Council, Nayeli helped sponsor a canned food drive for children at Christmas.



3A Star – Ashlyn Lloyd – Ashlyn has participated in Soccer, Basketball and Track at Fruitland HS. She enjoys music, drama and marching band. Ashlyn is a member of FFA and has assisted in the "Grizzly Corridor" program which created a donation center in Fruitland.



4A Star – Katlyn Wyne – A state and national competitor for the Columbia Dance team, Katlyn has also participated for the State XC and Track teams while in high school. She is a member of Student Council and NHS where she volunteered with a triathlon and painted a daycare center.



5A Star – Tayana Powell – As an active member of the Owyhee HS Speech and Debate teams, Tayana's leadership has helped the school qualify for state and nationals. She participates in Tennis, HOSA and other clubs, such as NHS which will include a service trip to Guatemala.

Leadership in Coaching Book of the Month

"Powerful story that will inspire and transform
the way coaches lead their teams."

- JON GORDON, Bestselling author of *The Energy Bus*

Confessions *of an* Imperfect Coach

An Experiment in Team Culture that Changed Everything



Kate Leavell

A coach who was winning, loved the game, loved the players, but was drowning in a culture that she couldn't get a grip on, was being pulled away from coaching.

She made a promise to find what she was missing; and through an experiment completely outside of her comfort zone, discovered exactly what coaching can be and what it can do for her players.

Based on the author's real life experiment, this book is for any coach who has ever struggled to hold onto the joy that coaching once brought.

For any coach who has ever wondered if there was a better way to get a team to come together, or get the microscope off their backs, or even just remember why they love the game. This book is for you.

Life is so much better when you're healthy and well. When you have the protection and peace of mind being vaccinated brings, you can enjoy all life has to offer. Schedule your appointment today.



EMPATHY *is everything*

Empathy listens. Empathy connects. Empathy cares.

It's walking in someone else's shoes, seeing what they see and feeling what they feel without judgment or shame.

Empathy says YOU ARE NOT ALONE.

And it changes everything: You. Me. The world.

www.WeSeeYou.Community

"If you're in doubt about something that's not in your life, try it. Things are so different in practice versus in theory. The only way to know is to experience it yourself. ... Err on the side of yes. Try it. If it was a mistake, at least you'll know first-hand, instead of always wondering. If you're in doubt about something that's in your life already, get rid of it. Not just things, this goes for identities, habits, goals, relationships, technology, and anything else. Default to not having it, then see how you do without. ... Err on the side of no. Get rid of it. Start with a clean slate. If it was a mistake, you'll get it back with a renewed enthusiasm."

-Derek Sivers, *When in Doubt, Try the Difference*

IHSAA Announces 24-25 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.

24-25 SAC

District I

Luke Neary - SR Lake City HS
Sydney Hinthorn - JR Bonners Ferry HS
Malia Miller - JR Timberlake HS

District II

* Owen Tiegs - SR Moscow HS
Kelsee Hunt - SR Kamiah HS
Makayla Herman - SR Genesee HS
Trinity Bonebrake - JR Lewiston HS
Hali Anderson - JR Kendrick HS
Nathan Tweit - JR Kendrick HS
Chloe Grieser - JR Genesee HS
Kairys Grant - JR Nezperce HS

District III

* Johanna Serrato - SR Caldwell HS
* Carlos Valdez - SR Bishop Kelly HS
Hunter Hastie - SR Cambridge HS
Alison Turcke - SR Boise HS
Dylan O'Brien - JR Nampa Christian HS
Kaitlyn McGee - JR Ridgevue HS
Beckham Basham - JR Centennial HS
Samantha Parsons - JR Payette HS
Beatrice Grant - JR Bishop Kelly HS

District IV

* Nayeli Juarez - SR Wendell HS
* Brooklyn De Vries - SR Hagerman HS
* Thomas Harper - SR Raft River HS
* Madison Spriggs - SR Glenns Ferry HS
Joshua Hardy - SR Valley HS
Zeidy Reynaga - JR Glenns Ferry HS
Kierra Thompson - JR Buhl HS

District V

* Lydia Howell - SR Marsh Valley HS
* Hayven Holyoak - SR Preston HS
Kimberli Jensen - JR North Gem HS
Bibinee Knapp - JR Preston HS

District VI

* Bryce Johnson - SR South Fremont HS
Hayley Little - SR Teton HS

THANK YOU!

23-24 SAC GRADUATES

District I

Ella Terzulli - Lakeland HS
Braylyn Bayer - Bonners Ferry HS
Asha Abubakari - Bonners Ferry HS
Emerie Smith - Post Falls HS

District II

Araya Wood - Deary HS
Emily Sanford - Moscow HS
Kenadie Kirk - Deary HS
Faith Tiegs - Moscow HS

District III

Molly Sawyer - Borah HS
Kade Andrus - Mt. View HS
Cody Smithies - Payette HS

District IV

Halle Walker - Twin Falls HS
Sydney Fowler - Kimberly HS
Aysha Cleverley - Buhl HS
Alli Stastny - Kimberly HS
Ellie Stastny - Kimberly HS

District V

Taylor Bunderson - Pocatello HS

District VI

Emily Miller - Sugar-Salem HS
Ian Simpson - Butte County HS



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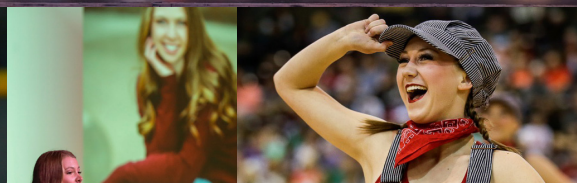


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