



# March 2020 ISSUE

- \* 2020 IAAA STATE CONFERENCE - April 5-7
- \* WINTER ACADEMIC CHAMPIONS
- \* WHY COACHES TAKE NFHS LEARN COURSES
- \* SAC BATTLE OF THE FANS WINNERS - Eagle HS and Weiser HS
- \* YOUTH SPORTS SPECIALIZATION - Recommendations
- \* NHSCA COACH OF THE YEAR - Jeff Horsley, Soda Springs
- \* 5 THINGS I WISH I KNEW AS A YOUNG COACH - Jamy Bechler
- \* BOOSTER CLUBS FOR HS ACTIVITIES - Lisa Myran-Shutte, CAA



# IHSAA EXPRESS

## Supporting Education Through Activities

### 30th ANNUAL

### IDAHO ATHLETIC ADMINISTRATORS ASSOCIATION STATE CONFERENCE



Tracy Leinen, CMAA  
State Executive Director



Todd Gilkey, CMAA  
State President



Ted Reynolds, CAA  
State Conference Chair



Beth Holt  
State Membership Chair



BECOME NIAAA CERTIFIED

REGISTER HERE

SPEAKERS INCLUDE

"PROMOTING WAYS TO STRENGTHEN YOUR ATHLETIC PROGRAM"

Sunday April 5th - Tuesday April 7th  
Riverside Hotel, Boise Idaho

#### Leadership Training Courses

- Leadership Training LTC 706  
Athletic Administration: Coaching Coaches to be Leadership Educators
- Leadership Training LTC 502  
Athletic Administration: Strategies for Organization Management
- Leadership Training LTC 715  
Athletic Administration: Appropriate Professional Boundaries

#### High School and Middle School Professional Development Opportunities

- "Promoting Proper Recovery" - Sponsored by Dairy West
- "Concussion Protocols"
- "Perfect Practice: Schedule Star Tips to Keep You Ahead of the Game"
- "Budget Cuts and Fundraising"
- "Positive Coaching Alliance"
- "The Power of Positive: Culture, Vision, & Pursuit of Excellence"

NIAAA Portal Training Workshop

New AD's Session

IHSAA Update & Review

Athletic Administrator's Roundtable Discussions

#### Awards & Banquets

- Athletic Director of the Year
- IAAA Hall of Fame
- NIAAA Awards & Scholarships
- IAAA Awards & Scholarships
- Commendation Luncheon

#### IAAA Conference Staples

- IAAA Annual Meeting
- Jim Reed Memorial Golf Tournament
- Exhibits of the latest Equipment
- College Credit Available
- Door Prizes & More



Corey Bell  
St. Luke's Concussion Clinic



Jon Ruzicka  
Boise SD  
Positive Coaching Alliance



Terry Gawlik  
Director of Athletics  
University of Idaho



Tom Shanahan, CMAA  
Bishop Kelly HS



Bud Postma, Retired AD  
Madison HS, South Dakota



Jen Motze, CMAA  
VP, Big Teams



Kerry Martin  
IAAA Hall of Fame Inductee



Kevin Strong  
IAAA Hall of Fame Inductee

# ADMINISTRATION CORNER

## DATES TO REMEMBER

- 3/5-7 Boys Basketball Real Dairy Shootout
- 3/9 1st Spring Sports Competition
- 3/9 State Cheer/Dance Pictures and Rosters Due
- 3/13-14 State Debate
- 3/20 State Cheer
- 3/21 State Dance



## MARCH CHECKLIST

- \_\_\_ Add spring team rosters and pictures to your MaxPreps account
- \_\_\_ Send sportsmanship information to parents
- \_\_\_ Prepare spring facilities (scoreboards, fields, equipment)
- \_\_\_ Sign contracts for 2020-2021 sports seasons
- \_\_\_ Register for the IAAA State Conference
- \_\_\_ Turn in concussion survey for winter sports
- \_\_\_ Verify Spring Sports Eligibility
- \_\_\_ Verify spring coaches requirements
- \_\_\_ Nominate a student for the IHSAA Student Advisory Council
- \_\_\_ Nominate a student for the Interscholastic Star Scholarship
- \_\_\_ Put together a Unified Track Team from your school

## SPRING PARENT MEETINGS

The role of the parent in the education of a student-athlete is vital. Fairness and respect are lifetime values taught through athletics and activities.

This checklist are the principles of good sportsmanship and character that can be addressed at a pre-season parent meeting. As a parent of a student-athlete(s), you are a role model and teacher of behavior, your goals should include:

- Realize that athletics are part of the educational experience, and the benefits of involvement go beyond the final score of a game
- Encourage students to perform their best, just as we would urge them on with their classwork
- Participate in positive cheers that encourage our student-athletes; and discourage any cheers that would redirect that focus – including those that taunt and intimidate opponents, their fans and officials
- Learn, understand, and respect the rules of the game, the officials who administer them and their decisions
- Respect the tasks our coaches face as teachers and support them as they strive to educate our youth
- Respect our opponents as student-athletes, and acknowledge them
- Develop a sense of dignity and civility under all circumstances.



## Congratulations 2019-2020 IHSAA Winter Academic Champions



Academic State Champions are awarded to the team of each classification with the highest team cumulative GPA in all IHSAA sports and activities. These awards are sponsored by the Idaho Army National Guard.

### Basketball

Girls		Boys	
Timberline	3.913	5A	Madison 3.767
Idaho Falls	3.842	4A	Twin Falls 3.737
Sugar-Salem	3.970	3A	Marsh Valley 3.765
Nampa Christian	3.895	2A	Firth 3.781
Greenleaf Friends	3.929	1A DI	Raft River 3.910
Kendrick	3.909	1A DII	Logos 3.842

### Wrestling

5A	Highland	3.472
4A	Bishop Kelly	3.543
3A	Sugar-Salem	3.430
2A/1A	Bear Lake	3.299

### Dance

5A	Centennial	3.775
4A	Century	3.743
3A/2A/1A	Malad	3.601

### Cheer

5A	Borah	3.600
4A	Bishop Kelly	3.672
3A	Weiser	3.691
2A/1A	Bear Lake	3.729

Congratulations to the Mustangs from Eagle HS and the Wolverines from Weiser HS. Winners of the 19-20 Student Advisory Council Battle of the Fans Contest

### SMALL SCHOOL

### LARGE SCHOOL

**BATTLE of the FANS Weiser Wolverines 2020**

Presented By



CLICK ON SCHOOL LOGO TO VIEW WINNING VIDEOS

**BATTLE of the FANS Eagle Mustangs 2020**

Presented By



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## WHY COACHES TAKE NFHSLEARN COURSES

### LEADERSHIP



Improve the learning experience and skill development of the students who participate.

### HEALTH & SAFETY



Reminders and key information on critical health and safety topics to help keep students as safe as possible.

### GROWTH



Learning about or improving on guidelines and standards is a key to continued success.

### CERTIFICATE



Receive a certificate that signifies completion of the content covering critical topics.

### PROFESSIONAL



Receive a sense of pride and professional pride by completing nationally recognized coursework and certifications.

### CONVENIENT



Self-paced, online learning that you can learn from anywhere on any device.

### ASSURANCE



School district and parents will know that you are educated about the legal responsibilities associated with coaching at the interscholastic level.

### SKILL BUILDING



Learners at any level of proficiency can improve key skills.

### STATE STANDARDS



Meet IHSAA minimum standards and maintain eligibility to coach in the State of Idaho

HEALTH IS A COMPETITIVE ADVANTAGE - Learn more by visiting [atyourownrisk.org](http://atyourownrisk.org)

## YOUTH SPORT SPECIALIZATION SAFETY RECOMMENDATIONS

The National Athletic Trainers' Association supports the following recommendations as they relate to the health and well-being of adolescent and young athletes:



**DELAY SPECIALIZING IN A SINGLE SPORT AS LONG AS POSSIBLE:**  
Sport specialization is often described as participating and/or training for a single sport year-round. Adolescent and young athletes should strive to participate, or sample, a variety of sports. This recommendation supports general physical fitness, athleticism and reduces injury risk in athletes.



**ONE TEAM AT A TIME:**  
Adolescent and young athletes should participate in one organized sport per season. Many adolescent and young athletes participate or train year-round in a single sport, while competing in other organized sports simultaneously. Total volume of organized sport participation per season is an important risk factor for injury.



**LESS THAN EIGHT MONTHS PER YEAR:**  
Adolescent and young athletes should not play a single sport more than eight months per year.



**NO MORE HOURS/WEEK THAN AGE IN YEARS:**  
Adolescent and young athletes should not participate in organized sport and/or activity more hours per week than their age (i.e., a 12-year-old athlete should not participate in more than 12 hours per week of organized sport).



**TWO DAYS OF REST PER WEEK:**  
Adolescent and young athletes should have a minimum of two days off per week from organized training and competition. Athletes should not participate in other organized team sports, competitions and/or training on rest and recovery days.



**REST AND RECOVERY TIME FROM ORGANIZED SPORT PARTICIPATION:**  
Adolescent and young athletes should spend time away from organized sport and/or activity at the end of each competitive season. This allows for both physical and mental recovery, promotes health and well-being and minimizes injury risk and burnout/dropout.



**NHSCA**  
NATIONAL HIGH SCHOOL COACHES ASSOCIATION



Soda Springs cross country coach Jeff Horsley was named the National High School Girls' Cross Country Coach of the Year by the National High School Coaches Association (NHSCA).

As a college basketball coach for nearly 20 years, I had many experiences that I was proud of. But, I also made my share of mistakes, especially early in my career. Now that I have left coaching to work with teams as a leadership trainer and consultant, I look back on my career and offer up five things that I wish I knew when I first started out in coaching.

### ***(1) Dead Right***

One day in high school, I was walking down the sidewalk with my mother. We needed to cross the street. Instead of going to the intersection and crossing at the crosswalk, I decided to do it sooner since I figured I could make it before the next car went by. My mother grabbed my arm and pulled me back. “What are you doing? There are cars coming”, said my mother. “Don’t worry mom”, I replied confidently. “Pedestrians have the right of way”. “Yeah and you’ll be DEAD RIGHT”, she retorted. This is a common problem among coaches. We are infinitely smarter than our players. We are right more than we are wrong. We understand things at a much higher level than our player. However, our job isn’t to be the smartest people in the room. What should happen is not always what will happen. We don’t build a great program or win games because of theories, philosophies, or plays on paper. We win with people. We win when our players are inspired and motivated. It does us no good to be right if our players don’t respond positively to our knowledge. Our job as coaches is to take our players from where they currently are to where they want to be. Our job is to help the team maximize its’ potential. Our job is not to be right. It doesn’t matter who is right. There were a lot of games that we lost because a kid screwed up and didn’t do what I told them to do. But then again, did I communicate properly with them? Did I put them in the right situation? Did I adapt, adjust, or align my coaching in the best way to maximize potential? What matters is whether your players respond to you and you are able to connect with them in a way that motivates them to be successful.

### ***(2) Train all your players and coaches***

Early on I did what most coaches did and that I only did leadership training (if at all) with my captains. These sessions were even voluntary for my assistant coaches. This meant that we weren’t training future leaders and our staff wasn’t always on the same page. In reality, a basketball team is only going to have 2-3 captains. That means that there are more players that aren’t trained to be leaders on any given teams. This creates a situation that is both dangerous for the future and can cause many issues on your current team since your players will not know how to be leaders when they are away from the coach or the captains. Training everyone helps develop more ownership and creates a culture of accountability whether your players are in the locker room, in the back of the bus or in the cafeteria.

### ***(3) Enjoy it***

Getting the opportunity to work in athletics is a blessing. I met so many people that thought I had the coolest job because I was a coach. I often took my occupation for granted. I was consumed with winning and excellence. Though admirable and important, those outcomes did not allow me to enjoy my job, life, and experiences like I should have. Now that I am no longer coaching, I see how I squandered some of these opportunities. I didn’t appreciate what I had as a coach. We only have one life to live. Being in athletics is cool. Enjoy the ride.

### ***(4) Dig your well before you’re thirsty***

Develop and nurture relationships with key people, not just in the coaching profession but with individuals in the community and at your school. Do this with no strings attached. Add value to others without expecting something in return. One day you might need them, though. When this day comes, it will be too late to develop a connection with them. Build up goodwill and trust with these people. At worst, if you never need them, then you have a strong friendship with someone new. This doesn’t just apply to people with high status such as the District Attorney, Dean of Students, Mayor or head of the Chamber of Commerce. Some of the most important people are the I.T. people, custodians, maintenance people or cafeteria workers at your school. Treat everyone like they are special because they are. Coaches are notorious for being demanding and having a sense of entitlement. Free tickets to a game, inviting someone to come grab some food in the hospitality room after a game, free t-shirts, etc... are just a couple of ways that you can make someone’s day. If the only time a person hears from you is when you need something then you are doing it wrong.

### ***(5) Invest in people***

I went to clinics. I read books and articles. I watched instructional videos. I knew my X’s and O’s but I didn’t focus on the Jimmy’s and the Joe’s until much later in my career. We are in the people business. We develop and impact people through athletics. X’s and O’s are just a tool. Nearly every coach begins coaching because they want to help kids. They want to have a positive influence and impact on the world around them. Most coaches had a coach that played a big part in shaping their life. Remembering the “why” is crucial but it is often forgotten about during the course of a season. Unfortunately, we start to focus more on the “how” and strategy of coaching. The more you focus on the process and the “why” you coach, then the more that the “how” will take care of itself. If your players believe that you care about them and can help them accomplish their goals then they will be more likely to play hard for you. You want players to play hard, run the right plays and be committed, then give them a reason. They have to trust that you have their best interest in mind.

**Jamy Bechler is a former college basketball coach and championship high school athletic director.  
He is also a John Maxwell Certified Leadership Speaker and Coach.**



**MAKE HIGH SCHOOL A  
MOVING EXPERIENCE.**



**#MYREASONWHY**

**Participate in sports  
and activities in high school.**





# FUEL YOUR FIRE

You're not afraid of a challenge.  
You push yourself to the limit —  
and then you push a little more.  
You're on a journey to becoming  
your best self. And when you need  
a boost, dairy is there to fuel you  
on your path to greatness.



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## BOOSTER CLUBS FOR HIGH SCHOOL ACTIVITIES

Excerpt from High School Today  
by Lisa Myran-Schutte, CAA

The mention of booster clubs can make high school activities directors cringe. While booster clubs are essential for many programs, there is the other side of dealing with overzealous parents who take a lot of their time.

Booster clubs support what is needed or wanted by coaches. They offer volunteer hours, monetary donations or food for athletes. Often, they cover some items that may not be covered in the school budget.

**Following are some possible guidelines for school booster clubs to ensure they are supporting the coach and the program correctly.**

### **Purpose and Function of Booster Clubs:**

A booster club is defined as “an organization that is formed to help support the efforts of a sports team or organization. Support is shown in many ways, including volunteering time, raising money and contributing funds to better enhance the team or organization’s performance.”

Another definition is a “a booster club provides enthusiastic support of a team or organization.” This type of support is much like emotional or psychological parental support, but it is given in a collective manner. Booster clubs play a key role in supporting school activities in many ways. Booster clubs may raise money by printing approved promotional items. Booster clubs can financially support the program by providing additional funding for coaches, staff and event workers. They can organize team events, such as pregame or postgame dinners or social events during the season. Booster clubs may perform, meet or organize in any way, in accordance with the above stated definition, that supports or ‘boosts’ the program they are formed to support.

### **Booster Clubs Should:**

- Volunteer time and raise money
- Contribute funds to better enhance the team or organization’s performance.
- Print promotional items like team schedules, programs and yearbooks (subject to approval by the head coach/athletic director).
- Financially support the program by providing additional funding for coaches, staff and event workers as approved by the head coach and athletic director.
- Listen and work closely with the head coach.
- Discuss as official business any item that meets the definition or function of a booster club.

### **Booster Clubs Should NOT:**

- Openly discuss or perform a performance review of the head coach or coaching staff.
- Review the performance of a coach funded by the booster club; staff evaluations are solely the responsibility of the district.
- Openly discuss playing time issues.
- Ransom funding of the program in order to control the hiring or firing of the head coach or staff member.
- Offer a petition by booster club members to hire/fire a coach.
- Discuss as official business any item that does not meet the definition and function of a booster club.

The reality is that today’s high school athletics programs need support. Booster clubs are a fantastic way to feel supported with monetary items but also encouragement. As an activities director, it is essential to embrace what is possible in your district, whether it is one or multiple booster clubs as they can be a huge asset to successful seasons.



# 91%

of concussions  
in high school  
cheerleading happen  
during stunts.

**Know your limits.  
Use spotters.  
Practice on soft  
surfaces.**



Learn more:  
[www.cdc.gov/HEADSUP](http://www.cdc.gov/HEADSUP)



Source: Marar M, Miskin N, Fields S, Comstock RD. Epidemiology of concussions among United States high school athletes in 20 sports. Am J Sports Med. 2012;40(4):747-752.



Be strong. Be confident. Be tough.  
Participate in sports and activities in high school.

