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- * **10TH ANNUAL CONCUSSION SYMPOSIUM**
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- * **NEW IHSAA BOARD MEMBER** - Eric Studebaker



March 2021 ISSUE



IHSAA EXPRESS

Supporting Education Through Activities

NFHS Honors Individuals with Sectional and State Speech, Debate, Theatre and Music Educator Awards



NFHS Press Release - A total of 42 high school speech, debate, theatre and music teachers and coaches have been selected as recipients of awards from the National Federation of State High School Associations (NFHS).

The NFHS Speech, Debate, Theatre and Academic Association is honoring 20 individuals with the 2020-21 Outstanding Speech/Debate/Theatre Educator Awards, and the NFHS Music Association is honoring 22 individuals with the 2020-21 Outstanding Music Educator Awards.

Seven of the 20 speech/debate/theatre awards are sectional awards, and the other 13 are state awards. Section recipients receive a plaque from the NFHS to be presented in their respective state, while state award recipients receive a certificate. Likewise, seven music sectional awards will be presented, along with 15 state award recipients.



SECTION 8 AWARD Kara Smith Timberline HS

The 2020-21 NFHS Outstanding Speech/Debate/Theatre Educator Awards for Section 8 is Kara Smith from Timberline High School in Boise.

Kara has taught at three Idaho schools the past 20 years and currently teaches and coaches speech and debate at Timberline High School in Boise, where she has been since 2016. Smith was speech and debate coach at Lake City High School in Coeur d'Alene, Idaho, for 16 years before moving to Boise in 2016. For three years (2016-2019), she coached at two Boise schools – Capital High School and Timberline High School.

Smith has been chair of the Inland Empire National Forensic League/National Speech and Debate Association (NSDA) for two separate terms (2002-04 and 2010-16), and since 2018, she has been the Idaho State Speech commissioner.

Last year, Smith was selected Idaho Speech Arts Teacher of the Year and was inducted into the Idaho Speech Arts Teachers Association Hall of Fame. Among her other honors, Smith was Idaho State Debate Coach/Teacher of the Year in 2017 and received the NSDA Distinguished Service Citation Gold Key in 2018. In June 2021, she will receive her Fourth Diamond at the NSDA National Tournament.

STATE AWARD Wayne Millett Aberdeen HS



Wayne Millett became the music teacher at Aberdeen (Idaho) High School in 1990, and currently teaches band, choir, guitar, musical and stage crafts classes. Over his entire 38-year teaching career, which includes time spent at high schools and middle schools in Utah, Millett's students have been involved in more than 80 musical productions. Millett has consistently guided Aberdeen bands to "superior" ratings at district festivals and from 2006 to 2019, led them to 10 first-place awards at various other events including the Music in the Parks Festival and the Gene Harris Jazz Festival. Millett has been very active at the state level throughout his career, serving as the Idaho Music Educators Association's (IMEA) overall president and president of its Fifth District, and webmaster; and has been a member of the Idaho High School Activities Association (IHSAA) Fifth District Board of Control.

Nationally, he has been affiliated with the National Association for Music Education since 1983 and is a former member of the American Choral Directors Association.

Among his numerous accolades, Millett received the IMEA Distinguished Service Award and the IHSAA West Lowe Memorial Award in 2016; Idaho Fifth District Music Educator of the Year in 2002 and 2011; and Aberdeen School District Teacher of the Year in 2005.

ADMINISTRATION CORNER

DATES TO REMEMBER

3/10	Spring Sports Competition Start Date
3/12-13	State Debate (Virtual)
3/19	State Cheer Championships
3/20	State Dance Championships
4/1	Winter Sports Concussion Survey Due

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 2021-2022 sports seasons
- ___ 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

IHSAA BOARD OF DIRECTORS MEETING CHANGE

Due to the date change for the IAAA Conference, the April IHSAA Board of Directors Meeting has been moved to April 7th

2021 IAAA STATE CONFERENCE DATES CHANGED

The annual IAAA Conference has been moved to July 26th through 28th 2021 in Boise

2021 4th DISTRICT COACHES CLINIC CANCELLED

The annual coaches clinic in Jackpot, NV has been cancelled due to COVID restrictions. See you in 2022!

Congratulations 2020-21

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.

<i>Girls</i>		<i>Basketball</i>		<i>Boys</i>	
Timberline	3.870	5A	Idaho Falls	3.830	
Century	3.851	4A	Twin Falls	3.846	
Sugar-Salem	3.980	3A	Marsh Valley	3.778	
Grangeville	3.976	2A	Grangeville	3.774	
Raft River	3.924	1A DI	Victory Charter	3.846	
Camas County	3.890	1A DII	Kendrick	3.698	

<i>Wrestling</i>		
5A	Centennial	3.570
4A	Century	3.603
3A	Marsh Valley	3.439
2A/1A	Melba	3.343

<i>Dance</i>		
5A	Centennial	3.821
4A	Bishop Kelly	3.792
3A/2A/1A	Declo	3.730

<i>Cheer</i>		
5A	Highland	3.841
4A	Bishop Kelly	3.717
3A	Kimberly	3.711
2A/1A	Melba	3.730

unbottled.

Game Winning Fueling Strategies

Sign up your sports team for a custom nutrition talk with Erin Green, professional athlete and sports dietitian. These 15-minute virtual team talks are free and available to high school sports teams in Idaho and Utah. During the talk, expect your athletes to learn the basics of sports nutrition and how to practically incorporate daily good nutrition habits that will help improve performance. Click the link below to request a session with Erin for your team.

SIGN YOUR TEAM UP FOR A TALK TODAY



COACHES CORNER

9 SIGNS OF A GOOD YOUTH SPORT COACH

@BelievePHQ

Help athletes to learn life lessons from sport



Listen to players thoughts and opinions



Understand that there is more to sport than winning



Are the first and last person at training and games



Develop a positive rapport with players



Support, encourage, motivate and inspire players



Work together with athletes to set team and individual goals



Don't interfere with referees



Win and lose graciously



Meet Eric Studebaker
State Department of Education Representative
IHSAA Board of Directors



Meet the newest member of the IHSAA Board of Directors, replacing Derek Newland who retired this fall. Eric Studebaker has 22 years of experience in the field of education and currently serves as the Director of Student Engagement and Safety Coordination within the Idaho State Department of Education. His primary duties included the development of institutional strategic plans and creating collaboration across departments to facilitate student success.

His first experience working in education was in 1999 at Boise State University where he served as the National Student Exchange Coordinator. In 2002 he took on a role as the New Student Services Coordinator at the College of Southern Idaho. After five years at CSI he transitioned to the position of Idaho Region IV Advanced Learning Opportunities Coordinator. Then in 2012 he moved to the College of Western Idaho where he held several positions; first as the Director of Dual Credit, next as the Assistant Dean for Enrollment Management, and then as the Dean of Student Affairs and Services. In the Fall of 2016 Dr. Studebaker took on the role of VPSS at Columbia Gorge Community College, and most recently in 2019 moved to the Idaho State Department of Education.

Eric believes student engagement is of critical importance in designing educational systems that foster student success. While serving on the IHSAA Board, he will advocate for increased student opportunities, diversity in activities, and equity in student access to Idaho's school activities. Eric is the son of a community college professor and a K-12 school teacher. Although both of his parents were first-generation college graduates, Eric quite literally has spent his whole life surrounded by education. Both Eric and his wife, are passionate supporters of public education and the opportunities it provides.

Eric is married to the love of his life and, who he likes to call, "my better two-thirds". Dr. Bethani Frantz-Studebaker is an Assistant Professor of Education & the Director of Doctoral Programs in Educational Leadership at Northwest Nazarene University. Together they have three beautiful children who attend school in the West Ada school district; Sophi, 14, Phoebe, 12, and Jack, 10. Each of their children are active in athletics, humanities, and outdoor activities.



"Implicit Bias" Course Now Available!



Project Implicit

Implicit Bias

Implicit Bias - Implicit biases are the automatic reactions we have toward other people based on our past learning and expectations. Studies show that Implicit Bias affects the experiences of students in school athletic and activity programs. The NFHS has partnered with Project Implicit to bring you this course, Implicit Bias. This course defines and illustrates examples of Implicit Bias and provides research on how it impacts our society.

Developing **MENTAL TOUGHNESS** in Athletes

by @inner_drive | www.innerdrive.co.uk



MENTAL TOUGHNESS IS:

Showing an Awareness of Your Emotions

Asking for Help

Wanting to Get Better

Talking to Others When You Are Down

Learning from your Mistakes

Being Authentic and True to Yourself

Being Curious and Asking Questions

Being Committed to the Team

Being Hungry to Learn

Helping Others to Play Well

Being a Good Listener

Actioning your Feedback

MENTAL TOUGHNESS IS NOT:

"Wanting it"

Thinking you are Always Right

Wanting to Prove Yourself

Putting on a "brave face"

Never Making Mistakes

Acting how you Think Others Want you to

Having False Confidence

Only Being Committed to Yourself

Being a "born winner"

Always Taking Centre Stage

Being Loud

Arguing with Feedback

unbottled.

THANK AN OFFICIAL TODAY

Without Officials there are NO games



highschoolofficials.com

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

2021 Spring Webinars

These dates are subject to change. All courses are offered from 4 - 8 p.m. EST (900-level courses are offered 9 a.m. - 1 p.m. EST) *Available as an online course

LTC 501* - Wednesday, March 17
LTC 502* - Tuesday, March 30
LTC 504* - Wednesday, April 7
LTC 506* - Monday, March 15
LTC 508* - Monday, March 29
LTC 608 - Wednesday, April 14
LTC 621 - Wednesday, March 10
LTC 625 - Tuesday, March 9
LTC 628 - Monday, March 8
LTC 700 - Wednesday, March 31

LTC 701 - Tuesday, April 6
LTC 706 - Monday, April 5
LTC 709 - Tuesday, April 13
LTC 719 - Monday, April 12
LTC 799 - Tuesday, March 16
LTC 901 - Monday, March 22
LTC 902* - Tuesday, March 23
LTC 903 - Tuesday, March 30
LTC 904 - Monday, March 29



   #NIAAAPROFESSIONALDEVELOPMENT

2021 IHSAA WINTER STATE CHAMPIONSHIP RESULTS

REPLAY EVERY MOMENT



Get the Digital File



Order the DVD

VISIT THE STORE



State Girls Basketball Championship Teams

5A	Mt. View
4A	Blackfoot
3A	Timberlake
2A	Melba
DI	Grace
1A DII	Tri-Valley



State Wrestling Championship Teams

5A	Meridian
4A	Jerome
3A	South Fremont
2A/1A	New Plymouth



State Boys Basketball Championship Teams

5A	Meridian
4A	Middleton
3A	Marsh Valley
2A	St. Maries
1A DI	Lapwai
1A DII	Garden Valley



SPORTSMANSHIP



2021 IHSAA STATE GIRLS BASKETBALL SPORTSMANSHIP AWARDS

5A	BOISE
4A	SANDPOINT
3A	PARMA
2A	BEAR LAKE
1A DI	MURTAUGH
1A DII	CAMAS COUNTY

Congratulations Players, Coaches, Parents, Fans, Administrators!



2021 IHSAA STATE BOYS BASKETBALL SPORTSMANSHIP AWARDS

5A	Madison HS
4A	Lakeland HS
3A	Kimberly HS
2A	Melba HS
1A DI	Liberty Charter HS
1A DII	Carey HS

Congratulations Players, Coaches, Parents, Fans, Administrators!

10th Annual Concussion Symposium

Presented by St. Luke's Sports Medicine Concussion Clinic

Saturday, April 3rd, 2021

8:30 a.m.—12:30 p.m.

Virtual Conference via Teams Live

Conference Overview

The symposium is targeted toward coaches, athletic directors, athletic trainers, parents, nurses, counselors, teachers, physicians and anyone interested in the management of concussion in youth.



Register for this FREE event today!

Registration deadline: April 1st

Offering 3.75 CME Credits

This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Utah Medical Association (UMA) through the joint providership of the Ada Canyon Medical Education Consortium and the St. Luke's Sports Medicine Concussion Clinic. The Ada Canyon Medical Education Consortium is accredited by the Utah Medical Association to provide continuing medical education for physicians. The Ada Canyon Medical Education Consortium designates this live activity for a maximum of 3.75 AMA PRA Category 1 Credit(s)™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Featured Topics and Speakers

Concussion Update 2021

Kurt Nilsson, MD, MS

Medical Director

St. Luke's Sports Medicine Concussion Clinic

Post Traumatic Headaches

Lindsey Foy, MD

Pediatric Neurologist

St. Luke's Children's Neurology

Impact of Concussion Legislation & Education

Corey Bell

Community Relations Coordinator

St. Luke's Concussion Clinic

Youth Athlete Concussion Knowledge and Attitudes Toward Reporting

Eric Martin, PhD

Assistant Professor

Co-Director, Center for Physical Activity and Sport Boise State University

Importance of Protocol, Education, and Team Culture

Eddie Freyer

Executive Director

Idaho Interscholastic Cycling League

Concussion Management with a Full-Time Athletic Trainer

Opal Griffin, ATC, LAT

Lead High School Athletic Trainer

Middleton High school



To register for this FREE event go to:
concussionsymposium2021.eventbrite.com

WE WANT YOU...

Be a Part of the Idaho High School Activities Association

INTERSCHOLASTIC STAR SCHOLARSHIP



2020 Idaho Interscholastic Star Sarah Cole Mt. View High School

Do you have a “jock” in your dance/cheer program? If so, this scholarship opportunity may be perfect for him/her. The Idaho High School Activities Association sponsors the Interscholastic Star Scholarship program.

This award is geared towards those well-rounded, leaders in your school who participate in IHSAA sports and activities.

Five, \$1000 awards are given (one for each classification) to the recipients’ college of choice. Five, \$500 awards are given (one for each classification) for each runner-up. Not only do the kids get money, five schools will also receive money from the IHSAA (\$500 for winners’ schools). It is a GREAT program! Here are the basics:

- All applicants must be current **JUNIORS**
- All applicants must participate in at least one IHSAA sport and one IHSAA activity (or have done so at some point in their first three years of high school). It’s not an either/or thing, they have to have done both!
- All applicants must be nominated by their principal. There are a limited number of applications allowed per school (see application and guidelines attached).
- **All applications are due to the IHSAA by APRIL 10th.**
- Applications on-line at www.idhsaa.org

Identify a deserving student and encourage them to submit an application.
If you have any questions, please feel free to contact the IHSAA

STUDENT ADVISORY COUNCIL

The SAC is a diverse group of students who participate in interscholastic athletics/activities and are focused on providing education and leadership through open and honest communication with all member school students, administrators and coaches. The committee serves as a liaison between students, administrators, the IHSAA Staff and Board of Directors. The Student Advisory Council promotes the ideals of the IHSAA, including leadership, sportsmanship and integrity.

Students nominated for the IHSAA Student Advisory Council must:

- Display strong character and commitment to sportsmanship and integrity
- Demonstrate leadership in your school
- Be involved in at least two IHSAA sponsored activities
- Demonstrate a commitment to representing the interest of all students participating in interscholastic activities

The 2021-22 SAC will consist of two students from each activity district. Any IHSAA member school administrator can nominate one current Sophomore or Junior student to be a member of the 2021-22 Council.

Two students will be chosen for an all expense paid trip to attend the National Student Leadership Summit in Indianapolis, Indiana in the summer of 2021.

Applications are due May 1st



SPIRIT OF SPORT AWARD



2020 Spirit of Sport

Regan Chambers - Twin Falls HS

The IHSAA has developed the “Idaho High School Spirit of Sport Award”. The recipient must be an individual from a high school that is a member of the IHSAA.

The recipient must be a current coach or student-athlete involved with the schools’ athletic or activities program.

This award seeks to recognize those individuals who exemplify the ideals of the positive spirit of sport that represent the core mission of education-based participation. The award may be given in recognition of a specific act or for an activity of longer duration.

For example, it could be given to an individual who has gone beyond the normal everyday expectations of assisting others within the school or community. It could also be given to an individual who has overcome some sort of adversity or challenging circumstances.

The IHSAA seeks to identify worthy award recipients by nominations submitted from anyone from the school or community. All nominations must be forwarded to the IHSAA. A committee made up of IHSAA Board of Directors members will then review all nominations and select the one Spirit of Sport Award winner.

If you have a candidate you wish to nominate, please complete and return the nomination form to the IHSAA.

Applications may be submitted electronically by completing the application form and emailing it to IHSAA Assistant Director, Julie Hammons at hammonsj@idhsaa.org

Deadline for returning the completed nomination is May 1.