



- \* STATE CHAMPIONS
- \* IAAA STATE CONFERENCE
- \* NEW BASKETBALL POINTS LEADER
- \* STATE SPORTSMANSHIP WINNERS
- \* WINTER ACADEMIC CHAMPIONS
- \* THE HAIRCUT DECISION - James Clear
- \* APPLY TODAY - IHSAA Interscholastic Star Scholarship
- \* NOMINATE TODAY - Spirit of Sport Award
- \* NOMINATE TODAY - IHSAA Student Advisory Council
- \* BOOK OF THE MONTH - The Wisdom of the Bullfrog
- \* RULE OF THE MONTH - Rule 12 Participation in Special Events

March  
2024 ISSUE



# IHSAA EXPRESS

Supporting Education Through Activities



## Interscholastic Star Scholarship

## Spirit of Sport Award



2023  
Interscholastic  
★ Star ★  
Student Recognition  
Scholarship Award  
"Be a Sport...Be a Star"

Mirah Bennion  
Madison High School

2023 IHSAA Interscholastic Star  
**MIRAH BENNION**  
Madison High School



2023  
Spirit of Sport  
Award

• Character  
• Respect  
• Integrity

Olivia Taufu'i  
Blackfoot High

2023 IHSAA Spirit of Sport Award  
**OLIVIA TAUFU'I**  
Blackfoot High School

Do you have a "jock" in your dance/cheer program? A student who is a great actor and can also throw strikes on the softball team? 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 for juniors that are well-rounded leaders in your school who participate in IHSAA sports and activities.

Six \$1000.00 awards are given (one for each classification) to the recipient's college of choice. Six \$500.00 awards are given (one for each classification) for each runner-up. Not only do the students receive a scholarship, six schools (each classification Star winner) will also receive \$500.00 from the IHSAA. It is a fantastic opportunity for your school and students.

- \* All applicants must be current JUNIORS
- \* All applicants must participate in at least one IHSAA sport and one IHSAA sponsored activity
- \* All applicants must be confirmed by the school's Principal
- \* On-Line applications are under the "Awards & Honors" tab
- \* Or by clicking <https://idhsaa.org/schools-of-excellence>

Identify that deserving student TODAY. If you have questions, please contact the IHSAA

**Deadline for applications is April 10th**

The IHSAA has developed the "Idaho High School Spirit of Sport Award". Candidates can be nominated by member schools or community members and the recipient can be an individual, player, manager, coach, or a school, group or team.

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

An example would be an individual who has gone above and beyond the normal everyday expectations of assisting others within the school or community. It could also be someone 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 of the Board of Directors will review applications and select the Idaho Spirit of Sport Award winner.

If you have a candidate you wish to nominate, please complete electronic submission and return the nomination form to the IHSAA. Julie Hammons at [hammonsj@idhsaa.org](mailto:hammonsj@idhsaa.org)

**Deadline for application is May 1**



WE WANT YOU...



# Be a Part of the Idaho High School Activities Association

## 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 IHSAA member schools.

This committee serves as a liaison between students, administrators and 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 their school
- Be involved in at least two IHSAA sponsored activities/sports
- Demonstrate a commitment to representing the interest of all students participating in interscholastic activities.

The 2024-25 SAC will consist of multiple students from each activity district. Any IHSAA member school administrator can nominate a current Sophomore for the 24-25 school year.

Two students will be chosen for an all-expense paid trip to attend the National Student Leadership Summit in Indianapolis, Indiana during the summer of 2024

**Applications are Due May 10th**



# TIME TO SUIT UP! #BECOMEANOFFICIAL



## SOCIAL MEDIA GIVEAWAY

- Post a picture on Facebook or Instagram in your sweatshirt
- Tag Unbottled and IHSAA
- Include #SweatshirtAdventures and #Giveaway



Scan QR code to see rules and deadlines

## ADMINISTRATION CORNER

### DATES TO REMEMBER

2/29-3/2	Boys State Basketball Tournament
3/6	1st Competition Spring Sports
3/8-9	State Debate
3/29	Baseball Pitch Count Extended
3/31	Easter
4/1	Winter Sports Concussion Survey Due
4/7-9	IAAA State Conference
4/9	Board Work Session
4/10	IHSAA Board of Directors Meeting
4/12-13	State Speech
4/15	Interscholastic Star Scholarship Application Due
4/19	Spring Sports Eligibility Verification 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 2024-25 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 Rule of the Month

### Rule 12 - Participation in Special Events

**12-1** Exceptional student-athletes may participate in a maximum of two special events where participation is by inviteonly, earned by the athlete, or will create future participation opportunities without loss of eligibility provided:

**12-1-1** Approval is obtained from the school principal and the IHSAA at least 30 days prior to the event.

**12-1-2** The student has made prior arrangement to complete all missed academic obligations before the end of the grading period in which the absence will occur.

**12-1-3** The student will miss no school-sponsored or association-sponsored event in that sport without permission of the IHSAA.

## 2024 IAAA CONFERENCE

April 7-9  
Riverside Hotel  
Boise, Idaho



CONFERENCE SCHEDULE

REGISTRATION  
FEE DEADLINE MARCH 15TH

### SPEAKERS INCLUDE:



Phil Rison, CMAA  
NIAAA Executive Director



Paul Rush, Athletic Director  
Northwest Nazarene University



Tim Brady, Idaho Youth Sports  
Positive Coaching Alliance



Kevin Bryant, CMAA  
Thrive Athletic Consulting

### IAAA HALL OF FAME RECIPIENTS

Cass Herbst



Beth Holt



## NFHS Courses of the Month

### STUDENT LEADERSHIP: BECOMING A BETTER LEADER

Learning to be an effective leader is one of the most important skills that students can learn in high school activities. To help students learn leadership skills, the NFHS has partnered with the Michigan High School Athletic Association to bring you this course in our Student Leadership series: **BECOMING A LEADER**

This course will help you build the foundation to be an effective leader! This course will focus on what it means to be a leader, actions you can take to become a leader, and how to model that leadership. You will learn from the practical thoughts, advice, and experiences of other student athletes from around the country.

### STUDENT LEADERSHIP: LEADING OTHERS

Learning to be an effective leader is one of the most important skills that students can learn in high school activities. To help students learn leadership skills, the NFHS has partnered with the Michigan High School Athletic Association to bring you this second course in our Student Leadership series: **LEADING OTHERS**.

This course will help you put your leadership skills into action! We will define the four leadership roles and share a range of key leadership skills for you to use in different situations. This course will compare and contrast effective and ineffective leadership strategies and challenge you to evaluate how you will navigate conflict situations as a leader. You will learn from the practical thoughts, advice, and experiences of other student athletes from around the country.



# COACHES EDUCATION PAGE

## HATS, HAIRCUTS AND TATTOOS

To best-selling author James Clear, there are three key types of decisions.

The coach is weighing his options.

His team has a tough matchup ahead, so he decides he's going to switch up some schemes to disrupt the opponent's rhythm.

But when the game starts, the constant shifting only throws off his own players. They aren't clear about whom they're coming in for, they're not used to playing together, and they look entirely lost. The coach's choice to mix up his substitutions is an example of what best-selling author James Clear considers a "haircut decision."

To Clear, there are really three types of decisions — and whatever leadership capacity we're in, we'd benefit from knowing the distinctions:

### Hats

- Low-cost choice
- You can make a poor one with few consequences
- Move quickly and don't overthink these

Example: Choosing between wearing a tie or a nice sweater to an event.



### Haircuts

- Mistakes that have some consequences but aren't fatal
- Our choices may make us look foolish for a short time, but will likely be forgotten
- Don't be scared of these. They're usually risks that are worth a shot

Example: Spending a lot of money on a guest speaker to address the team.

### Tattoos

- Decisions with long-term repercussions
- Irreversible choices that can haunt us for years to come
- Should go about these deliberately and with careful calculation

Example: Quitting our job and sending a scathing resignation letter to our boss.



Whether we're coaches, executives or are in some other leadership position, it's important to remember that not all of our decisions should be given equal weight.

**Have fun with the hats and weigh the haircuts.  
And give some extra consideration to the tattoos.**

“  
**BE MORE CONCERNED WITH YOUR CHARACTER THAN YOUR REPUTATION, BECAUSE YOUR CHARACTER IS WHAT YOU REALLY ARE, WHILE YOUR REPUTATION IS MERELY WHAT OTHERS THINK YOU ARE.**

JOHN WOODEN



## Maximizing the Roles of Assistant Coaches

- 1) Assign each assistant coach division(s) of the program they are responsible for: Some coaches can focus on one level of the program and others can oversee multiple levels.
- 2) Assign each assistant coach a top 3 skills or interests they focus on every day.
- 3) Assign each assistant coach niches within the program - things that they pay special attention to each day and make their own: Ex. Box out coach, closeout coach, sprint the court coach, etc.
- 4) Assign each assistant coach their specific role for games, including:
  - Pre-game routine
  - Things to look for during the game
  - Adjustments
  - Stats to track
- 5) Appoint one assistant coach the "injury specialist" to take the lead on injuries that happen during the course of practice and games. Consistency allows for better execution of protocols and communications with families.
- 6) Build in coverage responsibilities if your coaches happen to miss practice: Ex. If the JV coach is sick, the varsity assistant will cover their responsibilities for the day.
- 7) Assign an assistant coach to oversee warmups - assure players are focused and in the right mental state to start the game and second half.
- 8) Have general expectations for your staff as a whole: Set the bar for who you are and what you do as a staff.

# WINTER STATE CHAMPIONS



- 5A Coeur d'Alene Vikings
- 4A Shelley Russetts
- 3A Snake River Panthers
- 2A Bear Lake Bears
- 1A DI Grace Grizzlies
- 1A DII Kendrick Tigers

## DANCE

- Owyhee Storm 5A
- Columbia Wildcats 4A
- Idaho Arts Charter 3A
- 2A

## CHEER

- Highland Rams
- Bonneville Bees
- Sugar-Salem Diggers
- Declo Hornets



## GIRLS CHAMPION

Thunder Ridge Titans

## BOYS CHAMPIONS

- 5A Meridian Warriors
- 4A Co-Champions
- Bishop Kelly Knights & Minico Spartans
- 3A Fruitland Grizzlies
- 2A Malad Dragons

“Life gives you what you need. Life gives you lessons, and triumphs. Hard times, the best of times and the most mundane days. So go with the flow. Go with life. Look for the opportunities and the beauty in the small things. Take your time, go slow, enjoy the moment. Look back with heartfelt gratitude. Go forward with excitement and without fear. But most importantly be in this moment. Because at the end of the day, this moment is everything.”

- Lisa Buscomb, Everyday Moments



**CONGRATULATIONS**  
2023-24  
*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.*

**GIRLS WRESTLING**

**All Classifications** Kimberly 3.738

**BOYS WRESTLING**

5A Timberline 3.507  
4A Bishop Kelly 3.546  
3A Sugar-Salem 3.589  
2A/1A Nampa Christian 3.662

**DANCE**

5A Owyhee 3.840  
4A Century 3.714  
3A/2A/1A Oakley 3.730

**CHEER**

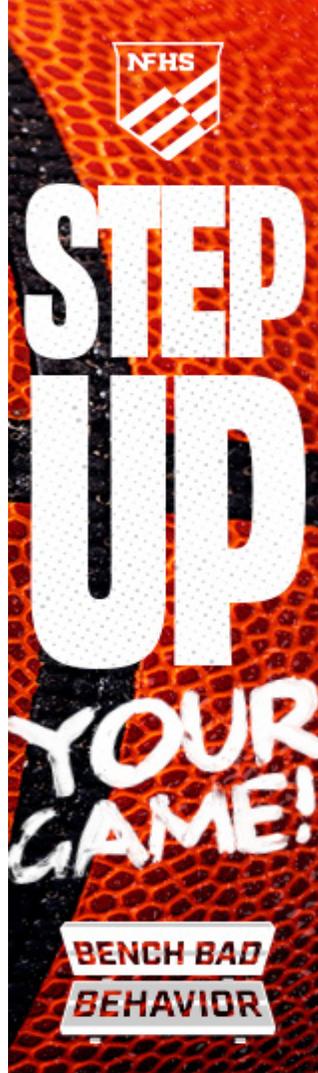
5A Highland 3.806  
4A Blackfoot 3.814  
3A Fruitland 3.762  
2A/1A Bear Lake 3.820

**GIRLS BASKETBALL**

5A Mountain View 3.851  
4A Preston 3.904  
3A Fruitland 3.944  
2A North Fremont 3.968  
1A DI Raft River 3.951  
1A DII Leadore 3.922

**BOYS BASKETBALL**

5A Timberline 3.845  
4A Blackfoot 3.699  
3A Snake River 3.861  
2A Aberdeen 3.873  
1A DI Logos 3.771  
1A DII Rockland 3.843



**2024 GIRLS  
STATE BASKETBALL  
SPORTSMANSHIP WINNERS**

5A Rigby Trojans



4A Shelley Russetts



3A Parma Panthers



2A Soda Springs Cardinals



1A DI Oakley Hornets



1A DII Deary Mustangs



## Leadership in Coaching Book of the Month

From the acclaimed #1 New York Times bestselling author of *Make Your Bed*—a short inspirational book of advice and leadership lessons that Admiral McRaven collected over his four decades as a Navy SEAL.

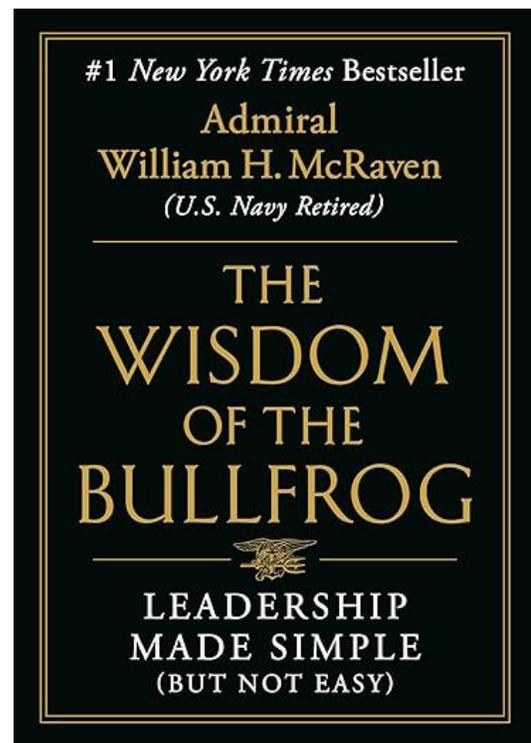
The title “Bullfrog” is given to the Navy SEAL who has served the longest on active duty. Admiral McRaven was honored to receive this honor in 2011 when he took charge of the United States Special Operations Command. When McRaven retired in 2014, he had 37 years as a Navy SEAL under his belt, leading men and women at every level of the special operations community. In the ensuing four years, he served as Chancellor to the entire University of Texas System, with its 230,000 students and 100,000 faculty and health care workers.

During those four decades, Admiral McRaven dealt with every conceivable leadership challenge, from commanding combat operations—including the capture of Saddam Hussein, the rescue of Captain Phillips, and the raid for Osama bin Laden.

THE WISDOM OF THE BULLFROG draws on these and countless other experiences from Admiral McRaven’s incredible life, including crisis situations, management debates, organizational transitions, and ethical dilemmas, to provide listeners with the most important leadership lessons he has learned over the course of his forty years of service. Each chapter provides a *Make Your Bed*-like parable, rich with insights like those featured in his bestselling memoir, *Sea Stories*, about the specific leadership traits required to be at the top of your game, including:

*Who Dares, Wins*  
*Run to the Sound of the Guns*  
*No Plan Survives First Contact with the Enemy*

THE WISDOM OF THE BULLFROG is Admiral McRaven’s clear-eyed treatise on the leadership qualities that separate the good from the truly great.



“

**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.



February 2023

## New Scoring Leader in Idaho Boys Basketball

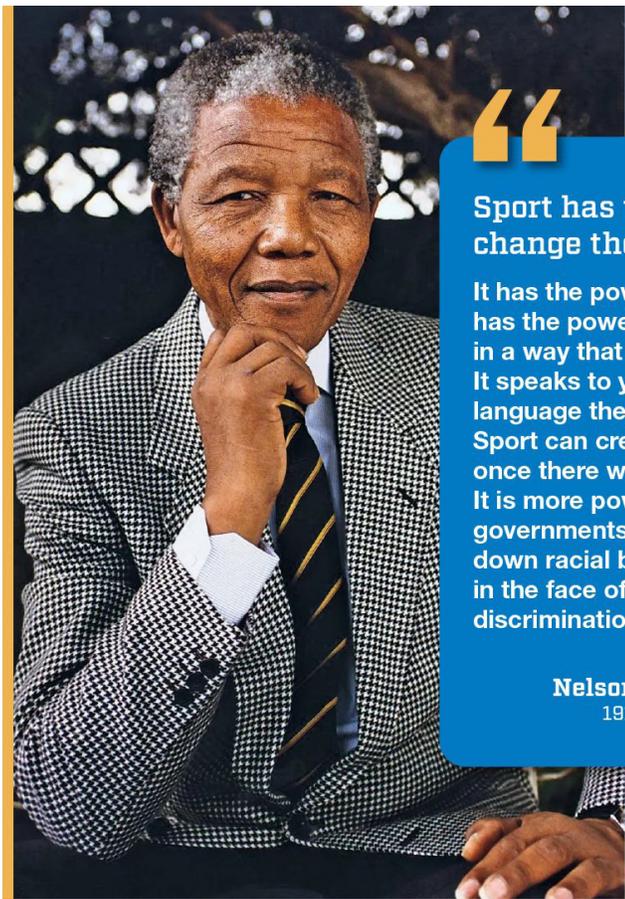
The NFHS proudly presents NFHS Overtime, a video series hosted by Nate Perry featuring some of the spectacular performances and outstanding stories from the world of high school activities. In this episode, we cover the new all-time leading scorer in Idaho boys basketball, and Minnesota's greatest hockey rivalry taking center stage in the great outdoors.



Sport has the power to change the world.

It has the power to inspire. It has the power to unite people in a way that little else does. It speaks to youth in a language they understand. Sport can create hope, where once there was only despair. It is more powerful than governments in breaking down racial barriers. It laughs in the face of all types of discrimination."

Nelson Mandela  
1918-2013



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.

[immunizeidaho.com](http://immunizeidaho.com)

