



- * **NOMINATE YOUR STUDENTS TODAY**
- * **LIFE & LEADERSHIP LESSONS FROM CHARLIE BROWN**
- * **NFHS LEARNING CENTER - Engaging Eff ectively with Parents**
- * **NFHS PERFORMING ARTS EDUCATOR AWARD - Robin Christensen**
- * **WINTER STATE ACADEMIC CHAMPIONSHIPS**
- * **STATE GBB SPORTSMANSHIP AWARDS**
- * **UNBOTTLED - Thank YOU! Dairy Farm Families**
- * **REGISTER FOR THE IAAA STATE CONFERENCE**
- * **10 LEADERSHIP MISTAKES THAT BURN OUT YOUR TEAM**
- * **BOOK OF THE MONTH - Steal Like an Artist**
- * **THINGS MENTALLY STRONG PEOPLE DO**

March
2025 ISSUE

unbottled.

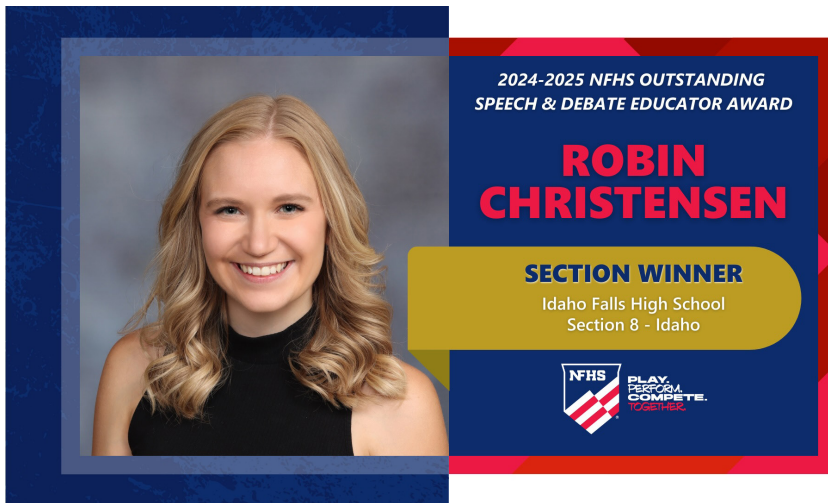
Fueled in partnership with local dairy farm families

IHSAA EXPRESS

Supporting Education Through Activities



2024-25 NFHS Performing Arts Educator Award Recipients Announced



Robin Christensen is a pillar of Idaho’s speech and debate community, with a career marked by exceptional leadership and advocacy. Over 11 years at Idaho Falls High School, Christensen has coached numerous state champions and two national champions – the only two in Idaho’s history. Her dedication to competitive success is matched by her commitment to fostering critical public speaking skills, which she champions as essential for all students.

Christensen’s influence extends beyond her team; she has served as Idaho’s Speech Commissioner, developed statewide judge training, and worked tirelessly to preserve speech education as a graduation requirement. A two-diamond coach and NSDA Idaho District Coach of the Year, Christensen’s leadership is rooted in her belief in the transformative power of speech and debate. Her ability to inject joy into every meeting, tournament\ and classroom exemplifies her passion for empowering students and colleagues alike.

Since 1988 when the first Outstanding Speech/Debate/Theatre Educator Awards were presented, 262 individuals have been honored with section awards.

Criteria for evaluation include: organization and continuance of an activity program, significant and ongoing contributions to the field, years of both curricular and co-curricular service, contributions to the profession both in and out of the state.

NATIONAL SPEECH & DEBATE EDUCATION DAY

Friday, March 7
Ideas!!

- Arrange a guest speaker
- Find Resources: The National Speech and Debate Association can help promote scholastic speech and debate!
- Run a "Town Hall", moderated by an administrator
- Examine powerful speeches in history
- Host a showcase or "meet the team" event

click here to learn more National Speech and Debate Education Day



unbottled.



March 14-15
Kimberly HS, Kimberly

ADMINISTRATION CORNER

DATES TO REMEMBER

3/1	State Dance
3/3	Spring Sports 1st Practice (2A/3A Golf)
3/6-9	Boys Real Dairy Shootout
3/12	1st Competition Date BA/TN/SB/TR
3/14-15	State Debate
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 2025-26 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



2025 IAAA CONFERENCE

April 6-8
Riverside Hotel
Boise, Idaho

CONFERENCE SCHEDULE

REGISTRATION
FEE DEADLINE MARCH 15TH

SPEAKERS INCLUDE:



Anne Marie Anderson
Motivational Speaker



Mike McGurk
NIAAA Past President



Travis Hobson
Thunder Ridge HS

IAAA HALL OF FAME RECIPIENTS



Todd Gilkey



Ty Jones

IHSAA QUESTIONS & ANSWERS

- Q.** Could three or more members of a high school team become members of a church team or non-school league after the regular season?

A. Yes, as long as the high school coach is not coaching them.
- Q.** May a track coach work with three or four members of a relay team on exchanges prior to the season?

A. Yes, but it would count toward their 10 hours of instruction practice outside of the season during the school year.
- Q.** May a tennis coach instruct two doubles teams during a pre/post-season practice?

A. Yes, but it would count toward their 10 hours of instruction practice outside of the season during the school year.
- Q.** What is the ten-day practice rule?

A. Ten days of practice for any sport (with the exception of golf) must be conducted before an individual plays in a contest regardless of when he/she becomes a participant on the team.
- Q.** Is there an IHSAA requirement that student-athletes must be in attendance at school on the day of a contest in order to participate in the contest?

A. No, this is a policy that may be established by an individual school.
- Q.** Is it legal for any individual to run/participate "unattached" in a track meet during the track season?

A. No, individuals participating in any IHSAA contest must be a team member of an IHSAA member school and meet all IHSAA eligibility requirements.
- Q.** May a football team attend a football team camp during the month of August?

A. Yes, as long as it is completed prior to the start of the Fall no-contact period.
- Q.** May high school players wear shoes with "metal cleats" while playing baseball or softball?

A. Yes, the rules allow the use of "metal cleats" while playing baseball or softball.
- Q.** May a high school tennis player practice or scrimmage against high school tennis players from other high schools at a club or anywhere else during the season?

A. Yes, if it is strictly recreational and non-competitive.
- Q.** May a tennis pro scrimmage with a high school student during the season?

A. Yes, as long as it is instructional in nature and not competition.
- Q.** During the season may a high school tennis player hit some balls with an adult?

A. Yes, as long as the adult is not part of an organized competition.
- Q.** May an ineligible player suit up with the team for competition?

A. No. An ineligible player may practice with the team but may not suit up for competition.
- Q.** If a student graduates after the first semester of the senior year, would they be eligible to complete the basketball and wrestling season?

A. No. The participant must be enrolled in and attending the high school as a full-time student. (Rule 8-10-1)
- Q.** Are district tournament results used in the MaxPreps rankings?

A. Yes.
- Q.** Can a coach use their allotted 10 hours of non-season instructional time to coach their high school players on a club or "outside" team?

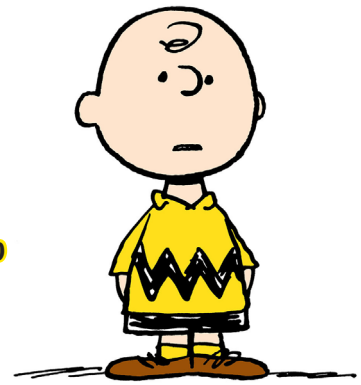
A. No. All non-season instructional time shall be used for high school programs only. Rule of Two would apply for club or "outside" team instruction.

WE
EXPECT
RESPECT!

BENCH BAD
BEHAVIOR

Life and Leadership Lessons from Charlie Brown

We're all imperfect—and that as long as we keep working to improve, we can handle life's challenges.



In high school, Charles Schulz loved to doodle. Sitting in class, he would use his number two pencil to draw all kinds of characters as his imagination took over while the teacher talked. At first, his artwork wasn't very good—not even good enough for the school's yearbook. But Schulz didn't let that stop him. Drawing and creating characters became a way for him to deal with his shyness.

His mother encouraged him to enroll in a cartoon correspondence course at the Federal School of Applied Cartooning, now called the Art Instruction Schools. This let him mail in his drawings without having to face the competition in person. Schulz feared instant rejection. Later, he was drafted into the Army to serve in World War II. During basic training, his mother passed away from cancer—a heartbreaking event for the young Schulz. While he saw little action during the war, it left its mark on him. Schulz later wrote, “The Army taught me all I needed to know about loneliness.”

Loneliness became a theme in Schulz's life, one he learned to embrace. He spent hours in seclusion at his desk, drawing in his room above his father's barbershop. This quiet time gave him space to let his curiosity flow from his hands to the page. At one point, he met a red-haired woman, fell in love, and asked her to marry him. When she turned him down, he channeled his feelings into his art, creating the red-haired girl for his Li'l Folks cartoon strip.

Charlie Brown became the heart of Schulz's work. When the strip was renamed Peanuts, Schulz's most beloved character was modeled after himself. He also added a dog, Snoopy, to bring some levity, and kids loved reading about their adventures. Charlie Brown, with his round head, yellow shirt with a black zigzag stripe, and constant sense of defeat, came to symbolize every human being. Like Schulz, Charlie Brown struggled with self-esteem and relationships, often facing disappointment but holding on to hope.

When asked how sadness inspired his humor, Schulz said: “If you are a person who looks at the funny side of things, then sometimes when you are lowest, when everything seems totally hopeless, you will come up with some of your best ideas. Happiness does not create humor. There's nothing funny about being happy. Sadness creates humor.”

Through Charlie Brown's life, Schulz taught us lessons we can carry every day:

Optimism Despite Challenges: Charlie Brown often failed or faced setbacks, but he kept going. He showed us the importance of not giving up, even when life doesn't go our way.

Self-Doubt: Charlie Brown constantly dealt with insecurity, whether it was playing baseball, flying a kite, or talking to friends. Yet he always gave it his best shot.

Kindness and Compassion: Even when others treated him poorly, Charlie Brown remained kind. He always tried to be a good friend.

Honesty and Sincerity: He approached life with honesty, openly sharing his feelings, whether it was joy, sadness, or frustration.

Overthinking: Charlie Brown often worried too much or analyzed things too deeply, which made him feel even more insecure. But through him, Schulz showed us it's okay to struggle with these feelings.

Determination: Despite his challenges, Charlie Brown never stopped trying. That persistence made him relatable and lovable to fans everywhere. For Schulz, that same persistence paid off.

As he once said: “I am not concerned with simply surviving. I am very concerned about improving. I start each day by examining yesterday's work and looking for areas where I can improve. I am always trying to draw the characters better and trying to design each panel somewhat in the manner a painter would treat their canvas.”

Charlie Brown made us laugh. But he also helped us understand life just a little better. Most importantly, he reminded us that we're all imperfect—and that as long as we keep working to improve, we can handle life's challenges.

Thank you, Charlie Brown—and thank you, Charles Schulz!



Interscholastic Star Scholarship



2024 IHSAA INTERSCHOLASTIC STAR

CALYN PERMANN
Rockland High School



Spirit of Sport Award



2024 IHSAA SPIRIT OF SPORT AWARD

JACE BUNDY
Thunder Ridge 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

Deadline for application is May 1



LEARNING CENTER
NFHSLearn.com

ENGAGING EFFECTIVELY WITH PARENTS



Engaging Effectively with Parents, provides a unique student-centered curriculum and presents essential techniques and methods for coaches to effectively communicate and interact with students, parents and guardians. This course features specific guidance for speaking, listening, and implementing a communication system, and provides strategies for dealing with problematic parents and guardians. The course provides many printable resources coaches can use in their programs.

Start Learning
Click here



THINGS MENTALLY STRONG PEOPLE DON'T DO

Book by Amy Morin

THEY DON'T SHY AWAY FROM CHANGE

Mentally strong people don't try to avoid change. Instead, they welcome positive change and are willing to be flexible. They understand that change is inevitable and believe in their abilities to adapt.

THEY DON'T EXPECT IMMEDIATE RESULTS

Whether they are working on improving their health or getting a new business off the ground, mentally strong people don't expect immediate results. Instead, they apply their skills and time to the best of their ability and understand that real change takes time.

THEY DON'T RESENT OTHER PEOPLE'S SUCCESS

Mentally strong people can appreciate and celebrate other people's success in life. They don't grow jealous or feel cheated when others surpass them. Instead, they recognize that success comes with hard work, and they are willing to work hard for their own chance at success.

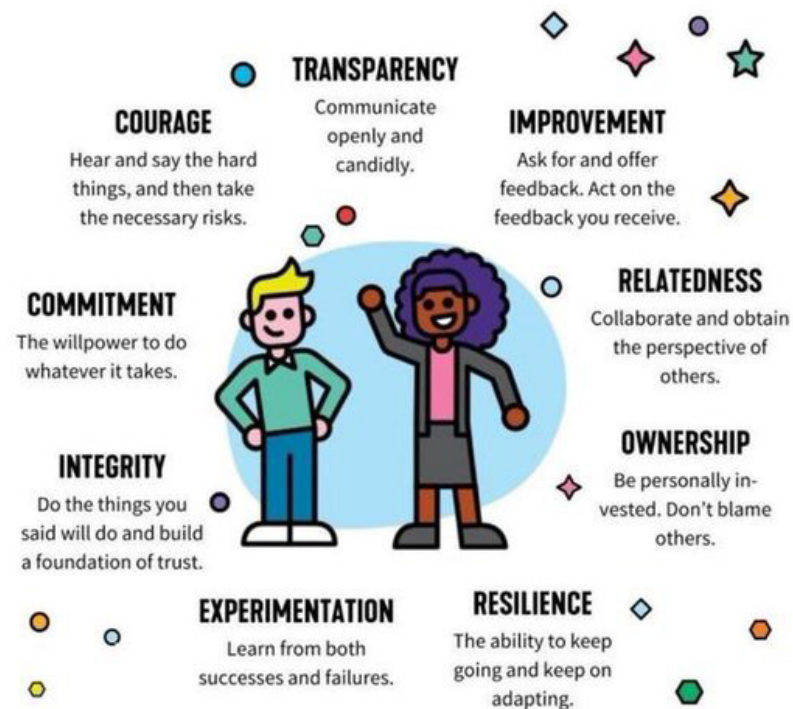
THEY DON'T FEEL THE WORLD OWES THEM ANYTHING

They don't feel entitled to things in life. They weren't born with a mentality that others would take care of them or that the world must give them something. Instead, they look for opportunities based on their own merits.

THEY DON'T FEAR TAKING CALCULATED RISKS

They don't take reckless or foolish risks, but don't mind taking calculated risks. Mentally strong people spend time weighing the risks and benefits before making a big decision, and they're fully informed of the potential downsides before they take action.

9 main traits of ACCOUNTABLE PEOPLE



10 leadership mistakes that burn out your team

1. Micromanaging

Constant oversight drains energy, destroys trust, and often causes rework.

2. Constant urgency

Multiple priorities and unrealistic deadlines create chronic stress and exhaustion.

3. Not appreciating your team

Hard work without rewards or recognition is a top reason for burnout.

4. Not respecting life-work alignment

Blurred boundaries and the inability to disconnect are exhausting.



5. Ineffective communication

Lack of clarity creates constant confusion, decision paralysis, and mental fatigue.

6. Not providing support

Lack of knowledge, resources, or tools makes people feel inadequate and isolated.

7. Ignoring feedback

Not being heard increases frustration, destroys trust, and creates feelings of powerlessness.

8. Information hoarding

Operating in the dark causes constant stress, uncertainty, and preventable mistakes.

9. Impulsive decision making

Constant pivots exhaust teams and waste energy.

10. Tolerating toxic team members

Allowing destructive behaviour signals that well-being isn't a priority.



unbottled.



Thank you local Dairy Farm Families

REBEL
ATHLETIC

Webinar

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MARCH 27TH

6PM PST, 7PM MST, 8PM CST

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OUR WEBINAR.
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CONGRATULATIONS
2024-2025
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 Timberline 3.731

BOYS WRESTLING

6A	Madison	3.518
5A	Sandpoint	3.687
4A	American Falls	3.492
3A/2A	Malad	3.665

DANCE

6A	Owyhee	3.853
5A	Columbia	3.815
4A/3A/2A	Oakley	3.785

CHEER

6A	Highland	3.770
5A	Blackfoot	3.801
4A	Bear Lake	3.730
3A/2A	Nampa Christian	3.630

GIRLS BASKETBALL

6A	Madison	3.905
5A	Preston	3.944
4A	Fruitland	3.946
3A	Ririe	3.780
2A	Oakley	3.918
1A	Rockland	3.881

BOYS BASKETBALL

6A	Timberline	3.807
5A	Jerome	3.807
4A	Filer	3.900
3A	Nampa Christian	3.710
2A	Sun Valley Community	3.682
1A	Rockland	3.861

**2025 GIRLS
STATE BASKETBALL
SPORTSMANSHIP
WINNERS**



6A **Boise Brave**



5A **Mt. Home Tigers**



4A **Bear Lake Bears**



3A **Grangeville Bulldogs**



2A **Oakley Hornets**



1A **Challis Vikings**

THE IDHSAA PRESENTS

Battle of the Fans

DUE: MARCH 15, 2025

How to Battle:

- CREATE A 90-SECOND (MAX) VIDEO
- INTRODUCE YOUR SCHOOL
- SAY WHY YOUR SCHOOL SHOULD BE SELECTED
- MAY INCLUDE TIK TOKS/LIP SYNCs

JUDGING CRITERIA:

- SPORTSMANSHIP
- SCHOOL SPIRIT
- SPORTS DIVERSITY
- ORIGINALITY
- STUDENT PARTICIPATION

Post to Youtube & Email:
federicom@idhsaa.org

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NFHS
NETWORK

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Support for 27 sports - Varsity, JV & Freshman

PREMIUM FEATURES & AFFORDABLE PRICING

Advanced breakdowns just \$600 per team per year

Automated breakdowns in 4 to 8 hours

Unlimited storage for every team

AI-powered cameras with free installation and maintenance

WHY COACHES TRUST VIDSWAP

FAST, RELIABLE ANALYSIS

Game breakdowns delivered in 4 to 8 hours

Customizable tagging system

Advanced statistics and performance metrics

RECRUITING SUPPORT

High-quality video capture

Easy highlight creation

Shareable content for college recruiters

GAME DAY READY

Instant replay capabilities

Real-time analysis tools

Comprehensive playbook integration

WHY ATHLETIC DIRECTORS CHOOSE VIDSWAP

BUDGET OPTIMIZATION

Save thousands compared to traditional platforms

Equal access for all sports

No unexpected costs or hidden fees

OPERATIONAL EXCELLENCE

Centralized management for all teams

Automated uploads and instant access

Free cameras, installation, and maintenance*

PROGRAM-WIDE IMPACT

Support for 11+ sports including:

SOCCER

FOOTBALL

SOFTBALL

BASEBALL

VOLLEYBALL

FIELD HOCKEY

LACROSSE

ICE HOCKEY

RUGBY

BASKETBALL

FLAG FOOTBALL

WHAT COACHES ARE SAYING ABOUT VIDSWAP

"VidSwap has transformed how we prepare for games - it's fast, easy to use, and fits our budget perfectly."

"The ability to provide analytics tools to every team in our program is a game-changer."

"With Pixellot cameras included at no cost, we've saved thousands while improving our video analysis capabilities."

THE TRUE COST OF EXCELLENCE

WHY SPEND \$10,000+ ANNUALLY ON LIMITED-ACCESS PLATFORMS WHEN YOU CAN EQUIP YOUR ENTIRE ATHLETIC PROGRAM WITH PROFESSIONAL-GRADE ANALYTICS FOR A FRACTION OF THE COST?

VIDSWAP ALL-ACCESS PACKAGE INCLUDES:

UNLIMITED
VIDEO
STORAGE

AUTOMATED
CAMERA
SYSTEMS

CUSTOM
ANALYSIS
TOOLS

MULTI-SPORT
SUPPORT

NO
LONG-TERM
CONTRACTS

PRICING FOR TYPICAL PROGRAM

FEATURE

NFHS NETWORK + VIDSWAP

Automated camera upload, unlimited storage, self-editing and highlight tools, digital playbooks	\$0
Basketball and baseball automated breakdown (\$600 per team per year)	\$1,200
Opponent breakdown for basketball and baseball	\$1,200
Replay: real-time game instant replay for referees and coaches	\$1,299
Cameras (2)	\$0*
Camera installation and maintenance*	\$0

*Cameras included for qualified schools

READY TO TRANSFORM YOUR ATHLETIC PROGRAM?

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MY QUIT™**



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:

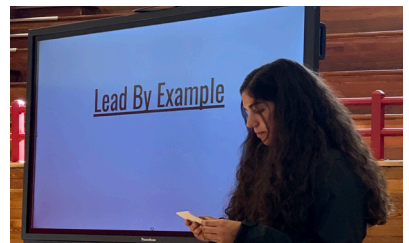
- Display strong character and commitment to sportsmanship and integrity
- Demonstrate leadership in their school
- Be involved in at least two IHSAA sponsored activities/sports
- Demonstrate a commitment to representing the interest of all students participating in interscholastic activities.

The 2025-26 SAC will consist of multiple students from each activity district. Any IHSAA member school administrator can nominate a current Sophomore (2027 graduate)

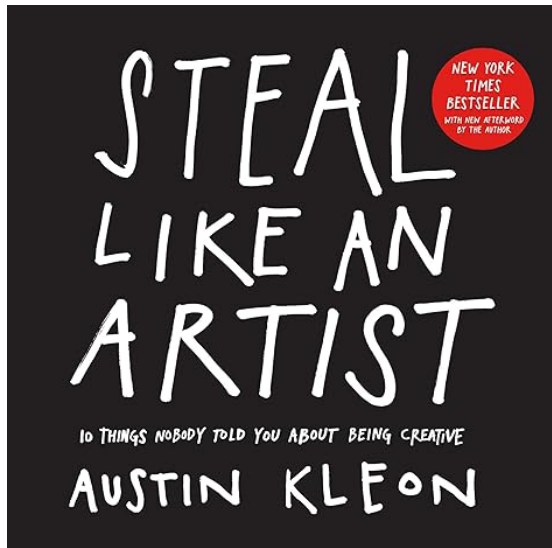
Two students will be chosen for an all-expense paid trip to attend the National Student Leadership Summit in Indianapolis, Indiana during the summer of 2025



Applications are Due May 10th



Book of the Month **Leadership in Coaching** Visual Memo



An inspiring guide to creativity in the digital age, *Steal Like an Artist* presents ten transformative principles that will help readers discover their artistic side and build a more creative life.

Nothing is original, so embrace influence, school yourself through the work of others, remix and reimagine to discover your own path. Follow interests wherever they take you—what feels like a hobby may turn into you life's work. Forget the old cliché about writing what you know: Instead, write the book you want to read, make the movie you want to watch.

And finally, stay Smart, stay out of debt, and risk being boring in the everyday world so that you have the space to be wild and daring in your imagination and your work.

Peace isn't about controlling your surroundings it's about mastering your response. Your calm is your power, even when storms rage around you.

"No one can make you feel inferior without your consent." — Eleanor Roosevelt

"You can't use up creativity. The more you use, the more you have." — Maya Angelou

"The only person you are destined to become is the person you decide to be." — Ralph Waldo Emerson

"You don't have to be great to start, but you have to start to be great." — Zig Ziglar

"It is better to be alone than in bad company." — George Washington

"Hardships often prepare ordinary people for an extraordinary destiny." — C.S. Lewis