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May  
2023 ISSUE



# IHSAA EXPRESS

Supporting Education Through Activities

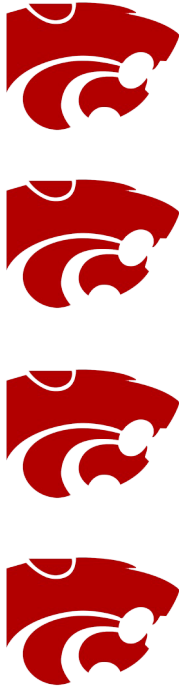
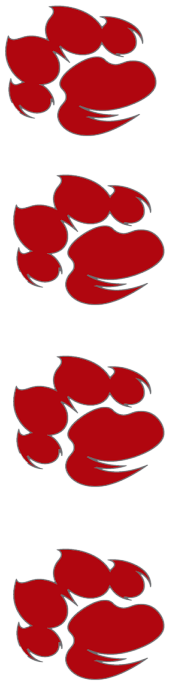
*Idaho High School Activities Association*

## Hall of Fame Class of 2023

*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*

*Bruce Benson*  
Madison High School

*Randy Potter*  
Columbia High School



The Idaho High School Activities Association's Hall of Fame annually honors individuals who have given many years of exemplary service to Idaho's youth. Two such individuals will be inducted as the Hall of Fame Class of 2023. Randy Potter, Columbia HS and Bruce Benson Madison HS will be honored at ceremonies during the 43rd annual Hall of Fame banquet August 2nd, 2023.

Other awards to be presented at the banquet include the Dick Fleischmann Memorial Award, the Wes Lowe Memorial Award and the Duane D. Wolfe Memorial Award. Distinguished Service Awards for each of the six activity districts, the Interscholastic Star Award, Spirit of Sport Award and Official of the Year will also be presented.



# IDAHO ATHLETIC ADMINISTRATORS ASSOCIATION 2022-2023 AWARDS



## IAAA Scholarship Kendall Clark Melba High School

Athletics have played a pivotal role in my life since I was six and joined my first little-league team. Ever since then, I have played sports – mainly basketball – year-round, constantly in the gym, the weight room or on the track to make myself a stronger, faster athlete. I grounded myself in my athletic abilities and accomplishments. At least, until I could no longer participate. In May of my sophomore year, I severely tore my meniscus. This sent me into a 6-month recovery after surgical repair – including 6 weeks in a straight-leg brace and no walking, meaning no sports. At the time, this was my worst nightmare come to life. The sophomore club season for a basketball player who wishes to continue their career in college is crucial for getting exposure and recognition from coaches. This season was ripped away from me, sequestering me to watch my teammates dominate in tournaments across the nation from my couch. I was still down and out by volleyball season, where I acted as the stat-keeper and scoreboard runner for all practices and games. I did not recover in time to play in a single game that season. However terrible it was at the time, now I see it for the blessing it was. I would never like to repeat the process, but I learned so much about being a good teammate, leader, and student off the court during this time. Positive words and encouragement were the role that I stepped into for my volleyball team, constantly talking from the sideline, giving high-fives and hugs, or talking out a mistake with a teammate. It also allowed me to take a step back from the court and analyze the dynamics of my team that I had not noticed before. This helped me to become a better leader for my senior year, the individual understanding of each of my teammates that I gained through this time helping me know what form of leadership they best responded to. Though it was the hardest time in my life, stepping away from sports allowed me to grow in many areas that are pivotal to being a good teammate and leader that I hadn't seen before. Through the slog that it took me to get back to my prime these past two years, I have learned the values of hard work and determination, and that effort wins in the end.



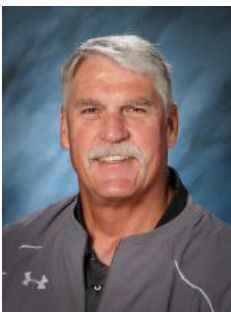
## IAAA Scholarship Parker Gropp Timberline High School

I was taught that if I wanted to have the best experience possible in high school that I needed to get involved in extracurricular activities. I owe my positive experience of the past four years of high school to my participation in athletics. These extracurricular activities taught me about successful leadership, how to communicate and work with others, and shaped me into who I am today. I've been lucky to participate in three high school sports. I was goalkeeper for our soccer team, forward for our basketball team, and competed in the high jump on our track team. Getting the opportunity to participate in these sports has impacted my life for the better. During my senior year of high school, I was captain of my soccer and basketball teams where I learned the importance of communication. As goalkeeper it was my responsibility to communicate with my teammates who to mark and where the ball should go. Basketball can be seen the same way. The more I communicated with them the more effective we were. This skill has allowed me to excel in life and has taught me the importance of good leadership. Being involved in athletics keeps me extremely busy, so it is important for me to utilize my free time wisely. I need to ensure I incorporate my education as well. Balancing the life of athletics and education has been a challenge. But when I set specific goals for myself it allows me to balance the two more evenly. This is something I learned through being an athlete. During my time in athletics, I have found that working together with my teammates to accomplish a common goal allows for us to be the most successful. Having the ability to put differences aside has allowed me to become the best version of myself that I could possibly be. I have valued my time in high school athletics and what it has done for me. I believe that I wouldn't have been able to become the man I am today without it and am grateful for the opportunities that have been given to me. I want to thank you for your consideration.

IAAA SCHOLARSHIP

IAAA SCHOLARSHIP

## IAAA HALL OF FAME CLASS OF 2023



Steve Sosnowski  
Capital HS



Randy Potter  
Columbia HS

## 22-23 IAAA ATHLETIC DIRECTOR OF THE YEAR

- 5A** Corey Williams, Lewiston HS
- 4A** Gregg Baczak, Skyline HS
- 3A** Bob Dixon, Payette HS
- 2A** Matt Harris, Ririe HS
- 1A DI** Lee Jay Cook, Carey HS
- 1A DII** Andrew Nelson, Rockland HS
- MS** Wendy Spiers, Eagle MS
- MS** David Hadley, West Jefferson MS



## ADMINISTRATION CORNER

### DATES TO REMEMBER

5/3	AD Zoom - End of Year Evaluations
5/5	Spring Academic State Champions Due
5/5-6	State Solo Music
5/8	State Softball Pictures & Rosters Due
5/14	State Track Seeding Meeting
5/14	Mothers Day
5/15	Schools of Excellence Citizenship Component Due
5/15	State Tennis Seeding Meetings
5/15-16	State Golf 2A/3A
5/19-20	State Tennis
5/19-20	State Track & Field
5/18-20	State Softball
5/29	Memorial Day

## IHSAA Rule of the Month

### RULE 8-16 - NON-TRADITIONAL STUDENT

**8-16-1** To be in compliance with the section of Idaho Code 33-203 that provides for dual enrollment, the following interpretation will be used:

Students who are enrolled in a nonpublic school shall be allowed to enroll in a public school for dual enrollment purposes. To be eligible for athletics or specific activities in the public school, the dual enrolled student must meet the following criteria:

- The student must reside with a parent or guardian in the attendance area of the public school for which the student will participate.
- The student must comply with the same rules and requirements that apply to any student's participation in the same activity with the exception of Rule 8-1 -Academic and Full Time Enrollment.
- In order for any nonpublic school student or public charter school student to participate in nonacademic public school activities for which public school students must demonstrate academic proficiency or eligibility, the nonpublic school or public charter school student shall demonstrate composite grade-level academic proficiency on any state board of education recognized achievement test, portfolio, or other mechanism as provided for in state board of education rules. Additionally, a student shall be eligible if he achieves a minimum composite, core or survey test score within the average or higher than average range as established by the test service utilized on any nationally-normed test. Demonstrated proficiency shall be used to determine eligibility for the current and next following school year. School districts shall provide to nonpublic students who wish to take state tests or other standardized tests given to all regularly enrolled public school students.
- It shall be the responsibility of the student to make all arrangements to take the required test and provide the principal of the school with the results of the test prior to being granted athletic eligibility at the public high school.



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- Students
- Administrators
- Parents
- Officials
- Performing Arts



"Jackie's character was much more important than his batting average."

-Hank Aaron

### What Is Good Sportsmanship?

Good sportsmanship is when people who are playing or watching a sport treat each other with respect. This includes players, parents, coaches, and officials.

### How Can I Be a Good Sport?

There are lots of ways you can be a good sport. You can:

- Have a positive attitude.
- Give your best effort.
- Shake hands with the other team before and after the game.
- Support teammates by saying "good shot" or "good try." Never criticize a teammate for trying.
- Accept calls and don't argue with officials.
- Treat the other team with respect and never tease or bully.
- Follow the rules of the game.
- Help another player up who has fallen.
- Take pride in winning but don't rub it in.
- Accept a loss without whining or making excuses.

By being a good sport, you learn respect for others and self-control. These skills can help you manage many other parts of your life. They're also key to becoming a mature, respectful, and successful adult.

**YOUR CHARACTER IS SHOWING.**



## COURSE OF THE MONTH INTERSCHOLASTIC MUSIC EVENT MANAGEMENT



Music events provide an opportunity outside of the classroom for students to showcase their musicianship, creativity and collaboration skills. Brought to you by the National Federation of State High School Associations, Interscholastic Music Event Management is designed to provide an overview of management and best practices for hosting music events. As a contest, festival, or honor group manager, you serve a crucial role in creating a positive and efficient environment for student success. The skills taught in this course introduce and reinforce time tested guidelines and techniques that music event managers with any level of hosting experience can utilize to efficiently and successfully manage interscholastic music events. To learn more, take Interscholastic Music Event Management, available for free at the NFHS Learning Center.



# What I can control and what I can't

Data source: @mindfulenough | Infographic design by @agrasscblog for educational and motivational purposes



# WE EXPECT MORE.



## Leadership Can Be Taught

Leadership is a skill that should be taught just like ball handling or shooting. Sometimes, the solution to your lack of execution is not to practice the play more but to build trust among players and coaches while developing the character of your players to handle adversity, stay poised and add value to their teammates.

“The more concerned we become over the things we can't control, the less we will do with the things we can control.”

– John Wooden



## COACHES CLINIC IN JACKPOT

# JUNE 10-11-12

**NEW WEEKEND  
NEW FORMAT  
GREAT SPEAKERS  
GOLF TOURNAMENT ON SUNDAY  
FOLLOWED BY A BBQ  
HOSPITALITY ROOM BOTH EVENINGS  
COLLEGE CREDIT AVAILABLE**

- |                      |   |
|----------------------|---|
| FOOTBALL - SATURDAY  | VOLLEYBALL - SATURDAY                       |
| WRESTLING - SATURDAY | BASKETBALL - 1 SUNDAY/THE REST ON MONDAY    |
| SOFTBALL - MONDAY    | TRACK & FIELD - 1 SUNDAY/THE REST ON MONDAY |
| AD'S - SATURDAY      | KEYNOTE - SUNDAY                            |

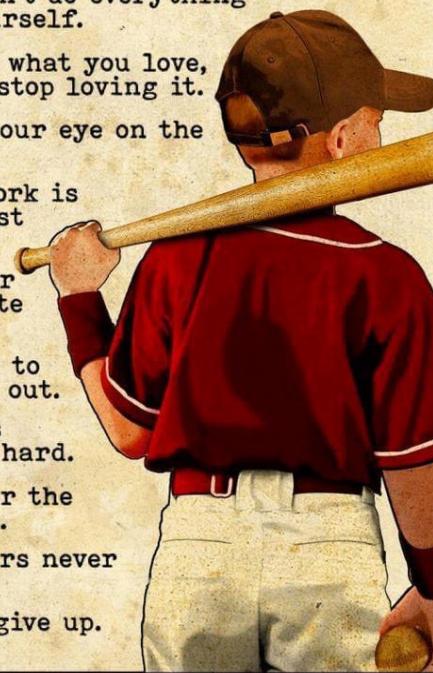
[Registration  
CLICK HERE](#)

[Clinic Schedule  
CLICK HERE](#)



## BASEBALL LIFE LESSONS

1. Sacrifice is necessary in the most crucial moments.
2. Your brain is your most important muscle.
3. You can't do everything by yourself.
4. If it's what you love, never stop loving it.
5. Keep your eye on the ball.
6. Teamwork is the best work.
7. Do your absolute best.
8. It's OK to strike out.
9. Always swing hard.
10. Aim for the fences.
11. Cheaters never win.
12. Never give up.



# 2023 IHSAA SPRING STATE TOURNAMENT SITES & DATES

IDAHO HIGH SCHOOL  
2023  
**GOLF**

## STATE CHAMPIONSHIPS

**MAY 15-16**  
3A  
BLACKFOOT GC, Blackfoot  
2A  
SAGE LAKES GC, Idaho Falls

**MAY 19-20**  
5A/4A  
MT. VIEW HS, Meridian  
3A/2A/1A  
MIDDLETON HS, Middleton

IDAHO HIGH SCHOOL  
2023  
**TRACK & FIELD**  
STATE CHAMPIONSHIPS

IDAHO HIGH SCHOOL  
2023  
**SOFTBALL**  
STATE CHAMPIONSHIPS

**MAY 19-20**  
5A THUNDER RIDGE HS, Idaho Falls  
4A TWIN FALLS HS, Twin Falls  
3A BLACKFOOT HS, Blackfoot  
2A CAPELL PARK, Pocatello  
**MAY 18-19**  
1A GALS QUAD PARK, Caldwell

**MAY 19-20**  
5A  
BOISE RACQUET CLUB, Boise  
4A  
TIMBERLINE HS, Boise  
3A  
RIDGEVUE HS, Nampa

IDAHO HIGH SCHOOL  
2023  
**TENNIS**  
STATE CHAMPIONSHIPS







IHSAA Board of Directors Action  
April Meeting  
2023



The following action items were approved by the IHSAA Board of Directors at the April 5th meeting (full synopsis is posted on the IHSAA Board of Directors webpage)

**FINAL READINGS**

Budget line item to support Officials Clinics  
Three-day State Softball Tournament beginning 2024  
2023-24 State Wrestling Representation  
2023-24 State Basketball Representation  
2023-24 State Basketball Play-in games, dates, times & sites  
2023-24 Milk Bowl Site Rotation  
Two Individuals selected for the 2023 IHSAA Hall of Fame

**1st READINGS**

(Final Reading at the June Meeting)

Implementing Javelin as a Track & Field event beginning 2024  
Three-day State Volleyball Tournament beginning 2024  
23-24 State Softball Representation  
23-24 State Softball Play-in games, dates, times & sites  
23-24 State Track & Field Representation  
23-24 State Tennis Representation  
24-25 State Tournament Sites from Tentative to Approved  
25-26 State Tournament Sites from Suggested to Tentative



**LARGE SCHOOL CHAMPIONS**  
*Rigby HS*



**MEDIUM SCHOOL CHAMPIONS**  
*Jerome HS*



**SMALL SCHOOL CHAMPIONS**  
*Bishop Kelly HS*

**2023 TEAM AWARDS**

**LARGE SCHOOLS**

<i>1st Place</i>	<i>Rigby HS</i>
<i>2nd Place</i>	<i>Highland HS</i>
<i>3rd Place</i>	<i>Madison HS</i>

**MEDIUM SCHOOLS**

<i>1st Place</i>	<i>Jerome HS</i>
<i>2nd Place</i>	<i>Skyview HS</i>
<i>3rd Place</i>	<i>Pocatello HS</i>

**SMALL SCHOOLS**

<i>1st Place</i>	<i>Bishop Kelly HS</i>
<i>2nd Place</i>	<i>Filer HS</i>
<i>3rd Place</i>	<i>Renaissance</i>



# A healthier family is a vaccine away.



COVID-19  
bivalent boosters  
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Find yours at  
[vaccines.gov](https://vaccines.gov)



## 10 THINGS TO LET GO OF

-  **OTHER PEOPLE'S APPROVAL**  
*You don't need it! Focus on making yourself proud.*
-  **YOUR COMFORT ZONE**  
*All the good stuff is on the outside in the "Growth Zone"*
-  **OLD STORIES ABOUT YOURSELF**  
*You're the author of your own story. Start telling a new one!*
-  **DWELLING ON THE PAST/FUTURE**  
*Both are illusions. The magic lies in the present moment.*
-  **THE NEED FOR CONTROL**  
*Focus on what you can control, and let go of the rest.*
-  **THE NEED FOR CERTAINTY**  
*Venture into the unknown – that's where you'll find yourself.*
-  **BEING "PRODUCTIVE" ALL THE TIME**  
*You're a human being, not a human doing.*
-  **FEELING 100% "READY"**  
*If you wait until you're ready, you'll be waiting forever.*
-  **PERFECTION (IT DOESN'T EXIST)**  
*That imperfect post, email, or episode can change someone's day.*
-  **JUDGMENT OF SELF AND OTHERS**  
*We all deserve compassion. Let's stop separating and isolating ourselves.*

**THE ONLY THING THAT  
MATTERS IS YOUR -ABILITY**

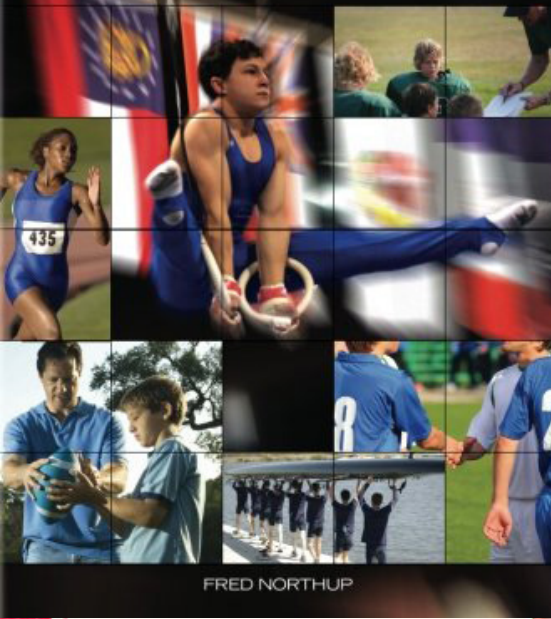
**RELIABILITY  
CREDIBILITY  
ACCOUNTABILITY  
RESPONSIBILITY  
DEPENDABILITY  
RESPECTABILITY  
ADAPTABILITY**

It's your -ability, not your talent or skill, that matters most.



# Winning More Than The Game

DEVELOPING CHARACTER THROUGH SPORTS



## Leadership in Coaching May Book of the Month

The vast majority of parents and coaches deeply desire rich and rewarding life experiences for their children and youth when they endeavor to participate in sports.

They want kids to experience both winning and losing, the satisfaction of sacrifice and hard work necessary to achieve a goal, grace when things don't go your way, and the sense of belonging that comes when you are part of a team.

But we have all heard of the stories of parents, athletes and coaches who have fallen short. Bad behavior on the field, shortcuts to increased strength and lapses in morality are all too common fodder for the nightly news.

Winning More Than The Game provides a playbook through The Code for Living, a series of eight tenets that guides athletes in maintaining a high standard of character and behavior in all aspects of their lives.

The Code for Living challenges each person to take responsibility as an individual, as a member of a team, and as a member of society. The audience for the book is as broad and deep as the influence of sports is in the world today.



# COMPETE AS EQUALS.



“

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”



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for more information on helping teens quit nicotine.



February 2023



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YOUR BODY,  
YOU NEED  
TO PUT THE  
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