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May
2026 ISSUE

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IHSAA EXPRESS

Supporting Education Through Activities



Idaho High School Activities Association Hall of Fame Class of 2026

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. Three such individuals will be inducted as the Hall of Fame Class of 2026. Tim Cronnelly, Bob Rannells and Ted Reynolds will be honored at ceremonies during the 46th annual Hall of Fame banquet Tuesday, August 4th, 6:30 p.m. at the Boise Centre in downtown Boise. Ticket information will be posted on the IHSAA website in June.

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 Spirit of Sport Award and Official of the Year will also be presented. Those recipients will be announced at a later date.



TIM CRONNELLY



BOB RANELLS



TED REYNOLDS

"There's something kind of beautiful about the fact that you'll never fully know how much good you've put into the world. You'll never know who saw you smiling and felt a little less alone. Who heard your laughter and remembered that joy still exists. Who read your words and carried them in their heart like a secret source of comfort. Who chose to stay just because they saw you doing the same. You don't have to be loud to make an impact. Sometimes, just living your life, being kind, and being you is enough to change someone else's world. And that's pretty incredible."

- Poetic Whispers

ADMINISTRATORS

"In The Know"

FROM THE IHSAA

- + Spring Concussion Survey due June 1
- + State Rosters & Pictures turned in on time
- + Academic Champions Due
- + Verify ALL Team Scores in MaxPreps (Avoid \$1500.00 fine)

DATES TO REMEMBER

5/1	SAC Applications Due
5/1-2	State Solo Music
5/2	Baseball Score Deadline - MaxPreps
5/4	State Softball & Baseball Pictures & Rosters Due
5/5	Spring Academic Champions Due
5/9	Softball Score Deadline - MaxPreps
5/10	State Track Seeding Meeting
5/10	Mother's Day
5/11	State Tennis Seeding Meeting
5/11-12	4A/3A State Golf
5/15	Schools of Excellence Citizenship Component Due
5/14-16	State Softball
5/14-16	State Baseball
5/15-16	State Tennis
5/15-16	State Track & Field
5/25	Memorial Day

IHSAA Rule of the Month

IHSAA Activity Cards

IHSAA activity cards are issued to superintendents, school trustees, principals, athletic directors, coaches and officials of athletics and activities.

The above individuals must be working directly with IHSAA sanctioned programs involving students in grades 9-12. If a school has not paid the \$25 fee for an activity, no individual is eligible to receive an IHSAA activity card for supervision in that activity.

The card is non-transferable and admits the person whose name is on the card and one guest to any interschool activity sponsored by the IHSAA or by any member school. If the card is presented by a guest of the person whose name is on the card, only the guest will be admitted.

The fee for each activity card is \$35 and must be ordered in writing by authorized school administrator (superintendent, principal, athletic director). Officials will be able to purchase an activity card during the registration process for the current year. Duplicate cards will cost \$20 each and must be ordered in writing by the school administration.

Only one card will be issued to each person. If an individual works at two schools, school districts, or holds two different positions, or any combination of the above, he/she will only be issued one card. School trustees who have received lifetime passes may not be issued an annual pass.

Misuse of cards: Use of the card is a privilege of the assignee. If at any time a local, district or state contest manager or their designee deems the privilege has been abused, the card may be confiscated. A confiscated card may be reissued by board action and the condition that the card holder be assessed a \$100 reinstatement fee.

Misuse of issuing cards: Member schools issuing cards to non-qualified personnel may lose the privilege to purchase activity cards for one calendar year.

The IHSAA reserves the right to revoke any card for improper use.

BEGINNING MAY 1, 2026

*****NFHS COACHING MENTAL WELLNESS COURSE

will replace NFHS Student Mental Health & Suicide Prevention Course as one of the IHSAA REQUIRED courses for coaching****



**LEARNING
CENTER**
NFHSLearn.com

COACHING MENTAL WELLNESS



It is widely known that stress, anxiety, and depression create challenges for both society and individuals, including interscholastic students. Coaches serve a crucial role, acting as a liaison to get students dealing with mental health issues the proper help they need. That is why the NFHS is proud to bring you the course, Coaching Mental Wellness, in response to this reality. With a focus on creating a framework to improve BOTH physical and mental wellness, this course also highlights various signs, symptoms, and strategies to deal with mental health issues in a POSITIVE manner.

Start Learning
Click here

**TAKE THE
COURSE**
TEACHING AND MODELING BEHAVIOR



2026 IDAHO STATE COACHES CLINIC

June 7-9, 2026 Columbia High School – Nampa, ID

**ELEVATE YOUR PROGRAM.
CONNECT. GROW. LEAD.**

WHY ATTEND?

Sport-specific sessions (Football, Basketball, Volleyball, Wrestling & more) • Leadership & Athletic Director development • Mental Performance & Mindset Training • Vendor Expo and Networking Opportunities

REGISTRATION OPTIONS:

\$65 for Pre-registration

\$75 for Late Registration (after May 27th)

\$500 for School (and feeder system) registration

FAMILY & TRAVEL PERKS

Discounted hotel rooms (Holiday Inn & Suites Nampa Idaho Center-breakfast included) • Discounts for Roaring Springs & Wahooz



REGISTER TODAY

www.idahocoaches.net

Pay online, by mail, or at the door

EARN COLLEGE CREDIT

Coaches who are also educators can earn college credit for attending

COACHES FUN

Socials, BBQ and Golf Tournament



EASTERN IDAHO FOOTBALL OFFICIATING CLINIC

Helping Football Officials Make "The Right" Call

June 19th – June 20th 2026
Idaho Falls, ID



- Positioning, Keys and Mechanics
- Breakout Sessions by Position
- Golf Scramble and Social
- Question and Answer Session
- Featuring NCAA Collegiate D1 Officials
- Film Review with Class Discussion
- Keynote and Guest Speakers
- Lunch Included

CLINIC OVERVIEW

This clinic will cover positioning, keys, mechanics, penalty enforcement and game management. There will be breakout sessions by position with classroom instruction provided by Collegiate D1 Football Officials. A golf scramble (optional) is scheduled for Friday afternoon followed by a social. Share in the fun, laughter, conversation and the sharing of stories!

CLINIC DATE

June 19th (Friday) and June 20th (Saturday) 2026

CLINIC TIME

Friday Golf Scramble – 12:00p to 6:00p
Friday Social and Guest Speaker – 7:00p to 9:00p
Saturday Clinic and Classroom Instruction – 8:00a to 4:30p

CLINIC COST

Clinic Cost – \$60 if paid in advance and \$65 at the door. First Year Officials' Discounted Cost - \$25
Golf Scramble Cost (Optional) – \$60. Season Passes will be Honored and Teams and Tee Times will be Sent Out Later

CLINIC LOCATION

Golf Scramble – Sand Creek Golf Course 5200 S. 25th East, Idaho Falls, ID 83404
Social and Guest Speaker – Country Inn and Suites 2500 Channing Way, Idaho Falls, ID 83404
Clinic and Classroom Instruction – Thunder Ridge HS 4941 E. First Street, Idaho Falls, ID 83401

REGISTRATION

Please send Clinic Fee (And Golf Scramble Fee if Participating) **NO LATER THAN JUNE 15TH** to:

Eastern Idaho Football Officiating Clinic
C/O Dan Andreason
1276 Creekside Court
Idaho Falls, ID 83404

Venmo Accepted: @Dan-Andreason

For additional questions or information, please contact Dan Andreason at (208)521-5738 or vicandfamily@aol.com



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GOOD LUCK

TO ALL SPRING STATE
CHAMPIONSHIP PARTICIPANTS



word of the month

ipseity

(n.) the quality of being oneself and embracing individuality, of what makes us unique.

6 RULES FOR SPORTS PARENTS:

1. **It's not about you**
2. **Struggle is part of the deal**
3. **Don't ruin the car ride home**
4. **Your kid is watching you**
5. **Cheer for the team**
6. **Enjoy every moment**

APPLIED TO - 6 RULES FOR COACHES:

1. **It's their journey, not your résumé**
Don't coach for your record.
Coach for their growth.
2. **Hard moments are where growth happens.**
Don't remove them. Guide them.
3. **Own the locker room tone**
What you say, and how you say it, sticks longer than you think.
4. **Model what you expect**
Effort. Energy. Attitude.
They will mirror you.
5. **Celebrate the team over the individual**
Culture wins when "we" matters more than "me."
6. **Make it about more than the scoreboard**
Years from now, they won't remember the score.

THE STANDARD YOU WALK PAST IS THE STANDARD YOU ACCEPT.

Not the one you talk about.
Not the one you posted on the wall.

The one you allow to **slide**—because you're tired, busy, or it's awkward to address.

A team doesn't drift into **excellence**.
It **drifts into whatever is tolerated**.

"Walking past it" shows up in small ways:

- Late to lifting / late to class
- Eye-rolling. Excuses. Bad body language.
- Sloppy gear. Sloppy practice pace.
- How players talk to each other (or about each other)
- "That's just who he is."
The most dangerous sentence in culture.

THE WIN IS SIMPLE:

Correct small things early
so you don't have to **correct big things later**.

Culture isn't built in big speeches.
It's built in small corrections.

#Leadership #Culture #Coaching #Standards #TeamBuilding

**HIGH SCHOOL SPORTS ARE FORMATIVE
NOT PERFORMATIVE.**



COACH TIPS FOR POSITIVE BODY LANGUAGE



Body language is a crucial component of communication. Coaches who focus on keeping their body language positive can create a sense of confidence, encouragement, warmth, openness, belonging, and trust amongst their athletes. It can help athletes in skill development and assure them that a coach values them.⁽¹⁾ **To maintain positive body language, coaches can:**

✓ USE A SELF-REGULATION STRATEGY

When encountering challenging situations or emotions, coaches can use a self-regulation strategy to better respond to the situation rather than react. A self-regulation strategy can give a coach the time they need to maintain positive body language in the face of adversity. For example:

- Silently count to 5 before responding
- Take a deep breath in for 6 seconds through the nose, then out for 8 seconds through the mouth

✓ USE ENCOURAGING FACIAL EXPRESSIONS

When interacting with athletes or observing their play, coaches can use encouraging facial expressions to show their engagement and support for athletes. *(For example: eye contact, smile, warm eyes)*

✓ CROUCH DOWN TO GET ON ATHLETES' LEVEL

When addressing the team or an individual athlete, crouch down to get on the athletes' level to avoid intimidating them. Doing so promotes a feeling of safety and demonstrates their importance.

✓ FACE EVERYONE ON THE TEAM

When speaking in a team setting, ask athletes to create a half circle so the coach's back isn't facing anyone. Not only will athletes be able to better engage with and understand the coach, they may gain a sense of value and inclusion.

COACH TIPS FOR POSITIVE BODY LANGUAGE

✓ USE POSITIVE GESTURES

When a coach smiles or gives thumbs-up and high-fives, athletes feel encouraged to continue trying - even when they fail. When their mistakes and failures are framed as learning opportunities and met with encouragement and support, they are more likely to overcome their challenges and grow.

✓ BE MINDFUL OF INDIVIDUAL PREFERENCES

Coaches should be mindful of any individual preferences their athletes may have. For example, maintaining eye contact with one athlete may convey care and support, while it may make another uncomfortable. Knowing these differences and honoring them will help coaches better connect with and support their athletes.⁽²⁾

✓ AVOID THESE BODY LANGUAGE CUES

- Crossing arms
- Frowning or negative facial expressions
- Rolling eyes
- Throwing up hands
- Having back towards athletes

1. Kucuk, T. (2023). *The power of body language in education: A study of teachers' perceptions*. *International Journal of Social Sciences and Educational Studies*, 10(3), 275–289. <https://doi.org/10.23918/ijsses.v10i3p275>

2. Mednick, J. (2022, August 24). *The importance of positive body language in the classroom*. The SCEA. Originally published on NEA.org. Retrieved from <https://www.thescea.org/advocating-change/new-from-the-scea/importance-positive-body-language-classroom>



SPORTS DONE RIGHT CHANGES LIVES

positivecoach.org | @PositiveCoachUS

IHSAA Board of Directors Action April 2026 Meeting

The following action items were approved by the IHSAA Board of Directors at the April 15th meeting

Full synopsis is posted on the IHSAA Board of Directors webpage

APPROVED FINAL READINGS

- Winter Sports Calendar Change Proposal
- Athletic Director Mentoring Program
- Administrator Meeting Attendance – Rule 1-1-8
- Play-In Game Officials – Rule 10-1-6
- Bona Fide Move Termination – Rule 8-14-1
- Representation for the 26-28 State Wrestling Tournaments
- 2026 Milk Bowl Sites/Rotation
- Three Individuals selected for the IHSAA Hall of Fame

1st READINGS

(Final Reading at the June 10th Meeting)

- Football Quarters Request
- Wrestling Representation Calculation Date
- Classification Timeline Proposal – Rule 2-2-2a
- State Track Expansion Proposal
- 2027 State Track & Field Representation
- 2027 State Tennis Representation
- 2027 State Baseball Representation
- 26-27 State Tournament Sites from Tentative to Approved
- 27-28 State Tournament Sites from Suggested to Tentative
- Girls Wrestling Expansion Proposal
- Idaho Fine Arts Academy – Regular Membership

LEAD BY EXAMPLE

What do players see in their officials? They see role models.

Level-headed leaders who make tough decisions with fairness and integrity, even after they take off their whistles.

Be a model for student-athletes in Idaho.
Sign up to #BecomeAnOfficial at HighSchoolOfficials.com today!



BECOME
AN OFFICIAL



2026 Spirit of Sport Award

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, complete and return the nomination form to the IHSAA



2025 IHSAA SPIRIT OF SPORT AWARD
BENNET SMITH

Steve Orndorff
Executive Director

APPLICATION DEADLINE - MAY 15, 2026





Looking for 2028 HS Graduates



IHSAA STUDENT ADVISORY COUNCIL

For a great opportunity to excel in leadership skills, build character, and become more involved

CONGRATULATIONS TO THE 25-26 WINNERS AND ALL PARTICIPATING SCHOOLS IN THIS YEARS SPIRIT CONTEST

SMALL SCHOOLS WINNER
Deary HS

LARGE SCHOOLS WINNER
Kuna HS

WATCH NOW ▶

WATCH NOW ▶



What is SAC?

The SAC is a diverse group of high school students in Idaho who voice their ideas to the IHSAA (Idaho High School Activities Association).



Our Mission

Our mission is to connect Idaho schools with the IHSAA through promoting our ideals: sportsmanship, achievement, character.



What is IHSAA?

A group devoted to coordinating, supervising, and directing interscholastic activities which enhance and protect the educational process of all students.

Apply for the 2026-2027 Council!

Current Sophomores - Search idhsaa.org, click on the "Schools" tab, and then proceed to the "Students" section. Under Student Resources, you will find a link to the application process and requirements.



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Division 1 State Speech Champions 2025-26

FILER HIGH SCHOOL
2026 SPEECH - DIVISION 1

CHAMPIONS

unbottled.

Division 2 State Speech Champions 2025-26

JEROME HIGH SCHOOL
2026 SPEECH - DIVISION 2

CHAMPIONS

unbottled.

Division 3 State Speech Champions 2025-26

HIGHLAND HIGH SCHOOL
2026 SPEECH - DIVISION 3

CHAMPIONS

unbottled.

Division 4 State Speech Champions 2025-26

RIGBY HIGH SCHOOL
2026 SPEECH - DIVISION 4

CHAMPIONS



IDAHO ATHLETIC ADMINISTRATORS ASSOCIATION 2025-2026 CONFERENCE AWARDS

IAAA HALL OF FAME CLASS OF 2026

Tim Cronnelly



Ted Reynolds



IAAA AWARDS

**State Award of Merit
Jon Hallock
Caldwell HS**



IAAA SCHOLARSHIP WINNER

**Carson Tyler Richins
Sugar-Salem HS**



**Distinguished Service
Troy Rice
Rocky Mountain HS**



NIAAA SCHOLARSHIP WINNERS

**Wyatt Moura
Cambridge HS**



**Malia Miller
Timberlake HS**



**IAAA Citation
Jeremy Burgess
Payette HS**



**Marquis Ross
Nick Birch
Idaho Falls HS**



IAAA ATHLETIC DIRECTOR OF THE YEAR

**6A
Ty Shippen
Rigby HS**



**4A
Catey Walton
Timberlake HS**



**2A
Jason Roeber
Idaho City HS**



**Middle School
Ricky Appell
Lewis and Clark MS**



**5A
Matt Neff
Lakeland HS**



**3A
Scott Miller
Kellogg HS**



**1A
Lee Jay Cook
Carey HS**



**Middle School
Randy Boyd
Tiberlake MS**





LEADERSHIP

Video of the Month



Why Good Leaders Make You Feel Safe

Simon Sinek

What makes a great leader? Management theorist Simon Sinek suggests, it's someone who makes their employees feel secure, who draws staffers into a circle of trust. But creating trust and safety — especially in an uneven economy — means taking on big responsibility.

PRIORITIZING THE

EDUCATION

IN EDUCATION-BASED ATHLETICS & ACTIVITIES



Be the future. Stay vape, chew, and smoke free.

Visit ProjectFilter.org to learn more.



MY LIFE MY QUIT

“The day the soldiers stop bringing you their problems is the day you stopped leading them. They have either lost confidence that you can help them or concluded that you do not care. Either case is a failure of leadership.”

- Former United States Secretary of State Colin Powell