



- \* IAAA 2021 SUMMER CONFERENCE
- \* BATTLE OF THE FANS WINNER - Eagle HS
- \* NEW BASKETBALL ADOPTION
- \* STATE SPEECH CHAMPIONSHIP RESULTS
- \* HIGH SCHOOL ESSAY CONTEST - Hazing
- \* SAFETY RECOMMENDATIONS - Youth Sports
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- \* JOIN THE 21-22 STUDENT ADVISORY COUNCIL
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- \* IHSAA HALL OF FAME - Polly Dahlke, Class of 2021



**May 2021 ISSUE**



# IHSAA EXPRESS

Supporting Education Through Activities

**Idaho High School Activities Association**

## Hall of Fame Class of 2021

*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*



**Polly Dahlke**  
Bear Lake HS

A lifelong teacher, coach, administrator and advocate of high school activities, Polly Dahlke retired as the athletic director of Bear Lake High School in 2013. Polly coached volleyball, girls' basketball, track and golf during her exemplary thirty-three-year coaching career. She also had a profound impact across the state as a well-respected administrator and has served as the LTI coordinator for the Idaho Athletic Administrators Association since 2008. Polly has held leadership positions in many professional organizations including the NIAAA and the Fifth District Board of Control. She was honored as the Idaho 3A AD of the Year twice as well as being inducted into the IAAA Hall of Fame in 2014. Polly was also selected as the District V Distinguished Service award recipient in 2016.

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 into this year's Hall of Fame. Tracy Leinen (Boise HS) Bill Hawkins (Madison HS) Class of 2020 and Polly Dahlke (Bear Lake HS) Class of 2021 will all be honored at ceremonies during the 41st annual Hall of Fame banquet.

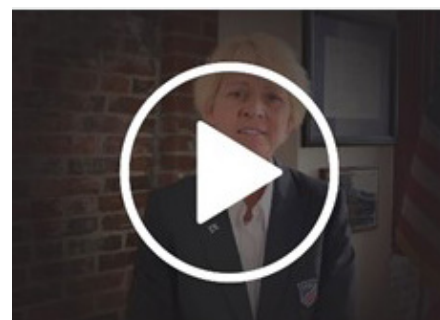
Other awards to be presented at the banquet include the Dick Fleischmann Memorial Award, the Wes Lowe Memorial Award and the Duane D. Wolfe Memorial Award. Distinguished Service Awards for each of the six activity districts, the Interscholastic Star Award, Spirit of Sport Award and Official of the Year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



### Let's Not Forget These Five Things We've Learned in High School Activities During the Pandemic

Dr. Karissa L. Niehoff, NFHS Executive Director

NFHS Executive Director Karissa Niehoff addresses five things to remember in high school athletics and performing arts from handling the adversity of the COVID-19 pandemic – being thankful and appreciative; importance of participation; role of participation in social, emotional and mental health; many ways to accomplish goals and dreams; and realization that we can do anything if we stay focused on our mission.



## ADMINISTRATION CORNER

### DATES TO REMEMBER

5/1	State Solo Music Contest
5/5	Spring Academic State Champions Due
5/9	Mother's Day
5/10	State Softball Pictures & Rosters Due
5/15	Schools of Excellence Citizenship Component Due
5/16	State Track Seeding Meeting
5/17-18	State Golf Tournament
5/21-22	State Tennis/Softball/Track
5/22	Baseball Completion
5/31	Memorial Day

# IDAHO



**Athletic  
Administrators  
Association**

**2021  
IAAA  
AD  
CONFERENCE**

**JULY 26-28  
BOISE**

**REGISTER  
HERE**

## 2022 State Basketball Ball Change

The IHSAA will have an updated "OFFICIAL BASKETBALL" for the 2022 Girls & Boys State Basketball Tournaments

**SPALDING PRECISION TF-1000™ NFHS INDOOR**

**NEW**



ITEM #	DESCRIPTION	UPC
768158	Precision TF-1000 29.5"	6 89344 40398 4
768168	Precision TF-1000 28.5"	6 89344 40396 0

**unbottled.**

## JOIN THE IHSAA STUDENT ADVISORY COUNCIL



idaho\_SAC



@idaho\_SAC



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.

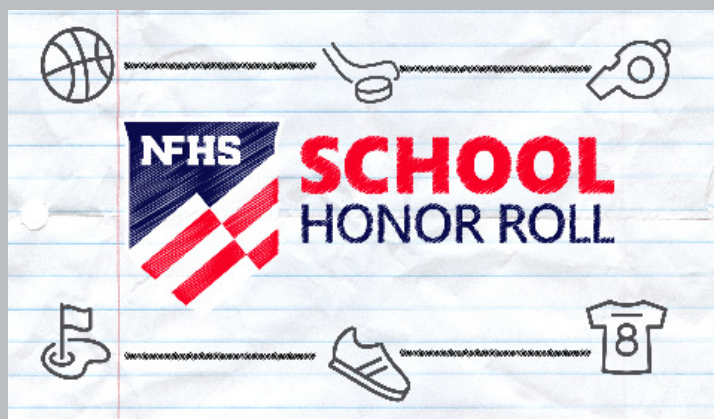
Students nominated for the IHSAA Student Advisory Council must:

- 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 student to be a member of the 2021-22 Council.

One student 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  
IF EXTENSIONS ARE NEEDED CONTACT MIKE FEDERICO



*Become an NFHS Level 1 School when 90% of your coaches complete the coursework*



*Become a  
Level 1 School!*  
**NFHS School  
Honor Roll  
Program**





**Fuel Your Athletes!**

Sign up for a virtual team talk  
with a Registered Dietitian

## 2021 SPRING STATE TOURNAMENTS

SPONSORED BY DAIRY WEST



**MAY 17 & 18**

**5A** AVONDALE GC, Hayden  
**4A** THE LINKS GC, Post Falls  
**3A** TWIN LAKES GC, Rathdrum  
**2A** CIRCLING RAVEN GC, Worley



**MAY 21 & 22**

**5A** MOUNTAIN VIEW HS, Meridian  
**4A** SKYVIEW PARK, Nampa  
**3A** TIMBERLINE HS, Boise  
**2A** WEST PARK, Nampa  
**1A** QUAD SB COMPLEX, Caldwell

**MAY 21 & 22**

**5A/4A** EAGLE HS, Eagle  
**3A/2A/1A** MIDDLETON HS, Middleton

**MAY 21 & 22**

**5A** TIMBERLINE HS, Boise  
**4A** BOISE RACQUET CLUB, Boise  
**3A** RIDGEVUE HS, Nampa







## *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.



These virtual team talks, "Game Winning Fueling Strategies," are the latest addition to Unbottled's complete Sports Nutrition Toolkit! The toolkit contains a comprehensive Greatness Guide, which offers sports nutrition education for young athletes, and a series of downloadable handouts for a variety of sports nutrition topics. For more information, visit, [greatness.unbottled.com](https://greatness.unbottled.com)

[Sign Your Team Up For a Talk Today!](#)

Contact Jaclyn St. John at [jstjohn@dairywest.com](mailto:jstjohn@dairywest.com) with any questions!



*Brought to you by Dairy West*

IDAHO HIGH SCHOOL

# Speech

## STATE CHAMPIONSHIPS



IHSAA

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### 9 Leadership Habits to Eliminate

*Becoming a better leader isn't always about accumulating values and habits. In fact, it can often be about eliminating them.*

THE DAILY COACH

Vala Afshar is the chief evangelist of Salesforce and the curator of a wonderful Twitter account, @ValaAfshar, that provides prolific insight on leadership and technology. He's also the author of "The Pursuit of Social Business Experience" and co-hosts a weekly show diving into the latest digital business and innovation trends.

In one of his tweets, Afshar lists nine qualities we'd be wise to eliminate. It's a seemingly simple list of elements we should abandon to improve our standing in the workplace as well as our relationships with loved ones and friends. Shedding these won't necessarily ensure our career reaches new heights, but it might make our lives slightly better moving forward. Here are the nine:

- **A zero-sum mindset**
- **A sense of entitlement**
- **Being motivated by compliments**
- **Relationship with pure takers**
- **Name dropping to impress**
- **Telling people how busy you are**
- **Quitting for no logical reason**
- **Pretending you know**
- **Keeping grudges**

Let's take a moment to candidly grade ourselves on each. Then, let's re-rank the list in the personal order of relevance.

As we begin each day, let's remind ourselves to eliminate, or at the very least reduce, the ones at the top of our list and then slowly work to remove each mentally. Before long, they can be eradicated, and we can begin to feel empowered with a newfound sense of confidence.

Becoming a better leader isn't always about accumulating values and habits. In fact, it can often be about eliminating them. These nine are a good place to start.



FOLLOW @THEDAILY\_COACH ON INSTAGRAM



FOLLOW @THEDAILY\_COACH ON TWITTER

LARGE SCHOOL DIVISION

CHAMPION - Rigby  
RUNNER-UP - Highland  
3rd PLACE - Timberline



MEDIUM SCHOOL DIVISION

CHAMPION - Jerome  
RUNNER-UP - Twin Falls  
3rd PLACE - Skyview



SMALL SCHOOL DIVISION

CHAMPION - Bishop Kelly  
RUNNER-UP - Mt. Home  
3rd PLACE - Kimberly





# Five Things to Avoid Saying to Your Athletes

BY

This article is courtesy of Coaches Network

Coaches can often walk a fine line when trying to motivate their young athletes. Choosing the right words to get the most out of your players can be challenging when also trying to instill lessons that go beyond winning and losing. Janis Meredith of CouchUp.com outlines various ways that coaches can inspire their team without creating tension or emotional harm. Specifically, Meredith identifies five phrases that can put undue pressure on young athletes and should therefore be avoided.

## 1. “This is a **MUST** win!”

Even if your team is about to compete in a playoff or tournament game, it does not usually help to emphasize that winning is all that matters. Players already understand that it's an important game that needs to be one if they want to keep playing, reiterating this probably won't help them. There is so much more to be gained from such a competitive game that focusing only on winning can keep your athletes from getting the most out of the experience. “They will play another season, other games, and reminding them that this is a “must-win” will not help them play any better; it will only help them worry all the more about messing up,” writes Meredith.

## 2. “**Watch how (insert name here) does it! You can do it too!**”

It makes sense to occasionally use players on your team as examples when trying to teach a certain skill or technique. Yet this type of tactic can also have a negative psychological effect on the other players. Though coaching tactics like this usually come from good intentions, they can easily do more harm than good. Try to avoid comparing players to each other, or singling out a certain person. Instead, motivate the entire team to get better together.

## 3. “**You’re the best player out there! Go show them how it’s done!**”

Even if the athlete is the best player on the team, telling them that they need to prove this can put unnecessary pressure. Meredith writes, “That mindset may work for older athletes, but for young athletes it is an unnecessary burden to bear.” Keep in mind that it is easy for young athletes to feel overburdened by pressure from their coaches, making it important to avoid singling out specific players. Provide this type of encouragement to the entire team and they will likely share the responsibility together instead of one person feeling like they have to do it all themselves.

## 4. “**Remember what happened last game?**”

Most of the time, players remember their mistakes and therefore coaches don't need to provide constant reminders. Mistakes should be addressed in a way that athletes can learn from them, and one of the main responsibilities of coaches is to help in the learning process. Don't let your players dwell on their mistakes by reminding them what happened. Instead, give them the knowledge and confidence needed to avoid those mistakes in the future.

## 5. “**Destroy the other team!**”

This puts the focus on the opponent instead of the actual performance of your own team. It may just seem like a classic way to motivate your players and get them fired up, but it does nothing to help them visualize succeeding. Encourage your team to play their best, regardless of the opponent. “The object of the game is to win (with integrity) and not to intentionally hurt opponents,” writes Meredith.

**Instead of focusing energy towards these last minute motivational speeches, try to just encourage your young athletes to play their best and enjoy the game.**

## THE RESPECTED COACH

*The respected and effective coach will be:*

- Instill the highest ideals and character traits into their players
- Be enthusiastic and show enjoyment of coaching
- Be self-confident, assertive, consistent, friendly, fair and competent
- Have a sense of humour
- Have a thorough knowledge of the rules, techniques and tactics
- Have a basic understanding of first aid
- Be dressed appropriately
- Be a role model
- Maintain discipline
- Be organized (for sessions and the year)
- Be able to justify, if necessary, why things are being done, or be 'big enough' to ask for suggestions when not sure.

“

Life is more about consistency than about intensity. Intensity steals the limelight.

**Angela Duckworth**

dare to lead PODCAST WITH BRENÉ BROWN





# YOUTH SPORT SPECIALIZATION SAFETY RECOMMENDATIONS

The National Athletic Trainers' Association supports the following recommendations as they relate to the health and well-being of adolescent and young athletes:



**DELAY SPECIALIZING IN A SINGLE SPORT AS LONG AS POSSIBLE:**  
Sport specialization is often described as participating and/or training for a single sport year-round. Adolescent and young athletes should strive to participate, or sample, a variety of sports. This recommendation supports general physical fitness, athleticism and reduces injury risk in athletes.



**ONE TEAM AT A TIME:**  
Adolescent and young athletes should participate in one organized sport per season. Many adolescent and young athletes participate or train year-round in a single sport, while competing in other organized sports simultaneously. Total volume of organized sport participation per season is an important risk factor for injury.



**LESS THAN EIGHT MONTHS PER YEAR:**  
Adolescent and young athletes should not play a single sport more than eight months per year.



**NO MORE HOURS/WEEK THAN AGE IN YEARS:**  
Adolescent and young athletes should not participate in organized sport and/or activity more hours per week than their age (i.e., a 12-year-old athlete should not participate in more than 12 hours per week of organized sport).



**TWO DAYS OF REST PER WEEK:**  
Adolescent and young athletes should have a minimum of two days off per week from organized training and competition. Athletes should not participate in other organized team sports, competitions and/or training on rest and recovery days.



**REST AND RECOVERY TIME FROM ORGANIZED SPORT PARTICIPATION:**  
Adolescent and young athletes should spend time away from organized sport and/or activity at the end of each competitive season. This allows for both physical and mental recovery, promotes health and well-being and minimizes injury risk and burnout/dropout.

ENDORSED BY:



HEALTH IS A COMPETITIVE ADVANTAGE.

LEARN MORE AT [ATYOUROWNRIK.ORG/YOUTH-SPORTS](http://ATYOUROWNRIK.ORG/YOUTH-SPORTS)



THANK YOU FOR YOUR SERVICE TO OUR SCHOOLS AND KIDS



WE APPRECIATE ALL OF OUR OFFICIALS  
WHO ALLOW THE GAMES TO BE PLAYED

HAZING  
PREVENTION  
.ORG™

# HIGH SCHOOL ESSAY CONTEST

The NFHS, along with Hazing Prevention.Org (HPO) will be sponsoring another national essay contest for all United States high school students. This year's anti-hazing theme is "Stronger Together." All entries must be an original 500-600 word essay and submitted to HPO before the May 31, 2021 deadline. There are cash prizes for NFHS Section winners and national first-, second- and third-place selected essays. More information can be found by clicking this page.

## BATTLE of the FANS Eagle Mustangs 2021

Presented By



### 2021 BATTLE OF THE FANS COVID STYLE

Congratulations to the Eagle Mustangs on  
winning the 2021 Student Advisory Council  
Battle of the Fans

CHECK OUT THE  
WINNING VIDEO

### IHSAA Coaches Code of Ethics

The function of a coach is to educate students through participation in interscholastic competition. Interscholastic programs should be designed to promote citizenship and enhance the academic mission of the school.

#### The Coach Will

- Be aware that he or she has a tremendous influence, for either good or ill, on the education of the student and, thus, shall never place the value of winning above the value of instilling the highest ideals of character.
- Uphold the honor and dignity of the profession. The coach shall strive to set an example of the highest ethical and moral conduct. The coach/school will honor contracts regardless of possible inconvenience or financial loss.
- Master the contest rules and shall teach them to his or her team. The coach shall not seek an advantage by circumvention of the spirit or letter of the rules.
- Demonstrate respect and support for officials. The coach shall not indulge in conduct, which would incite players or spectators against the officials. The coach will not make statements concerning officials' decisions after a game.
- Work with school faculty to promote overall educational growth of the student. The coach shall not exert pressure on faculty members to give student-athletes special consideration.
- Honor the commitment to student based programs that supplement the educational growth of each student-athlete.
- Be professional in association with other coaches. The coach should meet and exchange cordial greetings with the opposing coach to set the correct tone for the event before and after the contest.
- Exert his or her influence to enhance sportsmanship of all extracurricular activities.
- Cooperate with different media sources in an appropriate manner that promotes all aspects of the sport, school and community. Public criticism of officials, opponents or players is unethical.
- Uphold all policies and procedures of the school, district, IHSAA and the National Federation.





# Announcement of Vacancy

## Administrative Assistant / Officials' Liaison

The Idaho High School Activities Association (IHSAA) is seeking applicants for the position of administrative assistant and officials' liaison. This is a part-time position, 19.5 hours per week, with a start date of June 21, 2021.

### **General Responsibilities**

1. Administration of IHSAA officials' registration and certification.
2. Ordering and maintaining NFHS publications for distribution to officials and coaches.
3. Administration of host hotel program including scheduling, contracts and advertising.
4. Coordinate IHSAA social media accounts.
5. Additional administrative duties as assigned by the executive staff.

### **Experience and Qualifications**

1. High school diploma or equivalent.
2. Experience in K-12 education preferred.
3. Proven ability to work effectively with administrators and colleagues.
4. Strong organization, planning, and decision-making skills.
5. Excellent public relations, diplomacy, tact and communication skills.
6. Computer competency and attention to detail.

### **Position Information**

Initially a part-time position with the possibility of moving to full-time (with benefits) in the future. Salary DOE.

### **A Complete Application Includes:**

1. A formal letter of application indicating your interest and qualifications for the position.
2. A résumé.
3. A completed application form.
4. Three current letters of recommendation.

### **To Request an Application**

Contact: Idaho High School Activities Association  
8011 Ustick Road, Boise, ID 83704; phone 208-375-7027  
Email: [admin@idhsaa.org](mailto:admin@idhsaa.org)

Questions: Ty Jones, IHSAA Executive Director  
Julie Hammons, IHSAA Assistant Director  
Mike Federico, IHSAA Assistant Director

### **Timeline**

- April 30 Position posted
- May 15 Applications due at the IHSAA office
- June 9 New hire approved by the IHSAA Board of Directors
- June 21 Start date