



- * IHSAA HALL OF FAME CLASS OF 2022
- * STATE SPEECH CHAMPIONS
- * IAAA STATE CONFERENCE AWARDS
- * SPRING SPORTS CHAMPIONSHIPS
- * UNBOTTLED - Branding Talking Points
- * CONFUCIUS SAYS...EINSTEIN SAYS...
- * WHY COACHES EDUCATION
- * LEADERSHIP FROM - Bill Belichick & Lou Holtz
- * COPING STRATEGIES FOR AN ATHLETIC ADMINISTRATOR
- * LESSONS IN RESILIENCY - Maysi Bright, Kimberly HS
- * MAKE THE RIGHT CALL - Become a High School Official



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IHSAA EXPRESS

Supporting Education Through Activities

Idaho High School Activities Association

Hall of Fame Class of 2022

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

Cary Cada
Borah HS



John Gregory
Nampa HS



Dave Mills
Boise HS



Cary Cada's exemplary thirty-six-year career began in 1979 at Capital High School. Cada spent his first year in coaching and education as a varsity boys' basketball assistant under legendary coach Charlie Henry. After that first year, Cada moved to Cascade High School, serving four years as a teacher, librarian and track and basketball coach. Cada came back to the Treasure Valley in 1984 taking a job at Borah High School, a place he would remain until his retirement in 2016. Working as a teacher, coach and eventually a counselor at Borah, Cada impacted hundreds of students and notably, an entire generation of basketball players. Cada's basketball teams qualified for State sixteen times, played in seven championship games and won four state titles. He was named District Coach of the Year eight times and State Coach of the Year four times. He also coached golf for more than ten years with his teams qualifying for State nine times. Cada is a true advocate for education-based participation and a mentor to young coaches in Idaho.

John Gregory spent the final twenty-seven years of his career at Nampa High School. He was the head coach for three varsity sports for sixteen of those years, coaching girls' basketball, softball and volleyball from 1988-2004. Prior to coming to Nampa, Gregory taught at Melba High School for five years and coached boys' and girls' basketball and field hockey, where his team went undefeated and beat Meridian High School in the Mythical State Championship. The final eleven years of his career, Gregory served as Nampa's athletic director. With a total of forty-one years in education, Gregory became a statewide role model for coaches and athletic directors alike. He was, and continues to be, extremely involved in the Idaho Athletic Administrators Association, holding numerous leadership positions within the organization. He has received numerous awards from the IAAA as well as the NIAAA and the IHSAA. Gregory received the NIAAA Citation Award in 2011 and the IHSAA Distinguished Service Award in 2014.

Dave Mills is one of the most prolific and influential cross country and track coaches in Idaho history. He served the students of Idaho for forty-one years and worked in all levels of education from elementary school through post-secondary education. He spent the majority of his career working as an elementary physical education specialist with the Boise School District while also coaching cross country and track at Boise High School. He coached ten state champion cross country teams, two state champion track teams, eleven individual cross country champions and forty-four individual track champions. Mills was instrumental in numerous IHSAA cross country and track policy changes including the addition of the hardship rules for state qualifiers and adding wheelchair/para-athletes to the state track meet. Mills continues to volunteer as a collegiate cross country coach.

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 2022. Cary Cada, Borah HS; John Gregory, Nampa HS; and Dave, Mills, Boise HS will be honored at ceremonies during the 42nd annual Hall of Fame banquet August 3rd, 2022.

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.

ADMINISTRATION CORNER

DATES TO REMEMBER

5/5	Spring Academic State Champions Due
5/8	Mother's Day
5/9	State Softball Pictures & Rosters Due
5/15	Schools of Excellence Citizenship Component Due
5/15	State Track Seeding Meeting
5/16	State Tennis Seeding Meeting
5/16-17	State Golf
5/20-21	State Tennis/Softball/Track/Baseball Completion
5/30	Memorial Day
6/1	Spring Sports Concussion Survey Due

2022 IAAA STATE CONFERENCE AWARDS

HALL OF FAME



Debbie Keetch
Bear Lake
Middle School



Gordon Kerbs
Burley
High School

ATHLETIC ADMINISTRATORS OF THE YEAR

Middle School	Troy Palmer, Kimberly MS
Jr. High	Jeremy Hess, Grace Lutheran JH
1A DII	Lee Jay Cook, Carey HS
1A DI	Randy Spaeth, Raft River HS
2A	Matt Harris, Ririe HS
3A	Tyler Grant, Weiser HS
4A	Tony Brulotte, Vallivue HS
5A	Travis Bell, Highland HS

10 LIFE LESSONS FROM DEAN SMITH

- 1. STAY HUMBLE, STAY HUNGRY.**
"A lion never roars after a kill."
- 2. WHAT'S DONE IS DONE.**
"What to do with a mistake - recognize it, admit it, learn from it, forget it."
- 3. GIVE CREDIT WHERE CREDIT IS DUE.**
"I do believe in praising that which deserves to be praised."
- 4. YOU'VE GOT TO CARE TO LEAD.**
"The most important thing in good leadership is truly caring. The best leaders in any profession care about the people they lead, and the people who are being led know when the caring is genuine and when it's faked or not there at all."
- 5. ACT WITH HONOR AND INTEGRITY.**
"Good people are happy when something good happens to someone else."
- 6. AT THE END OF THE DAY, IT'S JUST A GAME.**
"If you make every game a life and death proposition, you're going to have problems. For one thing, you'll be dead a lot."
- 7. SURROUND YOURSELF WITH WINNERS.**
"I would never recruit a player who yells at his teammates, disrespected his high school coach, or scores 33 points a game and his team goes 10-10."
- 8. VALUE WHAT'S MOST IMPORTANT.**
"As soon as you try to describe a close friendship, it loses something."
- 9. LEAD BY EXAMPLE.**
"A leader's job is to develop committed followers. Bad leaders destroy their followers' sense of commitment."
- 10. NEVER UNDERESTIMATE TEAMWORK.**
"Play hard. Play smart. Play together."



2022 IAAA Scholarship Essay Lessons in Resiliency

Maysi Bright, Kimberly HS

From the first dig, dribble and 100-meter dash, sports were my passion and therapy. Of course, serving into the net for the third consecutive time or falling into the eighth hurdle makes me want to throw a tantrum, but upsets and losses are what make athletics incredibly special. As years and seasons passed, I learned how to run hurdles and not leap, to dig a volleyball and not shank it, and to shoot a basketball any other way than a granny shot. Without a doubt three-sport athletes learn to manage aches, pains, limited sleep, and free time, but my senior year I learned lessons of resiliency.

Track season 2021 was a breakthrough, reaching new PR's almost weekly, despite unforgiving shin splints. Unfortunately, I did not rest and heal my shins, so senior year volleyball was interrupted by this injury. When I finally relented, it was a tibial stress reaction, requiring weeks in a boot. Had I not changed what I was doing, the next step would be a stress fracture. I was grateful for support of my athletic trainer, coaches, teammates, and family. I wore the boot during school so I could take it off at practice to play. Lesson #1: listen to your body.

This experience taught me awareness of my physical limits, and that there is no perfect season. This is also true in life; everyone has limits. Sometimes the most difficult step is admitting your limits and when you need help. Lesson #2: life is a team sport. I learned it is possible to reach a personal wall - in the gym, track, classroom, or mind - and this is possible to overcome by trusting "teammates" who are your support system.

My volleyball coach told me after a particularly painful game, "Maysi, you are a spark-plug." It stuck with me. Since then, I see myself that way and hear others say I am the spark, no matter the sport. I am grateful my coach motivated me with these words, instead of leaving them unspoken. Lesson #3: express appreciation aloud. This is the type of educator and coach I aspire to be: Teaching others lessons my experience in athletics taught me.

??? WHY COACHES EDUCATION ???

If you have been pondering the "WHY" for incorporating a comprehensive Coaches Education Program in your district consider the following:

- 1. For your students:**
Job #1 for all athletic directors is to ensure that their students participate in a safe and nurturing environment under the supervision of properly trained coaches. Athletic directors are charged with being the "coach of their coaches" who, in turn, are expected to model behavior that supports the mission of education-based athletics.
- 2. For your school district:**
Schools have always been judged by the quality of their "3 A's": Academics, Athletics and the Arts. A school's reputation may hang in the balance if any one of these programs is compromised. Properly trained Administrators will help to ensure that the "3 A's" are maintaining the school districts highest standards.
- 3. For maintaining education-based athletics mission:**
Athletic programs have been a part of the American school culture since the 1800s. The United States is the only major country that offers interscholastic sports as an extra-curricular activity to nearly 8 million students who participate annually. One of the primary reasons schools offer these programs is the educational benefits students can derive through their participation.
- 4. For staying current in an ever-changing profession of interscholastic athletics:**
Whether it is education, law, medicine or any other profession, it is critical to stay abreast of best practices, new policies and contemporary issues. If athletic directors are to be viewed as professionals, they must remain current in the methods of; minimizing risks, promoting the mission of Education Based Athletics, provide training for their coaching staff and in turn, create a rewarding, competitive and enjoyable athletic experience for all stakeholders.
- 5. Here's the good news:**
The NFHS Learning Center (NFHSLearn.com) offers a comprehensive program (more than 90 Courses) for your coaches, athletes, students, parents and fans. Their course offerings are extensive and they provide all stake holders with a foundation of knowledge that is essential to be successful within any athletic venue. Please take the time explore the NFHSLearn website once again. You will be happy you did.



“I got my start by giving myself a start.”
 — (MADAM C J WALKER) —
 ENTREPRENEUR, ACTIVIST AND PHILANTHROPIST

MAY COACHES EDUCATION PAGE

LEADERSHIP LESSONS FROM BILL BELICHICK

- Be multi-dimensional in your knowledge and skills, BUT NEVER multi-task. Focus with intense concentration on the task at hand.
- Always evaluate individual and team performance — large or small immediately. Learn what went well and what failed and always be brutally honest. Search for ways to improve and have a growth mindset.
- Always solve problems with deductive and inductive reasoning. Never settle for the easy solution, look for answers no one else can find.
- Be authentic in every part of your life, be comfortable in your own skin.
- Embrace confrontation, never be afraid to tell the truth to someone no matter how difficult the situation.
- Block out all the noise. Wear blinders each day and never take them off.
- Understand the difference between perception and reality, never fall for perception.
- Be dedicated to the team philosophy. Work at developing and improving players skills every day.
- Define the roles for each player for every season. Give players a road map for success.
- Fundamentals, execution and quality practices win games, not new schemes.
- Embrace the organizational history. Honor those who have come before and teach the history of the organization to every new member. Respect the game.
- Always behave with sustainable values. Never make decisions that are situational based and ignore the future.
- Stress the importance of knowing the game situation, be self aware and prepare for the unexpected.
- Be simple with the ability to be complex. Practice execution, becomes game reality.
- Reward doing, with the opportunity to do more.



CHOOSE RIGHT OVER EASY FROM LOU HOLTZ

“I follow three rules: Do the right thing, Do the best you can, and always show people you care.”



Everyday, we get another opportunity to become a better version of ourselves. Throughout each day, we will be faced with a series of choices between the right way and the easy way. What’s right often isn’t easy. The right way is often the hard way. Choose to do the right thing anyways.

*Choose kindness over crudeness
 Choose encouragement over criticism
 Choose coachable over know-it-all
 Choose accountability over popularity
 Choose contributing over complaining
 Choose toughing it out over giving up*

*Choose service over selfishness
 Choose joy over pessimism
 Choose gratitude over entitlement
 Choose connection over isolation
 Choose courage over comfort*

It’s not easy, but it works. Choose right over easy

IDAHO HIGH SCHOOL
2022 STATE
Speech
CHAMPIONSHIPS



IHSAA *unbottled.*

**STATE SPEECH SWEEPS
 LARGE SCHOOLS**

1st Rigby
 2nd Highland
 3rd Borah/Timberline -Tied



**STATE SPEECH SWEEPS
 MEDIUM SCHOOLS**

1st Skyview
 2nd Jerome
 3rd Canyon Ridge



**STATE SPEECH SWEEPS
 SMALL SCHOOLS**

1st Bishop Kelly
 2nd Pocatello
 3rd Renaissance





unbottled.



Unbottled Sports Nutrition Marketing Talking Points

QUESTIONS? CALL JACLYN ST. JOHN 208-244-8976

Why Unbottled?

Unbottled is an inspirational, local dairy voice that builds emotional connections through storytelling and experiences for curious people from our farms to their table to give permission to be the best version of themselves in an era craving real food and simplicity.

Unbottled Sports Nutrition Marketing Purpose:

To inspire people to fuel their performance with nutrient-rich dairy foods that lead to personal success.

How does Unbottled connect with local dairy farm families?

Unbottled is the consumer brand from Dairy West - the marketing and promotion organization representing Idaho and Utah dairy farm families.

Is it still dairy farmer support?

Yes! Unbottled is brought to you by local dairy farm families.

Is the high school athletic support the same as years past?

Yes! High School athletic support has actually grown – there are now additional Sports Nutrition resources for the athletes; including a nutrition guide, toolkit for coaches, virtual team talks, and the chocolate milk program.



While Unbottled is a new brand, dairy farmer support of high school athletics remains strong.



It does not matter how slowly you go as long as you do not stop.

A great man is hard on himself; a small man is hard on others.

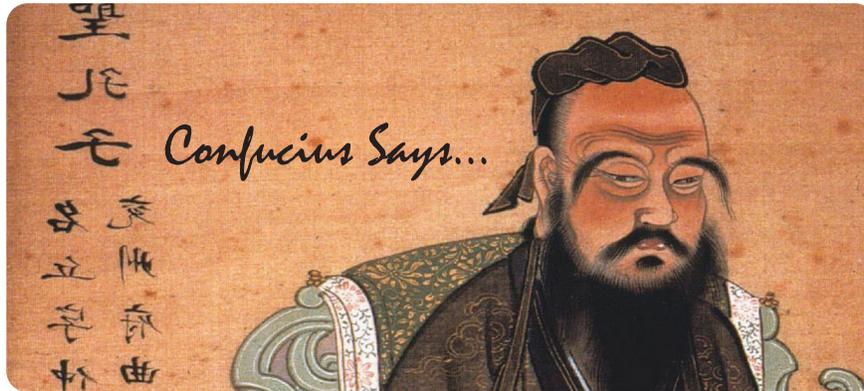
What the superior man seeks is in himself; what the small man seeks is in others.

The man who asks a question is a fool for a minute, the man who does not ask is a fool for life.

A man is great not because he hasn't failed;
A man is great because failure hasn't stopped him.

An orchid in a deep forest sends out its fragrance even if no one is around to appreciate it.

Life is really simple, but we insist on making it complicated.



If you are the smartest person in the room, then you are in the wrong room.

Everything has beauty, but not everyone sees it.

If you make a mistake and do not correct it, this is called a mistake.

If you are courteous, you will not be disrespected;
If you are generous, you will gain everything;
If you are honest, people will rely on you;
If you are persistent you will get results;
If you are kind, you can employ people.

By three methods we may learn wisdom:
First, by reflection, which is noblest;
Second, by imitation, which is easiest;
Third, by experience, which is the bitterest.

When you see a good person, think of becoming like her/him.
When you see someone not so good,
reflect on your own weak points.

To put the world in order, we must first put the nation in order;
To put the nation in order, we must first put the family in order;
To put the family in order, we must first cultivate our personal life;
We must first set our hearts right.

LESSONS THAT STAND THE TEST OF TIME

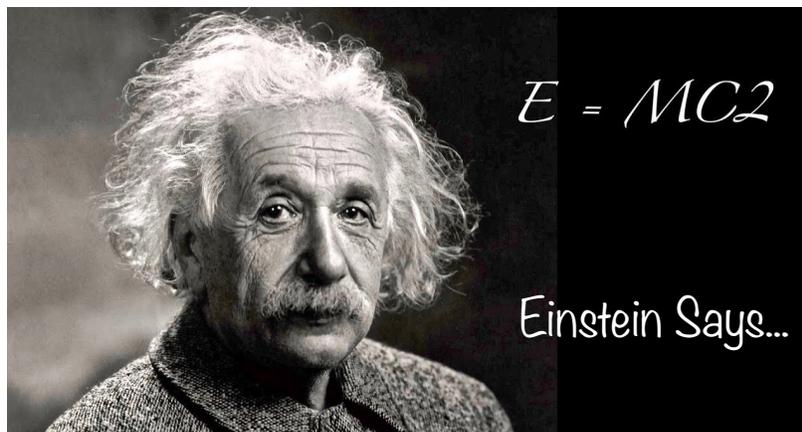
Information is not knowledge. The only source of knowledge is experience. You need experience to gain wisdom.

The world will not be destroyed by those who do evil, but by those who watch them without doing anything.

Everybody is a genius. But if you judge a fish by its ability to climb a tree, it will live its whole life believing that it is stupid.

The height of stupidity is most clearly demonstrated by the individual who ridicules something he knows nothing about.

If you can't explain it simply, you don't understand it well enough.



The only thing more dangerous than ignorance is arrogance.

Strive not to be a success, but rather to be of value.

The difference between stupidity and genius is that genius has its limits.

Everything that exists in your life, does so because of two things: something you did or something you didn't do.

Weak people seek revenge. Strong people forgive.
Intelligent people ignore.

Knowledge is realizing that the street is a one way; wisdom is looking in both directions anyway.

We cannot solve our problems with the same thinking we used when we created them.

CHOOSE A WINNING STRATEGY TO STAY HEALTHY!

EAT A BALANCED DIET, EXERCISE REGULARLY, AND CHOOSE TO VACCINATE!



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MAKE THE RIGHT CALL. BECOME A HIGH SCHOOL OFFICIAL.



Coping Strategies for an Athletic Administrator

Resources: CDC, Ohio University

Take Breaks

A few minutes can be enough to de-stress you. Give yourself some 'me time'.

Talk to Others

Talk with people you trust about your concerns and how you're feeling.

Keep Up with Hobbies

Hobbies are a good way to take the focus off of work and give the mind a break.

Take Care of Yourself

Eat healthy, exercise and get plenty of sleep.

Keep A Realistic Schedule

It's easy to over-book, so invest in a planner or an app that can help you stay organized.

Stay Positive

View problems as "challenges" or opportunities for improvement.

Make Time to Unwind

Try to make time for other activities you enjoy.

Delegate

Minimize your workload by dedicating tasks to an Assistant A.A. or office secretary.

Recognize When You Need Help

Be open to asking a counselor or a therapist for help.