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May
2024 ISSUE



IHSAA EXPRESS

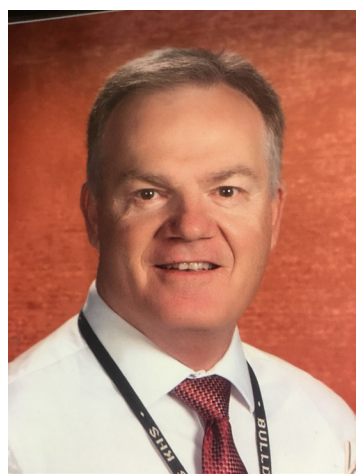
Supporting Education Through Activities



Idaho High School Activities Association Hall of Fame Class of 2024

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. Four such individuals will be inducted as the Hall of Fame Class of 2024. Kirby Bright, Beth Holt, Ty Jones and Kevin Lancaster will be honored at ceremonies during the 44th annual Hall of Fame banquet July 31st, 2024.

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.



Kirby Bright



Beth Holt



Ty Jones



Kevin Lancaster

"A true leader has the confidence to stand alone, the courage to make tough decisions, and the compassion to listen to the needs of others. He does not set out to be a leader, but becomes one by the equality of his actions and the integrity of his intent."

- Douglas MacArthur



IDAHO ATHLETIC ADMINISTRATORS ASSOCIATION 2023-2024 CONFERENCE AWARDS

IAAA HALL OF FAME CLASS OF 2024

Beth Holt



Cass Herbst



IAAA AWARDS

**Award of Merit
Stacy Wilson
Buhl HS**



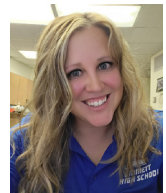
**Distinguished Service
Tom Shanahan
Bishop Kelly HS**



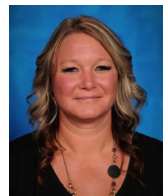
**IAAA Citation
Tyler Johnson
Bonneville HS**



**Marquis Ross
Ashley Holt
Emmett HS**



**Marquis Ross
Catey Walton
Timberlake HS**



IAAA SCHOLARSHIP WINNERS

**Gabriela Green
McCall-Donnelly HS**



**Erica Zenner
Nezperce HS**



NIAAA SCHOLARSHIP WINNERS

**Teak Wareham
Genesee HS**



**Erica Zenner
Nezperce HS**



23-24 IAAA ATHLETIC DIRECTOR OF THE YEAR

**5A
Travis Hobson
Thunder Ridge HS**



**3A
Casey Grove
Homedale HS**



**1A DI
Brian Hardy
Valley HS**



**Jr. High/Middle
Angie Goins
Priest River JHS**



**4A
Jon Hallock
Caldwell HS**



**2A
Matt Harris
Ririe HS**



**1A DII
Andrew Nelson
Rockland HS**



**Jr. High/Middle
Linzie Green
Cascade JHS**



ADMINISTRATION CORNER

DATES TO REMEMBER

- 5/3-4 State Solo Music
- 5/5 Spring Academic State Champions Due
- 5/6 State Softball Pictures & Rosters Due
- 5/12 State Track Seeding Meeting
- 5/13 State Tennis Seeding Meeting
- 5/13-14 State Golf 2A & 3A
- 5/15 Schools of Excellence Citizenship Component Due
- 5/15-18 State Softball
- 5/17-18 State Tennis
- 5/17-18 State Track & Field

SERVANT LEADERSHIP

Great leaders believe they work for the team.

1. Believe in people and their potential
2. Connect and view other people's perspectives
3. Add value to others
4. Measure success by the team's success, not your own
5. Create a culture of positivity and encouragement
6. Earn respect through your actions

"True leadership must be for the benefit of the followers, not to enrich the leader." - John Maxwell

IHSAA Rule of the Month

Rule 6 - CONTRACTS

6-1 The Interscholastic Activities Contract must be used to arrange varsity contests in football, volleyball, soccer, basketball, and wrestling. The principal or activities director of each school must sign the contract. When a school has two or more teams competing in the same sport, the teams must be clearly designated as "first", "second", or "third" team. (See contract form for additional information.)

6-2 If the contract is breached by either party, the IHSAA Board of Directors or District Board of Control, whichever is appropriate, will determine reasonable damages to be paid to the contracted opponent by the school that breaches the contract. In no case will the damages exceed three times the Association annual membership fee. The Board will not review oral contracts.

6-3 Contracts may be cancelled by mutual written consent of the contracting schools.

6-4 The Board of Directors may cancel any contest or contract if the Board determines that the contest should not be held because of death, fire, flood, disease, abandonment of an activity, or other reasons of impossibility of performance. No contest shall be ruled a forfeit until the Board has reviewed the facts of each case.

JOIN SAC

IHSAA STUDENT ADVISORY COUNCIL



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



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 2024-2025 Council!

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



COURSE OF THE MONTH

NCAA INITIAL ELIGIBILITY

This course is designed to educate high school coaches, administrators, and parents about the NCAA's initial-eligibility requirements. After completing the course, you will be more knowledgeable and prepared to advise your student-athletes about the NCAA initial-eligibility standards, as well as the steps student-athletes need to complete in order to compete in NCAA Divisions I and II athletics.



GOALS WORKSHOPS CAREER SUCCESS
 SKILLS SEMINARS MENTORING
 HELP COACHING IMPROVE
 WORK LEARN MOTIVATE DEVELOP PROGRAM
 LEADERSHIP MENTOR INSPIRE PEOPLE
 DIRECTION PRACTICE TRAINING

E+R=O

Event + Response = Outcome



The behavior of your **team** at the end of the game should reflect your **core values** and **standards**.
 Your locker room, bench area and **team** should always emulate **greatness** regardless of the result.
Respect matters and makes a **difference**.

5 PRACTICAL TIPS TO BE THE BEST ASSISTANT COACH



COACH K'S PRINCIPLES FOR RESILIENCE

- 1. ATTITUDE**
You have to have a great attitude.
 • Your attitude is a choice.
 • Positive anything is better than negative nothing.
 Your attitude defines if you will say "Why me?" or "Why not me?"
- 2. BELIEF**
Belief is contagious. He said, "I've always believed that if you put in the work, the results will come." You have to believe in yourself and your team. He would ask: Do you believe that you can figure it out?
 If you don't believe you can then you won't.
- 3. PREPARATION**
Once you have great attitude and belief, preparation is where success begins. What did you learn and what can you change?
 Learn from your mistakes. The strength of the team lies in its preparation.
- 4. EXECUTION**
Coach K said, "You can have the best game plan in the world, but if you don't execute, it doesn't matter. Success is not a random act." It means having a plan, communicating the plan and holding people accountable.

COACH AJ @ MENTAL FITNESS



COACH AJ @ MENTAL FITNESS
7 WAYS TO GET RID OF A NEGATIVE ATTITUDE

- Take Responsibility for Your Thoughts and Actions ✓
- Regulate your Self-Talk ✓
- Quit Complaining ✓
- Practice Being Present ✓
- Create an Attitude of Gratitude ✓
- Change your Habits, Mindset, and Language ✓
- Engage in Physical Activity and Self-Care ✓

"Where is your mindset after something bad happens to you?...The fact is, none of us controls what happens to us in life, but we do control our responses to those circumstances." - Jay Wright



IHSAA Board of Directors Action April Meeting 2024



The following action items were approved by the IHSAA Board of Directors at the April 10th meeting (full synopsis is posted on the IHSAA Board of Directors webpage)

APPROVED FINAL READINGS

Representation for the 24-25 State Wrestling Tournament
Representation for the 24-25 State Basketball Tournaments
24-25 State Basketball Play-in Games sites/dates/times
2024 Milk Bowl Sites/Rotation
Modification of State Drama & Speech Classifications
Four Individuals selected for the IHSAA Hall of Fame

1st READINGS

(Final Reading at the June Meeting)

2025 State Softball Representation
2025 State Softball Play-In games, dates, times & sites
2025 State Track & Field Representation
2025 State Tennis Representation
2025 State Baseball Representation
2025 State Baseball Play-In games, dates, times & sites
25-26 State Tournament Sites from Tentative to Approved
26-27 State Tournament Sites from Suggested to Tentative

2024 IDAHO HIGH SCHOOL SPEECH State Championships



**JEROME HIGH SCHOOL
SPEECH - MEDIUM SCHOOL
CHAMPIONS**



**RIGBY HIGH SCHOOL
SPEECH - LARGE SCHOOL
CHAMPIONS**



**BISHOP KELLY HIGH SCHOOL
SPEECH - SMALL SCHOOL
CHAMPIONS**



2024 IHSAA SPRING STATE TOURNAMENT SITES & DATES



IDAHO HIGH SCHOOL
2023
GOLF
STATE CHAMPIONSHIPS

MAY 13-14
3A
TWIN LAKES GC, Rathdrum
2A
CIRCLING RAVEN GC, Worley

MAY 17-18
5A/4A
MT. VIEW HS, Meridian
3A/2A/1A
MIDDLETON HS, Middleton



IDAHO HIGH SCHOOL
2024
TRACK & FIELD
STATE CHAMPIONSHIPS
IHSAA 40 YEARS unbottled.



STATE CHAMPIONSHIPS
IDAHO HIGH SCHOOL
SOFTBALL
2024
IHSAA 40 YEARS unbottled.

MAY 16-18
5A POST FALLS HS
4A COEUR D'ALENE HS/LAKE CITY HS
3A MOSCOW COMMUNITY FIELDS
2A OROFINOS COMMUNITY FIELDS
MAY 15-17
1A GENESEE COMMUNITY FIELDS

MAY 19-20
5A
BOISE RACQUET CLUB, Boise
4A
APPLETON TENNIS CENTER, Boise
3A
RIDGEVUE HS, Nampa



IDAHO HIGH SCHOOL
2024
TENNIS
STATE CHAMPIONSHIPS
IHSAA 40 YEARS unbottled.





@IdahoSports



Feeling like a winner in my state championship sweatshirt @Un_bottled @IDHSAA #SweatshirtAdventures #Giveaway

SOCIAL MEDIA GIVEAWAY

- ✓ Post a picture on Facebook or Instagram in your sweatshirt
- ✓ Include #SweatshirtAdventures and #Giveaway
- ✓ Tag Unbottled and IHSAA



Scan QR code to see rules and deadlines

REFUEL, REBUILD, REPLENISH



Overcoming Myths and Barriers— 10 Best Practices for Girls and Women in Sport

Helping coaches, youth sports leaders, students, and others overcome myths and barriers will help girls and women “breakthrough” in play and coaching. Here are common myths, barriers, and breakthroughs to get girls and women in the game!



PHOTOGRAPH BY K.M. KLEMENCIC

Attitudes that limit girls’ sports experiences and physical activity access can be re-examined and updated.



MYTH
⊗ **Girls don’t want to play sports.**

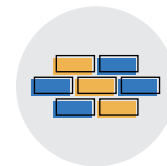
In fact, girls want to play sports and enjoy sports, plus related physical activities.

Some adults, families, and youth sports leaders may not realize just how much girls are interested in sports and physical activity (a lot!) and may presume girls aren’t up to playing. When youth sports programs and physical activities are welcoming and equitable, girls want to play! Check and adjust personal, family, community, and institutional attitudes to recognize that girls and women want to get in the game.

MYTH
⊗ **Girls “drop out” of sports.**

While there are studies discussing girls “dropping out” of sports, especially in

adolescence, consider that girls want to stay in sports but are facing a mix of internal and external structural barriers that can be removed (e.g., limiting gender stereotypes and conceptions of femininity; family obligations, physical and emotional safety concerns, transportation and cost issues, self confidence, and negative messages). These issues can easily be countered and removed!



BARRIER
Girls and women lack opportunity.

Girls want to play and women want to coach in far higher numbers. Girls in the park and recreation community sports are often roughly one-third of athletes, or fewer, and in the school context are roughly 40% of athletes. Women make up approximately 25% of youth coaches overall. We know girls want to play in far higher numbers and women are very interested in more coaching roles and thus, we can get more girls and women into the game with perseverance!

Best Practices

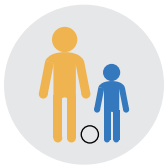
(Breaking Through Myths and Barriers)



■ **Thoughtfully design and persistently implement girl-centered youth sports programs** that accommodate and support girls. Be persistent as growing successful programs takes time.

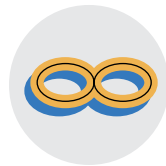


■ **Assess what girls want to play to attract and retain girls.** Survey girls, their families, and girl-serving sports programs to find out what sports are of interest to girls, what's working, what's not, and what adjustments need to be made. Use data (e.g., girls' input from surveys).



■ **Involve caregivers of girls in the equation.** Offering girls' sports programs works

especially if the parent / guardian of the girl is supportive, aware of the benefits of sports (e.g., lifelong health, later employment success), and up-to-date on when / how the sport offering is made such as location, financial aid, adult supervision, facility safety). Connect to caregivers.



■ **Loop in all stakeholders to help girls' sports succeed.** If you're a coach, sports leader, or parent/guardian of a girl, note many different entities are key to making girls' sports thrive (e.g., permitting staff, city council, school leaders, boys' teams sharing space, and others).



■ **Ensure mental and physical safety, well-being and comfort of girls playing.** For example, ensure sport

facility bathrooms are in good order, lockable, and safe. Also, clear a girls' field or court of others during practices and games to afford girls physical and mental space.



■ **Use imagery appealing to girls in recruitment materials.** If a co-ed league is advertising for new players, ensure images in flyers show girls, women coaches, women officials, and girls / women generally engaging. Experiencing a welcoming league increases involvement.



■ **Ensure equipment and supplies are tailored to girls.** Girls and young women report they are more likely to stay in sports if they have equipment and supplies, such as uniforms and other equipment [that] are

properly fitting, right-sized, and comfortable.



■ **Culturally and socially-informed outreach on girls' sports.** If girls in the area come from families speaking a particular language, for example, ensure flyers / registration information is in that language. Use culturally- and socially informed outreach on girls' sports.



■ **Start early.** Offer clinics, programs, leagues, and try-it-out options for girls in their young years and throughout K-12, to build lifelong sports comfort. Connect park classes for preK to school-based P.E. and recess sports, leading to elementary and middle school leagues, followed by high school and possibly college teams for a lifetime of healthy activity!



2024
SMALL SCHOOLS
WINNER
Shoshone HS



2024
LARGE SCHOOLS
WINNER
Highland HS



WATCH Videos NOW!

CONGRATULATIONS TO THE 2023-24
WINNERS AND ALL PARTICIPATING
SCHOOLS IN THIS YEARS SPIRIT CONTEST



**Be the future. Stay
free of vapes,
cigarettes, and chew.**

Visit
ProjectFilter.org
to learn more.



MY LIFE
MY QUIT™



GUIDELINES ON HANDLING PRACTICES AND CONTESTS DURING LIGHTNING OR THUNDER DISTURBANCES

National Federation of State High School Associations (NFHS)
Sports Medicine Advisory Committee (SMAC)

These guidelines provide a default policy to those responsible or sharing duties for making decisions concerning the suspension and restarting of practices and contests based on the presence of lightning or thunder. The preferred sources from which to request such a policy for your facility would include your state high school activities association and the nearest office of the National Weather Service.

PROACTIVE PLANNING

1. Assign staff to monitor local weather conditions before and during practices and contests.
 2. Develop an evacuation plan, including identification of appropriate nearby safer areas and determine the amount of time needed to get everyone to a designated safer area:
 - a. A designated safer place is a substantial building with plumbing and wiring where people live or work, such as a school, gymnasium or library. An alternate safer place from the threat of lightning is a fully enclosed (not convertible or soft top) metal car or school bus.
 3. Develop criteria for suspension and resumption of play:
 - a. When thunder is heard or lightning is seen*, the leading edge of the thunderstorm is close enough to strike your location with lightning. Suspend play for at least 30 minutes and vacate the outdoor activity to the previously designated safer location immediately.
 - b. 30-minute rule. Once play has been suspended, wait at least 30 minutes after the last thunder is heard or lightning is witnessed* prior to resuming play.
 - c. Any subsequent thunder or lightning* after the beginning of the 30-minute count will reset the clock and another 30-minute count should begin.
 - d. When independently validated lightning-detection devices or mobile phone apps are available, this technology could be used to assist in making a decision to suspend play if a lightning strike is noted to be within 10 miles of the event location. However, you should never depend on the reliability of these devices and, thus, hearing thunder or seeing lightning* should always take precedence over information from a mobile app or lightning-detection device.
- * At night, under certain atmospheric conditions, lightning flashes may be seen from distant storms. In these cases, it may be safe to continue an event. If no thunder can be heard and the flashes are low on the horizon, the storm may not pose a threat. Independently verified lightning detection information would help eliminate any uncertainty.
4. Review the lightning safety policy annually with all administrators, coaches and game personnel and train all personnel.
 5. Inform student-athletes and their parents of the lightning policy at start of the season.

I.S.C.A.
COACHES CLINIC
IN JACKPOT
JUNE
1ST-2ND-3RD

GREAT SPEAKERS
GOLF TOURNAMENT ON SUNDAY \$50
FOLLOWED BY A BBQ
HOSPITALITY ROOMS BOTH EVENINGS
COLLEGE CREDIT AVAILABLE

FOOTBALL - SATURDAY	VOLEYBALL - 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

\$65 Pre-registered \$75 at the door
School Rate for 10 or more coaches \$500

FACT:

VAPE ≠ CHILL

VAPING NICOTINE INCREASES STRESS

KNOW VAPE
BE SMART. DON'T START.

Life is so much better when you're healthy and well. When you have the protection and peace of mind being vaccinated brings, you can enjoy all life has to offer. Schedule your appointment today.



DON'T BE THAT FAN

NFHS
BENCH BAD BEHAVIOR

Leadership in Coaching Book of the Month

LEAD IT LIKE LASSO



A Leadership Book for Life.
Your Life.

Unofficial, unauthorized, and uncensored

MARNIE STOCKMAN, ED.D. & NICK CONIGLIO

When Ted Lasso was hired as the new gaffer (coach) for AFC Richmond, the team, the town, and the entire country made it no secret that they thought he was just a clueless “wanker.” But it was clear, even early on, that Ted knew a thing or two about being a good leader. It’s not about the wins and losses but about helping others become the best versions of themselves.

Much like Ted Lasso the show, Lead It Like Lasso takes an entirely different approach to leadership. The foreword alone will shock you. The lessons outlined are not just for business leaders. Rule #1 - Leadership is Life! These tools can be applied in the board room, the locker room and the living room.

You might want to have a pencil (or your own whiteboard) on hand to work through the activities:

- Define your core values and learn how culture impacts your ability to level up
- Create a clear vision and purpose for your life to reach your goals
- Build your own personal operating system and communication guide
- Adopt effective communication strategies to build your network
- Envision your legacy and outline a plan to make it happen

This not your grandmother’s leadership book. Heck it isn’t even Ted’s grandmother’s leadership book. This book feels like having your own personal Ted Lasso breaking down leadership lessons in a way that will make you smile - inspiring action you can take right away.

The authors offer leadership lessons from their own successful startup, the lives of the team at AFC Richmond, and top leaders of industry. Level up and lead your life like Lasso. Believe.

OFFICIALS: ESSENTIAL MEMBERS OF EVERY STARTING LINEUP



Without officials, today’s event would not be possible. They deserve thanks and appreciation for dedicating their nights and weekends, so our students can always play the sports they love.

Think you have what it takes to make the big calls?

Sign up today at: [HIGHSCOOLOFFICIALS.COM](https://www.highschoolofficials.com)



#BECOMEANOFFICIAL



“Once you understand the power of your words, you won’t just say anything. Once you understand the power of your thoughts, you won’t just think anything. And once you understand the power of your presence, you won’t just be anywhere. Know your worth.”

- Unknown