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November 2020 ISSUE



# IHSAA EXPRESS

Supporting Education Through Activities

## SKYLINE'S ISAAC MICKELSEN SCORES HONORARY TOUCHDOWN

Original Story by Brandon Hill, IdahoSports.com

Mickelsen, who lives with spina bifida, took the Grizzlies' first handoff 49 yards to the house Friday night

On the opening play of the Bonneville, Skyline football game, Isaac Mickelsen lined up in the backfield. Donning No. 83 in his Grizzly Blue uniform, Mickelsen never thought he'd get the chance to carry the rock. Mickelsen, a student at Skyline, lives with spina bifida and uses a wheelchair.

Skyline Activities Director Gregg Baczuk said Mickelsen is an invaluable presence both in the hallways and on the sideline. He regularly attends Grizzly games, both home and away. And when Baczuk asked Mickelsen what the first thing he could do if he wasn't in a wheelchair, his response was simple.

"Play football!"

And play he did, as Mickelson took an honorary handoff Friday night. On the Grizzlies' first offensive snap of the game, quarterback Cade Marlow handed off to Mickelsen, who blazed 49 yards to the house.

"He's an awesome kid, he always has a smile on his face. It's really cool that we have the opportunity to share the field with him tonight, because you can tell he really loves the game of football and really loves Skyline," Marlow said. "It's amazing to be there with him as he lives his dream."

A sophomore, Mickelsen comes from an athletic family. His father Soctt played quarterback for the Grizzlies, while his mother Kristy was a cheerleader at Idaho Falls High School.

"Isaac is well-liked at Skyline for his infectious smile and good-natured personality," Baczuk said. "He is well-liked by all who know him. He has a great sense of humor and loves to be involved- especially attending games."

Baczuk said the idea sparked after a conversation between him and Mickelsen earlier in the year. After some discussion with the family, Baczuk said the Grizzly Athletic Department would do everything they could to make Mickelsen's dream a reality.

"He has always been a part of the Grizz family since he was little," said Skyline Head Football Coach Scott Berger. "The players think of him as a teammate."



Isaac Mickelsen





# IHSAA

IDAHO HIGH SCHOOL ACTIVITIES ASSOCIATION

*Supporting Education Through Activities*

**NOW MORE THAN EVER BEFORE  
IT'S MORE THAN A GAME**

## HIGH SCHOOL SPORTS

CORONAVIRUS UPDATES



**Students Now Citizens Forever**

## ADMINISTRATION CORNER

### DATES TO REMEMBER

11/1	1st Girls Basketball Practice
11/9	State Football Pictures & Rosters Due
11/11	Veterans Day
11/13	1st Boys Basketball Practice
11/13	1st Girls Basketball Competition
11/16	1st Wrestling Practice
11/20-21	Football Milk Bowl
11/26	Thanksgiving

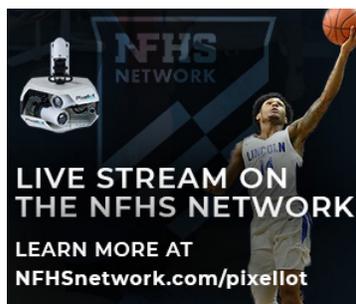
### OCTOBER CHECKLIST

- \_\_\_ Make time for family
- \_\_\_ Check basketball/wrestling scoreboard & PA system
- \_\_\_ Prepare winter practice schedules for gyms
- \_\_\_ Arrange/finalize winter bus schedules
- \_\_\_ Review winter event cancellation procedures
- \_\_\_ Finalize spring schedules
- \_\_\_ Verify winter coaches requirements are met
- \_\_\_ Review winter gate procedures with staff
- \_\_\_ Confirm basketball and wrestling Arbiter schedule
- \_\_\_ Distribute sportsmanship information to coaches/players/parents



**Wear Your Mask  
So We Can Wear Our  
Uniform**

## STREAM GAMES LIVE ONLINE



Earlier this summer the NFHS Network announced that they are offering TWO FREE Pixellot camera systems to every NFHS Member School. These Pixellot cameras are automated systems that you can use in your athletic facilities (indoors or outdoors) to

stream home events as you wish and the rationale of the offer is tied to the current pandemic as we look for creative solutions towards resuming activities and athletics in our schools.

### **Get 2 FREE Pixellot automated production units**

Free Pixellot units are available for schools that do not currently have Pixellot Systems in their main gym and stadium. The school just pays a one-time installation fee.

### **Why Pixellot?**

Everything is completely automated - Allows every event to be streamed live without requiring personnel to produce the games.

Fans can watch games from anywhere on any device.

Live stream sports, graduations, award ceremonies and other school events. Increased revenue subscription sharing to help with reduced in-person attendance.

**For more information on Pixellot Camera Systems  
CLICK HERE**

### **Coaching Tools**

Ready for another option in coaching tools that integrates directly with NFHS Network? Check out VidSwap and their Pay when you Play offer - get full access to VidSwap but pay nothing until your season starts!

**Find out more at <https://www.nfhsnetwork.com/vidswap>**

## 20-21 SAC BATTLE OF THE FANS

The IHSAA Student Advisory Councils 2020 "Battle of the Fans" competition is upon us! There is no greater opportunity to show school spirit than participating in Battle of the Fans. Send in video clips of pep rallies, cheer squads, pep bands, and any other expression of school spirit to be a candidate.

Every student has the opportunity to be involved in this process to reflect what is unique at their school. The IHSAA student council will vote on the best spirit between small schools and large schools, and the winners of each get a banner personally sent to them! The process is easy, and the outcome is priceless. Show the state of Idaho your school's pride. Good luck and cheer on!



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## COACHES CORNER

### SUCCESSFUL COACHES AND PROGRAMS

One of the biggest separators for coaches at EVERY level...

### MATURITY

Mature coaches are Serious and Secure, as well as Authentic and Teachable.

*They tell the truth and seek the truth.*

Mature coaches make character-based decisions on and off the field/courts.

*They set their priorities by what they want long-term instead of what they want at the moment.*

Mature coaches do not expect immediate success or instant gratification.

*They have confidence and self-belief to keep working for results that will come later.*

Mature coaches listen to the right voices, and do not crave attention.

*They eliminate distractions and only enjoy true praise.*

Mature coaches are committed to doing their job and meeting the standard expected of them regardless of mood, situation or circumstance.

*They are consistent, unwavering, and unchanging with their attitude and effort.*

# PERFORM. REFUEL. RECOVER. REPEAT.

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# Fall 2020

## State Academic Champions

### **SOCCKER**

<u>GIRLS</u>		<u>BOYS</u>	
5A Timberline	3.869	Timberline	3.773
4A Hillcrest	3.798	Hillcrest	3.579
3A SV Comm.	3.830	Sugar-Salem	3.580

### **CROSS COUNTRY**

<u>GIRLS</u>		<u>BOYS</u>	
5A Idaho Falls	3.980	Boise	3.930
4A Skyline	3.976	Bishop Kelly	3.933
3A Teton	3.959	Parma	3.860
2A Nampa Christian	3.898	Soda Springs	3.912
1A Rockland	3.928	Prairie	3.853

### **SWIMMING**

<u>GIRLS</u>		<u>BOYS</u>	
5A Capital	3.880	Centennial	3.932
4A Canyon Ridge	3.826	Hillcrest	3.805



### **VOLLEYBALL**

5A Madison	3.806
4A Burley	3.939
3A Parma	3.944
2A North Fremont	3.930
1A DI Oakley	3.780
1A DII Salmon River	3.784

### **FOOTBALL**

5A Thunder Ridge	3.416
4A Blackfoot	3.560
3A Homedale	3.406
2A Firth	3.540
1A DI Greenleaf Friends	3.517
1A DII Kendrick	3.607



## NFHS LEARNING CENTER

### Course of the Month Positive Parenting within School Programs

Parents play an influential role in the lives of their children, including the part they play when their children participate in interscholastic sports and activities. This is why the National Federation of State High School Associations has created the course Positive Parenting within School Programs. Parents need to understand that their behavior in the stands, how they talk to their student after a practice or game, and the way they interact with the coaches and officials, makes all the difference in the enjoyment of their children's experience. Learn how you, as a parent, can have a positive impact on your child and help create a memorable experience for everyone. Take the course, Positive Parenting within School Programs, available for free on the NFHS Learning Center.



## TOP 10 TIPS WITH DR. KENSA GUNTER: MENTAL WELL-BEING FOR YOUTH ATHLETES

-Positive Coaching Alliance 11/2/2020

"1 in 6 youth in the United States experience a diagnosable condition regarding their mental health. This is when some of these mental health tips and physical activity can help tremendously."

- Dr. Kensa Gunter

- 1) Although we need to remain physically distant to help stop the spread, we need to remain socially together. Maintain a sense of community by reaching out to people so no one feels alone.
- 2) Utilize virtual workouts, though the experience may be different, being able to see each other creates a social connection. Also, check out apps such as Headspace or Calm to practice meditation and mental training to teach kids how to control their positive and negative thoughts.
- 3) Coaches can get involved in leadership in a different way by talking about character-building and the identity their athletes hold outside of their sport.
- 4) To avoid becoming overwhelmed, parents can create schedules to build in time for homeschooling, breaks from work, and times to exercise.
- 5) When young kids are unable to express themselves, consider using emotion charts online, movies, or their favorite stuffed animals to help them tell you how they're feeling.
- 6) To manage the uncertainty of life right now, shift from a what-if mindset to a what-is mindset to allow yourself to focus on what's happening now and what you do have control over.
- 7) Some youth experiencing a mental health condition can use self-care strategies such as exercise and practicing gratitude to help boost their mood and manage stress.
- 8) Parents can normalize their children's range of feelings and the emotions they will experience in their lifetime by allowing them to have a reaction, and then working with them to find a solution.
- 9) Create technology-free zones for the family to be together without distractions to help limit mental health conditions. Also, instead of having school 100% virtual, consider printing out worksheets or buying a physical copy of eBooks to break up a child's screen time.
- 10) Check in with your kids by having discussions about social justice issues to understand how they're making sense of everything in their world. This also gives them permission to talk about anything else emotionally affecting them.

I would encourage parents to think about how they feel when someone goes into (fix it) mode with you. Instead, this is an opportunity to normalize the range of feelings and emotions that your children will experience in their lifetime."

- Dr. Kensa Gunter

# fall state awards

## GIRLS SOCCER

5A Madison



4A Columbia



3A Teton



## BOYS SOCCER

5A Boise



4A Jerome



3A McCall-Donnelly



# S P O R T S M A N S H I P

## VOLLEYBALL

5A Timberline



4A Lakeland



3A Kellogg



2A Bear Lake



1A DI Grace



1A DII Watersprings



# WHAT THE BEST COACHES DO

By Wayne Goldsmith, also known as the "Sports Coaching Brain" provided by Coaches Network

## **TRAIN BEYOND THE TARGET:**

Goldsmith urges coaches to train athletes for challenges greater than the competition they face. Strengths and weaknesses need be assessed, and the next step is to raise the bar "physically, mentally, technically and emotionally" so players enter competition with an invaluable edge over opponents.

## **EVOLVE FASTER THAN YOUR PLAYERS:**

Evolve faster than your players: Age may rob an older coach of a few steps on the field, but experience (coupled with resources on the Internet), give him savvy and wisdom. Life-long learning is a good idea for anyone. For coaches it is vital. In addition, Goldsmith advises coaches to be rigorously honest about their abilities and if necessary request professional evaluation of their own skills from a trusted adviser.

## **KNOW YOUR OPPONENTS BETTER THAN THEY KNOW YOU:**

Coaches who can get inside the heads of an opponent's leader have a distinct advantage come game time. Here again, the Internet can be a coach's best friend.

## **GET OUT OF YOUR SPORT AND THINK CREATIVELY:**

Great coaches understand that they can only know so much and do so much in their programs before stagnation and copycatting threaten. Creative thinking is the ability to approach any situation from a number of angles. The off-season should be a time to boost creative thinking capacity. Some coaches enroll in classes that have little to do with sport but everything to do with thinking outside their field, such as music or art or philosophy. Great coaches are innovators and you can't innovate without thinking creatively.

## **COACH THE INDIVIDUAL:**

"There are no true team sports left," writes Goldsmith. The science of performance analysis offers highly detailed information on every athlete's strengths and weaknesses. No matter the sport, all competition comes down to a series of one-on-one moments. Every player on a team needs direct engagement to inspire them to excel beyond any pregame analysis of their limits.

## **MAKE EVERY INDIVIDUAL WORKOUT A REHEARSAL FOR GAME DAY:**

Winning coaches create an environment where a culture of excellence underpins everything and everybody," writes Goldsmith. It's not just brains and muscle—it's heart and soul. A great coach trains the one to teach the others and in doing so catalyzes a group of individuals into a cohesive unit that is both mentally tough and flexible. Add hardcore training to that mix and the whole becomes greater than the sum of its parts.

## **NO TWO TRAINING SESSIONS SHOULD BE EXACTLY THE SAME:**

"Adapt your training plans to optimize their impact on each individual athlete at every training session," Goldsmith writes. The best laid plans of the smartest coaches can go astray at the training level. Each training session must be about preparing an individual athlete for every performance possibility at the moment of contact with the opponent.

## **IT'S NOT PRACTICE THAT MAKES PERFECT ITS PERFORMANCE PRACTICE THAT DOES SO:**

Goldsmith puts a new twist on the old adage of "practice makes perfect." He says the great coaches take it further. Skills can be mastered by practice. "(But) to master a skill so that it can be executed the right way at the right time in competition? ... Follow the performance practice philosophy."

## **FOLLOW AN INTEGRATED, MULTI-DISCIPLINARY APPROACH TO DEVELOPING TALENT AND PERFORMANCE ENHANCEMENT:**

Most athletes at the high school level will spend about one or two hours a day at their athletic tasks; that number moves up in college. So most of their time is not spent training. Great coaches encourage their players to use some of that "free time" to concentrate on the performance ahead.

## **GREAT COACHES ARE GREAT LEADERS:**

"They dare to be different; they do things others are not ready for; they (are) drivers of change," writes Goldsmith. They are risk-takers within reason and thrive in conflict without losing their heads. They are not shy about pushing for the win; nor do they complain when they lose. Accepting responsibility is part of their credo.

IHSAA Student Advisory Council brings to you...

# Battle of the Fans

1. **Film your student section:** Film your student section during an athletic event.
2. **Video Content:** Edit your video so it is no more than 90 seconds. You must introduce your school and discuss why your school should win.
3. **Post to YouTube:** The deadline for your video is *January 31*.
4. **Email us your link:** Send the link to: [federicom@idhsaa.org](mailto:federicom@idhsaa.org)
5. **Judging criteria:** Your videos will be judged on Sportsmanship, School Spirit, Originality, and Student Section Leadership. Be LOUD and POSITIVE!

