



- * *THE DAILY COACH* - Don't Let the Big Trophies get in the way of Living Trophies
- * *AEDs FOR ATHLETES* - Training for High School Students
- * *CONFIDENCE KILLERS FOR ATHLETES*
- * *STATE SPORTSMANSHIP WINNERS* - Soccer/Volleyball
- * *FALL STATE ACADEMIC CHAMPIONSHIPS*
- * *LEADERSHIP VIDEO OF THE MONTH* - Every Kid Needs a Champion
- * *STATE CHAMPIONS* - Golf/Soccer/Volleyball/Cross Country
- * *COACHES EDUCATION* - Increase your Impact
- * *OVERTHINKING VS. MINDFULNESS*
- * *NFHS LEARN* - Building and Maintaining a Positive Culture
- * *SAY THIS NOT THAT* - Building Trust

November
2025 ISSUE

unbottled.

IHSAA EXPRESS

Supporting Education Through Activities



AEDs for Athletes: Preparedness, Education, Action Training for High School Students



**MUST
WATCH!**

FOR HIGH SCHOOL:

Players
Students
Coaches
Teachers
Parents
Administrators



Thanks to a grant from the NFHS Foundation, AEDs for Athletes created this life saving training video. This was produced by high school students, for high school students, teaching CPR and AED use. This is a powerful peer-to-peer educational tool that can make a real difference in saving lives. Please share this resource with your high schools, teams, health classes, and coaches, as we want to empower students with confidence to act in an emergency. We hope to increase survival rates for sudden cardiac arrest in schools and beyond.

ADMINISTRATORS

"In The Know"

FROM THE IHSAA

- + Fall Concussion Data due December 1st
- + Review IHSAA Rule 17 with all coaches
- + Verify ALL Team Scores in MaxPreps (Avoid \$1500.00 fine)

DATES TO REMEMBER

11/3	1st Girls Basketball Practice
11/7-8	State Swim Meet
11/10	State Football Pictures & Rosters Due
11/11	Veterans Day
11/14	1st Boys Basketball Practice
11/14	1st Girls Basketball Competition
11/17	1st Wrestling Practice
11/21-22	Milk Bowl
11/27	Thanksgiving Day
11/29	1st Boys Basketball Competition
12/1	Fall Sport Concussion Survey Due

NOVEMBER AD CHECKLIST

- ___ Make time for family
- ___ Check Pixellot in the gym
- ___ Check basketball/wrestling scoreboard, flag & 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 DragonFly schedule
- ___ Distribute sportsmanship information to coaches/players/parents

IHSAA Rule of the Month

17-2-3 Open Gym/Field/Facility

17-2-3 Open Gym/Field/Facility-Open Gym/Field/Facility does not violate IHSAA rules if the following conditions are met:

- Coaches supervise only. Coaches may NOT instruct/plan/organize/teach or coach.
- Coaches are allowed to coach/instruct any number of students on individual skills and development specific to their sport. Maximum of 10 hours per school year.
- Sessions do NOT count as required practice time prior to the season.
- Scrimmages and/or team competition against anyone that is not enrolled at the school are NOT allowed.
- Schools may petition the IHSAA to allow coaches to coach individuals during competitions that are qualifying events.
- Participants, coaches and/or schools are NOT covered under IHSAA catastrophic insurance plan.
- Administrative approval of Open Gym/Field/Facility hours and weeks is required from the school Principal or Athletic Director.



OUR PURPOSE IS TO PROTECT

The IHSAA protects high school sports by keeping them safe, competitively balanced and educational for all students.

Ensuring high school sports develop the whole person, not just the athlete.

Together, let's all #ProtectThePurpose of high school sports!

ProtectThePurpose.com



**LEARNING
CENTER**
NFHSLearn.com



BUILDING AND MAINTAINING A POSITIVE CULTURE

A positive culture is critical to a team's success and overall student satisfaction. In this course, we will discuss characteristics of healthy team culture and explore strategies you can use to build a positive team environment. Along the way, we will note challenges that can get in the way and considerations for mitigating those issues in an effort to build and maintain a healthy culture.

NFHS NATIONAL COACHING CREDENTIAL



2025 FALL CHAMPIONS

IDAHO HIGH SCHOOL
2025
GOLF
State Championships



unbottled.

6A
GIRLS

ROCKY MOUNTAIN
GRIZZLIES



6A
BOYS

MOUNTAIN VIEW
MAVERICKS



5A
GIRLS

TWIN FALLS
BRUINS



5A
BOYS

BISHOP KELLY
KNIGHTS



STATE CHAMPIONSHIPS
IDAHO HIGH SCHOOL
Volleyball
2025



unbottled.

6A

SKYVIEW
HAWKS



5A

HILLCREST
KNIGHTS



4A

FRUITLAND
GRIZZLIES



3A

AMBROSE
ARCHERS



2A

BUTTE COUNTY
PIRATES



1A

HORSESHOE BEND
MUSTANGS



CROSS COUNTRY
IDAHO HIGH SCHOOL
» 20 25 «
STATE CHAMPIONSHIPS



unbottled.

6A
GIRLS

ROCKY MOUNTAIN
GRIZZLIES



6A
BOYS

COEUR D'ALENE
VIKINGS



5A
GIRLS

IDAHO FALLS
TIGERS



5A
BOYS

SKYLINE
GRIZZLIES



4A
GIRLS

TIMBERLAKE
TIGERS



4A
BOYS

SUGAR-SALEM
DIGGERS



3A
GIRLS

MALAD
DRAGONS



3A
BOYS

MALAD
DRAGONS



2A
GIRLS

VICTORY CHARTER
VIPERS



2A
BOYS

VICTORY CHARTER
VIPERS



2025 FALL CHAMPIONS



6A
GIRLS

TIMBERLINE
WOLVES



6A
BOYS

CALDWELL
COUGARS



5A
GIRLS

MOSCOW
BEARS



5A
BOYS

WOOD RIVER
WOLVERINES



4A
GIRLS

SUGAR-SALEM
DIGGERS



4A
BOYS

CDA CHARTER
PANTHERS



FALL 2024 STATE SPORTSMANSHIP AWARDS

The IHSAA State Sportsmanship Awards are presented to the school in each classification that exhibits the best sportsmanship throughout the State Tournament. Schools are judged on Team, Coach, Administration, Student Section, Cheerleaders, Band, Adult Fans, and Inappropriate Behavior.

CONGRATULATIONS to each school
and their communities for demonstrating a

GEM STATE OF MIND



VOLLEYBALL

6A **Madison Bobcats**



5A **Hillcrest Knights**



4A **Fruitland Grizzlies**



3A **Kellogg Wildcats**



2A **Wallace Miners**



1A **Genesee Bulldogs**



GIRLS SOCCER

6A **Boise Brave**



5A **Vallivue Falcons**



4A **Fruitland Grizzlies**



BOYS SOCCER

6A **Caldwell Cougars**



5A **Pocatello Thunder**



4A **Teton Timberwolves**





INCREASE YOUR IMPACT



WITH JUSTIN SU'A

Communication is one of the most important qualities of high-performing coaching staffs. But it's not just about more communication; it's about the right kind of

communication. As with most things, quality matters more than quantity.

To ensure your communication is high-quality, think of the acronym **PACT**:

P- People

Make sure the right people are getting the information. Whenever you receive information, ask yourself, "Who else needs to know this?"

A – Accurate

Ensure the information is correct. There is non-information (what everyone already knows), misinformation (incorrect information), and accurate information (what is both true and relevant). Aim for accuracy.

C – Clear

Avoid jargon and complexity. The goal is not to sound smart; it is to be understood. Communicate so clearly that others cannot misunderstand it.

T – Timely

Timing matters. Information that arrives too late loses is costly. Communicate at the right time, when it can make the greatest impact.

When communication is shared with the right people, is accurate, clear, and timely, that is when a coaching staff builds alignment, trust, and momentum.

Sentences that will Maximize your Coaching Intelligence

"A person's favorite sound is their name, so remember it."

- Dale Carnegie

"Praise publicly. Criticize privately."

- Warren Buffett



CONFIDENCE KILLERS

How Coaches Kill Player Confidence:

OVER-CORRECTING MISTAKES

- Kills creativity and risk taking
- Stops independent thinking
- Causes future panic around mistakes

ONLY PRAISING OUTCOMES

- Effort & ideas go unnoticed
- Creates fear of failure
- Promotes bad habits
- Shuts down good habits

NO PROBLEM-SOLVING

- Teaches dependence
- Limits thinking skills
- Decreases self-belief

CONSTANT YELLING

- Disrupts flow
- Builds fear of coach
- Creates negative environment
- Decreases creativity



The 4 Types of Trust:

- Character Trust (integrity)
- Capability Trust (skills)
- Consistency Trust (reliability)
- Connection Trust (relatability)

Build them in order.

Or lose them all.

- DAVE KLINE

Don't Let the Big Trophies Get in the Way of the Living Trophies

In the end, leadership is about far more than the scoreboard or the title. It's about people. It's about presence.



Jay Wright, Villanova's former men's basketball coach, now a college basketball analyst for CBS and Turner during March Madness, has always been more than an elite coach.

His accolades are forever etched in the record books and the halls of the Naismith Basketball Hall of Fame in Springfield, Massachusetts.

2 NCAA National Championships (2016, 2018). 4 Final Four appearances (2009, 2016, 2018, 2022). Multiple Big East regular season and tournament titles. Coach of the Year honors.

In his New York Times bestselling book *Attitude: Develop a Winning Mindset On and Off the Court*, he shared “some of the leadership secrets that enabled Villanova, a private university with an undergraduate enrollment of less than 6,500, to thrive in the hypercompetitive world of college athletics.” Yet beyond the banners and the brilliance, what makes Coach Jay Wright extraordinary and dynamic isn't just the wins. It's his ability to see people.

His GQ style and tailored suits may turn heads, but it's his authenticity, charisma, and warmth that leave hearts changed. When you're in his presence, you feel seen and heard — a rare gift that can't be faked, only felt.

Coach Jay Wright is known not just for winning but for how he won.

Recently, Coach Wright reflected on his dear friend, mentor, and our late great co-founder, “Coach” George Raveling. The two men shared much in common, a deep love for Villanova University, the city of Philly, and an uncommon ability as leaders, coaches, and positive difference-makers to make others feel seen, heard, and valued.

As Coach Wright reminisced on Coach Raveling's remarkable and meaningful 88-year life — from Villanova student-athlete to Villanova assistant coach, to barrier-breaking college basketball head coach, to culture-shifting, transcendent Nike executive — he said something simply profound:

“Coach Raveling lived his life in a way where he didn't let the big trophies get in the way of the living trophies.”

Let's read that again: Don't let the big trophies get in the way of the living trophies.

The Big Trophies vs. The Living Trophies

The big trophies represent external achievements — championships, awards, titles, financial success, and recognition. They're shiny, symbolic, and significant. But they're also temporary. Because when our time on Earth comes to an end and we're called home, none of those trophies come with us.

What endures are the living trophies.

The living trophies are the people we lead, coach, and influence — the ones whose lives are better because we invested in them. They are the human outcomes of leadership: character, belonging, confidence, psychological safety, resilience, connection, trust, integrity, compassion, accountability, humility, grace, and attitude.

A living trophy is a person who carries your lessons forward, who leads others, raises families, serves communities, and embodies what you taught long after the scoreboard fades to black.

Re-Aligning What Matters Most

For some, the big and living trophies are aligned. They still remember their why. For others, the pursuit of winning has clouded the soul of their leadership. Yet wherever we stand today, with the gift of life, we have the ability to change and course-correct.

In today's culture of “what have you done for me lately,” where wins, metrics and margins dominate, we risk dehumanizing the very people who make winning possible. We forget that the true measure of leadership isn't what we achieve, it's who we evolve into and who we build up and transform along the way.

Whether this message finds you in a season of ascent or a valley of reflection, may it serve as a call to realign the strategy of leadership with the soul of leadership.

Practicing the Living Trophy Mindset

- **Prioritize people over outcomes.** Win hearts before you win games.
- **Celebrate growth, not just results.** Culture is built on quiet breakthroughs, not just big moments.
- **See potential as sacred.** Every person you coach is a reflection of your leadership.
- **Lead with legacy in mind.** Ask yourself: Will the people I lead become better humans because of my presence, long after I'm gone?

When we pause to reflect on the highs and lows, the grief and joy, the duality of it all, we realize that life is fleeting, no matter the preciousness of our longevity. We are all merely passing through.

And when our bodies come to rest, what will matter most are not the big trophies, but the living ones — the ones who felt seen, heard, loved, and valued because we lived. The ones who found their light again because we believed in them and offered hope.

In the end, leadership is about far more than the scoreboard or the title. It's about people. It's about presence. It's about how our love, grace, and wisdom echo in the lives we've touched and transformed.

As Coach Raveling would often remind us: “With this new day, I can choose to be happy — or very happy.”

And just like him and Coach Jay Wright, we can choose to invest in what truly endures today: **our living trophies.**





**FIRST
FEDERAL
BANK**

Fall 2025 Academic State Champions

GIRLS GOLF

6A	Borah	3.971
5A	Jerome	3.900

BOYS GOLF

6A	Meridian	3.934
5A	Twin Falls	3.854

GIRLS SOCCER

6A	Timberline	3.864
5A	Moscow	3.826
4A/3A/2A	Snake River	3.810

BOYS SOCCER

6A	Highland	3.643
5A	Century	3.591
4A/3A/2A	Grangeville	3.700

GIRLS CROSS COUNTRY

6A	Highland	3.975
5A	Preston	4.000
4A	McCall-Donnelly	3.972
3A	West Side	3.990
2A	Butte County	3.928

BOYS CROSS COUNTRY

6A	Meridian	3.896
5A	Blackfoot	3.999
4A	Sugar-Salem	3.830
3A	Nampa Christian	3.827
2A	Victory Charter	3.869

VOLLEYBALL

6A	Madison	3.915
5A	Bonneville	3.932
4A	Kimberly	3.861
3A	Soda Springs	3.900
2A	Oakley	3.960
1A	Leadore	3.913

FOOTBALL

6A	Timberline	3.484
5A	Bishop Kelly	3.576
4A	Sugar-Salem	3.520
3A	Nampa Christian	3.632
2A	Kendrick	3.550
1A	Rockland	3.796

GIRLS SWIMMING

6A	Mountain View	3.905
5A	Century	3.970

BOYS SWIMMING

6A	Timberline	3.859
5A	Minico	3.955

SAY THIS, NOT THAT

20 Phrases That **Kill** or **Build** Team Trust

By Amy Gibson



PHRASES THAT **KILL** TRUST



PHRASES THAT **BUILD** TRUST

"That's a bad idea."



"Help me understand your thinking."

"We've always done it this way."



"What if we tried something different?"

"You should have known better."



"Let's figure out what we can learn."

"That's not my problem."



"How can I support you with this?"

"You're being too sensitive."



"I can see this matters to you."

"Just do what I tell you."



"What are your thoughts on this approach?"

"You're wrong about that."



"I see it differently. Can we explore both views?"

"Why didn't you ask me first?"



"Next time, feel free to come to me."

"That will never work here."



"Let's explore what might be possible."

"You need to toughen up."



"This sounds challenging. What support do you need?"

Overthinking

What if everything goes wrong?

I can't stop thinking about this.

I should've said something else.

What do others think of me?

I should've been more prepared.

I keep going over this in my head.

I'm not sure I made the right choice.

Mindfulness

I'm focusing on right now.

I can handle whatever comes

I'm accepting things as they are

I'm learning from this experience

I'm grateful for what I have today

I'm taking deep breaths to stay calm

I'm letting go of what I can't control

un[®] bottled.

PERFORM. REFUEL. RECOVER. REPEAT #UNBOTTLED

[CLICK HERE](#)



“

Normalize not having an opinion on things you don't understand.

”

@UpSkillYourLife

“

People inspire you, or they drain you.
Pick them wisely.

”

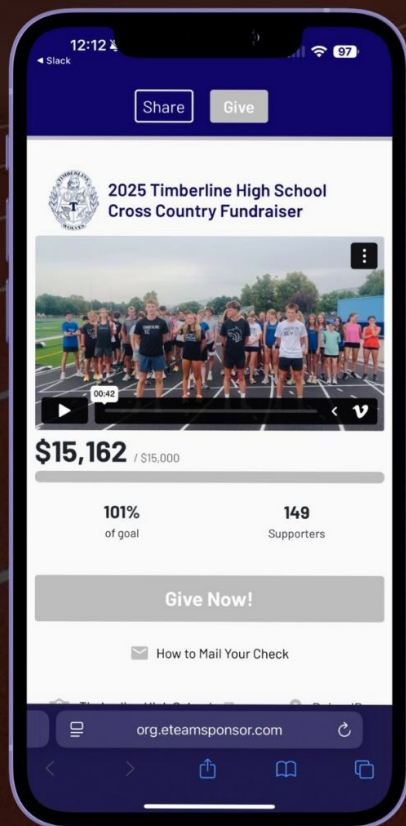
@UpSkillYourLife

“

Facing your truth is the first step toward growth.

”

@UpSkillYourLife



- ✓ **SET UP A FUNDRAISER IN 30 MINUTES**
- ✓ **OVER \$285 MILLION RAISED SINCE 2010**
- ✓ **FUNDRAISE BEYOND 30 DAYS, PAID MONTHLY**
- ✓ **PERSONALIZATION & CUSTOM BRANDING**

TIMBERLINE HS CROSS COUNTRY FUNDRAISER

\$15,162 RAISED

101% OF GOAL RAISED

\$4,000+ RAISED IN THE FIRST 30 MINUTES

86% OF DONATIONS FROM OUTSIDE OF ZIP CODE

\$102 AVG DONATION

THE OFFICIAL FUNDRAISING PARTNER OF



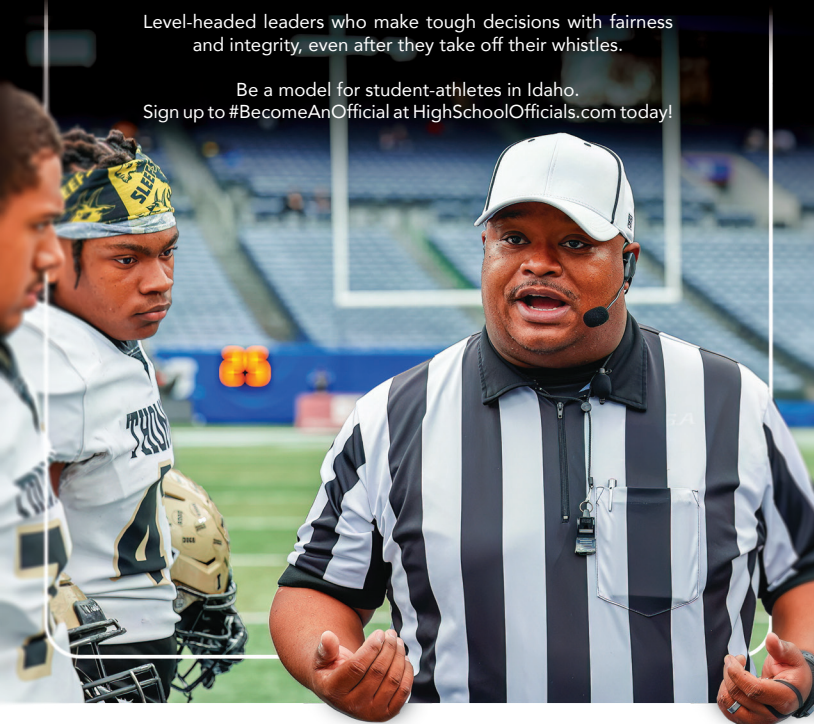
LEAD BY EXAMPLE

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!



RESPECT THE GAME

THE GAME IS ABOUT THE TEAM.

It's about the players, the passion and the will to win.

Show your student-athletes, officials and fellow fans that you're a team player.

Respect the game and #BenchBadBehavior.

Visit BenchBadBehavior.com for resources and more information on how you can make high school sporting events a positive place for everyone.



BECOME AN OFFICIAL





LEADERSHIP

Video of the Month

Rita Pierson

Every Kid Needs a Champion

Rita Pierson, a teacher for 40 years, once heard a colleague say, "They don't pay me to like the kids." Her response: "Kids don't learn from people they don't like." A rousing call to educators to believe in their students and actually connect with them on a real, human, personal level.



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

**Visit
ProjectFilter.org
to learn more.**



**MY LIFE
MY QUIT™**

"If you have an apple and I have an apple and we exchange apples then you and I will still each have one apple. But if you have an idea and I have an idea and we exchange these ideas, then each of us will have two ideas."

— Charles F. Brannan, former United States Secretary of Agriculture