



- \* *SAYES TO OFFICIATING*
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*November 2021 ISSUE*



# IHSAA EXPRESS

Supporting Education Through Activities

## SAYES TO OFFICIATING

*There's an urgent need for sports officials in Idaho. More people are needed to step up to do the tough job of making sure sports are fairly played, well-managed and safe environments for all participants and spectators.*

**ARE YOU READY TO BECOME AN OFFICIAL**

**12  
Great  
Reasons  
to  
Start  
Officiating**



**CAMARADERIE**



**CHALLENGE**



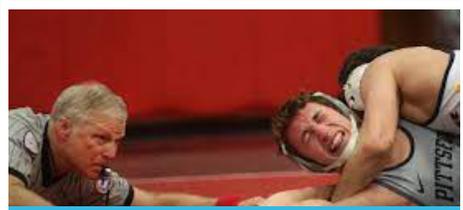
**GIVE BACK**



**ESCAPE**



**EXTRA MONEY**



**GET IN THE GAME**



**OPPORTUNITY**



**LOVE SPORTS**



**FORTITUDE**



**EXCITEMENT**



**STAY ACTIVE**



**LIFE SKILLS**



**MAKE THE RIGHT CALL.  
BECOME A HIGH SCHOOL OFFICIAL.**



## ADMINISTRATION CORNER

### DATES TO REMEMBER

- 11/1 1st Day Girls Basketball
- 11/4 Student Advisory Council - Fall Meeting
- 11/5-6 State Swim Meet
- 11/5-6 State Football Quarterfinals
- 11/8 State Football Pictures & Rosters Due
- 11/10 State Sportsmanship Committee - Fall Meeting
- 11/11 Veterans Day
- 11/12 1st Day Boys Basketball
- 11/12-13 State Football Semifinals
- 11/15 1st Day Wrestling
- 11/19-20 State Football - Milk Bowl
- 11/25 Thanksgiving Day
- 11/30 Wrestling Weight Assessment Window Closes
- 12/1 Fall Sports Concussion Survey Due
- 12/3-4 State Drama



### NOVEMBER 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

**TITLE IX-50**  
Celebrating and Growing Opportunities



**Whitelaw named  
National High  
School Coach of  
Significance**

United Soccer Coaches, along with the association's High School Coaches Advocacy Group, is proud to announce the recipients of the fifth annual High School Coach of Significance Award.

Richard Whitelaw, Soccer Coach at Sun Valley Community School is this year's recipient for Idaho.

The High School Coach of Significance Award recognizes members who are coaching for character and using the soccer field to teach life lessons at the high school level. It is an opportunity for each state, in conjunction with United Soccer Coaches, to recognize coaches who are making an impact within their schools and communities well beyond their records of wins and losses.



**Watch**

*What is NFHS Learn???*



**LEARNING  
CENTER**

NFHSLearn.com



*Keep Idaho's students*  
**IN SCHOOL**



**IHSAA Executive Director Ty Jones visits Prairie High Schools  
"History of Sports" class.**

# 2021 IHSAA FALL CHAMPIONS

2021 IHSAA FALL CHAMPIONS

2021 IHSAA FALL CHAMPIONS

## STATE CROSS COUNTRY CHAMPIONS

### GIRLS

- 5A  BOISE BRAVE
- 4A  PRESTON INDIANS
- 3A  SNAKE RIVER PANTHERS
- 2A  SALMON SAVAGES
- 1A  LOGOS KNIGHTS

### BOYS

- 5A  ROCKY MOUNTAIN GRIZZLIES
- 4A  BLACKFOOT BRONCOS
- 3A  SUGAR-SALEM DIGGERS
- 2A  NORTH FREMONT HUSKIES
- 1A  VICTORY CHARTER VIPERS

## STATE VOLLEYBALL CHAMPIONS

- 5A  SKYVIEW HAWKS
- 4A  TWIN FALLS BRUINS
- 3A  SUGAR-SALEM DIGGERS
- 2A  WEST SIDE PIRATES
- 1ADI  TROY TROJANS
- 1A DII  HORSESHOE BEND MUSTANGS

## STATE SOCCER CHAMPIONS GIRLS

- 5A  LAKE CITY TIMBERWOLVES
- 4A  TWIN FALLS BRUINS
- 3A  FRUITLAND GRIZZLIES

## STATE SOCCER CHAMPIONS BOYS

- 5A  TIMBERLINE WOLVES
- 4A  BISHOP KELLY KNIGHTS
- 3A  SUGAR-SALEM DIGGERS

# 2021 IHSAA FALL CHAMPIONS

@betsybutterick

There comes a point in every season when coaches are so focused on how to be successful against the next opponent that they lose sight of individuals who aren't actively in the rotation.

What are you doing to make those whose roles are limited feel seen valued and appreciated?



## NOVEMBER COACHES EDUCATION PAGE

Does coaching mean to achieve results and reach set targets? Coaching to win! However, this is only one perceived idea on coaching. True, there are goals that need to be achieved. The reality is that most coaches view coaching as a complex process that contributes to multiple facets of the individual and thus team.

Filled with curiosity about the concept of coaching, I picked the brains of seven highly regarded coaches from various backgrounds and industries. Posing the difficult question:

### Seven Coaches, one answer: Person beyond the Player

by Bjorn Galjaardt

#### 'Can you describe in a few sentences what coaching means to you?'

**Mrs. Gonny Farley-Reijnen. Lecturer Sport Institute CIOS | Culture Coach Royal Dutch Baseball and Softball Association.** Coaching for me is creating a positive performance culture. One in which everyone knows their tasks and responsibilities. A coach is there to lead everyone to the right behaviour, ensuring that they continue to grow, have the freedom to succeed and have relationships that they value. This applies to the individual as well for the team. Embrace the process!

**Mr. Jay Ellis. Sports Performance / Business Academic | Academic Lecturer Australian College of Physical Education.** My single thought: Coaching for me is all about people skills. Understanding the athlete is vital! Our job as coaches should be to develop the person before the athlete (the second will come).

**Mr. Simon Daley. Head Water Polo Coach | Founder of Academy Water Polo & Goggle Project.** It is the 'self-felt joy' of being given an opportunity of unlocking a player's potential, so as to maximise their own performance towards success. This not only involves their on-field skill requirements but having a guide to their off-field achievements post their sporting career.

**Ms. Martine Tobe. Director at Children's Perspective Foundation | Founder Lifebook for You(th).** For me coaching is especially focussed and designed to provide a perspective for the future. Asking questions and providing a mirror to allow for self-reflection. Using positive psychology and recognising traits together to further develop. The coaching basis is providing attention to 'growth' possibilities. I like to focus on the qualities and contribute to a positive feeling in doing so.

**Mr. Grant Jenkins. Performance Coach | Presenter | Educator | Coaching Athletes.** To improve the mindset of the person I am working with so they can achieve their long-term goals in life.

**Mr. Bob Beusekom. Executive Director at The Executive Nomad | CFO Bright Zebra | Board member True (Family Planning Queensland).** "Beat your yester self". My view is that coaching style leaders do not only focus on the role performance of their staff. They also aim to develop their staff's 'self', ideally considering the whole person, in a safe environment, on a plate of trust and respect, with a sauce of authenticity and vulnerability. Through coaching, as a leader, you can help reduce blind spots and self-limiting beliefs, giving your staff confidence and insight in their 'selves', purpose, and roles in life.

**Mrs. Anna Wood. Women's High-Performance Coach Australian Canoeing | Musculoskeletal and Sports Physiotherapist.** As a HP coach I need to know my athletes' goals, dreams and beliefs, their doubts and fears, basically what makes them tick... Between coach – athlete – team we strive for a foundation of trust and respect with room for individuality. If this foundation is firmly embedded into our culture, we are able to provide honest and constructive feedback, achieve full commitment of every team member and hold each other accountable. I believe this is the pathway to success.

#### SUMMARY:

Coaching as described by the business, education and sports coaches above is focused on 'the person beyond the player'. Goals are merely milestones to provide an indication in the process of coaching performance. Whether it is improvement in one context, say technical aspects, there are other contexts like life skills, study/work balance and so on. Coaching is a meticulous process that is continuously managed and reviewed. A portfolio of this perspective on coaching will include a range of foundational strategies. For example, focus on personal development, growth mindset, and creativity. Furthermore, allowing room for self-reflection, mutual respect and understanding. Coaching comprises an arsenal of believes, methods and strategies to create a culture of trust and commitment for people to flourish. Coaching the person, equals coaching the process: 'Fuelling the engine for optimised coaching'.



The 2021-22 edition of the Guide for the College-Bound Student-Athlete is NOW available

*CLICK BELOW*



ELIGIBILITY CENTER



**NCAA**  
**GUIDE FOR**  
**THE COLLEGE-BOUND**  
**STUDENT-ATHLETE**  
**2021-22**

# IHSAA SPORTSMANSHIP COMMITTEE

## SPORTSMANSHIP MATTERS



The IHSAA Sportsmanship Committee meets annually to:

- \* Review and examine present IHSAA sportsmanship guidelines. Recommend changes/new programs to the IHSAA Board of Directors
- \* Promote communication between schools within each activity district regarding sportsmanship issues
- \* Promote communication between state activity districts regarding sportsmanship issues
- \* Make recommendations to member schools and/or district boards of control concerning sportsmanship issues from their activity district.
- \* Develop methods/programs to promote better sportsmanship at IHSAA state championship events, within activity districts and for member schools



The IHSAA Sportsmanship Committee is comprised of one representative from each activity district, two members of the IHSAA Student Advisory Council, an officials representative and one IHSAA administrator. The 2021-22 committee meeting will be November 10th. Contact your representative with ideas!

### 2021-2022 Sportsmanship Committee

District I	Deanne Clifford	Lake City HS
District II	Katie Ball	Potlatch HS
District III	Tim Standlee	Borah HS
District IV	Richard Whitelaw	Sun Valley Comm.
District V	Natalie Galloway	Highland HS
District VI	David McDonald	West Jefferson HS
SAC Large Schools	Maysi Bright	Kimberly HS
SAC Small Schools	Brynlee Simmons	Soda Springs HS
Officials	Randy Winn	Burley HS
IHSAA	Mike Federico	

## Battle of the Fans 2021-2022

**Due: January 31<sup>ST</sup> 2022**

—FEATURING IHSAA FANS—  
**PRIZE: BATTLE OF THE FANS BANNER**

### HOW TO BATTLE:

Video Content: Edit it to be no more than two minutes. You must introduce your school and share why your school should win Battle of the Fans. You can use video, Tik Tok clips or lip syncs to show off your school spirit.

**POST ON YOUTUBE**

**EMAIL LINK:** [federicom@idhsaa.org](mailto:federicom@idhsaa.org)

Judging Criteria: Your videos will be judged on Sportsmanship, School Spirit, Originality, and Student Participation. Have Fun and Be Positive.

# Fall 2021

## State Academic Champions

### SOCCKER

<u>GIRLS</u>		<u>BOYS</u>	
5A Highland	3.913	Timberline	3.739
4A Hillcrest	3.873	Moscow	3.654
3A SV Comm.	3.860	SV Comm.	3.591

### CROSS COUNTRY

<u>GIRLS</u>		<u>BOYS</u>	
5A Madison	3.973	Boise	3.966
4A Moscow	3.969	Bishop Kelly	3.954
3A Fruitland	3.958	Parma	3.921
2A Ambrose	4.000	Salmon	3.823
1A Butte County	3.953	Liberty Charter	3.691

### SWIMMING

<u>GIRLS</u>		<u>BOYS</u>	
5A Highland	3.933	Centennial	3.911
4A Jerome	3.989	Hillcrest	3.8692

### VOLLEYBALL

5A Timberline	3.902
4A Bishop Kelly	3.898
3A Homedale	3.880
2A North Fremont	3.930
1A DI Raft River	3.857
1A DII Kendrick	3.878

### FOOTBALL

5A Madison	3.447
4A Hillcrest	3.540
3A Sugar-Salem	3.4360
2A Bear Lake	3.620
1A DI Genesee	3.427
1A DII Rockland	3.534



## GIRLS SOCCER

**5A Timberline**



**4A Caldwell**



**3A CDA Charter**



## BOYS SOCCER

**5A Madison**



**4A Canyon Ridge**



**3A Kimberly**



## VOLLEYBALL

**5A Madison**



**4A Moscow**



**3A Kellogg**



**2A Orofino**



**1A DI Liberty Charter**



**1A DII Horseshoe Bend**



FALL

SPORTSMANSHIP

AWARDS

## Fourteen Legal Duties of Athletic Personnel

Several obligations or duties have been identified as absolute requirements for coaches and athletic administrators. These standards have evolved as a result of various case law proceedings and legal judgments against individuals and school districts.

It is important that all coaches, including assistants and volunteers, know and understand the following duties.



***This summary is not all-inclusive but is generally accepted as the “Legal Duties of Coaches” by the NFHS (National Federation of High Schools) and NIAAA (National Interscholastic Athletic Administrator Association).***

**1. Duty to Plan** – A coach must demonstrate awareness of the maturity, physical development and readiness of athletes with appropriate plans for instruction, conditioning and supervision.

**2. Duty to Supervise** – A coach must be physically present, provide competent instruction, structure practices that are appropriate for the age and maturity of players, prevent foreseeable injuries and respond to injury or trauma in an approved manner. This duty requires supervisors to make sure facilities are locked and that students are denied access when a competent staff member cannot be physically present to supervise. This duty may also require coaches to control reckless player behaviors. Supervision responsibility also pertains to athletic administrators who are expected to be able to supervise coaches competently.

**3. Duty to Assess Athletes Readiness for Practice and Competition** – Athletics administrators and coaches are required to assess the health and physical or maturational readiness skills and physical condition of athletes. A progression of skill development and conditioning improvement should be apparent from practice plans. Athletes must also be medically screened in accordance with state association regulations before participating in practice or competition.

**4. Duty to Maintain Safe Playing Conditions** – Coaches are considered trained professionals who possess a higher level of knowledge and skill that permits them to identify foreseeable causes of injury inherent in defective indoor and outdoor facilities or hazardous environments.

**5. Duty to Provide Safe Equipment** – Courts have held athletic supervisors responsible to improve unsafe environments, repair or remove defective equipment or disallow athlete access.

**6. Duty to Instruct Properly** – Athletic practices must be characterized by instruction that accounts for a logical sequence of fundamentals that lead to an enhanced progression of player knowledge, skill, and capability.

**7. Duty to Match Athletes** – Athletes should be matched with consideration for maturity skill, age, size and speed. To the degree possible, mismatches should be avoided in all categories.

**8. Duty to Condition Properly** – Practices must account for a progression of cardiovascular and musculoskeletal conditioning regimens that prepare athletes sequentially for more challenging practices and competitive activities.

**9. Duty to Warn** – Coaches are required to warn parents and athletes of unsafe practices specific to a sport and the potential for injury or death. This warning should be issued in writing and both athletes and parents should be required to provide written certification of their comprehension.

**10. Duty to Ensure Athletes are Covered by Injury Insurance** – Athletics administrators and coaches must screen athletes to ensure that family and/or school insurance provides basic level of medical coverage. Athletes should not be allowed to participate without injury insurance.

**11. Duty to Provide Emergency Care** – Coaches are expected to be able to administer standard emergency care (first aid, CPR) in response to a range of traumatic injuries.

**12. Duty to Design a Proper Emergency Response Plan** – Coaches must design plans to ensure an expedited response by EMS and an effective transition to the care and supervision of emergency medical personnel.

**13. Duty to Provide Proper Transportation** – In general, bonded, commercial carriers should be used for out of town transportation. Self or family transportation for local competition may be allowed if parents have adequate insurance coverage for team members other than their family members. (follow School District guidelines)

**14. Duty to Select, Train, and Supervise Coaches** – Administrators have responsibility to ensure that appropriate skill and knowledge levels exist among members of the coaching staff to ensure appropriate levels of safety and well being among athletes.



# DAIRY WEST AT STATE TOURNAMENTS



PLEASE TAKE THE TIME AND THANK DAIRY FARM FAMILIES FOR FUELING IDAHO'S ATHLETES WITH CHOCOLATE MILK AT THE 21-22 STATE TOURNAMENTS!

## Colin Powell's 13 Rules for Life

1. It ain't as bad as you think. It will look better in the morning
2. Get mad, then get over it
3. Avoid having your ego so close to your position that when your position falls, your ego goes with it
4. It can be done
5. Be careful what you choose. You may get it
6. Don't let adverse facts stand in the way of a good decision
7. You can't make someone else's choices. You shouldn't let someone else make yours
8. Check small things
9. Share credit
10. Remain calm. Be kind
11. Have a vision. Be demanding
12. Don't take counsel of your fears or naysayers
13. Perpetual optimism is a force multiplier

