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- * E-MAIL LIKE A BOSS
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- * COST OF LEADERSHIP - *Kirby Smart*
- * BOOK OF THE MONTH - *Right Kind of Wrong*
- * IHSAA BOARD OF DIRECTORS ACTION - *September Meeting*

October
2023 ISSUE



IHSAA EXPRESS

Supporting Education Through Activities



FALL SPORTSMANSHIP SYMPOSIUM



Members of the IHSAA Student Advisory Council held district wide Sportsmanship Symposiums beginning in the fall of 2023. Student leaders from member student councils were involved with their advisors in sharing best practices for sportsmanship, spirit and positive behavior from students, coaches, parents and fans at their home events.



ALWAYS BE RESPECTFUL.
#BENCHBADBEHAVIOR



#BENCHBADBEHAVIOR

DOWNLOAD
TOOLKIT



If you downloaded these resources, then you agree that bad behavior at high school athletic events has to stop. Enough is enough. Let's restore civility in our schools and make it clear that bad behavior will not be tolerated.

This toolkit contains FREE materials to encourage people to #BenchBadBehavior at your athletic events. No matter if you're a coach, administrator, state association representative, or even a fan, we can all play a part in helping to protect the integrity of high school sports!

Here is what's included and suggestions on how to use them:

PRINTABLE FLYER



This printable flyer can be used to promote #BenchBadBehavior messages in your school! All you have to do is print it off and hang it up throughout your facilities.

PROGRAM ADS



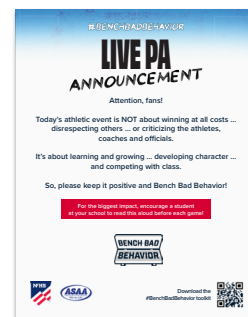
These are perfect for event programs because they reach people where the bad behavior typically occurs—in their seats! They can also be used as handouts at parent meetings.

PLAYER/PARENT CONTRACT



Signing this contract could be required at the preseason parent meeting. Use it as an opportunity to set the tone for the season. You'll have it in writing that they vow to behave appropriately and can use it to hold them accountable if they don't follow through.

PA ANNOUNCEMENT SCRIPT



Give this to your PA announcers to read before and during your events. Better yet, encourage a student to read it for an even bigger impact!

ADMINISTRATION CORNER

DATES TO REMEMBER

10/6-7	4A/5A State Golf
10/9	State Soccer Pictures & Rosters Due
10/11	District 2 Sportsmanship Symposium
10/12	AD Zoom - Responsibilities before and during a state tournament
10/16	Wrestling Weight Assessment Window Opens
10/16	State Volleyball Pictures & Rosters Due
10/19-21	State Soccer
10/27-28	State Volleyball
10/28	State Cross Country
10/29	State Swim Seeding Meeting
10/30	1st Girls Basketball Practice

OCTOBER CHECKLIST

- ___ Make time for family
- ___ Turn in school media request to johnsond@idhsaa.org
- ___ Check basketball scoreboard & PA system
- ___ Prepare winter practice schedules for gyms
- ___ Order spring sports equipment
- ___ Train winter PA announcer
- ___ Arrange/finalize winter bus schedules
- ___ Review winter event cancellation procedures
- ___ Schedule winter jamboree with the YEA
- ___ Verify winter coaching requirements are met
- ___ Review winter game management procedures
- ___ Confirm basketball and wrestling schedules in DragonFly & MaxPreps
- ___ Prepare evaluations for fall programs
- ___ Verify winter coaches certifications
- ___ Review Sportsmanship Manual with winter coaches
- ___ Distribute sportsmanship information to coaches/players/parents



Parenting
Course from
NFHS Learn

Email Like a Boss

TOOK A WHILE BUT YOU CAN DEAL

- ✗ Sorry for the delay
- ✓ Thanks for your patience

MY SCHEDULE MATTERS TOO

- ✗ What works best for you?
- ✓ Could you do...?

YEAH, YOU ARE WELCOME

- ✗ No problem /No Worries
- ✓ Always happy to help

I KNOW WHAT I'M DOING

- ✗ I think maybe we should...
- ✓ It'd best if we...

WORKING THIS IS HARD

- ✗ Rewriting email for 40 minutes
- ✓ It'd be easier to discuss in person

DO YOU GET IT?

- ✗ Hopefully that makes sense?
- ✓ Let me know if you have questions

WHERE THE HECK ARE WE ON THIS

- ✗ Just wanted to check in
- ✓ When can I expect an update

I MADE A SMALL ERROR

- ✗ Ahh sorry my bad totally missed that
- ✓ Thanks for letting me know

I HAVE AN APPOINTMENT

- ✗ Could I possibly leave early?
- ✓ I will need to leave for at...

IHSAA Rule of the Month

Bona Fide Move

8-14-1 If the parents of a student, or legal guardian in case neither parent is living, make a bona fide move to a new permanent residence in the attendance area of a school to which the student transfers, he/she is immediately eligible provided an Athletic Transfer Form is submitted and approved.

A permanent residence is the actual physical relocation by the parents or legal guardians of a student at a new residence and termination of all occupancy of the previous residence. The change in residence must be bona fide and used as the address for utilities, registration for voting, registration for driver's licenses, registration for motor vehicles, identification cards, and the attendance zone for other school aged family members for a minimum of 365 days. For the purpose of eligibility, there can be only one residence.

The IHSAA Executive staff or Board of Directors may approve or deny varsity competition if circumstances warrant.

Parents, students or schools that provide false or misleading information will be subject to Rule 15-6.

a. A student who transfers to a new school in advance of the parents move will become eligible the day the parents move into the new district, providing all other IHSAA requirements have been met.

b. The student may remain in the old school until the close of the current semester or until the close of the school year and remain eligible at that school.

c. The student may transfer to the new school at the time of moving or any time thereafter during the school year or prior to the beginning of the ensuing school year and be eligible upon enrolling in and attending the new school.

d. If the student does not transfer to the new school within the time periods provided in (a), (b), and (c) above, the student will remain eligible at the original school but is ineligible at the new school unless otherwise approved by the school from which the student transferred and the Eligibility Committee.



COURSE OF THE MONTH

Student Leadership:

Learning to be an effective leader is one of the most important skills that students can learn in high school activities. To help students learn leadership skills, the NFHS has partnered with the Michigan High School Athletic Association to bring you this course in our Student Leadership series: BECOMING A LEADER

This course will help you build the foundation to be an effective leader! This course will focus on what it means to be a leader, actions you can take to become a leader, and how to model that leadership. You will learn from the practical thoughts, advice, and experiences of other student athletes from around the country.

COACHES EDUCATION



Elephant and the Rider

We all use our analytical and rational side to understand we need to change, yet the emotional side prevents us because it has more power and control.

Elephants are one of the most complex animals on the planet. They can weigh over 10,000 pounds, sleep only four hours a day, sometimes on the ground where they snore loudly, and use their trunks to bathe, maintaining high genes each day.

They are highly intelligent, form a close bond with one another, can identify languages, understand human emotions, show incredible empathy, mourn their dead, have tremendous memories, and mimic human voices. They can also be strong-minded and know when and where they want to go. Elephants are known to be gentle and friendly towards humans. However, they can be unpredictable if they feel threatened or provoked.

Because they can be highly emotional, psychologist Jonathan Haidt uses the analogy of a person riding an elephant for behavioral change. Haidt's analogy states that the rider is analytical and rational, understands the path that lies ahead, and can plan out the course perfectly.

Whereas the elephant is emotional, driven by irrational behavior, and can, at any moment, alter the course. Because of their enormous size and power, Haidt further explains they can take over from the rider and control the direction and the decisions thus impeding change. Chip and Dan Heath also reference the rider and the elephant in their book *"Switch: How to Change Things When Change is Hard."* They explain:

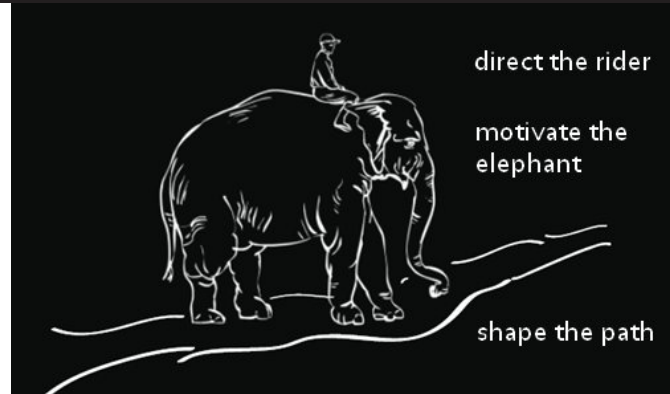
"Perched atop the Elephant, the Rider holds the reins and seems to be the leader. But the Rider's control is precarious because the Rider is so small relative to the Elephant. Anytime the six-ton Elephant and the Rider disagree about which direction to go, the Rider will lose. He's completely overmatched."

This analogy explains why change is so hard for all of us. So how do we change?

The first step is to understand we are dealing with two variables, "the rider" and the "elephant," the analytical and the emotional. We will never promote consistent, sustainable change if we don't recognize both. From the Heath brothers, they offer these suggestions for change.

- 1. Direct the Rider.** What looks like resistance is often a lack of clear and concise direction. It needs to be simple, easy to understand and repeat. Always ask yourself what works—and repeat. Find the bright spots and enhance those. Do what you do well—and keep doing it.
- 2. Motivate the Elephant.** Since we know that side is emotional and needs care, we must fuel this part of our minds with rewards for doing one small thing, which becomes a bigger achievement. Think of yourself as an elephant — reward yourself for doing something different.
- 3. Shape the Path.** Create the conditions for both the rider and the elephant to excel. What looks like a people problem is often a situation problem. Why do people start jogging? Because they buy new shoes. When the shoes are not new, they give up—so keep changing the environment and find something new each day. Build the excitement through an environment switch.

We will change when we recognize we have two sides that must be nourished each day. As a leader, coach or parent, understand you must direct your message to both sides — you are leading the elephant and the rider, not just one.



2023 FALL CHAMPIONSHIPS



October 6-7
5A - Lewiston CC
4A - University of Idaho CC



October 19-21

5A Girls - Rocky Mountain HS
5A Boys - Eagle HS
4A Girls - Brothers Park, Caldwell
4A Boys - Brothers Park, Caldwell
3A Girls - Vallivue HS
3A Boys - Vallivue HS



October 27*28

*5A - TBD - CDA/Post Falls/Lake City
*4A - TBD - CDA/Post Falls/Lake City
*3A - TBD - CDA/Post Falls/Lake City
2A - Lakeland HS
1A DI - Lewis-Clark State College
1A DII - Lewiston HS



October 28

Portneuf Wellness Center, Pocatello



November 3-4
West Valley YMCA
Aquatic Center



Quarterfinals - November 3/4
Semi-Finals - November 10/11
Milk Bowl - November 17/18



October is...

NATIONAL HIGH SCHOOL ACTIVITIES MONTH

Celebrate with us all month long!

National Coaches, Officials, Advisors and Sponsors Appreciation Week

October
1-7

National Performing Arts Activities and State High School Associations Week

October
8-14

National Sportsmanship, Fan Appreciation and Public-Address Announcers Week

October
15-21

National Community Service and Youth Awareness Week

October
22-28

#HSActivitiesMonth

National High School Activities Month serves as an opportunity to remind the public that already in place in every community is a comprehensive program addressing society's most current concerns, by:

- Finding and nurturing the best effort of each young participant;
- Encouraging students to stay in school, perform better academically and become better citizens;
- Demanding respect for fair play and appreciation for the equitable application of procedures, rules and regulations;
- Providing healthy lifestyle instruction;
- Challenging racism, sexism and classism through the active pursuit of teamwork and school spirit;
- Honoring and appreciating the adults who support, sponsor activities and recognize the students' accomplishments.



#WESEEYOU

THE PARENT SEAT

Parent Meeting Video

WATCH VIDEO



Dairy West reaches over 600,000 yearly tournament attendees with its Sports Nutrition Marketing. We educate on dairy's performance benefits at all state tournaments and distribute promotional milk on finals day at the 9 highlighted sports. Check this 2023-2024 schedule and enjoy the tournaments!



unbottled.

GOLF

Oct 6-7	University of Idaho Golf Course, Moscow	4A
Oct 6-7	Lewiston Country Club, Lewiston	5A
May 13-14	TBD	2A
May 13-14	Twin Lakes Golf Course, Rathdrum	3A

BOYS & GIRLS SOCCER

Oct 19-21	Vallivue High School, Caldwell	3A
Oct 19-21	Brother's Field, Caldwell	4A
Oct 19-21	Eagle & Rocky High Schools, Meridian	5A

CROSS COUNTRY

Oct 28	Portneuf Wellness Complex, Pocatello	All
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VOLLEYBALL

Oct 27-28	Lewiston High School, Lewiston	1ADII
Oct 27-28	Lewis Clark State College, Lewiston	1ADI
Oct 27-28	Lakeland High School, Rathdrum	2A
Oct 27-28	Lake City High School, Coeur d'Alene	3A
Oct 27-28	Post Falls High School, Post Falls	4A
Oct 27-28	Coeur d'Alene High School, Coeur d'Alene	5A

SWIMMING

Nov 3-4	West YMCA, Boise	All
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FOOTBALL

Nov 17-18	TBD	All
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DRAMA

Dec 1-2	Century High School, Pocatello	All
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GIRLS BASKETBALL

Feb 15-17	Nampa High School, Nampa	1ADII
Feb 15-17	Columbia High School, Nampa	1ADI
Feb 15-17	Kuna High School, Kuna	2A
Feb 15-17	Middleton High School, Middleton	3A
Feb 15-17	Timberline High School, Boise	4A
Feb 15-17	Ford Idaho Center, Nampa	5A

DANCE & CHEER

Feb 23-24	Ford Idaho Center, Nampa	All
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WRESTLING

Feb 23-24	Holt Arena, Pocatello	All
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BOYS BASKETBALL

Feb 29-Mar 2	Caldwell High School, Caldwell	1ADII
Feb 29-Mar 2	Vallivue High School, Caldwell	1ADI
Feb 29-Mar 2	Capital High School, Boise	2A
Feb 29-Mar 2	Meridian High School, Meridian	3A
Feb 29-Mar 2	Rocky Mountain High School, Meridian	4A
Feb 29-Mar 2	Ford Idaho Center, Nampa	5A

DEBATE

Mar 8-9	Middleton High School, Middleton	All
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SPEECH

Apr 12-13	Canyon Ridge High School, Twin Falls	All
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SOFTBALL

May 17-18	Genesee High School, Genesee	1A
May 17-18	Orofino High School, Orofino	2A
May 17-18	TBD	3A
May 17-18	Coeur d'Alene High School, Coeur d'Alene	4A
May 17-18	Post Falls High School, Post Falls	5A

TENNIS

May 17-18	Ridgevue High School, Nampa	3A
May 17-18	Timberline High School, Boise	4A
May 17-18	Boise Racquet Club, Boise	5A

TRACK

May 17-18	Middleton High School, Middleton	1A-3A
May 17-18	Mountain View High School, Meridian	4A&5A

Green highlighted sporting events indicate tournaments where promotional milk will be distributed on finals day.

Please note all dates and locations are subject to change. The Idaho High School Activities Association website will have the most up to date information regarding tournaments.

For questions about Dairy West's involvement in state tournaments, please contact Calla Chapin at 208-327-7050 ext. 2 or cchapin@dairywest.com

A healthier family is a vaccine away.



COVID-19 bivalent boosters available now.

Find yours at vaccines.gov





IHSAA Board of Directors Action September 2023 Meeting



**The following items were approved by the IHSAA Board of Directors
A full synopsis of each meeting is posted on the IHSAA Board of Directors webpage**

SEPTEMBER 26TH BOARD OF DIRECTORS RULINGS

FINAL READINGS

Approved to modify how the final MaxPreps rankings are determined:

- a. MaxPreps Rankings will include all regular season games and district tournament games.
In the sport of volleyball, regular season tournaments will NOT be included in the final rankings.
- b. Regular season and district tournament game scores must be posted by each member school on MaxPreps prior to midnight the Saturday prior to the state tournament.
Scores posted and/or altered after the Saturday deadline will NOT be included in the final rankings.
- c. Official and final rankings will be published by the IHSAA the Monday prior to the state tournament.

Approved the following classification petitions:

FOOTBALL					
Caldwell	Down from 6A to 5A	Canyon Ridge	Down from 6A to 5A	Council	Down from 2A to 1A
Hansen	Down from 2A to 1A	Middleton	Up from 5A to 6A	Moscow	Down from 5A to 4A
Ridgevue	Down from 6A to 5A	Shoshone	Down from 2A to 1A	Wallace	Down from 2A to 1A
Wood River	Down from 5A to 4A				
BOYS SOCCER					
Bishop Kelly	Up from 5A to 6A	Emmett	Down from 5A to 4A	Nampa	Down from 6A to 5A
Post Falls	Down from 6A to 5A				
GIRLS SOCCER					
Bishop Kelly	Up from 5A to 6A	Caldwell	Down from 6A to 5A	Emmett	Down from 5A to 4A
Nampa	Down from 6A to 5A	Post Falls	Down from 6A to 5A		
VOLLEYBALL					
Caldwell	Down from 6A to 5A	Council	Down from 2A to 1A	Nampa	Down from 6A to 5A
Preston	Down from 5A to 4A	Sun Valley	Down from 3A to 2A		
BOYS BASKETBALL					
Caldwell	Down from 6A to 5A	Clearwater Valley	Down from 2A to 1A	Compass Charter	Down from 3A to 2A
Council	Down from 2A to 1A	Hansen	Down from 2A to 1A	Nampa	Down from 6A to 5A
Sun Valley	Down from 3A to 2A				
GIRLS BASKETBALL					
Caldwell	Down from 6A to 5A	Compass Charter	Down from 3A to 2A	Council	Down from 2A to 1A
Hansen	Down from 2A to 1A	Sun Valley	Down from 3A to 2A	Vision Charter	Down from 3A to 2A
Wood River	Down from 5A to 4A				
CHEER					
Caldwell	Down from 6A to 5A	Canyon Ridge	Down from 6A to 5A	Hansen	Down from 2A to 1A
Middleton	Up from 5A to 6A				
BASEBALL					
Caldwell	Down from 6A to 5A	Middleton	Up from 5A to 6A	Nampa	Down from 6A to 5A
SOFTBALL					
Caldwell	Down from 6A to 5A	Canyon Ridge	Down from 6A to 5A	Nampa	Down from 6A to 5A
Preston	Down from 5A to 4A				
SWIM (Girls & Boys)					
Bishop Kelly	Up from 5A to 6A				
ENTIRE SCHOOL					
Centennial Baptist	Up from 1A to 2A	CDA Charter	Up from 3A to 4A	Gem State Academy	Up from 1A to 2A
Rimrock	Up from 1A to 2A				

1st READINGS

(Final Readings at the December 5th Meeting)

Approved moving the 2024–2025 calendar from tentative to approved .

Approved moving the 2025–2026 calendar from suggested to tentative.

Approved moving the 2026–2027, 2027–2028 calendars to suggested.

Approved language for changing the IHSAA Bylaws on an Audit vs. Review.

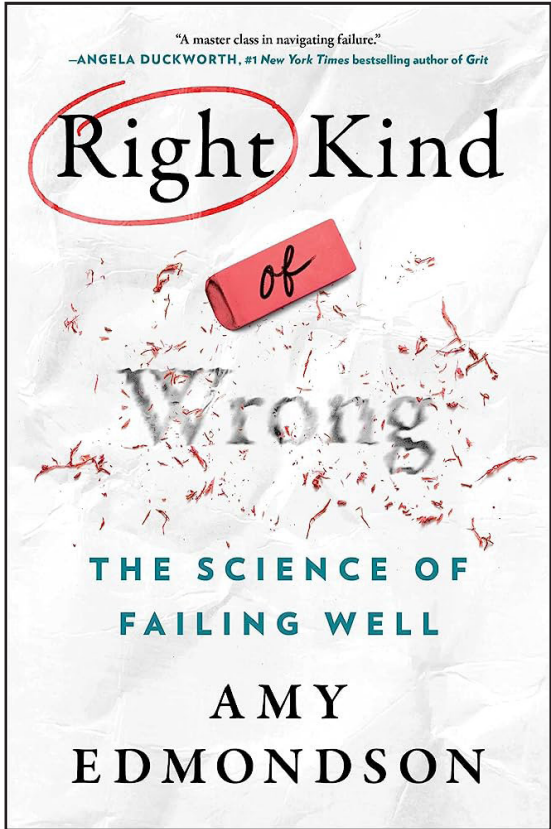


MAKE THE RIGHT Call!

BECOME AN OFFICIAL!

SIGN UP TODAY!

October
Leadership in Coaching
Book of the Month



Successful innovation is only possible as a result of insights from incremental losses along the way.

Good failures are those that bring us valuable new information that simply could not have been gained any other way.

These failures are "intelligent," as my colleague Duke professor Sim Sitkin first suggested back in 1992, because they involve careful thinking, don't cause unnecessary harm, and generate useful learning that advances our knowledge.



KIRBY SMART
ON THE COST OF LEADERSHIP

- #1: You will have to make hard decisions that could negatively affect people that you care about.
- #2: You will be disliked, despite your best attempts to do the best for the most.
- #3: You will be misunderstood, and won't always have the opportunity to defend yourself."



WATCH HIGH SCHOOL

PLAYOFFS
PLAYOFFS
PLAYOFFS LIVE
PLAYOFFS



“

Teachers report changes in students' attention span, focus, and self-control due to the use of nicotine products.

”



Visit projectfilter.org,
or email projectfilter@dhw.idaho.gov
for more information on helping teens quit nicotine.

 IDAHO DEPARTMENT OF
HEALTH & WELFARE
DIVISION OF PUBLIC HEALTH
February 2023



The Idaho High School Activities Association is excited to announce a partnership with First Federal Bank

First Fed is the exclusive financial institution of the IHSAA!

Member
FDIC

First Federal Bank
is the presenting sponsor of
the following programs

- *Academic State Champions*
- *Interscholastic Star*
- *Schools of Excellence*
- *Financial Education Program*
- *Play of the Week*



*Full press release



"Game Winning Fueling Strategies" is a virtual sports nutrition education program available to high school sports teams in Idaho and Utah. Each nutrition talk with sports dietitian and former professional triathlete Erin Green is tailored to help high school athletes perform their best. You and your athletes will learn the basics of sports nutrition and how to incorporate good nutrition habits that will help improve performance!

These Team Talks are intended for both athletes and coaches to attend!

Please use this form to sign up for a "Game Winning Fueling Strategies" session. Once submitted, you will receive an email confirmation with a Zoom link to join. You may use the link to attend as a team or distribute among your players to use on their personal devices.

Brought to you by Dairy West.

[Register Now](#)

