



- \* **IHSAA 100-YEAR CELEBRATION**
- \* **PROTECT THE PURPOSE - Idaho Fact Sheet**
- \* **OCTOBER IS NATIONAL HIGH SCHOOL ACTIVITIES MONTH**
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October  
2025 ISSUE

unbottled.

# IHSAA EXPRESS

Supporting Education Through Activities



## IHSAA 100-Year Celebration

**“Honoring the Past. Inspiring the Future.”**

A century ago, before high schools had official teams or rules, Idaho’s youth created their own competitions. Games were spirited but often unruly, and schools—though not directly involved—were left to answer for the disputes. Faced with a choice, Idaho high schools stepped forward in 1925 to sponsor and organize activities, ensuring they were safe, fair, and educational. From that decision, the Idaho High School Activities Association was born.

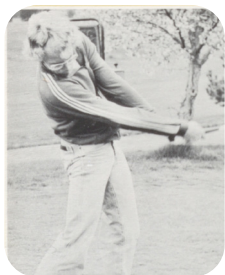
What began with basketball, football, track, debate, and declamation quickly grew into a statewide movement that gave students opportunities to compete, perform, and lead. Over the years, the IHSAA evolved—adopting its first constitution in 1926, reorganizing as a nonprofit in 1983, and forging partnerships that strengthened activities across Idaho.

Through every change, one truth has remained:

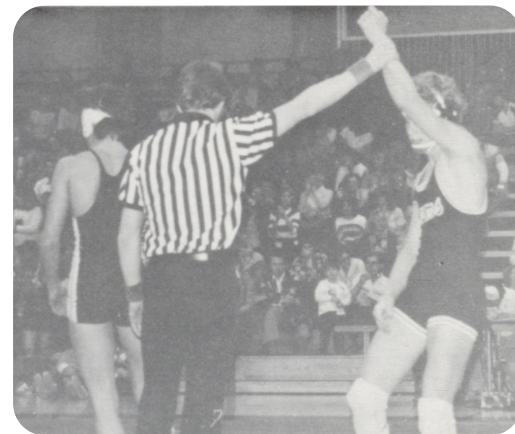
**Activities are the Other Half of Education**

Today, as we celebrate 100 years, we honor the pioneers who laid the foundation, the leaders who carried the mission forward, and the generations of students who found their place in activities. The IHSAA’s centennial is not just a look back at history—it’s a promise to the future.

The IHSAA turns 100, but its story is still being written. And that story—of excellence, community, and opportunity—belongs to all of us.



CELEBRATING  
**100 YEARS**  
—1926-2026—





## Idaho High School Activities Association

# FACT SHEET

**The IHSAA exists to serve, not to rule.**

Without associations like us, high school sports and activities would be inequitable, inconsistent, unsafe and disorganized.

  
**Year Founded**

**1925**

  
**Member Schools**

**170**

  
**Sports + Activities**

**18**


  
**Participants**


**54,678**


State associations like the IHSAA were formed to govern high school sports and activities by developing rules for fair play, establishing eligibility standards, and addressing the health and safety of students participating in these programs.


## Services We Provide

 Support Student Academic Achievement


 Offer Student Leadership Opportunities


 Offer Coaches Education Programs

 Conduct 576 State Tournament Contests

 Provide Structure for Regular-Season Competition for Schools

 Develop Coaches, Officials & Administrators Recognition Programs

 Promote Student Safety & Minimize Risk

 Establish Consistent Playing Rules in Concert with the NFHS

 Lead Sportsmanship Initiatives

**... and so much more!**

## The Purpose of High School Sports and Activities

High involvement in education-based athletics and activities leads to ...

 **Higher GPAs**

 **Fewer school absences**

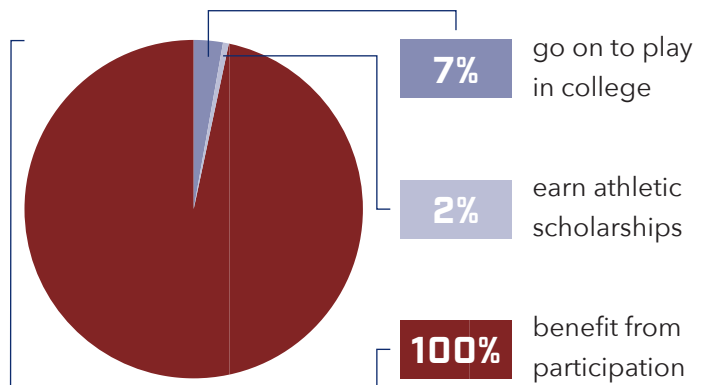
 **Higher graduation rates**

 **Fewer discipline problems**

 **Greater career aspirations**

 **Lower risk of drug use**

Of the **8 million+** student-athletes nationwide ...



Visit  
**idhsaa.org**  
to learn more



Sources: NCAA, NFHS, Women's Sports Foundation

## ADMINISTRATORS

### "In The Know"

#### FROM THE IHSAA

- + Review State Tournament Manuals with Coaches
- + Finalize Rosters & Pictures on MaxPreps
- + Verify ALL Team Scores in MaxPreps (Avoid \$1500.00 fine)

#### DATES TO REMEMBER

10/9-10	6A State Golf
10/10-11	5A State Golf
10/13	State Soccer Pictures/Rosters Due
10/20	State Volleyball Pictures/Rosters Due
10/20	Wrestling Weight Assessment Window Opens
10/23-25	State Soccer
10/30-11/1	State Volleyball
11/1	State Cross Country
11/2	State Swim Seeding Meeting
11/3	1st Girls Basketball Practice
11/7-8	State Swim Meet

#### OCTOBER AD CHECKLIST

- \_\_\_ Make time for family
- \_\_\_ Turn in school media request to [coburnc@idhsaa.org](mailto:coburnc@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 BB and WR 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

## IHSAA Rule of the Month

### IHSAA LIFETIME PASS

*Lifetime passes will not be issued to persons who have retired from a qualified position but are still serving in a capacity in which they are eligible to receive an IHSAA annual activity card (NOTE: Officials may continue to officiate). School trustees who have received lifetime passes may not be issued an IHSAA annual pass.*

#### ***IHSAA lifetime passes may be issued to:***

- 1. Superintendent of Schools: 25 years of service in Idaho***
- 2. Principal/Vice Principal: 25 years of service, high school level***
- 3. Athletic/Activities Director: 25 years of service, high school level***
- 4. Coach or Activities Sponsor: 25 years of service, high school level***
- 5. IHSAA Executive Director and Assistant Directors***
- 6. IHSAA Board of Directors after one full 3-year term is served***
- 7. School Trustees: 12 years of service in Idaho***
- 8. Hall of Fame Inductees***
- 9. Officials: 25 years of service plus criteria***
- 10. YEA Board of Directors: by criteria***

#### ***Criteria/Procedure for Receiving a Lifetime Pass:***

- 1. The request for a Lifetime Pass must be in writing, from a superintendent or principal of a member school or District Board of Control (for officials).***
- 2. A fee of \$100 will be charged for each pass issued.***
- 3. The individual receiving the pass must be retired or in the process of retiring. School trustees who have served for 12 years but are not retiring may receive a lifetime pass. Officials will be allowed to continue officiating after qualifying for and receiving a lifetime pass.***
- 4. Years of total service must be non-concurrent years for school personnel. Officials must have 25 non-concurrent years of service, a letter of support from the District Board of Control and approval from the IHSAA Board of Directors.***

## HIGH SCHOOL PUBLIC ADDRESS ANNOUNCER



## CODE OF CONDUCT

Being a high school PA announcer is an outstanding opportunity to be close to the game while having a positive influence on the environment of the event. All education-based announcers should understand the role and responsibilities of their job. The NFHS and IHSAA have multiple resources for your game day announcer on the IHSAA Sportsmanship webpage.



**LEARNING  
CENTER**  
NFHSLearn.com



## VOCAL HEALTH

Vocal health is a crucial part of music education, as the voice is not only a primary instrument for singers but also a vital part of their overall well-being. In this course, you will follow a comprehensive exploration of vocal anatomy, health issues, healthy vocal techniques, and practical classroom strategies that will equip educators with the skills to create a supportive, informed, and healthy singing environment.



# 2025 FALL CHAMPIONSHIPS



October 9-10

6A Redhawk GC, Nampa

October 10-11

5A Purple Sage GC, Caldwell



October 30-November 1

6A Capital HS, Boise

5A Timberline HS, Boise

4A Mt. America Center, Idaho Falls

3A Mt. America Center, Idaho Falls

2A Post Falls HS, Post Falls

1A Coeur d'Alene HS, Coeur d'Alene



November 7-8

Idaho Central Aquatic Center  
Boise



October 23-25

6A Girls Rocky Mountain HS, Meridian

6A Boys Eagle HS, Eagle

5A Girls Middleton HS, Middleton

5A Boys Columbia HS, Nampa

4A Girls Meridian HS, Meridian

4A Boys Owyhee HS, Meridian



November 1

LCSC Orchards, Lewiston



Quarterfinals - November 7-8

Semi-Finals - November 14-15

Milk Bowl - November 21-22



“Praise others. It will bring them peace of mind.

Do not expect others to praise you. It will bring you peace of mind.”

A mistake coaches often make is assuming players are listening just because they're talking.

They're not.

People only tune in to what feels relevant to them. If your message doesn't touch their goals, fears, or motivations, it won't stick, no matter how passionate or well-meaning you are.

Every player filters information. They pay attention to what matters and ignore what doesn't. If you're not speaking into their world, you're just background noise.

Take the time to learn what drives them by asking what they care about. Pay attention to what fires them up, then, speak to that.

Two keys to connection are what you say and when you say it. Timing matters. Before a game, after a tough loss, in the heat of emotion or in calm, your message will land differently depending on when you deliver it.

They say you can lead a horse to water, but you can't make it drink. That's true, but you can salt the oats.

So salt the oats by not just talking, but connecting. Speak in a way that makes them want to listen.

P39

## Your Team is a Mirror

Players follow more than your game plan.

They follow your patterns.



If you walk into practice calm and present, they settle.

If you show up distracted and anxious, they tighten.

If you're consistent, they relax into trust

If you fluctuate emotionally, they brace themselves daily.

They may not always articulate it, but your team is constantly adjusting to the environment you create.

Their ability to respond to adversity, make adjustments mid-game, or build trust with each other is a direct reflection of your leadership atmosphere.

Culture is not just a set of values; it is an ecosystem. And you are the center of gravity.

## Celebrate ASSISTANT COACHES!

By Greg Berge

Coaches are getting harder to find. Celebrate the Assistant Coach! They may not always be in the limelight, but their impact on the team is critical.

### 5 Things Great Assistant Coaches Do!

**1: The ROCK** - Assistant coaches are the ROCK of any team. They provide excellent support to both athletes and head coaches. Whether it's a tough loss or a huge victory, they're there to lift spirits, offer support, and keep the team focused on the bigger picture.

**2: Tactical Minds** - Assistant coaches are often the masterminds behind the game plans and strategies. Their eye for detail and understanding of the sport help shape winning tactics and make in-game adjustments. They ensure the team is prepared to face any challenge on the field or court.

**3: Player Development** - Assistant coaches play a huge role in growing and developing players. They provide feedback, encourage skill development, and motivate athletes to push their limits. Their approach leaves a lasting impact on the athletes they coach.

**4: Team Bonding** - Strong teams are essential for success. Assistant coaches bring energy, build camaraderie, and create a positive team culture.

**5: Behind-the-Scenes Work** - From helping to organize practices to analyzing film, assistant coaches handle numerous behind-the-scenes jobs that keep the team running smoothly. Their dedication allows athletes and head coaches to focus on the game.

The next time you cheer for your favorite team, remember the GLUE on the sidelines - the Assistant Coaches!

## Sentences that will maximize your Coaching Intelligence

- Pause in speaking + eye contact = confidence.
- Make people feel important with the SHR Method: Seen, Heard, Remembered



# 12 Sentences

## Emotionally Intelligent

### People Use Under Pressure



www.healthymindsetliving.com

Dr. Carolyn Frost | Lifestyle Design



“

The fastest way to kill something special is to compare it to something else.

”

@UpSkillYourLife

“

Comfort kills more dreams that failure ever will.

”

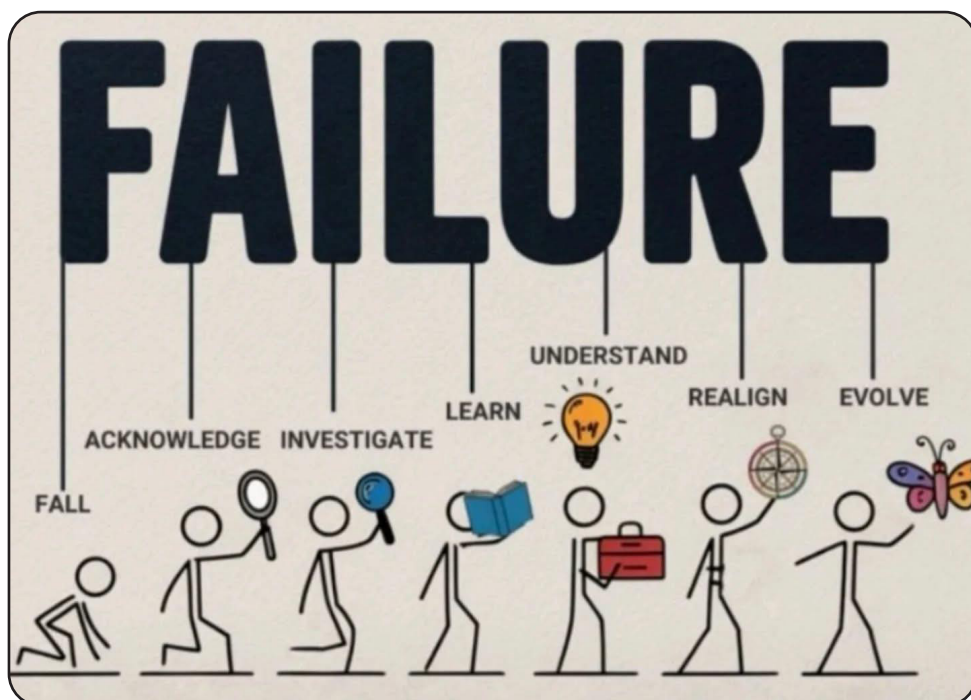
@UpSkillYourLife

“

Fake friends believe in rumors...  
Real friends believe in you.

”

@UpSkillYourLife





## IHSAA Board of Directors Action September 2025 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 30TH BOARD OF DIRECTORS RULINGS

#### FINAL READINGS

**Approved to modify Rule 2-5 Representation**

**Approved the addition of State Sportsmanship Awards for the sports of Softball & Baseball**

**Approved the 2026 Legends of the Game:**

2026 Girls Legends - 2001 Leadore Mustangs

2026 Boys Legends - 1995 Centennial Patriots

**Approved change of venue for the 2025 5A State Play-in Game to Payette HS**

**Approved the following classification petitions:**

#### **FOOTBALL**

Canyon Ridge	Down from 6A to 5A	Centennial	Down from 6A to 5A	Ridgevue	Down from 6A to 5A
Moscow	Down from 5A to 4A	Wood River	Down from 5A to 4A	Logos	Up from 2A to 3A
North Star Charter	Down from 3A to 2A	Castleford	Down from 2A to 1A	Troy	Down from 2A to 1A

#### **BOYS SOCCER**

Bishop Kelly	Up from 5A to 6A	Capital	Down from 6A to 5A	Ridgevue	Down from 6A to 5A
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#### **GIRLS SOCCER**

Bishop Kelly	Up from 5A to 6A	Canyon Ridge	Down from 6A to 5A	Capital	Down from 6A to 5A
Nampa	Down from 5A to 4A	Post Falls	Down from 6A to 5A	Ridgevue	Down from 6A to 5A

#### **VOLLEYBALL**

Canyon Ridge	Down from 6A to 5A	Skyview	Up from 5A to 6A	Sun Valley	Down from 3A to 2A
Castleford	Down from 2A to 1A	Taylors Crossing	Down from 2A to 1A		

#### **BOYS BASKETBALL**

Canyon Ridge	Down from 6A to 5A	Wood River	Down from 5A to 4A	Alturas Prep	Down from 3A to 2A
Sun Valley	Down from 3A to 2A	Castleford	Down from 2A to 1A		

#### **GIRLS BASKETBALL**

Canyon Ridge	Down from 6A to 5A	Centennial	Down from 6A to 5A	Wood River	Down from 5A to 4A
Alturas Prep	Down from 3A to 2A	Castleford	Down from 2A to 1A		

#### **BASEBALL**

Canyon Ridge	Down from 6A to 5A	Shelley	Down from 5A to 4A
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#### **SOFTBALL**

Canyon Ridge	Down from 6A to 5A	Ridgevue	Down from 6A to 5A
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#### **SWIM (Girls & Boys)**

Bishop Kelly	Up from 5A to 6A
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#### **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 9th Meeting)

**Approved NFHS Learn, Coaching Mental Wellness Course for coaches certification**

**Approved Rule 13-3: Physicals for Out -Of-State Transfer Students**

**Approved moving the 2026-2027 calendar from tentative to approved**

**Approved moving the 2027-2028 calendar from suggested to tentative**

**Approved moving the 2028-2029 calendars to suggested**

**Approved proposed new tennis seeding criteria with modifications of eliminating ELO for the 2026 season**

# unbottled.

**Local Dairy Farm Families are proud to support student athletes across the state. Good luck to all participants this Fall!**

## 10 Moments When Silence is Golden

1. When you don't have all the facts.
2. When your emotions are out of control.
3. When anger is clouding your judgment.
4. When speaking could ruin a valuable relationship.
5. When you lack knowledge about the topic.
6. When someone is being vulnerable with you.
7. When you can't express yourself without raising your voice.
8. When silence can protect a meaningful bond.
9. When speaking only feeds your ego.
10. When your words could break someone's trust.







**Dr. Karissa L. Niehoff**  
**NFHS Chief Executive Officer**

The NFHS Voice



Beginning this week, the NFHS will launch the 45th annual celebration of National High School Activities Month (formerly Activities Week), and the need for leaders in communities throughout the nation to understand the importance and value of high school sports and other activities has never been stronger.

In fact, the NFHS has embarked on a special campaign designed to “Protect the Purpose” of these programs and the almost 20,000 high schools and 51 member state associations that provide participation opportunities for millions of high school students.

The goal is to protect the last bastion of amateur sports in our country. The landscape is changing around us, so the benefits and values of education-based activity programs must be proclaimed louder than ever.

In a recent article on ThePublic’sRadio.org, Mike Lunney, executive director of the Rhode Island Interscholastic League (RIIL), perhaps said it best about the current sports climate in our nation.

“We’re sandwiched. Everything below us is kind of geared toward winning and specialization. Everything above us is about money, even at the college level. We’re kind of that last group trying to provide opportunities for kids to be connected to the school. That’s our main goal,” Lunney said.

During National High School Activities Month, the NFHS and its member state associations will emphasize the importance of providing students those connections to afterschool activity programs.

Through Activities Month, the emphasis will be on why high school sports are so essential in our nation’s schools. These programs are formative, not performative. The essence of high school sports is not about landing an NIL deal or a future athletic career at any level. Only three to five percent of the millions who participate in high school sports will play at a higher level, but a much higher percentage will use those experiences to become successful in their chosen endeavors.

During the month-long celebration of National High School Activities Month, schools are encouraged to promote the values inherent in high school athletics and other activities such as speech and debate, music and theatre.

Each week has a special emphasis, and schools are encouraged to use social media graphics to salute coaches, officials, performing arts educators, fans and others in the community in this year’s celebration.

October is one of our favorite times of the year, and it starts with celebrating high school activity programs in our nation’s schools. Let’s support everyone involved in these programs by attending a high school game or contest – and break out those school colors to remember the best years of our lives.

# HIGH SCHOOL ACTIVITIES MONTH

## CELEBRATE WITH US

**Oct 5 - 11: #OfficialsAppreciationWeek**

**#OfficialsAppreciationWeek** – A special week to celebrate the hundreds of thousands of individuals who give time to serve as high school contest officials.

**Oct 12 - 18: #MadePossibleWeek**

**#MadePossibleWeek** – This week is designed for schools and state associations to celebrate coaches, athletic directors, sponsors and others who devote their lives to students through activity programs.

**Oct 19 - 25: #BeyondTheBellWeek**

**#BeyondTheBellWeek** – This special week promotes those individuals involved in performing arts and middle school activity programs, and the importance of community service programs.

**Oct 26 - 31: #NextStepPrepWeek**

**#NextStepPrepWeek** – This week is designed to offer tips on preparing for life after high school, including involvement from the NFHS National Student Advisory Committee.

**Friday October 4th** - Millions of Americans made lasting friendships and have great memories from their involvement in high school sports and other activity programs. Our school colors, mascot and song are things we proudly carry with us throughout our lives, and this week is a special time to celebrate those once-in-a-lifetime experiences.

National High School Colors Day is a time to celebrate the memories, tradition and pride of high school sports and other activity programs – not just for the 12-plus million currently involved in these programs, but for the hundreds of millions of men and women whose lives and careers were pointed in the right direction as a result of their participation.

Celebrate National High School Colors Day – a perfect time to wear those school colors and end the week by packing the bleachers at the Friday night football game.

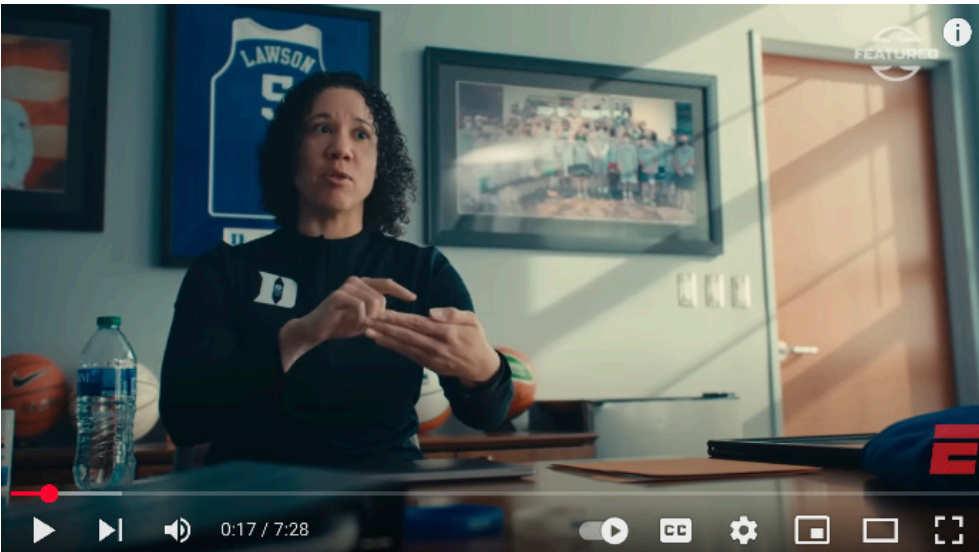


# LEADERSHIP

## Video of the Month

### Kara Lawson Handle Hard Better

Duke head coach Kara Lawson has accomplished nearly all there is to accomplish in her sport: From Final Fours to Olympic gold medals, to a WNBA championship. But it was one off-season speech to her Duke players that might be the most impactful moment of Lawson's storied career.



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**“It is NOT WHAT YOU DO for your children, BUT what you have TAUGHT them TO DO FOR THEMSELVES, that will make the SUCCESSFUL human beings.”**

**— Ann Landers**