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October 2020 ISSUE



IHSAA EXPRESS

Supporting Education Through Activities

A MESSAGE FROM THE IHSAA BOARD OF DIRECTORS PRESIDENT



Jaime Holyoak
DISTRICT V REP.
Grace School District

Dear Parents and Participants,

Welcome back! The IHSAA is so pleased to be able to begin the 2020-21 School Year with full participation in our many activities. While each district may be different in their approach to activities in the midst of a pandemic, there is still no doubt that participation in high school activities benefits Idaho's youth.

We come into this year with unprecedented uncertainty, but we are committed to protecting the lessons and life altering experiences our youth glean from participating in our various programs. We are grateful for the countless hours spent by coaches, officials and administrators as they mentor and strengthen our student participants. We appreciate parents who maintain a focus on character and sportsmanship.

I am excited to be part of the Idaho High School Activities Association. I have seen its benefits evidenced in individuals, schools, and communities throughout my career. This year represents for us an opportunity to build tomorrows champions as we celebrate their accomplishments on and off the field.

Thank you for all you do in supporting the Idaho High School Activities Association. I wish you all a safe and memorable year.

Sports Medicine & Nutrition VIRTUAL LEARNING SERIES

BROUGHT TO YOU BY:



SCHEDULE OF EVENTS

October 9th - 11:30-12:30 MT Kim Schwabenbauer, MS, RD, CSSD

"The Female (and Male) Athlete Triad: Updates, Nutrition Implications and Screening Tools to Prevent Low BMD"

REGISTER HERE

October 14th - 12:00-1:00 MT Dr. Derek Junz, MD

"Stress Fractures in Athletes: How to Prevent and How to Treat? The Ballance of Returning to Sport and the Need for Safe Healing"

REGISTER HERE

October 22nd - 10:00-11:00 MT Jim White, RD, ACSM Health Fitness Specialist

"Game Changers: Going to the Next Level for Performance with Plant and Animal-Based Diets"

REGISTER HERE

October 30th - 1:00-2:00 MT Dr. Christopher Hirose, MD & Dr. Wesley Flint, MD

"Achilles Injuries & Ankle Instability"

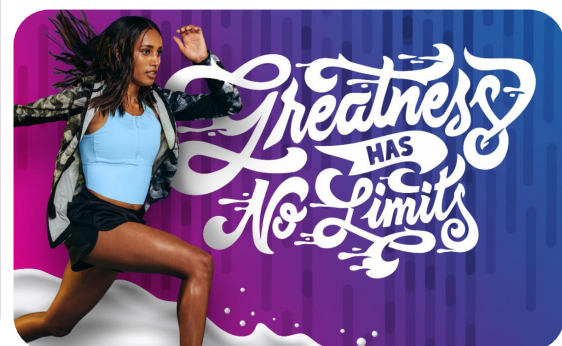
REGISTER HERE

November 6th - 10:00-11:00 MT Dr. Darin Jurgensmeier, MD

"Sportsmetrics ACL Injury Prevention and Rehabilitation"

REGISTER HERE

- Build Your Knowledge and Your Network
- Continuing Education Credits Available
- No Registration Fee



ADMINISTRATION CORNER

DATES TO REMEMBER

10/1	Fall Academic State Champions Due
10/12	State Soccer Pictures & Rosters Due
10/19	Wrestling Weight Assessment Window Opens
10/19	State Volleyball Pictures & Rosters Due
10/22-24	State Soccer
10/30-31	State Volleyball
10/31	State Cross Country

OCTOBER CHECKLIST

- ___ Make time for family
- ___ 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 Arbiter
- ___ Prepare evaluations for fall programs
- ___ Review Sportsmanship Manual with winter coaches
- ___ Distribute sportsmanship information to coaches/players/parents

Working hard for something
we **don't care about** is called **stress**.

Working hard for something
we **love** is called **passion**.

- Simon Sinek



SPORTSMANSHIP FOCUS

TWO PARENTS WATCHING FOOTBALL

"Which one is your boy?"

"Why?"

"I wanted to tell him how terrible he is"

"You should NOT say that, he is only a kid,
how would you like it if I said that to your
boy?"

"You have done that all game"

"Who is your boy?"

"The referee"



THINK BEFORE YOU SPEAK

A DAD IS COOKING ON THE BARBEQUE FOR HIS TEENAGE BOY, AS HE WALKS OUT ON THE PATIO



"Dad, do NOT burn the hamburgers!
Careful! Careful! Do NOT mess them
up!, make sure you put sauce on both
sides! Dad, be careful! The burners
are on high! Only flip them once! Did
you melt the cheese?"

Finally, the dad snaps back.

"I know what to do, I have
barbequed before!"

"I know dad, I was just trying to
show you what it is like for me while I
play soccer."



2020 NFHS STATE AWARD FOR OUTSTANDING SERVICE

Nancy Belliveau McU Sports

Congratulations to Nancy Belliveau at McU Sports on earning national recognition from the National Federation of High Schools as the award winner for Outstanding Service in the State of Idaho. This award is given annually to individuals/organizations for services that represent a significant contribution to or impact on high school activity programs.



Nancy and McU Sports have partnered with the IHSAA and Idaho schools for many years. During this time, Nancy has coordinated the state tournament sweatshirt program in designing logos, printing and coordinating the distribution of thousands of sweatshirts to our state tournaments, schools and participants. Thank you Nancy and McU Sports for the professional and personal touch that makes participating in an Idaho State Tournament special.

COACHES CORNER

University of Idaho Course Credit "Fundamentals of Coaching"



In an effort to assist in coaches' education throughout the State of Idaho, The IHSAA in cooperation with the NFHS and the University of Idaho is continuing an opportunity for Idaho teacher/coaches. Teacher/Coaches can earn (1) college credit from the University of Idaho by taking the Fundamentals of Coaching course developed by the NFHS.

Information and instructions are on the IHSAA Coaches Education Page

@IHSAAcoach



NFHS LEARNING CENTER

Course of the Month - Afterschool Security

Creating a safe school environment for afterschool activities is everyone's responsibility. Events and news stories across the country have helped to heighten concerns among educators and parents about school safety. This important course presents practical strategies for developing and implementing a school safety team and an afterschool activities supervision plan.



*A MESSAGE FROM THE STUDENT ADVISORY COUNCIL PRESIDENT
Bella Leiby, Emmett High School*



Hello Everyone! My name is Izabella Leiby and I am the IHSAA Student Activities Council President. Before I dive into the IHSAA and all that we have become, I believe it is important to give a little bit of background knowledge of who I am. Like I said, my name is Bella. I am currently entering my senior year at Emmett High School. I play volleyball and run track and field, yet growing up I have played all sports in the books. The reason in which I chose to join the IHSAA Student Advisory Council is because how cool it is to think that you get to connect with people who love what you love like you do from all over your state, yet you are all coming together to create new ideas and goals for your state.

When it comes to the IHSAA committee and what it consists of it is such a vast topic that I feel insanely lucky to talk about. The IHSAA is a strong group of junior and senior high school students that partake in Idaho sports and activities that apply to be a part of this huge opportunity. From the two years alone that I have been a part of this committee I have learned so much and I am excited to see what else I will learn. With that said, this year the SAC has a lot of fun things planned in hopes that COVID-19 does not disable us from doing so.

We plan to still do our induction day for our new recruits where we meet together for a brief meeting then go do something fun and get lunch afterwards. We also plan to continue the Battle Of The Fans for schools all across the state to partake in, and we will then present a winner with the banner and festivities that come with the award. Lastly, we plan to host our IDHSAA Spring Summit. This was something we planned to do last year, yet we unfortunately were unable to do because of COVID-19. The IHSAA Spring Summit will be a leadership summit for each district having two representatives from every school in the state. At the summit, we plan to do leadership activities, bond with other schools, team activities, and inform students about who and what the IHSAA committee is.

Within the SAC committee, we have a mission in which we hope all students among the committee and even those who participate in sports and activities abide by. The SAC mission statement is for student leaders connecting Idaho students with the IDHSAA through Sportsmanship, Achievement, and Character. I love this mission statement and being a part of a committee that strives for this because all three of those characteristics are such an important aspect in being a strong leader. Being given the opportunity to be a part of this committee over the last two years, as well as having the opportunity to be the vice president my first year and now the president this year, has allowed me to truly understand this mission statement and use it in my everyday life now.

As a whole, this year has definitely been different for all of us. From COVID-19 to everything else our society has seen on a daily basis, the new normal is definitely not feeling certainly normal. With that being said, having the opportunity to go back to school, play the sports we love again, and so much more makes life a whole lot more simple than what some may think. Going back to school and having the ability to partake in sports and activities opens so many opportunities for any student who partakes in them. On that aspect of it, giving students and student athletes the chance to voice their opinions on how to handle and tackle this pandemic in their schools and their communities is quite detrimental. With the effect of young adolescents' opinions and insight merging with adults and supervisors helps both sides see what and how this has changed all of our lives until we find our new normal, which I hope is in the near future. Being able to grow not just individually, but as a whole through this pandemic and acclimating to what we call our 'new normal' is not a simple task; meaning teamwork, compassion, leadership, and so many more valuable characteristics are necessary to get through this. In order to seek our road to 'normal' again is something that we will have to strive for together not alone, because nothing is impossible when you work together. So, don't be afraid to find your 'new normal' in society as it is now because I promise you some incredible people and things will find you along the way.



FALL SPORTS LIVE ON
NFHS NETWORK



WATCH NOW ▶



October 30 & 31
Eagle Island State Park

October 30 & 31
5A - Skyline HS
4A - Kimberly HS
3A - Twin Falls HS
2A - Buhl HS
1A DI - Jerome HS
1A DII - Burley HS



October 22-24
5A Girls - Lake City/CDA HS
5A Boys - Post Falls/CDA HS
4A Girls - Hillcrest HS
4A Boys - Bonneville HS
3A Girls - Fields at Real Life
3A Boys - Fields at Real Life



Virtual Meet
TBA



Quarterfinals - November 6/7
Semi-Finals - November 13/14
Milk Bowl - November 20/21



We are excited to share new opportunities for you and your Team(s) launching this Fall!

Hot-off-the-Press Sports Nutrition Resources! Well, almost! Watch your inbox for more details, very soon!



Jaclyn St. John

- Sports Nutrition Toolkit – handouts, infographics, videos and more!
- Greatness Guide – printed pocket guide + web-based resource
- “Game Winning Fueling Strategies” - virtual sports nutrition education presentations for Team talks, Coaches Meetings, Parent meetings and more

UPDATE: New milk distribution model at Finals State Tournaments:

We are excited to announce we will be moving our milk distribution outside the venue entrance in a trailer at the Finals Tournament for Girls & Boys Soccer, Track, Volleyball, Football, Drill, Boys & Girls Basketball and Wrestling!



We will continue to support all IHSAA Tournaments, however, you will only find milk at the Finals location for each of these specific sports!

Interested in learning more or have questions?

Contact Jaclyn St. John at jstjohn@dairywest.com



"High school sports and activity programs provide one of the best bargains in our community and nation and will continue to do so as long as our nation supports them as an integral part of the education of our young people. Not only do these programs teach the more than 12 million student participants who engage in them valuable life skills lessons, such as ethics, integrity and healthy lifestyles, they also provide the best entertainment value in our nation."

"We have fundamental, empirical evidence that interscholastic activities provide a successful way in which to create healthy and successful citizens."

"Through National High School Activities Month, we have an opportunity to reflect on our participation as well as the participation of our children. Our nation must continue to support these programs and the life skills they provide America's youth."

– Dr. Karissa L. Niehoff
Executive Director
National Federation of State High School Associations

National Federation of State High School Associations



National High School Activities Month

National Sportsmanship, Fan Appreciation and Public-Address Announcers Week

October 4-10

National Performing Arts Activities and Local State High School Associations Week

October 11-17

National Coaches, Advisors, Officials, and Sponsors Week

October 18-24

National Community Service/Youth Awareness Week

October 25-31

Promoting values inherent in high school athletics and other activities such as speech, music, theatre and band.

October 2020

Promote activities at your school on social media using **#HSActivitiesMonth**

Facebook: @NFHS1920 | Twitter: @NFHS_Org | Instagram: @nfhs_org



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Dairy has the energy and nutrition you need to fuel you on your path to greatness.



NEW TITLE IX REGULATIONS: What Schools & Athletic Administrators Need to Know

By Peg Pennepacker, CAA on August 27, 2020

On May 6, 2020, the United States Department of Education released new Title IX regulations that establish how education programs which receive federal funding must respond to sex discrimination, including sexual harassment.

Much has been written about how the new rules apply to college classrooms and dormitories, but the new regulations also apply to elementary school playgrounds and high school sports programs. In fact, the regulations detail specific minimum responsibilities and requirements that apply to kindergarten through 12th grade.

The date of implementation of the new regulations for schools was August 14, therefore, the new regulations process for schools is now in place.

Title IX prohibits sex discrimination in a school's activities and programs, and requires all schools, from K-12 to post-secondary institutions, to take appropriate steps to prevent and redress issues of sex discrimination. For many years, while the public's focus has been drawn to Title IX at institutions of higher education, this legislation has always been and remains equally applicable to K-12 schools.

To be clear, the new regulations do not affect Title IX compliance relative to a school's obligation to provide a fair and equitable athletic program. Schools are still required to provide equitable opportunities and treatment to students who choose to participate in interscholastic athletic programs.

The Office for Civil Rights (OCR) will continue to determine whether a school's athletic program provides adequate participation opportunities through the "three-prong-test." In addition, schools remain obligated to provide gender equity in the "other athletic benefits and opportunities" area that accompany sports participation.

As schools across the country develop budgets, accessing school funding and all the direct and collateral consequences of the pandemic, K-12 schools cannot ignore and must take the immediate step of addressing how to implement the new Title IX regulations. A major focus in the regulations is to ensure that alleged victims (complainants) and perpetrators (respondents) of sexual harassment, are treated equitably during any complaint process. Among the key provisions for K-12 schools are:

When a school district has actual knowledge of sexual harassment, the new regulations prohibit districts from responding in a manner that is "clearly unreasonable in light of the known circumstances." A K-12 district has "actual knowledge" when any employee has notice of sexual harassment or allegations of sexual harassment. While many states already have mandatory reporting statutes for districts, the new Title IX regulations essentially make reporting a federal requirement.

- Schools must respond when harassment occurs "in the school's education or activity programs," which would include athletic programs. Once a district's response obligations are triggered, the Title IX coordinator must promptly contact the complainant to discuss supportive measures, consider the complainant's wishes regarding supportive measures, and explain the process for filing a formal complaint.
- The new regulations expressly recognize the legal rights of parents and guardians to act on behalf of students in Title IX matters. Parents or guardians of K-12 students are permitted to file complaints on their behalf and require parental notification of complaints against their children. Ultimately, the parents or guardians of students may make decisions regarding appropriate supportive measures or whether to file or withdraw a formal complaint.
- School districts are required to offer and provide "supportive measures" to students, with or without a formal complaint. Supportive measures may include counseling, contact restrictions and modifications of class schedules to name a few. Additionally, districts must follow a grievance process before imposing any discipline or non-supportive measures against the respondent.

School district administrators and leaders should consider the following steps as an outline of some things that need to be done in order to meet the requirements of the new Title IX regulations.

1. Review the current Title IX (sexual harassment) policy and identify who is currently responsible for implementing Title IX and responding to incidents in the school district;
2. Revise the existing or draft a new Title IX policy that is compliant with the Department of Education directives;
3. Identify the school district's Title IX coordinator and clearly define his or her role. Post this information on the school district's website;
4. Identify what other personnel may be needed to effectively implement and support the school's Title IX policy and procedures which could prompt hiring considerations or shifts in existing personnel and their roles;
5. Notify all parents or guardians of students, students and employees who the Title IX coordinator is and how to report an incident of sex discrimination in a program or activity the school operates;
6. Understand what the Department of Education defines as actual knowledge of a Title IX incident that triggers any K-12 personnel's duty to report it to the district Title IX coordinator.
7. Distribute and conspicuously post information and conduct training regarding the district's approved Title IX policy and procedures;
8. Provide training that is comprehensive and continuous for all school district personnel including athletic coaches, to ensure they are knowledgeable about the new Title IX policy and procedures.
9. Ensure that a prompt and equitable grievance process and effective documentation procedures are in place for how the district receives and maintains information.

Unfortunately, incidents of sexual harassment occur across the spectrum in K-12 schools. The new Title IX regulations increase the obligations K-12 schools have for addressing sexual harassment – including athletic departments. School district athletic administrators must take a proactive approach to address the requirements put forth by the new regulations. Among the essential steps for athletic administrators to undertake are:

- Locate the school district's Title IX coordinator. The district Title IX coordinator should not be the school district's athletic administrator. The requirements of Title IX are extensive, and the Title IX coordinator's duties and responsibilities go far beyond athletics. With the new Title IX regulations comes increased responsibilities for the district Title IX coordinator, which includes training of all school district employees and staff including cafeteria workers and bus drivers. The school's athletic administrator may fill the role of deputy Title IX coordinator for athletic compliance as part of the administrative team.
- Communicate regularly with the school district's Title IX coordinator and meet with that individual on a consistent, routine basis. Collaborate in the training of coaches and athletic personnel.
- Participate in all school district's Title IX training opportunities. The athletic administrator should be a part of the school district's "Title IX Team."
- Disseminate school district policies and procedures to the coaching staff and athletic personnel. Include policies and procedures in the coaches' handbook and make the conversation about Title IX requirements a regular practice during coaches meetings, new coaches orientations and regular one-on-one conversations with coaches.
- Be the expert of Title IX and its application to athletics. Learn about the law – do not fear the law. Seek assistance from resources and experts in the field.
- Do not allow the athletic program to be isolated from the other functions of the school district. As the school district's athletic administrator, seek to be included as part of the school district's administrative team.

Title IX is an important and valuable federal law. Schools have the responsibility to protect every student, and to ensure that they have the freedom to learn and thrive in a safe and trusted environment. Schools have a legal requirement to educate all students and they also have a legal obligation to provide a safe and orderly environment for students and, to protect their health, safety and welfare. This legal obligation also extends to education-based athletic programs.





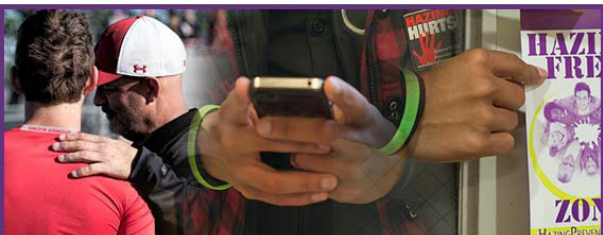
SPONSORED BY THE NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATIONS



CONGRATULATIONS TO THE 2020 ESSAY WINNER

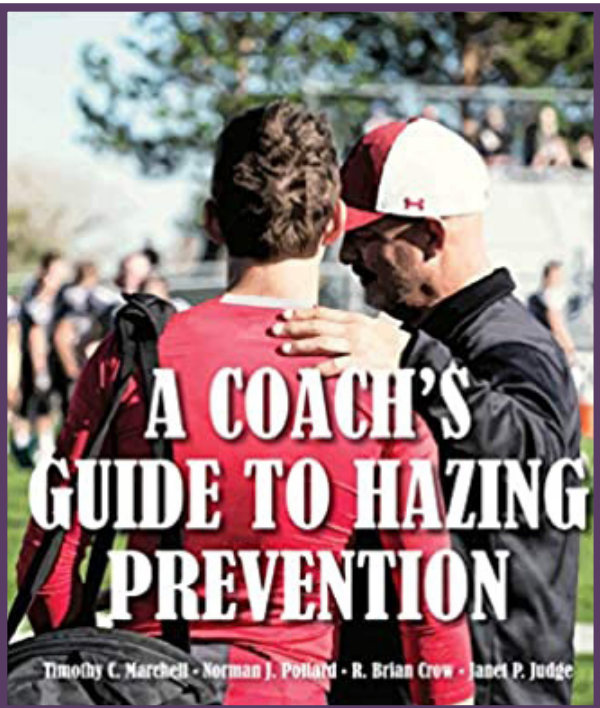
Alicia Mazzurra
River Ridge High School
Woodstock, GA

"The World I Want To Live In"



Hazing Prevention involves EVERYONE... Get EVERYONE INVOLVED!

ONLINE STORE



Papa would always smile widely with a hazy look in his eyes when he told us about getting accepted into the Honor Society. The president called him the night before with the regretful news that he was not accepted. Despondent, he went to bed sullenly. However, he was awoken into a frenzied state of confusion when boys from the club grabbed him before the sun had even opened its eyes, took him outside, and drenched him with a bucket of water.

"You're in!" they gleefully told him with laughter spilling out of them like the water dripping down my grandpa until he began smiling along with them. My grandpa laughs at this memory. When adults recount what they consider "harmless" incidents of hazing, they seem to do so with nonchalance or humor. They try to justify that humiliation of others is not hurtful because it is simply all in good fun. Maybe some will even argue that it is tradition that builds unity among teams.

But why must group bonding be built on the foundation of embarrassment or pain? How does creating a cycle of fear and destructive power dynamics make organizations better? What about the people who, unlike my grandpa, did not live beyond what was dangerous harassment poorly masquerading as a benign tradition?

Chun Deng. Kelly Nester. Raheel Saddiqui. What all of these young individuals have in common is that they passed away as a result of hazing. These deaths were not accidents. They were the effect of vicious systems that believe the fatal lie that hazing is harmless. The effect of students, teammates, or club members thinking that since "everyone else is doing it" or "it's a tradition" or "I did it, so I need to inflict this pain upon someone else now," it's okay.

We cannot let this common form of intimidation and dangerous initiation be the norm. Students should not be scared before joining a sorority or fraternity that they won't come home the next day, dead at the hands of their new so-called "brothers and sisters." Friendship should not be forged on the basis of embarrassment, physical harm, or fear. We must not be complicit in supporting even the most mild humiliating initiation like being drenched with water in the morning. My grandpa might have fond memories, but his group was part of the mindset that normalizes these humiliating behaviors that escalate into deadly grounds. The line seems to too quickly blur between a bucket of water and drowning, a fun tradition and a fatal hazing death.

However, traditions are only traditions because we carry them with us and repeat them year after year after year, passing on our joys and baggage to younger generations. Traditions can be broken with one year. Where we step up and say no. Where we stand up and do not comply. Where we rise up and protect each other from the damaging effects that these traditions have on students not only physically but also emotionally. Hazing rituals can be broken with one year; we just need to be the ones to break them.

It's not easy. Working against the system takes bravery, takes courage to stand up against what is "normal," even when normal is sickening. Even when normal is illegal. Even when normal can somehow be rationalized to permitting murder.

I want to live in a world where I do not have to tell my grandchildren stories about the time I was hazed by the people who were supposed to be my team, my friends, my supporters.

I want this to be our world today.



IDAHO YOUTH FOR CHANGE SUMMIT

VIRTUAL - OCTOBER 23-24, 2020

2020 SCHEDULE AT-A-GLANCE

FRIDAY, OCTOBER 23

SUMMIT DAY 1

4:30pm-5:00pm
Networking

5:00pm-5:15pm
Summit Kick-Off

5:15pm-6:00pm
Opening Keynote Speaker

6:00pm-6:30pm
Family Groups

SATURDAY, OCTOBER 24

SUMMIT DAY 2

9:30am-10:00am
Networking

10:00am-10:50am
Welcome and Keynote

10:50am-11:15am
Family Groups

11:15am-12:00pm
Breakout Sessions

12:00pm-12:30pm
Family Groups

12:30pm-1:00pm
Lunch Break

1:00pm-1:45pm
Breakout Sessions

1:45pm-2:30pm
Regional Breakouts

SUMMIT FEATURES

Family Groups

Networking

Passport Competition

Social Wall Contests

Exhibitor Hall

SWAG!

WHY PARTICIPATE?

STUDENTS

- Network with students from around the state.
- Gain leadership skills.
- Learn how to be an advocate for change in your community.
- Earn prizes by participating in summit activities.

TEACHERS/YOUTH LEADERS

Want to learn more about the summit and how your class or student group can participate?

Email Jacque Deahl for more information at jdeahl@sde.idaho.gov.

The Idaho Youth For Change Summit is a collaborative effort planned by Idaho students, government agencies, and partner organizations. The IYFC Summit aims to help students catalyze change in their communities by nurturing the conditions for self-empowerment, strengthening skills, building relationships, and sparking equitable, healthy, and thriving communities across Idaho.

SAT/ACT Prep

Supported by the Idaho High School Activities Association



Updated Exams Schedule

SAT: Oct 3, Nov 7, Dec 5

ACT: Oct 10, 17, 24, 25, Nov 7, Dec 5

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In the News: The official Prep of the NFHS for all 19,500 member schools and 12 million students.

15 years, 300,000 families assisted, 45,000+ 5-star reviews, fully vetted. [view](#)

Cost: Students only pay a one-time fee between **\$19.99 to \$49.99** (\$350 to \$1,500 value). All fees reinvested to improve the program and reach more families. **The Project does not create a profit.**

Important Notice: Thru September 30, receive a **free upgrade** to the version 10. School admins and educators call it simply phenomenal!!

*"We have renewed the PowerPrep five times since 2007. You've been helping my children qualify for bright futures in Florida, they all got four years of college God Bless" **Michael Maher***

*"My granddaughter scored 1580 on both PSAT and SAT. She is a National Merit Semifinalist this year in Massachusetts. She used your program exclusively. Thanks. Jim Koch" **Jim Koch***

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For further information, contact Cheryl Litras, 951-256-4076 Cheryl@eKnowledge.com