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**October
2022 ISSUE**



IHSAA EXPRESS

Supporting Education Through Activities

October is...
NATIONAL HIGH SCHOOL ACTIVITIES MONTH
Celebrate with us all month long!



OCTOBER

1st - 8th

Sportsmanship
Fan Appreciation
Public Address Announcers
WEEK

OCTOBER

9th - 15th

Performing Arts Activities and
Local State High School
Associations
WEEK

OCTOBER

16th - 22nd

Coaches
Advisors
Officials
Sponsors
WEEK

OCTOBER

23rd - 31st

Community Service
Youth Awareness
WEEK



#HSActivitiesMonth

#HSActivitiesMonth



**POSSIBLE
ACTIVITIES**

Invite students and members of the school board to read pre-game sportsmanship announcement.

Have players go into the stands and thank fans for attending the contest.

Gift your PA Announcer with some school swag.

Honor those who demonstrate positive behavior at games.

Invite special guests and/or youth groups to your game and recognize them at halftime.

Present fans with a discount ticket at a local merchant for attending a game.

Have players from both teams gift and recognize the officials for attending the contest.



**POSSIBLE
ACTIVITIES**

Celebrate the performing arts by recognizing them on the daily announcements prior to each school day.

Provide a ticket to a play for each student in the school.

Invite special interest groups to attend a performance.

At halftime, introduce the members of the speech/debate team and recognize them for their participation in school activities.

Give the school band members their favorite treats.

Invite the drama students to perform at a teacher luncheon.

Create a poster contest that recognizes the performing arts in your school.



**POSSIBLE
ACTIVITIES**

Write a coach a letter of appreciation.

Present officials with a token of appreciation and a moment of appreciation at a game.

Support local sponsors business.

Introduce your coach to your parents and explain how they are a positive influence.

Recognize the family of coaches at halftime.

Nominate your coach for special recognition.

Write a letter of appreciation to your local paper in support of officials and the job they do for the students of your school.

Give a gift card to an advisor in appreciation for the "behind the scenes" work they do each day.



**POSSIBLE
ACTIVITIES**

Promote high school activities by using the #HSactivitiesmonth

Invite your elementary schools to attend an event or activity.

Create special announcements recognizing students for multiple sport participation.

Assembly or Pep Rally for the community.

Decorate halls and lockers with school colors and motivational quotes.

Introduce and recognize school board members at the halftime of a game or prior to an event.

Ask the Mayor to attend a contest and introduce the starting line-ups.

Hand out sportsmanship cards.



#HSActivitiesMonth



#HSActivitiesMonth

ADMINISTRATION CORNER

DATES TO REMEMBER

10/5	Fall Academic State Champions Due
10/5	New AD Zoom - Let's Talk About Going to State
10/7-8	4A/5A State Golf
10/10	State Soccer Pictures & Rosters Due
10/17	Wrestling Weight Assessment Window Opens
10/17	State Volleyball Pictures & Rosters Due
10/20-22	State Soccer
10/23	State Swim Seeding Meeting
10/28-29	State Volleyball
10/29	State Cross Country
10/31	1st Girls Basketball Practice

OCTOBER CHECKLIST

- ___ Make time for family
- ___ Turn in school media request to federicom@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
- ___ Review Sportsmanship Manual with winter coaches
- ___ Distribute sportsmanship information to coaches/players/parents



THE PARENT SEAT

Parent Meeting Video

WATCH VIDEO



IHSAA Rule of the Month

RULE OF 2

17-2-2 Rule of 2 – Coaches can instruct/coach no more than two students at one time by a member of their high school (grades 9- 12) staff of that sport during the school year.

a. Anytime there are more than two students, it is considered an Open Gym/Field/Facility (follow the guidelines in Rule 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:

a. Coaches supervise only. Coaches may NOT instruct/plan/organize/teach or coach.

b. 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.

c. Sessions do NOT count as required practice time prior to the season.

d. Scrimmages and/or team competition against anyone that is not enrolled at the school are NOT allowed.

e. Schools may petition the IHSAA to allow coaches to coach individuals during competitions that are qualifying events.

f. Participants, coaches and/or schools are NOT covered under IHSAA catastrophic insurance plan.

g. Administrative approval of Open Gym/ Field/Facility hours and weeks is required from the school Principal or Athletic Director.

Meet the New Member of the IHSAA Board of Directors

Principals Rep.



Burke Davis

Burke Davis is in his 18th year of education and is currently the Principal at Shelley High School. A graduate of Shelley HS in 1996 he earned a BS in Science from Idaho State University. Burke finished his Master's degree from APUS and an Educational Specialist degree from NNU. He taught health and social studies for nine years at Shelley High School and has been recognized as the teacher of the year, Utah State Distinguished Mentor as well as coach of the year and Assistant Principal of the Year.

Burke hopes to continue to help youth find their passions, participate, and be active in their high school career. He has seen first-hand the benefits of participation in extra and co-curricular activities. Being involved in activities can pave the way for lifelong social networks, and Burke hopes to be a reliable contributor and asset for the students and the IHSAA Board of Directors.

He has been married to Stacey Wickham Davis for 19 years and has three children (Brynlie 16, Ashlyn 14 and Boston 11). Burke enjoys coaching his son's football team, reading, traveling, attending/watching sporting events, dirt biking, and boating. He is a die-hard Celtics, Raiders, Jayhawks, Huskies and Red Sox fan. As a lifelong learner, it is his personal mission to be a little better today than yesterday, to realize every interaction matters and to be a depositor or help build people up and leave them better off than he found them.



WE EXPECT MORE.

Adult fans behaving badly has become normalized at high school athletic events. Ready to tell fans in your state this must stop?

This FREE toolkit features resources you and your member-schools can use to proactively address bad behavior at high school athletic events. It includes a parent-player contract, printable flyers, program ads and more!

DOWNLOAD









ALWAYS BE RESPECTFUL AT HIGH SCHOOL ATHLETIC EVENTS.

Fans. YOUR CHARACTER IS SHOWING.

RESPECT OFFICIALS. PROTECT HIGH SCHOOL SPORTS.

OCTOBER COACHES EDUCATION PAGE

4 Lessons From a Baseball Trailblazer

When our opportunities are extremely limited, sometimes we just have to take whatever we can find.



She had four years of Division 1 playing experience, a Master's degree and six different baseball internships, but as Rachel Balkovec looked for professional coaching opportunities, her many strengths seemed to be overlooked.

Nearly a decade later, Balkovec is now the manager of a minor league team affiliated with the New York Yankees — the first woman to ever hold the position — her journey to this point has some key reminders for us all. Yankees' Rachel Balkovec talks leadership...



1. The first steps are often the toughest. Take what's available

Despite her many qualifications, Balkovec really struggled to get her foot in the door in pro baseball. She began her career with the Johnson City Cardinals as a temporary strength and conditioning coach, which eventually turned into a full-time position.

Since then, she's worked for the Houston Astros as their Latin strength and conditioning coach, as a hitting coach with a team in the Netherlands, and with an Australian professional baseball team.

Balkovec was seemingly over-qualified for just about all of these positions, and it would've been hard to fault her if she turned some of them down. But she recognized that she couldn't afford to be picky, and her willingness to go to any corner of the globe led her to the position she's in now. It's a great reminder to us that when our opportunities are extremely limited, there is no perfect job or situation. Sometimes, we just have to take whatever we can find.

2. True self-belief comes from our work

As a female in a male-dominated sport, Balkovec has struggled with confidence and performance anxiety. But instead of allowing insecurities to hinder her, she has used them to her advantage, outworking and outsmarting her competitors.

"Confidence comes from preparation. I know that I prepared myself to be in this role, and even if I'm not prepared, I'm gonna be the hardest worker in the room."

3. Internal motivation

On her Instagram page, Balkovec posts various quotes and sayings to serve as reminders of the hardships she has overcome. These refrains include:

"If there isn't a road build one. Things you'll need: Lots of equipment, lots of help, fury."

"Find a way or fade away."

"Excellence is the best deterrent to racism or sexism."

Sometimes, navigating difficult paths comes down to finding a few landmarks to help reassure us that we're going in the right direction. For Balkovec, these short phrases are a bit of extra incentive and some key reminders of the inevitable turbulence on her journey. But they're part of what help her stay the course.

4. Create the vision, then pursue it with everything

Balkovec has multiple Master's degrees, has worked all over the world, and has put together a truly impressive résumé that could earn her lots of career opportunities.

But her love is baseball, and for the better part of a decade now, she has been determined to find a career in the sport despite the odds. She has likely encountered plenty of people who have tried to dissuade her from going down this path, but Balkovec knows baseball is her calling and has done everything to make her long-time dream a reality.

The 5 Mental Muscles You Need to Succeed in Life

Accountability

Owning your part in results, and recognizing other potential contributors

Helpful Beliefs

Probing, challenging and experimenting with your beliefs

Self-Assessment

Accurately identifying your internal state, managing your emotions

Holding Multiple Perspectives

Appreciating and allowing for differences in opinions

Calming Your Physiology

Quickly changing your physical and mental state when feeling triggered

©make it

“

Someone is learning how to act, behave, and live by watching you.

TheLeadershipPlaybook.com | Jamy Bechler

BETTER TEAMMATES POSITIVE LEADERS STRONGER CULTURES

**PROJECT
FILTER**
IDAHO FIGHTS TOBACCO®



the TICKET TO HIGH SCHOOL

WHY GOFAN

FASTEST SCHEDULING

Set up your schedules once and start ticketing in less than 10 minutes.

PREFERRED PARTNER

40 state associations choose to partner with GoFan.

QUICK & EASY CHECKOUT

Fans can buy tickets in seconds using a credit card, Apple Pay, or Google Pay.

BEST GATE EXPERIENCE

Fans can enter events quickly and securely. No scanning, hardware, or Wi-Fi required.

get.gofan.co

Save time, increase revenue, and elevate the event experience with the leader in digital ticketing for high schools.



SAVE TIME & REDUCE STAFFING



KEEP 100% OF TICKET SALES



VALIDATE TICKETS QUICKLY



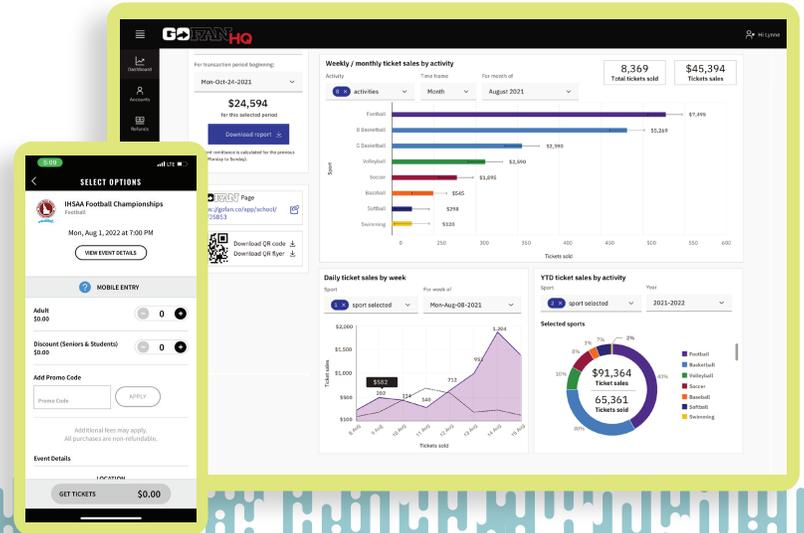
GET YOUR REVENUE PROMPTLY



IMPROVE SAFETY & SECURITY



MAKE YOUR FANS HAPPY



“Booo”

Thank you to the Stu-Co at

“Yeah”

UNACCEPTABLE FAN BEHAVIOR

- Chants directed at a single opposing player or coach by name or number.
- Disrespectful or derogatory chants, songs gestures directed at the opposing team.
- Use of profane, vulgar or abusive language or name calling.
- Heckling an official's decision, criticizing officials in any way or displays of temper with an official's call.
- Engaging an opposing fan or group of fans in a dispute or argument.
- Chants that antagonize opponents or their fans



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ACCEPTABLE FAN BEHAVIOR

- Maintain enthusiasm & composure, serving as a role model.
- Participate positively in the event or contest by supporting players & coaches.
- Showing respect & concern for an injured player, no matter the team.
- Respect the decisions made by game officials.
- Respect fans, coaches and participants.
- Encourage surrounding fans to display sportsmanship.



IDAHO HIGH SCHOOL
2022
GOLF
STATE CHAMPIONSHIPS
IHSAA *unbottled.*

October 7-8
5A - Teton Lakes GC
4A - Sage Lakes GC

IDAHO HIGH SCHOOL
2022
SOCCER
STATE CHAMPIONSHIPS
IHSAA *unbottled.*

October 20-22
5A Girls - Bonneville HS
5A Boys - Hillcrest HS
4A Girls - Real Life Fields
4A Boys - Real Life Fields
3A Girls - Sunway Soccer Complex
3A Boys - Sunway Soccer Complex

IDAHO HIGH SCHOOL
2022
VOLLEYBALL
STATE CHAMPIONSHIPS
IHSAA *unbottled.*

October 28-29
5A - Skyline HS
4A - Thunder Ridge HS
3A - Hillcrest HS
2A - Shelley HS
1A VI - Madison HS
1A VII - Madison HS

IDAHO HIGH SCHOOL
2022
X-COUNTRY
STATE CHAMPIONSHIPS
IHSAA *unbottled.*

October 29
Lewiston HS

IDAHO HIGH SCHOOL
2022
SWIMMING
STATE CHAMPIONSHIPS
IHSAA *unbottled.*

November 4-5
West Valley YMCA
Aquatic Center

IDAHO HIGH SCHOOL
2022
FOOTBALL
STATE CHAMPIONSHIPS
IHSAA *unbottled.*

Quarterfinals - November 4/5
Semi-Finals - November 11/12
Milk Bowl - November 18/19

October

Leadership in Coaching
Book of the Month

Management Techniques from the Best Damn Ship in the Navy



IT'S YOUR SHIP

Captain D. Michael Abrashoff
former commander, USS Benfold

IT'S YOUR SHIP

When Captain Abrashoff took over as commander of USS Benfold, it was like a business that had all the latest technology but only some of the productivity. Knowing that responsibility for improving performance rested with him, he realized he had to improve his own leadership skills before he could improve his ship.

Within months, he created a crew of confident and inspired problem-solvers eager to take the initiative and responsibility for their actions. The slogan on board became "It's your ship," and Benfold was soon recognized far and wide as a model of naval efficiency.

How did Abrashoff do it? Against the backdrop of today's United States Navy, Abrashoff shares his secrets of successful management including:

See the ship through the eyes of the crew: By soliciting a sailor's suggestions, Abrashoff drastically reduced tedious chores that provided little additional value.

Communicate, communicate, communicate: The more Abrashoff communicated the plan, the better the crew's performance. His crew eventually started calling him "Megaphone Mike," since they heard from him so often.

Create discipline by focusing on purpose: Discipline skyrocketed when Abrashoff's crew believed that what they were doing was important.

Listen aggressively: After learning that many sailors wanted to use the GI Bill, Abrashoff brought a test official aboard the ship-and held the SATs forty miles off the Iraqi coast.

From achieving amazing cost savings to winning the highest gunnery score in the Pacific Fleet, Captain Abrashoff's extraordinary campaign sent shock waves through the U.S. Navy. It can help you change the course of your ship, no matter where your business battles are fought.



WHAT IS UNIFIED SPORTS?

Athletes with and without intellectual disabilities train alongside each other as teammates to promote inclusion, acceptance, and respect.

WHY???

Should My School Be a Unified Champion School

Spend 5 minutes of your day; [CLICK HERE](#) to Make Your Day



Special Olympics
Unified Sports[®]

?????

WHAT IS SUCCESS

?????

This is the second edition of a 3-part article, first published in the Idaho Education Journal and this series of articles, comes from a collaboration between Nathan White and Jason Warr. Both of us are lifetime educators and coaches in the West Ada School District, where Jason has worked for 26 years and where I have worked for 24 years.

We are both heading towards the end of our careers after holding multiple jobs at multiple schools and buildings in the district. We are both parents of former and current student-athletes in multiple athletic programs. We are both passionate about high school athletics and the lessons gained from playing high school sports.

Nathan White

Nathan White has spent the last 24 years in education and coaching. He worked for one year in the Phoenix (Oregon) School District, two years in the Mountain Home School District, and 21 years in the West Ada School District. He has coached football, baseball, and track at Phoenix High School, Mountain Home High School, Heritage Middle School, Rocky Mountain High School, and Eagle High School.

Nathan has been a classroom English teacher for 24 years and is married to a high school chemistry teacher, Lynette. They have four kids: Brock, Tennyson, Shelby, and Sydney. All four of his children have played sports and been educated in the West Ada School District—and one is even teaching in the West Ada School District.



Jason Warr

Jason Warr has spent the last 26 years in education and coaching. He worked for the Hagerman School District for four years and the West Ada School District for 22 years. He has coached football, girls' basketball, boys' basketball, and track at Hagerman High School, Eagle High School, Meridian High School, and Rocky Mountain High School.

Jason has been a classroom History teacher, a Vice Principal, and is currently the West Ada District Athletic Director. He is married to Mary and has four kids: Payton, Carly, Kobe, and Madison. All four of his children have played sports and been educated in the West Ada School District.

STATEMENT:

In creating a three-part series about high school athletics, coaches, and parents. Our goal is twofold: one, to help everyone remember the value of high school athletics, and two, to remind people that life and sports are viewed through many lenses and that these lenses show many definitions of athletic success.

Since we have spent most of our adult lives in high school athletics, we have seen the ugly side of high school athletics. This ugly side, more often than not, comes from different definitions of success.



Success is defined as a favorable or desired outcome. Just in that definition, there is a lot of ambiguity about what success looks like. Once you add in athletics, parents, players, coaches, and

competition, that definition gets even more ambiguous.

One of the problems in high school athletics is how success is defined. When one looks at coaches, parents, and players in a high school sport, each of those definitions of success can look different. Which lens do we view athletic success?

Is success winning? How many games do you have to win? Is it winning a district championship? Is it winning a state championship? Is it being the starting point guard on a basketball team? Would you rather lose and play all the time? Would you rather your child not play as much but the team to win more?

These are hard questions that have different answers in theory and in practice.

One way to objectively look at success is to look at some stories from around the West Ada School District that attempt to define the different lenses that can be used to see athletic success.

THE PARENT LENS OF SUCCESS

As Coach Warr and I began this collaboration, we both worried about coming off as know-it-all coaches. I do not have this coaching thing all figured out in three easy essays. However, Jason and I have over 50 years of combined experience in education and athletics besides our time playing sports. While we don't know everything, this isn't our first rodeo, either.

A lot of times as coaches, we have parent meetings that boil down to a playing time issue. Sometimes, parents will say the coach is bullying their player by not playing them. Often, that playing time problem manifests as the family or player wanting to play another position, usually one that is more "glamorous" in their eyes.

Bullying, Intimidation, and Harassment

To illustrate this point, I would like to write about a time I was bullied as a sophomore in high school, how my parents handled it—and how it was the best thing that ever happened to me.

When I was a freshman in high school, I was the quarterback of a 9-0 freshman football team. We ran the option exclusively, and I was a fast, athletic kid. I must have scored 20 touchdowns my freshman year—even five in one game. I was convinced I was the next Nebraska option quarterback.

The entire community started in—we were going to be undefeated state champions by the time we were seniors. We were the first undefeated freshman team in who-knows-how-long, we had so many great athletes, and of course, we had the greatest QB known to man. Well, maybe that's what my 15-year-old brain started to hear and drink the poison of publicity and expectations.

THE PARENT LENS OF SUCCESS Cont.

All off-season, I was already envisioning myself starting as a sophomore quarterback under the Friday Night Lights. I could taste it. I was going to be QB 1.

On the first day of Fall Camp my sophomore year, my coaches moved me from quarterback to defensive back.

I was devastated. Hadn't they watched my freshman year?! Hadn't they heard all the people saying what we were going to do and how we were going to do it?! How could I not play the position I was put here to play? I had always been a quarterback since I started playing football! My coaches were wrong!

I did what any child would do—I went home and complained to my dad. He knew my athleticism, my passion, and my entitlement to play quarterback. He looked up absentmindedly from whatever he was doing when I told him my problem and said “Well, you throw like crap. Maybe DB is a better fit for you.”

I was crushed—not necessarily by his assessment of my athleticism—but by him not sharpening the sticks and getting out the torches for our assault on the coaches, athletic director, and school. I started in on him, about how this was unfair, and my coaches didn't know, and they just hadn't paid attention, and I was the best quarterback, didn't he think so, too?

Finally, my dad had enough. “Nathan, I'm a dentist. I don't know a lot about coaching football. So, in matters of coaching, I leave that to the experts. If they came in and told me how to drill and fill teeth at my job, I bet they would be wrong because they haven't spent 20 years doing it. I bet if I tried to tell them how to do their jobs, I would be wrong, too, because I haven't spent my life coaching football.”

Today, I realize the power and wisdom in my dad's words. But 15-year-old me was still pissed off and couldn't believe he wouldn't support me.

What I didn't realize at the time, that I completely understand now as a coach, is we had three good athletes at QB. There were two seniors, who had split time as the JV quarterback as juniors, and me. The best athlete of all of us was moved to wide receiver and ended up as an all-conference wide out. The other senior played QB. I moved and ended up starting at varsity safety as a sophomore.

A lot of times, coaching decisions come down to getting the best players on the field at the same time. It doesn't make sense to have three of the best playing one position so two are left on the sidelines. That is not how you win games.

The coaches even made me play JV wide receiver two quarters a week because they were convinced my future was not at quarterback. Talk about adding insult to injury—I didn't even get to play JV quarterback!

I'm not sure how I got over myself, but I now know—as Paul Harvey would say—the rest of the story. I can remember being upset about the “quarterback thing” as my brain now thinks about it, but soon it was gone.

I was blessed to have been moved to defensive back. I started on defense as a sophomore, started both ways as a junior and senior (at wide out on offense), played five years of college football as a defensive back, and coached 24 years of defensive football, most of them at the DB position.

Literally, that decision by my coaches when I was 15 years old dictated the trajectory of my life, both personally and professionally, for the next 35 years.

Had my dad done what I have seen some parents do during my time coaching, he would have ruined it for me. There is no way I would be the person I am now if my dad had marched into the coaches' office, or fired off an anonymous email, or started rabble-raising in the community about how stupid our coaches were because of their decisions.

If my dad had gotten involved, I would not have started as a sophomore. I would have been a spoiled, entitled kid who wanted his dad to fight his battles. That isn't how we grow as humans.

Again, I'm not sure how I got over myself and grew up during my sophomore football season. I can't exactly remember it or trace the development like a novel, but I know it happened. Suddenly, I quit caring about “the quarterback thing” and started caring about being the best football player—and the best teammate—I could be.

My coaching career began that sophomore season, even if I didn't know it.

You know who did know it? My dad. He knew what I needed. I have talked to him about this since, and he acknowledges how hard it was. Of course, he and my mom wanted me to have success. Of course, they thought about getting involved.

But he also knew that by intervening, it would open the doors for the rest of my high school career. If he did it now, he would do it again. So he told me the truth—he wasn't a football coach and I wasn't a very good throwing quarterback.

Sometimes the truth hurts. Parents need to trust that coaches have the best intentions for their teams, even if it isn't exactly what the parents want. Coaches make decisions Program First, Players Second. This is the way for long-term success.

Not everyone gets to play quarterback. Not everyone gets to be the star player, headed for a Division One scholarship. Not everyone gets their name in the newspaper and is featured in the local news. In fact, a lot more members of the football team will be blocking and tackling than scoring the touchdowns and getting the glory. But the touchdowns can't be scored without the blocking and tackling and every piece of the puzzle is as important as any other piece.

However, everyone can learn how to fail and to overcome, how to strive and to work, and how to win and to lose. The lessons in sports are bigger than who gets to play point guard.

It isn't bullying, intimidation, or harassment when coaches make tough decisions. It is coaches doing what is best for the team. If parents can get on board with that, their high school athletes will be in a position to reap all the benefits that come from high school athletics.

And maybe set their high school student up for his or her personal and professional life.



THE PARENT LENS OF SUCCESS Cont.



Post Script

One day after a workout between my junior and senior year of high school, I came into the locker room and saw my dad meeting with all the coaches through the window into the coaches' office. I was shocked. I had never seen my parents communicate with coaches and I could not figure out what was happening. When I got home that night, I asked my dad about it and he told me not to worry about it; it did not concern me.

I found out well after high school that my dad had been asked and agreed to buy a teammate cleats for the upcoming season and to pay for his way to football camp since the player's family could not afford it. I found this out from my high school coach long after graduation, not from my dad. My dad never told me the story until I asked him about it.

My dad refused to get involved with my coaches for me for the WRONG reasons but got involved with another player for the RIGHT reasons. That is the sports parent we should all strive to be—one who does what is needed for the good of the program.

Thanks for reading. In the last article, we are going to explore the ways to help our children get the most from high school athletics.



MAKE THE RIGHT CALL. BECOME A HIGH SCHOOL OFFICIAL.



2022-2023 STATEWIDE SCHOOL CONTESTS

IHSAA SAC PRESENTS

BATTLE OF THE FANS

**DUE DATE:
JANUARY
31ST, 2023**

**POST TO YOUTUBE &
EMAIL TO
federicom@idhsaa.org**

HOW TO BATTLE: +INTRODUCE SCHOOL
+WHY YOUR SCHOOL SHOULD WIN
+LIP SYNC
+TIK TOK CLIPS
VIDEO MAXIMUM 90 SECONDS

**JUDGING
CRITERIA:**

**YOU VIDEO WILL BE JUDGED ON
SPORTSMANSHIP, SCHOOL SPIRIT,
ORIGINALITY AND STUDENT
PARTICIPATION. BE LOUD AND POSITIVE!**



IHSAA SAC Presents: Sportsmanship T-Shirt Contest

Who? Any High School Student Interested!

What? Create a design for a T-Shirt that demonstrates sportsmanship. The winner's design will be featured on T-Shirts that will be handed out at State events next year!
Winner will receive a T-Shirt or Sweatshirt with their design!

When? The deadline for design submissions is **December 31st, 2022!**

Submit to: federicom@idhsaa.org.
** All Submissions must be in JPEG format**



Replenish Program Application

Chocolate Milk to Fuel Your Athletes

To coach your athletes to achieve their personal greatness means teaching them about the importance of fueling properly. Drinking chocolate milk after physical activity is a great way to replenish energy and help muscles recover.

Your high school athletic program can apply for 1 pallet of chocolate milk, per high school, to help fuel your athletes!

Dairy West is excited to offer this program to high school athletic programs across Idaho and Utah for the 2022-2023 school year!

Application Process

This year's application for shelf-stable whole chocolate milk is a competitive process.

Dairy West is looking for passionate high school athletic programs to partner with us to:

- Teach the importance of fueling for performance
- Promote dairy foods as trusted fuel for athletes

School athletic departments can apply by filling out the short application and telling us how they intend to partner on this program! Applications will be reviewed by a committee and awards will be announced in early July. Milk will be distributed to schools starting in the fall of the 2022-2023 school year.

Please note the following changes to the Replenish with Chocolate Milk Program:

- We will be offering one-time, one pallet deliveries
At least one team from your school must complete a Game Winning Fueling Strategies Virtual Team Talk *prior* to your milk delivery



APPLY HERE!

For questions, contact Calla Chapin at cchapin@dairywest.com

Brought to you by Dairy West