



- \* **OCTOBER IS HIGH SCHOOL ACTIVITIES MONTH**
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unbottled.

October  
2024 ISSUE

# IHSAA EXPRESS

Supporting Education Through Activities



PLAY.  
PERFORM.  
COMPETE.  
TOGETHER.



### The Materials:

- \* NFHS National High School Activities Month Booklet
- \* The Case for High School Activities Booklet

# National High School Activities Month

**OCTOBER 2024**

The National Federation of State High School Associations created National High School Activities Week in 1980 to increase the public's awareness of the values and needs of interscholastic activity programs. However, there was a need to celebrate the contributions and benefits young people experience by participation in sports and performing arts for an entire month. Hence, Activities Week has transformed into Activities Month. During this special time, the nation's high schools are encouraged to promote the values inherent in high school athletics and other activities such as speech, music, theatre and band.

National High School Activities Month is 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;
- Honor and appreciate the adults who support, sponsor activities and recognize the students' accomplishments.



*"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**  
Chief Executive Officer  
National Federation of State High School Associations

## **OCTOBER 2024**

**National Coaches, Advisors and Sponsors Appreciation Week**

**September 29 - October 5**

**National Officials, Performing Arts Activities and State High School Associations Week**

**October 6-12**

**National Sportsmanship, Fan Appreciation and Public-Address Announcers Week**

**October 13-19**

**National Community Service and Youth Awareness Week**

**October 20-26**

## ADMINISTRATION CORNER

### DATES TO REMEMBER

|            |  |
|------------|--|
| 10/11-12   | 6A/5A State Golf                         |
| 10/14      | State Soccer Pictures & Rosters Due      |
| 10/21      | Wrestling Weight Assessment Window Opens |
| 10/21      | State Volleyball Pictures & Rosters Due  |
| 10/24-26   | State Soccer Tournament                  |
| 10/31-11/2 | State Volleyball Tournament              |
| 11/2       | State Cross Country Meet                 |

### 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 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

### Rule 14 PROTESTS

**14-1** Contest decisions made by sports officials are final and may not be protested.

**14-2** If an administrative decision, guideline, rule, the use of a specific contestant or specific official is protested in an interscholastic contest, the contest shall be completed as scheduled. Then, a formal protest containing all available evidence must be submitted to the Executive Director. If deemed necessary, the Executive Director may submit the protest to the Board of Directors for decision.

**14-2-1** Protests must be filed with the Executive Director no later than the end of the semester following the semester in which the offense was committed. Once a protest has been filed it may not be withdrawn by the protesting school. The principal of the school involved must furnish the Executive Director with all pertinent information that is required.

## COACH QUOTES



### ON GAINING CONFIDENCE WITH YOUR VOICE:

"When it comes to real communication, you better have a good message, and you better have one every day.

A lot of my time spent was in deep thought after games, before the next practice. What was I going to say tomorrow pre-practice, post-practice? What was I going to say in my pregame speech, at halftime, postgame? What was I going to say when I had to bring a player in individually and talk to him? What was my message going to be to my owner or to the community in the press about the team?

Communication comes with a message. You better have a good one, and you better think about it. If you can't come up with a good one, then go take one from somebody else and figure out how to make it yours. We all do that...

The second point with communication is your tone of voice. Your tone of voice would probably be most important in how you talk to people, whether it's with a real negative tone of voice, loud tone, accusatory, compassionate, or an empathetic tone of voice.

The last thing is your body language, how you're moving, how you're standing, what you're wearing that day, how confident you are in that message. When I talk about temporary insanity, I'm moving my arms around. I'm throwing my fist into my palm of the other hand or something.

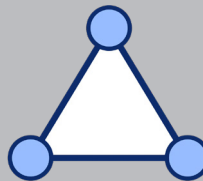
People will get the message through those three things, but you've got to have a message. You can't just get up there and B.S. somebody because they're not going to buy it. You have to be honest with them."

**-Pat Riley, Miami Heat president**



**LEARNING  
CENTER**  
NFHSLearn.com

## THE FEMALE AND MALE ATHLETE TRIAD



The Athlete Triad is a condition that affects millions of students every year. The NFHS has teamed up with The Female and Male Athlete Triad Coalition to create this course to help educate you about the Athlete Triad. This course will help you identify the signs and symptoms of the Female and Male Athlete Triad and what to do if you suspect an athlete may be dealing with this condition. This course explains the ways energy deficiency creates problems with a student's bone health and reproductive health and the ways that disordered eating can lead to experiencing the Athlete Triad.



**Start Learning**  
Click here



## WHAT IT MEANS TO WORK HARD



- 
**Show up committed every day**  
Don't just participate, show up, and commit. Have a positive attitude and dedicate yourself to what you are doing. Be focused and present when you perform.
- 
**Go above and beyond**  
If they ask for 3 reps, give them 4. When you go above and beyond, you grow and push your own limits. Also, be detail-oriented when you work. Growth happens in the details because it ensures accuracy and quality.
- 
**Take initiative**  
Don't wait for instructions, take action and look for improvements. Seek out ways to grow and contribute. You can't just wait for instruction, look for areas and opportunities where you can improve yourself.
- 
**Prioritize what is important**  
Remember your WHY and focus on what matters for you. No one can prioritize your life for you, but know that it will take sacrifice and dedication. Hard work doesn't just show up by itself.
- 
**Reflect and look for improvements**  
Look for ways that you can get better and improve whether it's mindset, performance, or process. You can always improve and innovation happens when you see what's happening, reflect, and find opportunities to create.

"Hard work doesn't guarantee success. It doesn't and it never will. But, it absolutely will put you in the best position to achieve it." - Mike Norvell





COACH AJ @ MENTAL FITNESS

## M 6 LESSONS LEARNED BY PLAYING OFFENSIVE LINE M

- 1.) YOU DON'T NEED A PAT ON THE BACK, OR A THANK YOU FOR A JOB WELL DONE.
- 2.) YOUR ROLE IS A SINGLE PIECE OF A MUCH BIGGER UNIT.
- 3.) MISTAKES ARE INEVITABLE, ITS HOW YOU RESPOND TO THEM IN THE MOMENTS THAT FOLLOW THAT TRULY MATTER.
- 4.) YOU LEARN TO LOVE AND EMBRACE THE WORK THAT OTHERS DON'T NECESSARILY ENJOY.
- 5.) YOU LEARN TO ADJUST QUICKLY, AND IMMEDIATELY APPLY FEEDBACK TO THE CURRENT SITUATION.
- 6.) INTERNALLY, YOU TAKE A TREMENDOUS AMOUNT OF PRIDE IN WHAT YOU DO.



## 12 WAKE-UP CALLS THAT EVERY LEADER NEEDS TO HEAR

1. If your team's failing, look into the mirror. You're the problem. 
2. If you can't handle criticism, you're not fit to lead.
3. Your title makes you a manager, your people make you a leader. Don't confuse the two. 
4. Don't preach teamwork and then play favourites. Hypocrisy kills culture.
5. Stop micromanaging. If you don't trust your team, why should they trust you?
6. If you're not developing your team, you're diminishing them. Step up or step aside.
7. If your team's afraid to speak up, you've already failed as a leader. 
8. If you're not accountable, you're not credible. Own your mistakes.
9. Don't just set the pace; set the standard. Excellence is contagious.
10. Your team doesn't work for you. You work for them. Serve to lead. 
11. If your actions don't inspire, your words won't. Lead by example.
12. A leader takes the blame and shares the fame. No exceptions.

Interested in business, leadership & self-mastery? Follow Eric Partaker. Try my free newsletter (link in bio and post footer). You'll get 40+ high-value infographics for free.

## Six Indicators of a Transformational Coach

Justin Brown

### 1.) They absorb the blame and deflect the credit.

When things are at their worst, they have the humility and honesty to stand in the gap and absorb the blame. When things are at their best, they love watching their team soak in success.

### 2.) They view growth and learning as the ultimate form of success.

Sure, they pursue industry results (wins, championships, advancing players to the next level, etc.) But they view their results as a byproduct of a commitment to growth and learning.

### 3.) They view their role as a temporary assignment.

They know someone held this job before them and someone will come behind them. They fully realize the show will go on without them someday.

### 4.) They are the same person from room to room.

No double life. They are completely unafraid of words "getting back to people."

### 5.) They have a deep and meaningful life away from their sport.

Their players get the sense their coach has some stability to their existence.

### 6.) They are driven by love

Everyone on the team has value to them. No disposable entities. Just people to develop at a soul/mental/physical level.



# Balancing Classwork and Sports as a High School Student

Balancing school and sports takes a lot of time management and planning ahead. Check out these tips to help you get organized as a high school athlete.

Life is all about balance: all things have to be done at certain times and in certain amounts, and sports and school are no different. Most students take on the task of school and sports at the same time, and that is completely normal, but the question is: Can you keep up in school and be an athlete at the same time? Time management, scheduling, and working ahead are all necessities if you're planning to be a student-athlete in high school or college. Let's work out this decision and figure out if you can do it!

## WORK ON YOUR TIME MANAGEMENT

Are you terrible at timing things correctly? Well, time management is a key skill to being a student-athlete. You have to be at practice on time, know what time you'll get back home, and coordinate that with how long it will take to do your homework. No matter what you have for homework, it has to get done if you want to stay on the team, and time management will help you with that. If you know you have a hard time getting all your work done, think about taking a study hall so you can get some stuff out of the way during school and won't have to worry about doing everything after practice. If you don't have that option, be sure to carve out enough time to get your work done around your activities. Keeping a planner to track each day, week, or month is a good idea so you know what you have going on each night and can plan according to your schedule. Some nights may be jam-packed because you have so many activities and other things going on, so having your homework done ahead of time may be the best plan of action.

## WRITE OUT YOUR SCHEDULE EACH DAY

You see schedules everywhere: in your classroom, on your computer, even on your fridge. But are they the right thing to help keep you on track? You may need to customize yours to fit your needs and what you need to do. It could be a schedule on your phone through an app or a piece of paper you keep with you to know what's going on for the day. It could be as simple as "basketball practice" or as complex as "basketball practice at Memorial Park from 4:00-6:00 pm—bring shoes, ball, and water!" Everyone is different, and everything on your to-do list can be set by you and what your needs are. Writing down all the little things you might forget can give you a visual of what you need to do for the day if you're a more vision-based person. Not everyone is this detail oriented, but it could work if you try it, and if you don't like it, you don't have to stick with it. Everything is up to you, so don't stress yourself out over scheduling out every day if you think it's too much and won't last more than a week.

## TRY TO WORK AHEAD

Some classes can be a struggle, with the teacher piling on big quantities of homework and classwork. Or maybe you work at a slower pace than others and need to get everything done at home. If you have the chance, start on your work ahead of time so you don't have to stress out about doing it on a busy night. Some teachers will let you get your books ahead of time and give you a list of all the assignments for the year, so you could start them in the summer so the workload isn't overbearing come sports season. If your teacher or school offers this, take the free time you have during the summer and complete some of your work; it will save you one day when you don't have time to do the work the night before it's due, trust me. Cramming is never good—it will stress you out knowing that you have so much work that needs to be done, and you might not have a good practice or game because of this stress. You never want to get behind on assignments because that would risk your position in school and on your team. If you're a starter and your grades drop, you could lose your starting position since most schools have a policy for grades and sports. Keeping your grades up and working ahead will help you at all times in your life—not only with high school sports but in college too.

Life can get stressful, so do yourself a favor and make it as stress-free as possible. School is important and you need your education, but sports can help take the edge off school. Don't make school your worst enemy: keep your grades up and your position on your team. By keeping yourself organized, playing sports and doing your schoolwork will be a breeze. Remember to manage your time well, schedule your plans, and put yourself ahead of the game by being proactive and not procrastinating. Keep your head up—you've got this, champ!



Someone once said, "If you get on the wrong train, be sure to get off at the first stop. The longer you stay on, the more expensive the return trip is going to cost you".

They weren't talking about trains.

# TREATING SPORTS OFFICIALS WITH HOSPITALITY



This video is a message from the NFHS for athletic administrators on how to properly welcome sports officials who are assigned to work events at your schools.

BECOME AN OFFICIAL



## OFFICIALS: THE UNSUNG HEROES *of high school sports!*

Let's take a moment to appreciate the dedicated individuals who make high school sports possible. Our officials!

Their commitment and hard work are what keep the games going and ensure every athlete has a fair chance to shine.

Want to join them? #BecomeAnOfficial and suit up today!

## HIGH SCHOOL PUBLIC ADDRESS ANNOUNCER



IHSAA/NFHS  
CONDUCT

IHSAA/NFHS  
GUIDELINES





## IHSAA Board of Directors Action September 2024 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 24TH BOARD OF DIRECTORS RULINGS

#### FINAL READINGS

##### Approved requirements for Rule 6 (Contracts)

- 6-1 The Interscholastic Activities Contract must be used to arrange varsity contests in football, volleyball, soccer, basketball, and wrestling. The principal or activities director of each school must sign the contract. When a school has two or more teams competing in the same sport, the teams must be clearly designated as “first”, “second”, or “third” team. (See contract form for additional information)
- a. A contract would include but is not limited to:
1. IHSAA Opposing School Activity Contract
  2. IHSAA Schoolwide Activity Contract
  3. Schedule Signature Verification by both schools
  4. School Specific Contract
  5. Electronic Verification
- 6-2-1 If the District Board of Control determines a breach of contract has occurred, schools will enter a “forfeit” into MaxPreps or Track Wrestling, whichever is applicable.

#### 1st READINGS

(Final Readings at the December 10th Meeting)

##### Approved Speech Arts Proposal

###### Tournament Inquiry Procedure

1. Concerns regarding possible rules violations by coaches or competitors during state tournaments must be submitted in writing to the tournament manager. Once the preliminary rounds are concluded, only the judges of the entry(ies) during the current round may submit an inquiry and/or grievance. The commissioner and manager will review the complaint and, if necessary, a grievance committee will be convened to consider the inquiry and determine dispensation. A decision on all grievances must be reached prior to the next round of competition or prior to the awards ceremony, whichever comes first.
2. A contestant who is found to have violated rules of an event may be disqualified. Any entry disqualified in the final round of competition will still be able to participate in the awards ceremony as a finalist\*. That entry will not place or receive sweeps points for their team. \*Note: If the disqualification was due to an egregious or unsportsmanlike act, the entry will not be allowed to participate in the awards ceremony.

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

Approved moving the 2027-2028 calendars from suggested to tentative.

Approved moving the 2028-2029 calendars to suggested.



# 2024 FALL CHAMPIONSHIPS



October 11-12  
6A Highland GC, Pocatello  
5A River's Edge GC, Burley



October 24-26

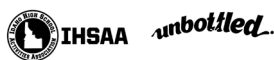
6A Girls Sandpoint HS  
6A Boys Coeur d'Alene HS  
5A Girls Hillcrest HS, Idaho Falls  
5A Boys Bonneville HS, Idaho Falls  
4A Girls Real Life Fields, Coeur d'Alene  
4A Boys Real Life Fields, Coeur d'Alene



October 31-November 2  
6A Mt. America Center, Idaho Falls  
5A Mt. America Center, Idaho Falls  
4A Lake City HS, Coeur d'Alene  
3A University of Idaho, Moscow  
2A Jerome HS, Jerome  
1A Canyon Ridge HS, Twin Falls



November 2  
Eagle Island State Park, Eagle



November 8-9  
West Valley YMCA  
Aquatic Center



Quarterfinals - November 8/9  
Semi-Finals - November 15/16  
Milk Bowl - November 22/23





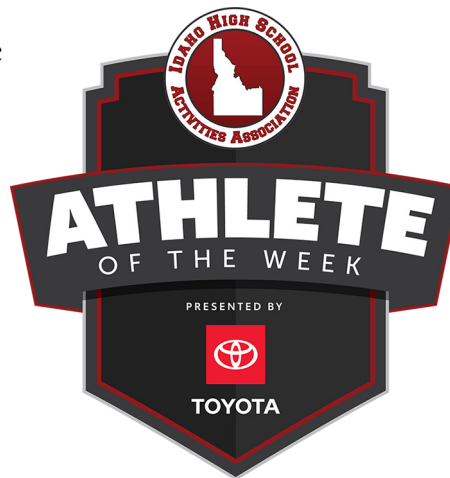
Each week during the school year the IHSAA and First Federal Bank will recognize a play of the week to be highlighted on the IHSAA Official Social Media Channels. This will be based on nominations and voting. Nominations will be accepted from the previous weeks games/events.

## New Partnership



Official Baseball of the IHSAA

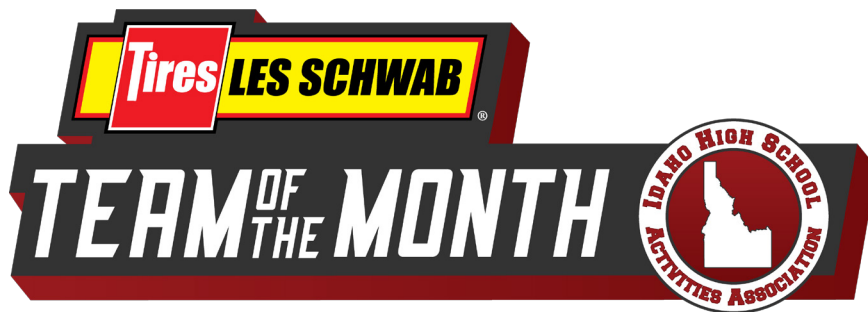
Each week throughout the school year, the Inland Northwest Toyota Dealers Association and the IHSAA will recognize varsity athletes that exhibited an outstanding performance during the previous week. The Athlete of the Week will be chosen based off of nominations. One male and one female athlete will be chosen each week.



## Partnership Renewals



TOYOTA



Each month throughout the school year Les Schwab Tires and the IHSAA will recognize a varsity team of the month for each of the six classifications. Each winning team will be chosen based on performance, dedication in the classroom, and service to the community. This is a nomination based program.



# unbottled.

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

*"Circumstances don't make the man, they only reveal him to himself."*

Epictetus



*"It is the mark of an educated mind to be able to entertain a thought without accepting it."*

Aristotle



WATCH  
HIGH  
SCHOOL  
**SPORTS**  
LIVE

WATCH NOW



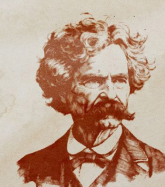
*"You cannot hope to make progress in areas where you have taken no action."*

Epictetus



*"Worrying is like paying a debt you don't owe."*

Mark Twain





# #WESEEYOU



DOWNLOAD THE

# TOOLKIT



INFO SHEET



WEB ADS

EMAIL SIGNATURE



PA ANNOUNCEMENT SCRIPT



PRINTABLE FLYER



PROGRAM ADS



## Be the future. Stay vape, chew, and smoke free.

Visit [ProjectFilter.org](http://ProjectFilter.org) to learn more.

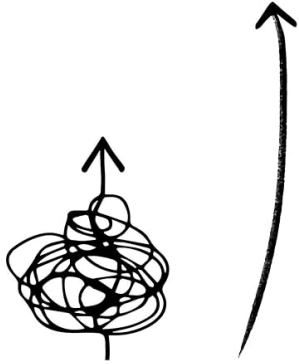
**PROJECT FILTER**  
IDAHO FIGHTS TOBACCO

MY LIFE MY QUIT

# Book of the Month Leadership in Coaching Visual Memo

THE NEW BOOK FROM THE AUTHOR OF  
THE MILLION-COPY INTERNATIONAL BESTSELLER *ESSENTIALISM*

## effortless



Make It Easier to Do What Matters Most

**GREG MCKEOWN**

Do you ever feel like:

- You're teetering right on the edge of burnout?
- You want to make a higher contribution, but lack the energy?
- You're running faster but not moving closer to your goals?
- Everything is so much harder than it used to be?

As high achievers, we've been conditioned to believe that the path to success is paved with relentless work. That if we want to overachieve, we have to overexert, overthink, and overdo. That if we aren't perpetually exhausted, we're not doing enough.

But lately, working hard is more exhausting than ever. And the more depleted we get, the more effort it takes to make progress. Stuck in an endless loop of "Zoom, eat, sleep, repeat," we're often working twice as hard to achieve half as much.

Getting ahead doesn't have to be as hard as we make it. No matter what challenges or obstacles we face, there is a better way: instead of pushing ourselves harder, we can find an easier path.

Effortless offers actionable advice for making the most essential activities the easiest ones, so you can achieve the results you want, without burning out.

Book by Greg McKeown, Visual Memo by Karina Stoltz

# EFFORTLESS

Make it easier to do what matters most

**effortless state**

What do I choose?

Past **Now** Future

easy

hard

Find your **RHYTHM** of performance

60-90 min ☕ 60-90 min ☕ 60-90 min ☕

What's simple, easy & **VALUABLE**?

**EXHAUSTION**

**REST** is essential for my energy level!

Only do the amount of work that you can recover from in the same time period.

The most valuable present you can give to someone else is your undivided attention. This creates strong relationships!

vs.

---

**DONE** for the day

What does **DONE** look like? What outcome do I want?

**DONE is better than PERFECT!**

Making mistakes along the way is what progress looks like! The more you try out, the faster you get better! Start with a zero draft.

And what's the minimum effort required?

**DO IT NOW!**

Try less. Accomplish more.

What's my very **FIRST STEP**?

**effortless action**

More effort ≠ better result

Perfectionism & Exhaustion

Effortless

Effort

1.

---

Again and again.

**Repeat your desired output.**

**effortless results**

In order to make others understand what you're saying: make it easy & wrap it in a story.

**READING** classics & summarizing them in your own words is an activity that delivers amazing results to you.

**Read more!**

**INTEGRITY INITIATIVE INTELLIGENCE**

Our brain works like a computer. Every decision you make requires energy.

**METHOD VS. PRINCIPLE**

Result

1 action = 1 result (linear & limited)

1 action = ∞ results (unlimited & infinite)

Automation

Training

Trust

Time

©karina Stoltz

**“Go and love someone exactly as they are. And then watch how quickly they transform into the greatest, truest version of themselves. When one feels seen and appreciated in their own essence, one is instantly empowered.”**  
- Wes Angelozzi, Writer