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September 2021 ISSUE



IHSAA EXPRESS

Supporting Education Through Activities

A Message from the IHSAA Board of Directors President

Dear all,

Welcome back! The IHSAA looks forward to the 2021-2022 school year and a year full of activities. We realize there are still challenges ahead as we continue to deal with the current pandemic, but we remain committed to offering these opportunities to our students. Students that participate in our various activities learn many valuable life lessons such as: honesty, commitment, work ethic, and the pursuit of personal excellence.

We would like to extend our thanks to the participants, parents, coaches, officials, family members, and administrators as we all work together to make this a safe and memorable year. We look forward to a great year!



Paul Anselmo
President
IHSAA Board of Directors

There's a shortage of high school officials in almost every sport. In some communities the shortage is critical and high school games are being either postponed or cancelled.

Becoming a high school official is the easiest call you'll ever make. High school officials protect the integrity of the games our kids love to play by demonstrating qualities like honesty, objectivity, consistency, courage and common sense.

They have the opportunity to help teenagers learn life lessons that will benefit them for a lifetime. As veteran officials continue to retire, new officials have an opportunity to make a huge difference in the lives of hundreds of young people every year.

Consider the many benefits of becoming a high school official:

- You'll be a role model for the youth in your community!
- It's a great way to stay in good physical condition!
- Hours are flexible!
- You'll earn extra income!
- Expand your network of friends and have fun!

**WE NEED YOUR HELP!
BECOME A
HIGH SCHOOL OFFICIAL.**

HighSchoolOfficials.com



**YOU'D LOOK GOOD IN STRIPES!
YOU'RE A ROLE MODEL!
YOU'LL BE HELPING YOUR COMMUNITY!**



ADMINISTRATION CORNER

FALL DATES TO REMEMBER

- 9/6 IHSAA Office Closed/Labor Day
- 9/10 Classification Petitions Due
- 9/17 Fall Sports Eligibility Verification Due
- 9/27 IHSAA Board of Directors Work Session - District IV
- 9/28 IHSAA Board of Directors Meeting - District IV

SEPTEMBER CHECKLIST

- ___ Make time for family
- ___ Review fall rosters to confirm eligibility
- ___ Verify bus schedules for all fall contests
- ___ Send fall rosters to schools
- ___ Schedule team pictures
- ___ Evaluate emergency plans
- ___ Develop winter gym schedule
- ___ Verify coaches requirements are met
- ___ Review gate procedures with staff
- ___ Confirm Arbiter schedule
- ___ Meet with booster club
- ___ Review Sportsmanship Manual
- ___ Review Citizenship Through Sports Manual
- ___ Distribute sportsmanship information to coaches/players/parents



IHSAA Sportsmanship Philosophy



The ideals of sportsmanship permeate virtually every aspect of our culture, and the ethics of fair play may be witnessed in all facets of life. However, the origins of sportsmanship have been firmly established in sports as a training ground for good citizenship and high behavioral standards.

MAXPREPS

BEGINNING 21-22 SCHOOL YEAR

Qualifying teams for state soccer, volleyball, basketball, softball and baseball will be seeded into the state bracket according to the final REGULAR SEASON MaxPreps rankings.



ORDER T-SHIRTS TODAY

Get IHSAA Sportsmanship T-Shirts for the students and parents at your school and find good sports at your schools games!



Makenzie Stout, Genesee HS



@idaho_SAC



idaho_SAC

This year's IHSAA Student Advisory Council has 15 members from different districts.

The SAC had a summer retreat meeting to kick off this year's new council. There, we got to meet hardworking and committed students from all over the state of Idaho. After a few ice breaker games, and eating too many M&Ms, we worked on our objectives for the 2021-22 school year.

One important item that we want to focus on this year is continuing the Battle of the Fans contest to bring out school spirit and to give out state banners.

Along with this, we want to make sportsmanship a priority in all schools, including student sections. Another goal this year is to have a District Spring Leadership Summit where students can learn more about leadership, sportsmanship, nutrition, and being a student athlete.

To make these goals possible, SAC members will be attending meetings with administrators from each district to explain the council and our goals.

To learn more about SAC please visit <https://idhsaa.org/> students and follow our social media accounts on Instagram and Twitter.



LEARNING CENTER

NFHSLearn.com

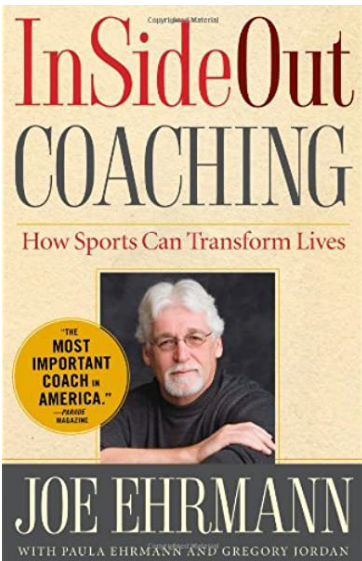
Check out the NEW Courses from NFHS Learn

- * The Student Experience
- * Play-by-Play Announcing
- * The Collapsed Athlete
- * Introduction to Esports
- * Speech & Debate Event Management
- * Officiating Soccer - Pre-Game
- * Title IX
- * Implicit Bias
- * Theatre Safety

NATIONAL PARENT CREDENTIAL



Learn how you can responsibly fill the role of a parent in school programs! Complete Positive Parenting within School Programs and The Parent Seat to obtain your credential.



The 3 Scariest Words A Boy Can Hear

Joe Ehrmann, was a defensive lineman with the Baltimore Colts for much of the '70s. He says that as a child, he was taught that being a man meant dominating people and circumstances — a lesson that served him well on the football field, but less so in real life.

It's rare that a man makes it through life without being told, at least once, "Be a man." To Joe Ehrmann, a former NFL defensive lineman and now a pastor, those are the three scariest words that a boy can hear.

Ehrmann — who played with the Baltimore Colts for much of the 1970s and was a lineman at Syracuse University before that — confronted many models of masculinity in his life. But, as with many boys, his first instructor on manhood was his father, who was an amateur boxer.

Ehrmann says of his father: "I think his definition, which was very old in this country, was: Men don't need. Men don't want. Men don't touch. Men don't feel. If you're going to be a man in this world, you better learn how to dominate and control people and circumstances."

On the football field, those lessons served Ehrmann well. But, as he tells NPR's Audie Cornish, it was not the same case in the pediatric oncology ward. In 1978, Ehrmann's teenage brother was diagnosed with cancer. However tough Joe was on the field, he did not feel equipped to help his brother or himself.

ON HOW HIS BROTHER'S DEATH AFFECTED HIM

When he died, that was devastating to me. And I started to ask all the questions about what is the role, the meaning, the purpose of life. I was 29 years old, I was six years into my NFL career, and I had no concept — no concept what life was about, and no concept what I was about. And on this journey, I ended up asking the question: What does it mean to be a man? ...

I recognized that everything I had invested my life in — all my accomplishments, my achievements, the stuff I had accumulated — I recognized at that moment they offered no hope or help to my 19-year-old brother — 18-year-old brother — lying on his deathbed. ...

The great myth in America today is that sports builds character. That's not true in a win-at-all-costs culture. Sports doesn't build character unless the coach models it, nurtures it and teaches it.

All I had was these old "man up" kind of things — "suck it up, we'll get through this together" — when he really needed the emotional, the nurturing, the love. And I had to really struggle to pull that out of my heart.

ON THE ROLES A COACH CAN PLAY IN HIS PLAYERS' LIVES

There's two kinds of coaches in America: You're either transactional or you're transformational. Transactional coaches basically use young people for their own identity, their own validation, their own ends. It's always about them — the team first, players' needs down the road.

And then you have transformational coaches. They understand the power, the platform, the position they have in the lives of young people, and they're going to use that to change the arc of every young person's life. I think football is an ideal place — sports in general — team sports are an ideal place to help boys become men. And the great myth in America today is that sports builds character. That's not true in a win-at-all-costs culture. Sports doesn't build character unless the coach models it, nurtures it and teaches it.

In addition to working as a pastor, Joe Ehrmann volunteers as a coach at Gilman School in Baltimore.

ON WHAT THOSE PHILOSOPHIES LOOK LIKE ON THE FIELD

I think there's a lot of screamers, there's a lot of shouters, there's a lot of shamers. My approach is this: Boy, you're in the middle of the game, and some kid's having a tough time. They get beat. ... I tell all my players, "Come on over to me during the game and I'll give you a hug." And you think about the power of a hug versus swearing, shouting, shaming at some kid.

When I played football, I hated [when] some kid would get a knee injury, your teammate would go down and that coach would say move the practice down 20 yards and leave that kid laying there. ... As coaches, we can kneel down next to that kid, you affirm the tears, the pain, the emotions, and you bring all the team around to say, "How can we help Bobby? He's one of us; he's done so much. He had so many dreams." So, you teach them how to build authentic community as men caring for and loving each other.

ON THE CHANGES HE'S SEEN IN IDEAS OF MASCULINITY

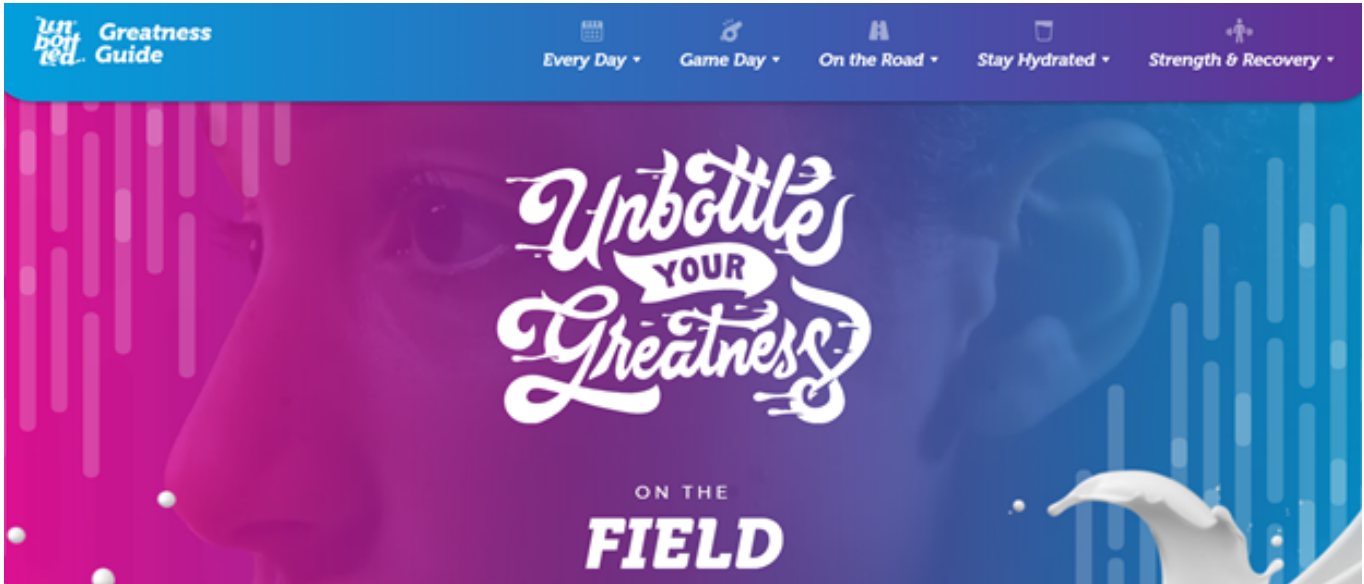
I think those three lies of masculinity — athletic ability, sexual conquest, economic success — in many ways, those things have been heightened. You have this increase in social media. You have young boys coming into this world, and they are hit 24/7. They're given all kinds of negative messages about their masculinity. They've been conditioned, and they have way more messaging out of this culture than I ever had as a young boy. I think in many respects, it's more difficult. There's more negative messaging out there and less positive.

ON WHAT IT MEANS TO BE A MAN

It think it can only be defined by two things: One, it's your capacity to love and to be loved. Masculinity ought to be defined in terms of relationships. Second thing, it ought to be defined by commitment to a cause. All of us have a responsibility to give back, to make the world more fair, more just, more hospitable for every human being. So I think it's about relationships and commitments to a cause. That's the underline of all humanity — men and women.



**Have you seen the new Greatness Guide? Simple tips for your athletes to fuel their greatness-game days, training days, travel days and every day!
Check it out at greatness.unbottled.com**



Interested in bringing Sports Dietitian expertise to your athletes? Scan this QR code to sign up for Dairy West's "Game Winning Fueling Strategies" Virtual Team Talks!



**Interested in a sports nutrition banner to hang in your gym?
Contact Jaclyn St. John at jstjohn@dairywest.com today!**

IHSAA EXPRESS COACHES EDUCATION



COACH'S CORNER

You do everything in your power to unleash your athletes' greatness—at every training session or practice, and during every game or competition. But as a coach, you know that the diet and lifestyle choices they make when they're not on your watch can be key to their performance. That's where our selection of Greatness Guide handouts comes in.



Paradoxical Commandments of Leadership

by
Kent M. Keith

People are illogical, unreasonable, and self-centered.

If you do good, people will accuse you of selfish ulterior motives.

If you are successful, you win false friends and true enemies.

The good you do today will be forgotten tomorrow.

Honesty and frankness make you vulnerable.

The biggest men with the biggest ideas can be shot down by the smallest men with the smallest minds.

People favor underdogs, but follow only top dogs.

What you spend years building may be destroyed overnight.

People really need help but may attack you if you do help them.

Give the world the best you have and you'll get kicked in the teeth.

Love them anyway.

Do good anyway.

Succeed anyway.

Do good anyway.

Be honest and frank anyway.

Think big anyway.

Fight for underdogs anyway.

Build anyway.

Help people anyway.

Give the best you have anyway.

PROACTIVE
COACHING
LLC

Dear Coach,

We need you. We need you to lead. We need to be able to trust you. We need you to be strong, consistent and positive. We will look to you for how to handle, pressure, stress, mistakes and failure. We need you to consistently correct and improve our skills. We are counting on you to hold us accountable to the Core Covenants of our team. We need you to be direct and honest. We need you to know when to push us beyond our comfort zone and when to put your arm around us. We need you to protect the team from all the outside pressure we have to deal with. For those of us with difficult family situations, we need you to be a parent as well as a coach and show us what being part of a family looks and feels like.

We will be a direct reflection of you and your leadership.

We need you...

Your Team

IN THE LAST 5 YEARS, FEWER KIDS ARE ACTIVE THROUGH SPORTS, DUE IN PART TO EARLY, SINGLE-SPORT SPECIALIZATION*

EARLY SPECIALIZATION* DOES MORE HARM THAN GOOD



INCREASES RISK OF OVERUSE INJURIES IN DEVELOPING BODIES



CAUSES KIDS TO BURN OUT AND QUIT SPORTS ALTOGETHER



DECREASES OVERALL ATHLETIC DEVELOPMENT

MULTI-SPORT PARTICIPATION CAN LEAD TO BETTER PERFORMANCE, LESS BURNOUT, LESS SOCIAL ISOLATION, AND, MOST IMPORTANTLY, MORE LIFELONG ENJOYMENT IN SPORTS.

THE FOLLOWING ORGANIZATIONS ENDORSE MULTI-SPORT PLAY



LEARN MORE AT [PROJECTPLAY.US](https://projectplay.us)

THE ASPEN INSTITUTE
PROJECT PLAY





IHSAA

IDAHO HIGH SCHOOL ACTIVITIES ASSOCIATION

MEET THE NEW IHSAA BOARD OF DIRECTORS

Spencer Barzee, Superintendent, West Side SD

Spencer is a life-long educator who has taught at the middle school, worked in special education and has served as an Elementary Principal, High School Athletic Director and Principal prior to becoming a Superintendent. He has earned a Bachelor's degree from BYU-Idaho, a Masters degree from the University of Idaho and a Doctorate from Northwest Nazarene University. Passionate about education, Spencer has an appreciation in how sports and activities can greatly enhance the academic environment that significantly impacts student lives. He hopes to protect high school students and activities, while seeking ways to improve our current system. Spencer has been married to Sherri for 20 years and they have six children. As a family, they enjoy sports and everything outdoors.



Shawn Tiegs, Superintendent, Nezperce SD

Shawn has been a part of the IHSAA even before graduating from Nezperce HS in 1998. He participated in football, basketball, track and was the A-4 State Champion in the 800 meters as a senior. As the District II Representative, Shawn looks forward to being a voice for North Central Idaho while upholding the long IHSAA tradition of serving kids and helping them grow and improve. Shawn and his wife Dana have created a family that loves sports. With six children and another baby expected soon, they look forward to sporting adventures now and in the future. "I know that the IHSAA has had a profound impact on my life and I hope that as a board member I can have a positive impact on future generations of student-athletes from all over the great state of Idaho!"



Craig Woods, Superintendent, Emmett SD

Craig has joined the board as the Representative from District III replacing Pat Charlton who moved to another district. Craig is a long-time Idaho educator.

WELCOME to the IHSAA OFFICE

Mindy Powers, Coordinator of Officials

Welcome to the IHSAA Mindy Powers! Growing up in the Magic Valley, Mindy is a graduate of Valley High School where she participated in volleyball, basketball and track. She attended and played basketball at Walla Walla Community College prior to beginning her career as a clinical technician at an eye clinic. Mindy wants to be able to give back to education and sports as much as she received. She also wants to grow the officials group in the State of Idaho. Mindy and her husband Nate have three children who are all involved in sports, camping and riding dirt bikes. Mindy is a great asset to the IHSAA.



Zach Hoffman, General Manager, IHSAA Sports Properties

Welcome to the IHSAA Zach Hoffman! After growing up in Sidney Montana and competing in football, basketball, band, choir and soccer, Zach attended Montana State University. He graduated in 2016 with a Bachelor of Science degree with an emphasis on Business Marketing. He has spent the past four plus years selling corporate sponsorships for Montana State and Utah State Athletics. Zach is excited to work with the current partners of the IHSAA as well as working to bring new partnerships to our state. Married to his college sweetheart Anna, they met at their first Montana State Football game, and have one son, Hunter. Together they enjoy the outdoors and are big time Minnesota Vikings football fans.





Get 2 FREE Pixellot Units

For a limited time, free Pixellot Units are available for schools that do not currently have Pixellot Systems in their main gym and stadium.

- Completely automated system
- No crew required for filming or production
- Covers all levels of play: Varsity, JV & Freshman
 - Fans can watch games from anywhere
- Live stream sports, graduations, award ceremonies, and other school events
 - Generate revenue for your school!



Get 2 FREE Pixellot Units and FREE installation

LIMITED TIME OFFER

To learn more, contact Stephen Christensen
stephen.christensen@nfhsnetwork.com