



- * **COURAGE - The Time is Here and Now**
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IHSAA EXPRESS

Supporting Education Through Activities

Courage: The Time is Here and Now

As leaders and positive difference-makers, we must do better. We must demand better.
The Daily Coach



The theme of courage confronts our lives from birth to death.

Dr. Martin Luther King Jr. once said, "If a man or a woman has not discovered something they are willing to die for, then perhaps they're not fit to live."

This kind of courage Dr. King referenced is soul-wrenching and purpose-driven. It goes beyond ME and transforms into a unified vision of WE. The world has never needed courageous leadership more.

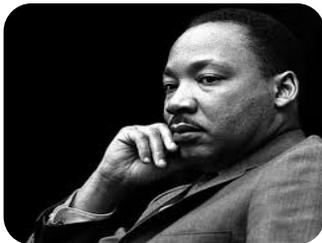
The time is here and now. We can no longer sit on the bench or in the stands as spectators wishing and hoping someone else will make the play or call the right formation to meet this unique moment in time. As leaders and positive difference-makers, we must do better. We must demand better. We must do what is right, not what is comfortable. This awakened change must first start within – with active listening, self-awareness, self-education, self-accountability, self-reckoning, and self-action.

When we live with courage, we not only change our lives – we transform the lives of those we love and lead. We must look ourselves in the mirror while exploring the fabric of our society and organizations. We must recommit to standing together and standing upon the foundation of truth, righteousness, and grace.

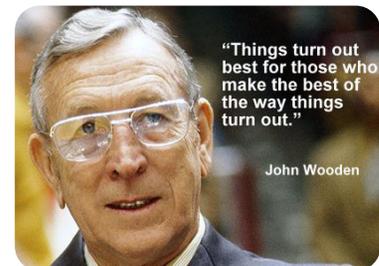
The journey of life and discovery will test our courage. This moment is testing us in an abundance of ways. But the words we say and the acts we take will become part of the ancestral stories told when we are gone.

Love needs to become the way we live and lead. So ask yourself, who can we inspire today with our action to live courageously?

We must be bold, brave, and fearless to show up in our pursuits to find a way. Each day we must practice the discipline of courage. When in doubt, return to the present moment and realize our purpose goes beyond ourselves.



- Be a person of goodwill.
- Don't die before you die.
- Bear witness to the truth.
- Do something memorable.
- Constantly reinvent yourself.
- Seek to understand, not judge.
- Have more robust discussions.
- Refuse to be defined by others.
- Live differently – be uncommon.
- There is a lot of growing up to do.
- Daily mission: search and discover.
- Know the person as a human being.
- Work and think at the highest levels.
- Continue to cheat death through action.
- Get into "good trouble, necessary trouble."
- Live life intentionally reckless – take chances.
- Find things about yourself that need to be uncovered.
- Allow no person to have a chokehold on your mind.
- Celebrate the freedom to be who it is you want to be.



So with the life and breath we have, how will we invoke today's challenges into tomorrow's opportunities for growth? Be kind – do as much good as you can and for as long as you can. As the late great hero, icon and freedom fighter Congressman John Robert Lewis wrote shortly before his death, "I urge you to answer the highest calling of your heart and stand up for what you truly believe. In my life I have done all I can to demonstrate that the way of peace, the way of love and nonviolence is the more excellent way. Now it is your turn to let freedom ring."

The time is here and now.

ADMINISTRATION CORNER

DATES TO REMEMBER

- 9/7 IHSAA Office Closed/Labor Day
- 9/10 Legends of the Game Applications Due
- 9/18 Fall Sports Eligibility Verification Due
- 9/28 IHSAA Board of Directors Work Session - District VI
- 9/29 IHSAA Board of Directors Meeting - District VI

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



SPORTSMANSHIP FOCUS

The IHSAA Sportsmanship Committee would like to encourage all AD's and Coaches to review our guidelines:

- [IHSAA Sportsmanship Manual](#)
- [Citizenship Through Sports Manual](#)

Both documents will assist your schools in creating a sportsman-like and educational environment each and every year.

What is SPORTSMANSHIP? The practice of playing fair, of taking loss or defeat without complaint or victory without gloating, and treating opponents with respect, fairness, generosity and courtesy.



APPLICATIONS DUE SEPTEMBER 10

This award was established in 2001 to help preserve the heritage of Idaho high school sports by honoring great teams of the past. Eligible basketball "Legends" include girls' teams from at least 20 years ago and boys' teams from at least 30 years ago.

2000 AMERICAN FALLS BEAVERS



1979 INDIANS BUHL

COACHES CORNER

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Courses for:

- ✓ Coaches
- ✓ Administrators
- ✓ Performing Arts
- ✓ Officials
- ✓ Parents
- ✓ Students



NFHS LEARNING CENTER

Course of the Month - The Collapsed Athlete

Every year high school students endure serious injuries and suffer life-threatening medical emergencies while participating in sports and activities.

The bottom line, when you witness the collapse of an athlete, you may be responsible for their immediate and appropriate care. But what do you do? Who do you call? Where do you start?

This course will teach you the importance of developing Emergency Action Plans and practicing them, including assigning responsibilities to team members. You'll discover the three H's; HEART, HEAT and HEAD and their relationship to potentially fatal injuries and illnesses.

When your athlete collapses and you need to act, you will know an action plan designed to take you step by step through the process of helping the collapsed athlete. You will be prepared when any emergency arises.

**Wear Your Mask
So We Can Wear Our Uniform**



20-21 SAC OFFICERS

- PRESIDENT** - Bella Leiby, Emmett HS
- VP** - Isabella Reyes, Bishop Kelly HS
- SECRETARY** - Owen Crowley, Genesee HS
- SPORTSMANSHIP Rep.** - Madison Tesnohlidek, Fruitland HS
- NSLS Rep.** - Sierra Keele, Kellogg HS
- SOCIAL MEDIA Reps.**
- DISTRICT I** - Brooke Jessen, Timberlake HS
- DISTRICT II** - Erin Morgan, Kendrick HS
- DISTRICT III** - Kobe Warr, Rocky Mt. HS
- DISTRICT IV** - Adysen Seibold, Burley HS
Maysi Bright, Kimberly HS
- DISTRICT V** - Brynlee Simmons, Soda Springs HS
Adam Purkett, Highland HS
- DISTRICT VI** - Katie Miller, Sugar-Salem HS
Challiss Potter, Hillcrest HS

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DAIRY NUTRITION A GLASS OF MILK CONTAINS:

PROTEIN

High-quality protein that contributes to the growth, maintenance of muscle mass

CALCIUM

Needed for strong bones and teeth

IODINE

Supports healthy cognitive function

VITAMIN B12

Only found in animal-sourced foods, boosts energy and reduces fatigue

POTASSIUM

Helps maintain healthy blood pressure levels and a functioning nervous system

VITAMIN B2

Boosts energy and builds red blood cells

PHOSPHORUS

Contributes to strong bones and teeth



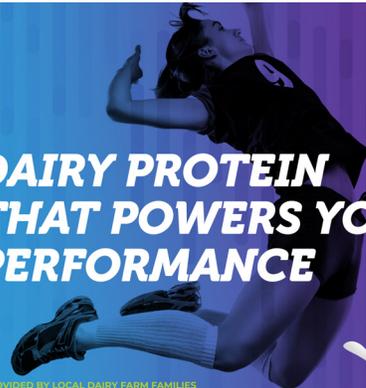
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BECOME AN OFFICIAL

Join the NFHS Officials Association

The mission of the NFHS Officials Association is to enhance the professional development of all high school officials in order to improve interscholastic athletics in America.



LEARNING CENTER

Education Begins Here

NFHS Learning Center Courses for Officials

The NFHS Learning Center currently offers nine different courses for officials to brush up on their skills and work toward improvement of their craft.



Officiating Basketball

Officiating Basketball is designed to assist individuals in becoming a better official and improving the experience for you and the student athletes. The course covers fouls against the ball handler, screening, post play, block/charge, intentional fouls, technical fouls, and a general overview of characteristics that help to make a person a better official. Officiating Basketball provides insight into the mechanics of making a correct call and shows examples of high school games to illustrate when calls should be made.

Officiating Basketball: Crew of Three

Though a relatively uncomplicated game to play, basketball can be very challenging to officiate. The NFHS proudly brings you Officiating Basketball - Crew of Three, to help you better understand the intricacies of refereeing the sport and strategies behind making every call and decision on the court. This course will help you develop a better sense of positioning at all times including pre-game, during free-throws and that exciting last second shot. It will guide you through important terminology and outline tactics designed to help you work as a cohesive unit of three. If you officiate interscholastic basketball then you need to take the course: Officiating Basketball - Crew of Three.



Officiating Football

Officiating Football has been developed for new game officials as well as experienced high school game officials. The course explains principles and practice of good football officiating, through rules knowledge and professionalism. The course discusses risk minimization and its potential impact on injuries. It teaches legal blocking and legal catches, and shows how to identify both.

Officiating Soccer: Fouls and Misconduct

Officiating Soccer: Fouls and Misconduct has been created to help soccer officials identify different forms of rules violations in order to make games safe and fair. It describes various forms of fouls, such as tripping, holding, and obstruction and how to spot them during a game. This course gives guidance on how to deal with disciplinary issues and other forms of unsporting contact and provides examples of situations to call fouls and show cards.



Officiating Soccer: Offside Rule

The offside rule in soccer is a simple rule however one of the sports most difficult to interpret. To help soccer officials better understand and interpret offside the NFHS is proud to bring you Officiating Soccer: The Offside Rule. This course has been designed to examine the offside rule and provide valuable information, strategies and examples to officials on how to best interpret the rule.

Officiating Swimming and Diving

The Officiating Swimming and Diving course was developed by the NFHS in conjunction with the National Interscholastic Swim Coaches Association (NISCA) and USA Diving. This course explores the elements of professional development and the fundamentals of officiating strokes and turns. The course also explores officiating and judging diving, and provides a judging practicum that includes feedback of submitted scores. Officials may select either the swimming tract, the diving tract, or both, depending on rules required by their state association.



Officiating Volleyball: Ball Handling & Alignment

Officiating Volleyball: Ball Handling gives an overview of tips and techniques that officials need to make correct ball handling calls. Video examples of various contacts by each position are provided to assist officials in visually identifying ball handling faults. This course teaches and shows the difference between legal and illegal contacts, helping officials be more consistent in their ball handling calls. The Alignment course helps officials understand the basic rules governing alignment and coaches strategies for positioning.

Officiating Wrestling

Officiating Wrestling is available now on NFHSLearn.com. The sport of wrestling goes back tens of thousands of years, but the value of the sport today depends greatly on interpretation, so a referee's judgment must be based on proper knowledge of the rules and their implementation. This important course is designed to help you, as a wrestling official, understand the rules and their application. Your ability to properly apply these rules will create confidence in yourself and those who rely on you to officiate this sport.



IHSAA Fall Sports Practice Model

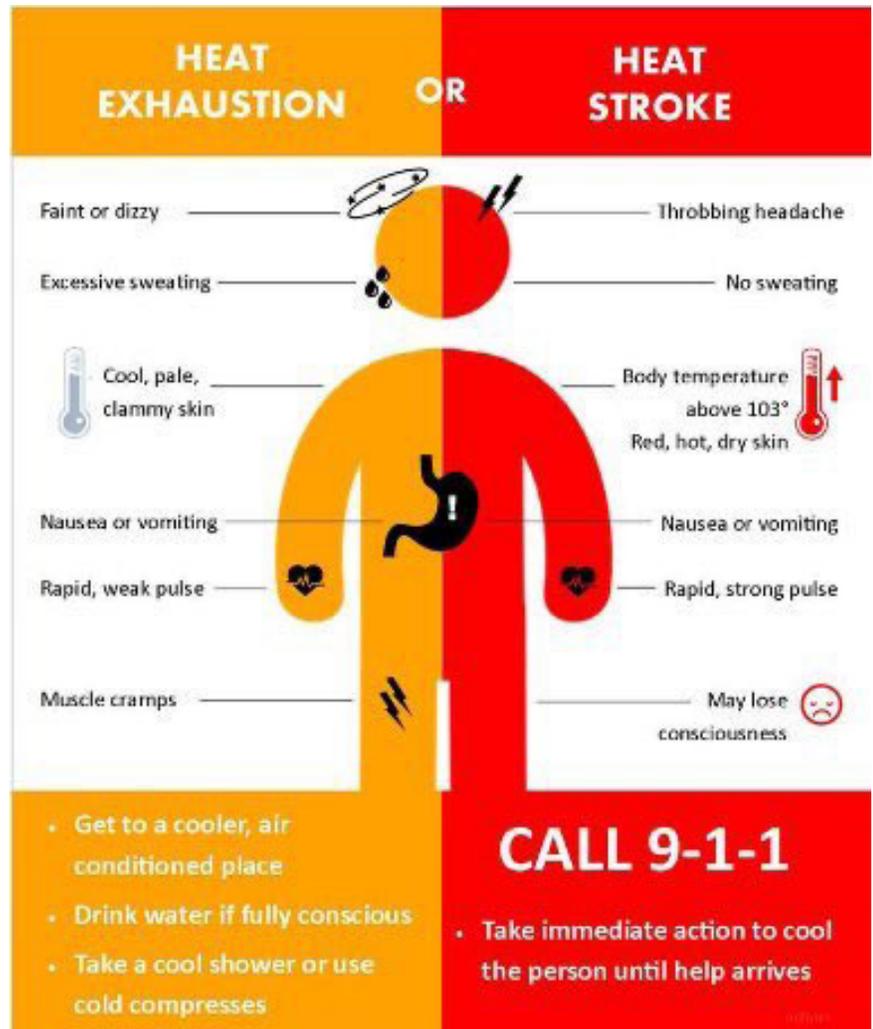
Heat Stress & Athletic Participation



LEARNING CENTER

HEAT ILLNESS PREVENTION COURSE

Exertional Heat Stroke is the leading cause of preventable death in high school athletics. To help you minimize the risk of heat illness at your school, this course has designed to provide the fundamentals of a strong heat acclimatization plan and guidelines for limiting activities to account for changing environmental conditions and other contributing risk factors. It highlights the importance of an appropriate hydration plan and establishing an Emergency Action Plan in case of a suspected exertional heat stroke.



Early fall football, cross country, and soccer practices are frequently conducted in very hot and humid weather. During hot weather conditions the athlete is at risk for the following:

HEAT CRAMPS - Painful cramps involving abdominal muscles and extremities caused by intense, prolonged exercise in the heat and depletion of salt and water due to profuse sweating.

HEAT SYNCOPE - Weakness fatigue and fainting due to loss of salt and water in sweat and exercise in the heat. Predisposes to heat stroke.

HEAT EXHAUSTION (WATER DEPLETION) - Excessive weight loss, reduced sweating, elevated skin and core body temperature, excessive thirst, weakness, headache and sometimes unconsciousness.

HEAT EXHAUSTION (SALT DEPLETION) - Exhaustion, nausea, vomiting, muscle cramps, and dizziness due to profuse sweating and inadequate replacement of body salts.

HEAT STROKE - An acute medical emergency related to thermoregulatory failure. It is associated with nausea, seizures, disorientation, and possible unconsciousness or coma; it may occur suddenly without being preceded by any other clinical signs. The individual is usually unconscious with a high body temperature and a hot dry skin (heat stroke victims, contrary to popular belief, may sweat profusely).

It is believed that the above-mentioned heat stress problems can be controlled or avoided provided certain precautions are taken:

1. Ensure the athlete is well hydrated prior to the start of any and all activity.
2. Acclimatization is the process of becoming adjusted to heat and it is essential to provide for gradual acclimatization to hot weather.
3. The most important safeguard to the health of the athlete is the replacement of water. Water must be on the field and readily available to the athletes at all times. It is recommended that a minimum 10-minute water break be scheduled for every twenty minutes of heavy exercise in the heat. Check to make sure athletes are drinking sufficient amounts of water.
4. Athletes should weigh each day before and after practice and weight charts checked. Generally a 3 percent weight loss through sweating is safe.
5. Observe athletes carefully for signs of trouble, particularly athletes who lose significant weight and the eager athlete who constantly competes at his/her capacity.
6. Some trouble signs are nausea, incoherence, fatigue, weakness, vomiting, cramps, weak rapid pulse, visual disturbance and unsteadiness.
7. Warn your athletes about the use of any products that contain ephedra. Ephedra speeds metabolism, increases body heat, and constricts blood vessels in the skin preventing the body from cooling itself. By making the user feel more energetic it keeps him/her exercising longer when the he/she should stop.

WHAT TO DO IN AN EMERGENCY

Heat Stroke - A Medical Emergency - Delay Could Be Fatal. Immediately cool body while waiting for transfer to a hospital. Remove clothing and immerse torso in ice/cold water. Immersion therapy has the best cooling rates. A plastic baby pool can be available at all practices and games, and can always be ready for immersion procedures. If not available apply ice packs in armpits, groin and neck areas. Continue cooling efforts until EMS arrives.

Heat Exhaustion - Obtain Medical Care At Once. Cool body as you would for heat stroke while waiting for transfer to hospital. Give fluids if athlete is able to swallow and is conscious.

SUMMARY

The main problem associated with exercising in the hot weather is water loss through sweating. Water loss is best replaced by allowing the athlete unrestricted access to water. Water breaks two or three times every hour are better than one break an hour. Probably the best method is to have water available at all times and to allow the athlete to drink water whenever he/she needs it. Never restrict the amount of water an athlete drinks, and be sure the athletes are drinking the water. The small amount of salt lost in sweat is adequately replaced by salting food at meals. Talk to your medical personnel concerning emergency treatment plans.

IHSAA Fall Sports Practice Model Continued

Air Quality

In the event of a high fire season and air quality is compromised, the IHSAA Sports Medicine Committee recommends that students be monitored closely, especially those with respiratory issues. All schools must have an air quality check site. For game situations, both administrations will meet before the game to determine what air quality site to use. The host school's administration will have the official site for this. The site airnow.gov is recommended. It is suggested that in instances where the Air Quality Index is over 150, the games be suspended or cancelled.

Lightning

NFHS GUIDELINES ON HANDLING PRACTICES AND CONTESTS DURING LIGHTNING or THUNDER DISTURBANCES

National Federation of State High School Associations (NFHS) Sports Medicine Advisory Committee (SMAC)

These guidelines provide a default policy to those responsible or sharing duties for making decisions concerning the suspension and restarting of practices and contests based on the presence of lightning or thunder. The preferred sources from which to request such a policy for your facility would include your state high school activities association and the nearest office of the National Weather Service.

Proactive Planning

1. Assign staff to monitor local weather conditions before and during practices and contests.
2. Develop an evacuation plan, including identification of appropriate nearby safe areas.
3. Develop criteria for suspension and resumption of play:
 - a. When thunder is heard or a cloud-to-ground lightning bolt is seen, the leading edge of the thunderstorm is close enough to strike your location with lightning. Suspend play for thirty minutes and take shelter immediately.
 - b. Thirty-minute rule. Once play has been suspended, wait at least 30 minutes after the last thunder is heard or flash of lightning is witnessed prior to resuming play.
 - c. Any subsequent thunder or lightning after the beginning of the 30-minute count will reset the clock and another 30-minute count should begin.
4. Review annually with all administrators, coaches and game personnel.
5. Inform student athletes of the lightning policy at start of season.



The Youth Endowment for Activities is a 501(c)3 nonprofit foundation of the Idaho High School Activities Association (IHSAA). The foundation was incorporated in December 1986. It is organized to provide financial support for state level participation in IHSAA sponsored state championships.

The IHSAA sponsors state competition in cross country, volleyball, football, girls basketball, boys basketball, wrestling, golf, tennis, girls softball, track & field, soccer, drama, debate, speech, swimming, cheer and dance.

Want to Be a Great Leader?

The Smartest Ones Start by Doing These 4 Rare Things

If you want your employees to respect you and give you exceptional performance, adopt these four behaviors of the best leaders.

BY MARCEL SCHWANTES, FOUNDER AND CHIEF HUMAN OFFICER,
LEADERSHIP FROM THE CORE

Do you work for a boss who has been defined as a "driver?" You know, he or she "drives performance" and "drives results." Maybe even "drives people?" (Maybe into the ground, even.)

In this social economy, where the currencies of trust and transparency are exchanged, driving no longer holds a favorable place in the eyes of loyal and committed workers. We drive cattle, cars, and trucks – pushing and steering them where we want them to go – because they have no voice and we're in charge.

Yet for so many organizations, this is the prevailing leadership style, stifling the work atmosphere and causing unnecessary fear and stress among people. But the reality is, a "driven" leader is the complete opposite of what a true leader is or does.

If you want your employees to respect you and give you exceptional performance, stop driving. Your next move is to adopt these four behaviors of the best leaders.

1. Surrender control.

If you want to foster high trust, high risk-taking, and high creativity, consider hopping off the ivory tower of "command and control" for the higher road of sharing your power and releasing your control over people. Because when you do, you actually gain real power; your team will have your back, unleash discretionary effort, and do amazing work.

2. Push authority down.

When employees are given the opportunity to exercise ownership over their work, and use their brains to make decisions on their own, their competency and confidence increase. In turn, leaders empower their people to become leaders themselves. In highly effective organizations, there are leaders at every level, not just at the top. The solution is always to push authority down so you're creating a leader-leader culture, not a leader-follower culture.

3. Actively listen to others, even those under your line of sight.

Top-down leaders driven by hubris have a hard time detaching from their own inner voices to consider other voices, because they think they're always right. Great leaders are present and in the moment. They don't need to talk over others to get their point across. To quote former Popeyes Louisiana Kitchen CEO Cheryl Bachelder: The biggest distinction of a leader who serves others versus themselves is the ability to listen. When you listen, you hear peoples' objections, anxieties, and fears – and you also hear the solutions.

4. Apply the leadership strength of vulnerability.

Some might say vulnerability is too touchy-feely and inappropriate for business. Others may say they're just not wired for it – it's not in their personality makeup. Neither is true. Vulnerability is about trust – the backbone of successful leadership. Employees and leaders who trust one another learn to be comfortable being open to one another around their failures, weaknesses, even fears. Vulnerability-based trust is predicated on the simple—and practical idea – that people who aren't afraid to admit the truth are not going to engage in the kind of political drama that sucks away everyone's time and energy and, more important, gets in the way of accomplishing goals and results.

NEW IHSAA BOARD MEMBERS



Girls Coaches Rep.
Tonia Burk
Twin Falls High School

Tonia Burk is currently a Physical Education Teacher as well as the Cross Country and Softball Coach at Twin Falls High School. As a graduate of Jerome HS and Eastern Oregon University, Tonia has been involved in athletics and activities her entire life. In her teaching stops at Kranz Intermediate School in CA; Syringa MS in Caldwell and Caldwell HS, Tonia has coached basketball, softball, cross country and volleyball.



In her spare time, Tonia is an avid outdoorsman who loves to fly fish, whitewater raft, hike and camp. She is a runner who is always on the go and loves spending time with her parents, siblings, nieces and nephews. As an educator for 18 years, Tonia hopes “to continue in the footsteps of the amazing people who filled this position before me and continue to be a liason for all girls coaches in the State of Idaho.”



Idaho Music Educators
Hiroshi Fukuoka
Jerome High School

Hiroshi Fukuoka is currently the Band Director for the Jerome School District. As a Century HS graduate, Hiroshi went on to earn a Bachelors of Music from Idaho State University and earned a Masters of Music from the University of Louisville (KY). From 2015–2019, Fukuoka served on the NFHS Performing Arts Committee representing District 8. Hiroshi is a founding member and current President–Elect of the Idaho Bandmasters Association.



Hiroshi has been married to his wife Brooke for 12 years and while on the IHSAA Board of Directors, “hopes to promote participation in high school activities, provide music educator’s perspective during discussions, increase my knowledge of other activities to make fair and educated decisions whild providing communication between the IHSAA and the Idaho Music Educators Association.”



District I Rep.
Paul Anselmo
West Bonner School District

Paul Anselmo is currently the Superintendent for the West Bonner School District 83 in Priest River Idaho. Paul is a Green Bay Packers fan.



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