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unbottled.

September
2024 ISSUE

IHSAA EXPRESS

Supporting Education Through Activities



WELCOME

- Chad Williams, IHSAA Executive Director



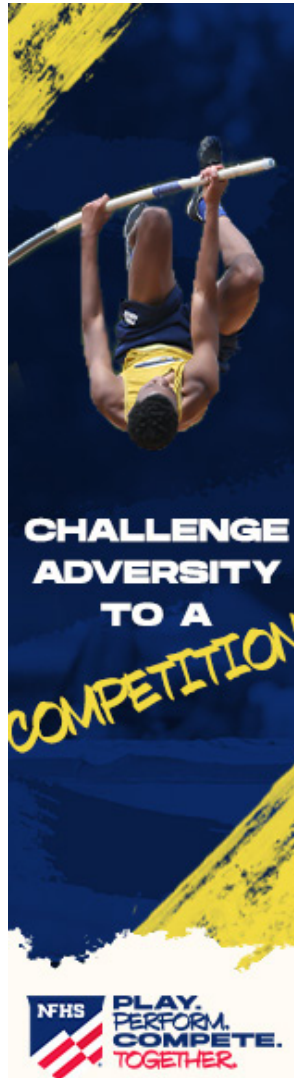
Welcome to the 2024 Fall Activities Season!

As the new Executive Director of the Idaho High School Activities Association, I am thrilled to welcome you to an exciting fall season of activities. This time of year, brings energy to our schools

and communities as students, coaches, and families come together to celebrate the spirit of competition. Whether on the field, court, stage, or classroom, each of us plays a vital role in creating memories and experiences that will last a lifetime.

I believe in the power of activities to build character, grit, and unite communities. As we enter this new season, I encourage everyone to embrace the challenges, celebrate the victories, and support one another. Together, we can make this fall season one to remember.

Here's to a successful and rewarding season!



WELCOME Nayeli Juarez SAC Sr. President



Welcome Back!!!

The 33 members of the 2024-2025 IHSAA Student Advisory Council are excited to focus on making student voices heard.

The SAC got together this summer at our annual retreat in hopes of becoming cohesive as a council. We were successfully able to get a layout for the upcoming year and plan our annual symposiums and summits!

Our challenge to schools is to create positive sportsmanship and leadership environment between students, administration, parents, coaches and officials.

We are excited to work with students from all over the state, educating them on how to be a captain, and a friend. The SAC members from each district look forward to serving our peers while providing a voice for students.

“Excellence is not perfection or winning at all costs. It is a deeply satisfying process of becoming the best performer — and person — you can be. You pursue goals that challenge you, put forth an honest effort, endure highs, lows and everything in between, and gain respect for yourself and others. This sort of excellence isn’t just for world-class athletes; it is for all of us. We can certainly find it in sports, but also in the creative arts, medicine, teaching, coaching, science and more.”

- Brad Stulberg, The Growth Equation

ADMINISTRATION CORNER

DATES TO REMEMBER

9/2	Labor Day
9/4	District II Administrator Meetings
9/5	District I Administrator Meetings
9/12	SIC District III Administrator Meetings
9/23	Board of Directors Work Session
9/24	IHSAA Board of Directors Meeting Vandal Ballroom; 2nd floor Pitman Center University of Idaho, Moscow
9/25	Fall Academic Champions Due

SEPTEMBER CHECKLIST

- ___ Make time for family
- ___ Review fall rosters to confirm eligibility
- ___ Verify bus schedules for all fall contests
- ___ Load Rosters, Pictures, Schedules, Scores on MaxPreps
- ___ Schedule team pictures
- ___ Evaluate emergency plans
- ___ Verify coaches requirements are met
- ___ Review gate procedures with staff
- ___ Confirm DragonFly schedule
- ___ Meet with booster club
- ___ Review Sportsmanship Manual
- ___ Review Citizenship Through Sports Manual
- ___ Distribute sportsmanship information to patrons

IHSAA Rule of the Month

Rule 12 PARTICIPATION IN SPECIAL EVENTS

12-1 *Exceptional student-athletes may participate in a maximum of three* special events where participation is by invite-only, earned by the athlete, or will create future participation opportunities without loss of eligibility provided:*

12-1-1 *Approval is obtained from the school principal and the IHSAA at least 30 days prior to the event.*

12-1-2 *The student has made prior arrangement to complete all missed academic obligations before the end of the grading period in which the absence will occur.*

12-1-3 *The student will miss no school-sponsored or association-sponsored event in that sport without permission of the IHSAA.*

***Note:** *The third event request within the same season will be approved or denied based on the level of the event which must be a national-level event or equivalent.*



POSITIVE PARENTING WITHIN SCHOOL PROGRAMS



Parents play an influential role in the lives of their children, including the part they play when their children participate in interscholastic sports and activities. This is why the National Federation of State High School Associations has created

the course Positive Parenting within School Programs. Parents need to understand that their behavior in the stands, how they talk to their student after a practice or game, and the way they interact with the coaches and officials, makes all the difference in the enjoyment of their children's experience. Learn how you, as a parent, can have a positive impact on your child and help create a memorable experience for everyone.

THE PARENT SEAT



Your student's high school years will provide a lifetime of memories and experiences. How do you want your student to remember this experience? To help guide parents in this journey, the National Federation of State High School Associations has created THE PARENT SEAT. This course has been designed to help you understand the importance of participation in school programs, your expectations of behavior at events, how your behavior affects your child, and how you can use your child's high school experience as a way to grow a healthy relationship for years to come. The "Parent Seat" originated as a video series, including The Parent Seat, Beyond the Scoreboard, and A Lasting Relationship. These videos are available to download at no cost.

THE PARENT SEAT





COACH QUOTES

ON MAINTAINING BUY-IN WHEN THE RESULTS AREN'T THERE:

"It's a one-day contract mentality: Win the day. Seeking growth and improvement is maybe more important when you don't have the talent of other teams. I've also been part of clubs where the perception outside maybe isn't that high, but with the right approach, you can actually achieve great things.

It's coaching cliched stuff, but the fundamentals of what we have to do are seek improvement and do the job as best we can each day.

Then, try to do it even better the next day."

-Rohan Smith, professional rugby coach

"It's got to be modeled behavior. Break it down into small things. Go have a great practice. Then, what does it look like after a great practice?... You're going to (reach) three, or four, or 10 players who will say, 'O.K., this is how we react to this.' Then, you do it again on day two. It builds momentum.

The everyday atmosphere you create as a leader absolutely filters down. What happens is we all know that... but (sometimes) you don't get the results you desire, and you get frustrated and maybe change the modeled behavior. Then, you never develop consistency because you're constantly chasing whatever the end goal was.

When you get into that race, you look back and say, 'I don't have consistent players. I have to get my own guys in here.' Well, I don't know what that means, to be honest with you. Very few of us get into sports and say, 'It's all about me.' We all play because we love the team aspect. I think it's modeled behavior and servant leadership. The hard part is being that."

-Adam Fuller, Florida State defensive coordinator

“

Every time you think of calling a kid 'attention-seeking' this year, consider changing it to '**connection-seeking**' and see how your perspective changes.

—DR. JODY CARRINGTON, Psychologist

COACH QUOTES

ON PRODUCTIVE DAYS:

"I'm not just about getting to-do lists checked off. A productive day is making progress on big tasks that are going to help you accomplish your goals. There are days where you've got lots going on, but a productive day for me is starting the day with the needle-moving activities, the high-value tasks that are going to help me advance in my career.

If I can align my energy and focus and protect that time — some days it's two hours, some days it's 30 minutes — I feel I made that progress and am more in control. I'm doing the right things at the right time. That, to me, is a productive day."

-Mandy Green, Busy Coach CEO

"The first is a mindset win. What are you doing each day to improve yourself from a mindset point of view? That could be anything from reading, listening to a podcast, subscribing to a newsletter.

The second is movement. If you don't like the gym, that's fine. If you don't like running, that's fine, but you need something where you move your body and get in a better mood. It could be as simple as going for a 10-minute walk.

The third is mindfulness. That can come in a variety of ways, yoga, meditation. For me, it's actually a nap. It's doing something that puts your mind at ease. We're inundated with information, the phone, emails, all these things. Each day, I give myself 20 minutes to lie down. I don't necessarily sleep, but no phone or noises. It was a game-changer in how I felt."

-Allistair McCaw, international best-selling author and keynote speaker

ON THE BEST ASSISTANTS:

"I don't want people who think like me or are exactly like me. I want (our other coaches) to challenge me because, at the end of the day, I want to have the best idea — not my idea, not their idea — the best idea to help us win at Texas Tech. We'll have some conversations where there are arguments or we question each other. But you have to be comfortable in your own skin. At the end of the day, though, I think I've hired a bunch of guys who understand the direction we're going in. I know whenever they say, 'Hey, what do you think about this, Coach?', it's coming from the right spot.

It comes from trying to get the most we can get out of these players and help them become the men and players they're meant to be."

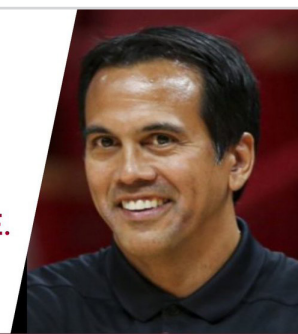
-Joey McGuire, Texas Tech football coach

"Figure out how to best serve the head coach in a way that he needs to be served, not in a way that I want to serve or a way that I think he needs to be served. You have to be able to put your ego aside and communicate effectively. Learn the temperament of the head coach. Learn how he wants information... Figure out their personality, how they learn, what are they extremely convicted on? Because if you're dealing with a coach who's dead-set in his ways and doesn't want to change, learn and grow, you're going to create friction. You're better off just buying in and figuring out how to make those players the best possible version within the way that head coach thinks they should play.

If the head coach is open, you have to bring solutions, ideas and be prepared. The rule I always had as a head coach with my staff is the best idea wins, but you better be prepared in terms of having the data."

-Ryan Pannone, Alabama basketball assistant coach

"SUCCESS IS NOT AN OVERNIGHT THING. IT'S WHEN EVERY DAY YOU GET A LITTLE BETTER THAN THE DAY BEFORE. IT ALL ADDS UP."



ERIK SPOELSTRA

ALWAYS BE RESPECTFUL.

#BENCHBADBEHAVIOR



IHSAA SPORTSMANSHIP MANUAL

Check Out these Manuals NOW on the
IHSAA Sportsmanship Webpage

SCHOOLS OF EXCELLENCE CITIZENSHIP THROUGH SPORTS MANUAL



SHOWING EMOTION
IS A STRENGTH



YOU ARE NEVER TOO
YOUNG OR TOO OLD TO
CHASE YOUR DREAMS



SOMETIMES TAKING A
BREAK MEANS YOU CAN
COME BACK STRONGER



TRUST YOUR INSTINCT
AND KEEP IT SIMPLE



8 things the
2024 Olympics
taught us



IF YOU WORK HARD
ENOUGH YOU CAN
GET THERE IN THE END



NEVER UNDERESTIMATE
THE POWER OF
POSITIVE WORDS



TRUE WINNERS CHEER
EACH OTHER ON



WE ALL HAVE THE
POWER TO CHANGE
OUR STORY

martha brook
LONDON

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.



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



Meet the New IHSAA Board Members

Boys Coaches Representative



Tyler Johnson
Athletic Director
Bonneville High School

Tyler graduated from Ricks College prior to earning his bachelor's degree from Utah State University and later earned his master's degree from Idaho State University.

Tyler began teaching and coaching in District 91 splitting time teaching Spanish between Idaho Falls High School and Clair E. Gaile Jr. High. After one year, he moved to a full-time teaching position at Bonneville HS and remained as a teacher, (Spanish & PE) coach, (Track & Cross Country) for the past 20 years, the last seven as the Activities Director.

As an active member of the 6th

District Board of Control, Idaho Coaches Association and the Idaho Athletic Administrators Association Tyler has served Idaho's schools throughout his career.

Through his life-long journey, Tyler married his wife Caryn and they have five children ranging from grade one through nine with a 4-year old at home that keeps them busy. In his spare time, Tyler loves to chase his kids, travel, sing, as he participated in his high school and college choirs and has played co-ed softball for the past 15 years.

Currently the Superintendent of the Twin Falls School District. Brady's background includes a Bachelor's degree in Secondary Education from the University of Idaho in 1995. A Master's of Education in Educational Leadership & Administration. An Education Specialist from the University of Idaho, and a Doctorate of Education from Northwest Nazarene University in 2016.

Brady began his career teaching, coaching wrestling and football at Robert Stuart Jr. High in Twin Falls, Idaho. He has served as a teacher, Associate Principal, Principal, district-level administrator, and now Superintendent. In 2009, Brady was the first Principal at Canyon Ridge High School in Twin Falls and has been a part of opening a total of four new schools. In 2011, Brady received the Milken Award and in 2022 was recognized as the Idaho Superintendent of the Year.

Brady puts students first. "We are in this business for kids and it is our job to make decisions based on what is best for Idaho's youth. I just hope I can give back in the same way as the people who inspired me as a student-athlete."

With a passion for the outdoors and wrestling, one of Brady's most memorable moments was when his son, Braeden won an individual state wrestling title in 2018.

District IV Representative



Brady Dickinson
Superintendent
Twin Falls Schools



Meet the New IHSAA Staff

Conlin Coburn Administrative Assistant



One of my favorite things is to spend time with my family. I have my parents, sister, brother, and boyfriend, and the 8 dogs between all of us that occupy most of my free time. Some of my favorite time spent with them is back in my hometown of Arco.

Sports have always played a significant role in my life. I was involved in volleyball and basketball all through childhood and high school, then had the opportunity to play volleyball at The College of Idaho. My mom was my volleyball coach and athletic director in high school, which inspired me to pursue a career in this field. About three years into my undergraduate, I chose to intern with the IHSAA. During my master's program, I returned to the IHSAA as an intern, eventually taking a position in December. Now, with my master's in Athletic Administration, I am excited to be integrated into the world of high school sports.

While working at the IHSAA, I want to contribute a sense of ease to athletic directors and administrators by helping with the little things that go on behind the scenes. If they can work to their best ability knowing they have support and resources, it allows the kids to receive the best experience they can in high school activities.

My favorite hobby is baking and I can solve a Rubik's Cube in under one minute.



Riley Jones Officials Coordinator



Riley has served as an official in youth sports since the age of 14 and as a Idaho High School official since he was 16. While in high school, Riley participated in several IHSAA activities from debate and drama, serving on his school's student council, to being the statistician for the Boys basketball team. A graduate of Boise High School and the University of Idaho, Riley began officiating intramural basketball, and was recruited into the High School ranks. Today, he referees soccer and basketball at the youth, high school, and collegiate levels in both sports.

Early in his officiating career, Riley found an interest in the arena of administration of sports and officiating. He started as a certified assignor for the United States Soccer Federation at age 18, after graduation, with a degree in Economics, Riley became the Soccer Commissioner in District III and has served in that position since. In 2018, Riley was appointed as the State Rules Interpreter for Soccer and is currently the Director of Referees for Idaho Youth Soccer, responsible for assigning and managing referees for all IYSA events.

In this new role, Riley will assist both Commissioners and Officials statewide with the registration process, strengthen the already strong relationship with the IHSAA official's vendor, Dragonfly, and work with people who have a similar passion in making high school sports the best possible experience for all involved.

Riley has long had a passion for sports, getting involved with officiating allowed him to be active in sports. Riley hopes to improve the overall community of high school sports in Idaho and improve processes for our officials and district commissioners.

Kayla Allen
Administrative Assistant



The Idaho High School Activities Association (IHSAA) is pleased to introduce Kayla Allen as our new administrative assistant. Kayla brings a lifelong passion for sports and is excited about this new opportunity to contribute to the IHSAA. A dedicated hockey fan, Kayla has been a season ticket holder for the Idaho Steelheads for over 10 years. She also enjoys attending BSU basketball and football games. Originally from Jerome, Kayla has lived in the Treasure Valley for more than a decade and is a proud dog mom to two black labs, Tuukka and Rico.

FIVE THINGS MENTALLY STRONG PEOPLE DO



They enjoy their time alone.
They hold themselves accountable for their action.



They celebrate the success of others.
They surround themselves with greatness.



They have great health habits. From sleep to how they eat, they own their mind, body & spirit.



They embrace and celebrate change.
They know that change is constant with life.



They invest time and energy into the present.
They're able to focus on the tasks at hand.

The Starfish Story

Original Story by: Loren Easley

One day a man was walking along the beach, when he noticed a boy hurriedly picking up and gently throwing things into the ocean.

Approaching the boy, he asked, "Young man, what are you doing?"

The boy replied, "Throwing starfish back into the ocean. The surf is up and the tide is going out. If I don't throw them back, they'll die."

The man laughed to himself and said, "Don't you realize there are miles and miles of beach and hundreds of starfish? You can't make any difference!"

After listening politely, the boy bent down, picked up another starfish, and threw it into the surf. Then, smiling at the man, he said,

"I made a difference to that one."



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IHSAA Board of Directors Action



The following items were approved by the IHSAA Board of Directors for the 24-25 school year.
A full synopsis of each meeting is posted on the IHSAA Board of Directors webpage

CLASSIFICATION

2-2-1 Classifications for the current school year:

Sports/Spirit/Drama

6A 1400 & over

5A 1399-700

4A 699-350

3A 349-175

2A 174-90

1A 89 and below

CLASSIFICATION PETITIONING PROCESS

Classification petitioning process was changed. See Rule 2-3

TENNIS – DISTRICT ENTRY LIMITATIONS

Three boys singles, players, three girls singles players, two boys doubles teams, two girls doubles teams, and two mixed doubles teams from each school may enter the district tournament.

RULE 8-4 AMATEUR STATUS

Added: c. It is permissible for a player to accept necessary meals, lodging and transportation if such are accepted in service rather than in money or any other material form. Examples of such events include NCAA Academies, McDonald's All-American games, USA Basketball, etc. State or district level all-star games will not be considered for this.

ELIGIBILITY REGULATION WAIVER (HARDSHIP) PROCESS

8-6 The Board of Directors has the authority to waive an eligibility rule when, in the opinion of the Board, the rule fails to accomplish the purpose for which it is intended. This request must be completed and submitted by an administrator of the school in which the student is enrolled and will be attending. The request should include any hardship that has a bearing on the case. The order for review will be as follows:

- a. The Executive Director will first consider each case after they receive an Eligibility Regulation Waiver form.
- b. If warranted, an eligibility committee of the Board will consider each case after they receive an Eligibility Regulation Waiver form.
- c. At the school's request, an appeal committee, consisting of Board and community members who did not hear the first appeal, will then consider the case.

8-6-1 A written notification of the decision will be sent from the Executive Director. The decision of the eligibility is final.

RULE 2-5-3 MAXPREPS RANKINGS

Add: a. MaxPreps rankings will include all regular season games and district tournament games.

- b. Regular season and district tournament game scores must be posted by each member school on MaxPreps prior to midnight the Saturday prior to the state tournament. Scores posted and/or altered after the Saturday deadline will NOT be included in the final rankings.
- c. Official and final rankings will be published by the IHSAA the Monday prior to the state tournament.

FALL SPORTS COMPETITION DATE

All fall sports are allowed to hold their first contest the day after completion of the required 10 days of practice. Note: Golf is exempt from the required 10 days of practice and therefore can compete on their first day of the season.

BY-LAW, ARTICLE VIII

Section 7. Review and Audit. A report of Review of Financial Statements will be conducted each year unless a report of Audit of Financial Statements is requested by the Board of Directors.

COEUR DU CHRIST ACADEMY

The Board approved Coeur du Christ Academy as a new member school. (District I, 1A)

LIFETIME PASSES FOR OFFICIALS

The change allows officials to continue to work after qualifying for and receiving an IHSAA lifetime pass.

MUSIC - ALL STATE AND STATE SOLO QUALIFYING REQUIREMENTS

Students who audition for All State or compete in the State Solo Contest are subject to Academic Eligibility Rules 8-1 through 8-1-5 and Enrollment/Attendance Rule 8-8-1. Non-traditional students – See Rule 8-16.

SPONSORING STATE BASEBALL

The IHSAA will now sponsor and oversee all aspects of the State Baseball tournament.

STATE SPEECH CLASSIFICATION

Four classifications; 1/4 of registered programs in each class – Division 1, Division 2, Division 3, Division 4 Division 1 – smallest school category Division 4 – largest school category

STATE SPEECH SWEEPSTAKES POINTS

Modifications were made to how sweeps points are allocated at State Speech. See Speech rules for specific guidelines.

RULE 12 PARTICIPATION IN SPECIAL EVENTS

The change will now allow schools to request up to three "outside" events during the season for their exceptional student-athletes. Previously, the limit was two. The third event request must be for a national-level event or equivalent.

SOCCER YELLOW CARD ACCUMULATION POLICY

Yellow card counts will now reset to zero at the beginning of district play and again prior to the State Tournament. Note: State play in games are considered part of the State Tournament.

RULE 17 SEASONS

The IHSAA now considers the beginning of the school year to be 7 days prior to the start date of fall sports (first day of the fall no-contact period).

OFFICIAL FUEL OF
IHSAA

THANK YOU

*Dairy West and the Dairy
Farm Families of Idaho*

For 41 years, Dairy West
has been the official sponsor of
IHSAA State Tournaments

unbottled.

DAIRY PROTEIN THAT POWERS YOUR PERFORMANCE

PRIME

Game Winning Fueling Strategies

About Game Winning Fueling Strategies

'Game Winning Fueling Strategies' is a virtual sports nutrition education program available to high school sports teams in Idaho and Utah. Each nutrition talk with sports dietitian and former professional triathlete, Erin Green, is tailored to help high school athletes perform their best. You and your athletes will learn the basics of sports nutrition and how to incorporate good nutrition habits that will help improve performance!

These team talks are intended for both athletes and coaches.

Sign up today!

Summer 2024

Register for a summer 'Game Winning
Fueling Strategies' virtual team talk.

[Sign up here!](#)

Fall 2024

Register for a fall 'Game Winning Fueling
Strategies' virtual team talk.

[Sign up here!](#)

**Everyone loves chocolate milk.
Including your student athletes.**



Research shows that drinking milk is an effective way to help the body refuel and recover after exercise. And chocolate milk is the ideal post-workout beverage because it contains the appropriate ratio of carbohydrate to protein to refuel, rebuild and recover. That's why we created the Replenish with Chocolate Milk Program.

Open to any public, charter, or private high schools in Utah and Idaho. The Replenish with Chocolate Milk Program provides chocolate milk to schools that apply and meet certain eligibility requirements.

The 2024-2025 program application is open. [Apply today!](#) Please contact Gabby Elledge at gelledge@dairywest.com to be added to the list for future program communications.

AED



Sudden Cardiac Arrest (SCA) is the number one cause of sudden death in student-athletes during activity. In the event of a sudden cardiac arrest episode and automated external defibrillator (AED) can save a life.

Each minute defibrillation is delayed, the chance of survival decreases 10%

The following can serve as an AED checklist to be sure you are prepared.

- ✓ The AED is easily accessible at every practice/game location and available for use within 2-3 minutes (ideally it is onsite) The device is NOT in a locked or secured area where retrieval could be a challenge.
- ✓ Personnel are always available onsite who are trained in CPR and AED use.
- ✓ The AED is checked regularly to ensure it is working and the pads and battery are not expired.
- ✓ The Emergency Action Plan has been rehearsed PRIOR to the beginning of the season with everyone potentially involved in the emergency response.
- ✓ Someone has been designated to retrieve the AED if needed. This person know the exact location of the device at all times.



The NFHS Voice



As Another High School Season Begins, Heat Awareness Must Remain Top Priority

Dr. Karissa L. Niehoff, NFHS Chief Executive Officer

Practices for high school sports and band programs have been underway for several weeks in many parts of the country, and more than 3.5 million participants in high school fall sports are hoping to carry the excitement and enthusiasm of the recently completed Olympics into school competition. And practices quickly turn to the start of another season this week.

In football alone, Friday Night Lights begin in four states – Alaska, Hawaii, Nevada and Georgia – and 17 more kick off next week. Another 22 states begin competition the final week of August, with the final eight starting in early September.

In addition to the one million-plus participants in football this fall, high school students are gearing up for another season in cross country, soccer, field hockey, marching band and other sports and activities. And while some parts of the country have experienced a milder summer this year, warmer temperatures have started to build this month. Heat awareness must continue to be a top priority as teams continue with practices and transition to game competition.

Earlier this month, the NFHS distributed information about heat concerns and air quality to NFHS member state associations. The NFHS Sports Medicine Advisory Committee noted that heat concern is not just a football issue. Any student participating in an outdoor sport or activity in the heat is vulnerable to heat illness, including marching band, cheer and players practicing in hot gyms without air conditioning.

One heat-stroke death is too many because Exertional Heat Stroke (EHS) is preventable. Even with one million participants in high school football, death from heat stroke is preventable. Coaches, athletic directors and athletic trainers must have effective prevention plans in place so that student participants are fully protected from heat-related illnesses and injuries.

The NFHS, through its Sports Medicine Advisory Committee (SMAC) and the NFHS Learning Center, offers many educational tools to assist schools in developing a proper heat acclimatization and heat illness prevention program. In addition, many state associations have developed state-specific guidelines for dealing with heat issues and safety challenges.

The SMAC has developed a "Heat Acclimatization and Heat Illness Prevention Position Statement" which is available on the NFHS website. This document contains seven fundamentals of a Heat Acclimatization Program. In addition, the SMAC's "Position Statement and Recommendations for Maintaining Hydration to Optimize Performance and Minimize the Risk for Exertional Heat Illness" is also available on the sports medicine page of the NFHS website.

Through the NFHS Learning Center, the NFHS offers a free online course entitled Heat Illness Prevention. This course, which is available at www.nfhslearn.com, also reviews the seven fundamentals of a Heat Acclimatization Program. About three million Heat Illness Prevention courses have been accessed. In addition, to address the necessary precautions for participants in marching band, the NFHS has a free course entitled Band Safety.

Among the fundamentals of a Heat Acclimatization Program are 1) a slow progression in activity level – duration and intensity; 2) adjusting workouts as heat and humidity increase, including close monitoring and a prompt response to developing problems; and 3) proper hydration.

Three other Learning Center courses should be a part of the preseason planning for all key members of the school's team: The Collapsed Student, Sudden Cardiac Arrest and Concussion in Sports.

As an additional resource, the NFHS Foundation announced a grant program two years ago to distribute 5,000 Wet Bulb Globe Temperature (WBGT) devices to high schools across the country. The WBGT measures the heat stress in direct sunlight, accounting for temperature, humidity, wind speed, sun angle and cloud cover. High schools can use the thermometer's reading to help determine if the weather is appropriate to hold outdoor activities. The NFHS Foundation provides a video on proper use of WBGT.

School leaders must also make sure that AEDs (Automated External Defibrillators) are available in key locations in the school, and that an Emergency Action Plan has been established and rehearsed. There were numerous cases on high school sports fields and courts last year where quick action on the part of individuals saved lives, and we hope that trend continues. As a part of preseason planning, coaches and administrators should consider another Learning Center course – CPR & AED Training.

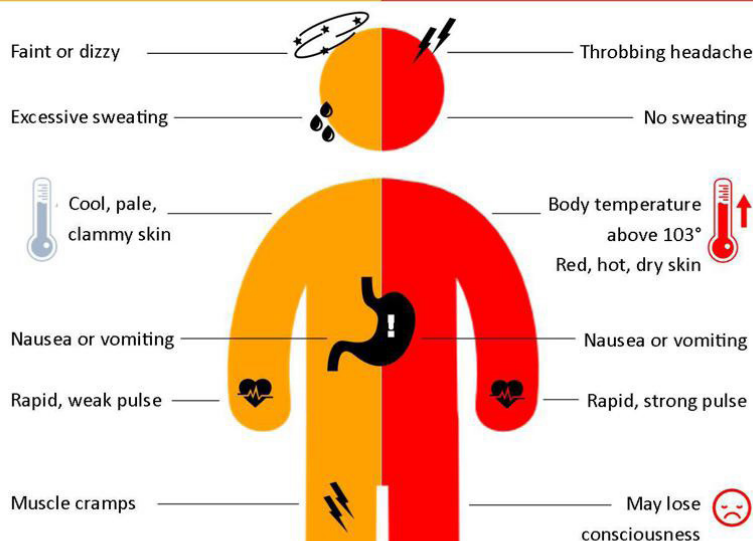
The NFHS Foundation has been instrumental the past few years in providing AEDs to state associations. This year, the Foundation is providing 50 percent of the costs of about 850 AEDs for use by state associations and schools, after providing more than 1,000 units to schools and states several years ago.

School leaders must continue to take EHS seriously. We encourage all school leaders – coaches, band directors, athletic directors and others – to take the free online courses – Heat Illness Prevention and Band Safety – at www.nfhslearn.com. It could be the best investment of time this year.

HEAT EXHAUSTION

OR

HEAT STROKE



- Get to a cooler, air conditioned place
- Drink water if fully conscious
- Take a cool shower or use cold compresses

CALL 9-1-1

- Take immediate action to cool the person until help arrives

WATCH FALL SPORTS
LIVE ON THE NFHS NETWORK.

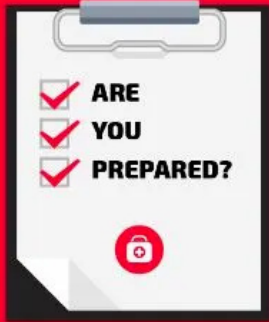


All the fall sports you love,
just a click away.

WATCH LIVE NOW

NFHS NETWORK

Emergency Response Planning



As fall sports and activities start in Idaho and across the country, the IHSAA and the NFHS Sports Medicine Advisory Committee (SMAC) wanted to call your attention to the importance of having an Emergency Action Plan (EAP).

The potential for a medical emergency is ever present. The risks of catastrophic injury and sudden death exist during both practice and competition. The purpose of the EAP is to facilitate a prompt, efficient, coordinated response in the case of a medical emergency. All schools and school districts should have an EAP that addresses medical emergencies among athletes, staff, officials and spectators. Planning, preparation and practice are the keys to achieving success in the case of an actual emergency.

ALL schools should have an EAP in place for all high school sports and activities for the 2024-25 school year. The plan should be current, practiced and executed.



KINDNESS

/kīn(d)nəs/ **noun**

1. Loaning someone your strength instead of reminding them of their weakness.

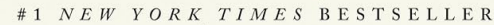


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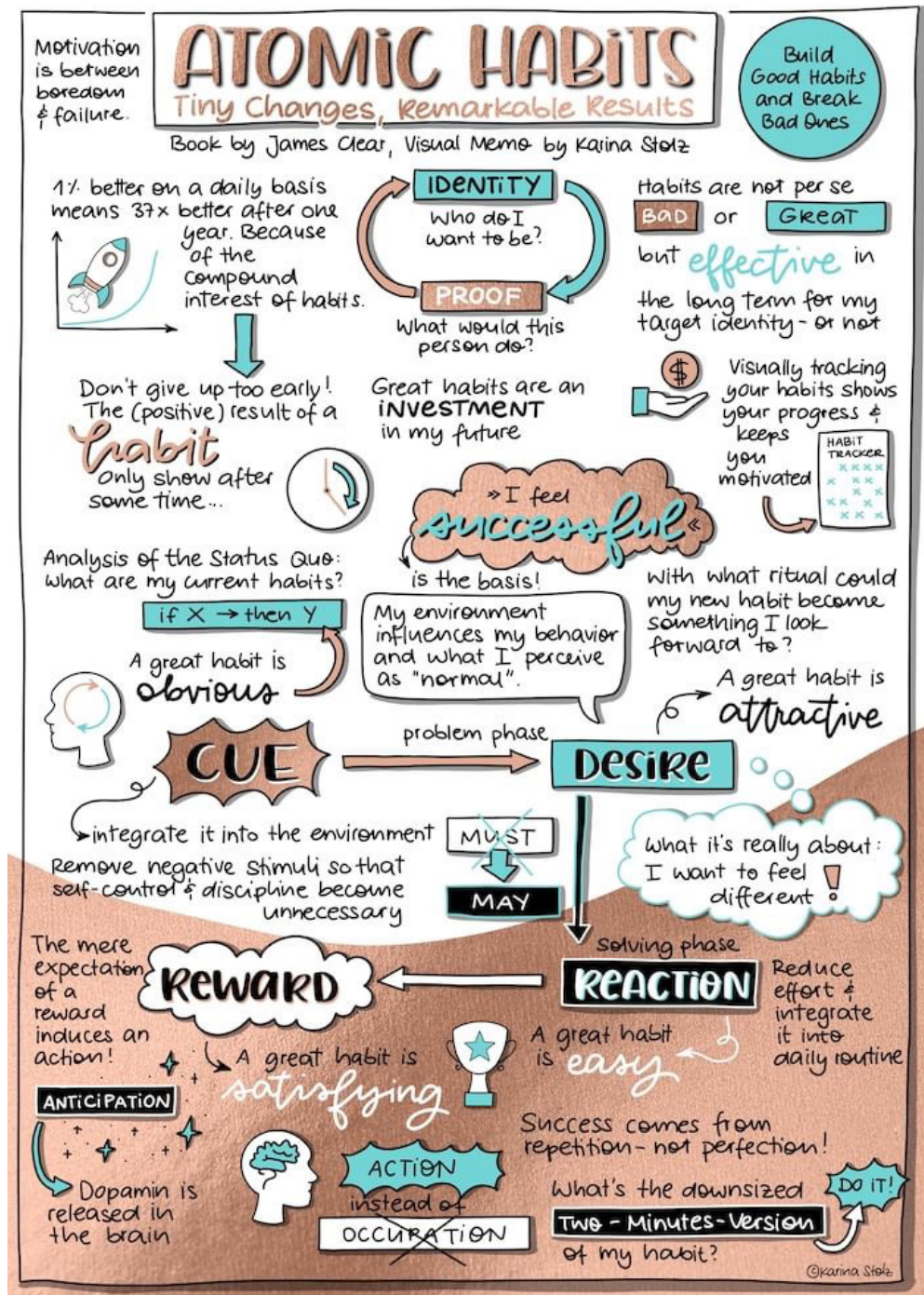
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James Clear

No matter your goals, *Atomic Habits* offers a proven framework for improving - every day. James Clear, one of the world's leading experts on habit formation, reveals practical strategies that will teach you exactly how to form good habits, break bad ones, and master the tiny behaviors that lead to remarkable results.

If you're having trouble changing your habits, the problem isn't you. The problem is your system. Bad habits repeat themselves again and again not because you don't want to change, but because you have the wrong system for change. You do not rise to the level of your goals. You fall to the level of your systems. Here, you'll get a proven system that can take you to new heights.

Clear is known for his ability to distill complex topics into simple behaviors that can be easily applied to daily life and work. Here, he draws on the most proven ideas from biology, psychology, and neuroscience to create an easy-to-understand guide for making good habits inevitable and bad habits impossible. Along the way, listeners will be inspired and entertained with true stories from Olympic gold medalists, award-winning artists, business leaders, life-saving physicians, and star comedians who have used the science of small habits to master their craft and vault to the top of their field.



“Mastery is not only about getting better at your craft, but also about finding ways to eliminate the obstacles, distractions, and other annoyances that prevent you from working on your craft. Top performers find ways to spend as much time as possible on what matters and as little time as possible on what doesn’t. It is not someone else’s responsibility to create the conditions for success. You have to actively work to eliminate the things that don’t matter from your workload. If you haven’t figured out how to do that, you haven’t mastered your craft.”

- James Clear, The 3-2-1 Newsletter