



# December 2018 ISSUE

- \* FROM CENTENNIAL HS TO THE CAST OF MURPHY BROWN
- \* SANCTIONED SWIMMING IN PICTURES
- \* FALL STATE CHAMPIONS
- \* 1ST ANNUNAL - BATTLE OF THE FANS
- \* THANK YOU DAIRY FARMERS
- \* THE POWER OF THE HEAD COACH - Dr. Angiela Pellant
- \* AN ATTITUDE OF GRATITUDE
- \* SCHOOLS OF EXCELLENCE - Fall Standings



UNITED DAIRYMEN – A DAIRY WEST PARTNER



# IHSAA EXPRESS

## Supporting Education Through Activities

### Idaho High School Success Story

Murphy Brown has some new company. Centennial HS alum Adan Rocha has joined the CBS series reboot. A revival of the popular sitcom, the new season will see the return of Candice Bergen as the titular Murphy Brown.

Adan Rocha was born in Palo Alto, California on Christmas Day. At a young age his family moved to Boise, Idaho and opened a family restaurant which they still own to this day. He started acting in middle school and attended Centennial High School where he joined the legendary, "Image Factory" led by theater director, Tracy Fuller. The play version of "Rebel Without A Cause" made him fall in love with acting. He played the role of Plato. He now resides in Los Angeles, California and attends Anthony Meindl's Acting Workshop.



Thank you  
"Image Factory"  
Tracy Fuller  
Centennial High School



Jaelyn St. John MS, RDN, LD  
Registered Dietitian, Mom, and lover of all things Family, Food, Fitness and Fun!

Thanksgiving is a time to remember those things that are most important to us. The way food brings us together, brings joy and happiness to our lives, and reminds us to be thankful for the Farmers who work hard 24 hours a day, 7 days a week, 365 days a year to put that food on our table. Did you know that only 2% of the population are farmers-providing food for the other 98% of us? That statistic startles me every time. **Thank you, farmers!**

Family mealtimes are a beautiful thing. The opportunity to have conversations around the table and connect with one another is one more reason to make it a priority not just during the Holidays, but all year long. Family meals research continues to emerge and offers a host of benefits for children and adults alike:

1. Children who eat with their families are better nourished, have lower rates of obesity and better vocabularies. These factors can have a positive impact on classroom behavior and academic performance.
2. Family meals are a great way to instill healthy eating habits that will last a lifetime. By including your child(ren) in purchasing and meal decisions they are learning life skills by doing, not watching!
3. Children who eat with their families consume more fruits, vegetables, milk and dairy foods compared to those who eat fewer family meals.

With the hustle and the bustle of the Holidays, planning family gatherings, meals and traditions, often we forget to slow down and remember the reason for the season. I hope this Holiday season, you'll be reminded of the important things and celebrate them together with your loved ones. Together we continue to build a healthy, high-achieving generation of youth! If you have questions or comments, please contact me at [jjstjohn@dairywest.com](mailto:jjstjohn@dairywest.com)



Dairy West works on behalf of dairy farm families in Idaho and Utah to promote the dairy industry and dairy products locally, nationally and globally. We are committed to connecting people with agriculture and sharing information and resources about dairy farming and dairy foods.



# ADMINISTRATION CORNER

## DATES TO REMEMBER

- 11/30-12/1 - State Drama
- 12/1 - Fall Concussion Survey Due
- 12/3 - Board Work Session & Appeals
- 12/4 - IHSAA Board of Directors Meeting
- 12/20-1/2 - IHSAA Office Closed
- 12/25 - Christmas Day
- 1/1 - New Years Day



## DECEMBER CHECKLIST

- \_\_\_ Enjoy the Holidays with family and friends
- \_\_\_ Send a commissioner the name & contact information of a potential official
- \_\_\_ Publish Spring Schedules
- \_\_\_ Organize Fall Opponents
- \_\_\_ Organize Winter Opponents
- \_\_\_ League Meetings
- \_\_\_ Develop/Review Winter Cancellation Checklist
- \_\_\_ Spring Facility Emergency Plans
- \_\_\_ Spring Coaches Requirements
- \_\_\_ Implement plan to promote sportsmanship at winter activities
- \_\_\_ Send a citizenship reminder to parents and coaches

## SPORTSMANSHIP IN IDAHO



The IHSAA wants to highlight good sportsmanship in our state. If you have an act of good sportsmanship that has occurred in your school or community during an activity please send details to Mike Federico at federicom@idhsaa.org

## Fall 2018 State Champions

### GIRLS SOCCER

Rocky Mt.	5A	Rocky Mt.
Bishop Kelly	4A	Caldwell
Coeur d'Alene Charter	3A	Sun Valley Community

### BOYS SOCCER

### GIRLS SWIMMING

Boise	5A	Boise
Idaho Falls	4A	Century

### BOYS SWIMMING

### GIRLS CROSS COUNTRY

Boise	5A	Rocky Mt.
Bishop Kelly	4A	Idaho Falls
Sugar-Salem	3A	Sugar-Salem
Soda Springs	2A	Salmon
Oakley	1A	Liberty Charter

### BOYS CROSS COUNTRY

### VOLLEYBALL

5A	Madison
4A	Century
3A	Filer
2A	Malad
1A DI	Troy
1A DII	Horseshoe Bend

### FOOTBALL

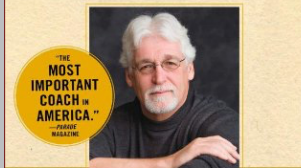
5A	Rocky Mt.
4A	Hillcrest
3A	Sugar-Salem
2A	Declo
1A DI	Valley
1A DII	Carey

## 2018 IHSAA STATE SWIM CHAMPIONSHIPS



## InSideOut COACHING

How Sports Can Transform Lives



JOE EH RMANN  
WITH PAULA EH RMANN AND GREGORY JORDAN

## COACHES CORNER

### COACHING BOOK OF THE MONTH

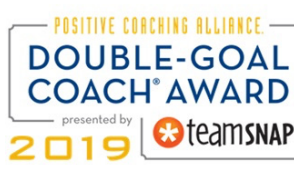
Joe Ehrmann, who Parade called "the most important coach in America," describes his coaching philosophy and explains how sports can transform lives at every level of play, from the earliest years to professional sports.

Too many people are transactional coaches - they focus solely on winning and meeting their personal needs, Ehrmann writes. Some coaches, however, use their platform. They teach the Xs and Os, but also teach the Ys of life. They help young people grow into responsible adults; they leave a lasting legacy. These are the transformational coaches. These coaches change lives, and they also change society by helping to develop healthy men and women.

### NFHS LEARN COURSE OF THE MONTH

STUDENT MENTAL HEALTH AND SUICIDE PREVENTION - It's widely known that stress, anxiety and depression create challenges for both society and individuals, including interscholastic students. And severe conditions can lead to the worst outcomes, such as suicide.

The IHSAA and the NFHS is proud to bring you this course on Student Mental Health and Suicide Prevention in response to this reality. With a focus on wellness, including both physical and psychological, this course highlights causes, strategies and provides helpful resources.



### DOUBLE-GOAL COACH AWARD

Positive Coaching Alliance's Double-Goal Coach Award is given to youth and high school sports coaches from throughout the U.S. who embody the ideals of the Double-Goal Coach, striving to win, while also pursuing the more important goal of teaching life lessons through sports. Nominate your coach today!!!!!!!

## Schools of Excellence Fall Standings

The Idaho High School Activities Association is pleased to continue the "Schools of Excellence" Initiative, whereby schools earn points based on their varsity teams' achievements in the classroom, at the competitive venue, and in the area of citizenship/sportsmanship.

Participation is voluntary, and the school in each classification with the best overall program is honored with a special award at the end of the year.

The three major areas of high school participation - academics, athletics/activities, and sportsmanship/citizenship - are weighted equally.

Don't see your school in the top 10? See a complete list of all IHSAA member school by clicking on the link <http://idhsaa.org/awards/excellence.aspx>



### The Power of the Head Coach

By Angela D. Pellant MD

Summit Family Health- Family and Sports Medicine  
IHSAA Sports Medicine Committee Chair

Over the last ten years of taking care of athletes at all levels, there is one thing I can say for certain: The head coach of any team will define that sport and the athletes in it. He or she will play a role not only in the overall success of the team and individual athletes, but also the overall health and well-being of our kids. Let me explain.

Those head coaches that buy into their programs at all levels, see their athletes grow from the junior high level up to the varsity team. These coaches know their kids. Waiting until athletes make the varsity team to engage with them can be challenging for the head coach, coaching staff, and athletes.

Working with the athletes at all levels, even for limited periods of time, gives head coaches more opportunities to motivate and guide their athletes. Having head coaches lead the off-season training of our student athletes will decrease the incidence of injuries and overuse. Structuring pre-and post-season workouts and practices of all levels of teams within the sport, will promote adhesiveness and structure. Having a common goal for the sports program and communicating this with all coaches within the program will ensure the athletes are getting a clear message.

If the varsity coach doesn't know which JV or freshmen are grade eligible, or which athletes show-up for all the off-season workouts, he or she really won't know what kind of citizens their athletes are. Over the years, I have seen lower level coaches pushing year-round training and promoting supplements that were not safe for our athletes. I have watched kids burn out or be so physically beat up they just could not play their sport anymore. In many of these cases, I think that if the head coach and played a larger role in the overall sports program, many of these kids might have had more successes in their high school athletic careers and their paths to adulthood.

I love taking care of high school athletes and being a part of high school athletics. I love everything about seeing our youth become better athletes, better human beings, and learn how to enjoy sports in a healthy way. I have had the opportunity to be coached by, and work with, some really incredible coaches. I hope our athletes can be guided by coaches that participate in every stage and aspect of their athletic careers.

## "FROM THE RULES & REGULATIONS"

### RULE 8 - ELIGIBILITY

**8-12-2 - PRACTICE BEFORE CONTESTS** A student must have ten days of practice prior to the day of the first contest of an interscholastic athletic competition season. Football and wrestling participants must have ten days of practice in that sport.

- The day of the first scheduled contest shall not be allowed to count as one of the ten days in meeting the ten-day practice rule.
- Athletes who have participated in an IHSAA sanctioned sport during the preceding sport season may count ten days of practice/or games in the previous sport during a three week period prior to the first contest of the current sport.
- Participation in physical education classes does not constitute a practice.
- A student may count only six days of practice in a seven-day calendar week (with the week beginning on Sunday) towards his/her required ten days of practice.

### RULE 2 - CLASSIFICATION

2-2 Classifications shall be reviewed every two years. Grades 9-12 enrollment numbers are obtained during the enrollment year from the State Department of Education and as outlined in Rule 8-14, 15, 16, 17. Figures are compiled during a one-year period, with a one-year grace period as illustrated below. The average of enrollment figures used in calculating classification shall not be rounded up.

Enrollment Year	Grace Year	Classification Period
2016-2017	2017-2018	2018-2019 / 2019-2020
2018-2019	2019-2020	2020-2021 / 2021-2022
2020-2021	2021-2022	2022-2023 / 2023-2024

## SCHOOLS OF EXCELLENCE FALL STANDINGS

### TOP 10

#### 5A

		Academic Score	Athletics Score	Total Score
1st	Timberline - B	715	585	1300
2nd	Rocky Mountain	745	550	1295
3rd	Boise	730	560	1290
4th	Eagle	705	510	1215
5th	Coeur d'Alene	710	455	1165
6th	Lake City	715	425	1140
7th	Mountain View	695	410	1105
8th	Skyview	700	245	945
9th	Highland	730	170	900
10th	Centennial	705	185	890

#### 4A

		Academic Score	Athletics Score	Total Score
1st	Bishop Kelly	725	575	1300
2nd	Idaho Falls	705	435	1140
3rd	Century	760	360	1120
4th	Skyline	625	480	1105
5th	Sandpoint	700	345	1045
6th	Twin Falls	700	330	1030
7th	Vallivue	690	230	920
8th	Middleton	540	340	880
9th	Moscow	710	165	875
10th	Jerome	700	150	850

#### 3A

		Academic Score	Athletics Score	Total Score	Qualified Average
1st	Sugar-Salem	550	575	1125	0.94
2nd	Timberlake	510	485	995	0.83
3rd	Kimberly	695	320	1015	0.63
3rd	Snake River	515	245	760	0.63
5th	Filer	525	190	715	0.60
6th	Fruitland	540	160	700	0.58
7th	Teton	480	160	640	0.53
7th	Priest River	480	150	630	0.53
9th	South Fremont	515	75	590	0.49
10th	Buhl	515	0	515	0.43

#### 2A

		Academic Score	Athletics Score	Total Score	Qualified Average
1st	McCall-Donnelly	510	310	820	0.68
2nd	Soda Springs	370	285	655	0.66
3rd	Declo	530	250	780	0.65
4th	West Jefferson	360	225	585	0.59
5th	Salmon	375	175	550	0.55
6th	Malad	430	100	530	0.53
6th	Ririe	365	165	530	0.53
8th	Firth	530	95	625	0.52
9th	Melba	350	160	510	0.51
10th	Cole Valley	270	315	585	0.49

#### 1A DI

		Academic Score	Athletics Score	Total Score	Qualified Average
1st	Valley	360	285	645	0.81
2nd	Prairie	365	230	595	0.74
3rd	Troy	350	195	545	0.68
4th	Butte County	335	150	485	0.61
5th	Liberty Charter	290	100	390	0.49
6th	Greenleaf Friends	270	85	355	0.44
7th	Genesee	190	75	265	0.33
8th	Potlatch	255	0	255	0.32
9th	Ambrose School	0	245	245	0.31
10th	Oakley	0	195	195	0.24

#### 1A DII

		Academic Score	Athletics Score	Total Score	Qualified Average
1st	Sun Valley Community	460	190	650	0.65
2nd	Deary	330	150	480	0.60
3rd	Salmon River	180	175	355	0.59
4th	Carey	170	175	345	0.58
4th	Lighthouse Christian	175	170	345	0.58
6th	Rockland	370	85	455	0.57
7th	Leadore	265	0	265	0.44
7th	Timberline - W	265	0	265	0.44
9th	Kendrick	255	80	335	0.42
10th	Dietrich	165	75	240	0.40
10th	Garden Valley	245	75	320	0.40



# An Attitude of Gratitude

NOVEMBER 16, 2017 | TROY URDAHL

In education-based athletics, transformational leaders embrace a definition of success which looks very different from how the final scoreboard might read. Appreciating opponents and demonstrating gratitude are core virtues of purpose-centered youth sports. Each November as Thanksgiving and the holiday season nears, we are given a new opportunity to reflect and give thanks. Each of us has a lot to be grateful for, no matter our circumstances.



Sports have long been held as possessing the potential to bring people together to rally for a cause, overcome differences, and bring people from all walks of life together during difficult times; sports have an incredible unifying effect in the United States. Athletics are at its finest when they bring out the best in us as people and there are many great examples from sports history.

One of the most public and amazing displays of gratitude occurred on a baseball field. It was July 4, 1939, and Lou Gehrig walked to a microphone near home plate at Yankee Stadium to give a farewell speech to the more than 62,000 fans in attendance. This is a story I share with our school's athletes each year before Thanksgiving. As we enter a season to count our blessings and say thank you—I invite and encourage each of you to find ways to model gratitude (and feel free to use this story about Lou Gehrig if it is in anyway helpful!).

At only 35 years old, Gehrig, or the “Iron Horse” as he was affectionately called by his fans, was retiring from baseball because of a degenerative disease that would take his life only two years later. The baseball legend fought back tears as he thanked his fans, calling himself “the luckiest man on the face of this earth.” The degenerative disease Gehrig battled was later named for him—Lou Gehrig's Disease (also known as ALS).

Below is Gehrig's famous farewell speech; as you read his words, it is impossible not to feel his grateful spirit shining through. Think about the message Gehrig gives as he spoke to thousands of fans about retiring from baseball and his rapidly declining health.

“Fans, for the past two weeks you have been reading about the bad break I got. Yet today I consider myself the luckiest man on the face of this earth. I have been in ballparks for 17 years and have never received anything but kindness and encouragement from you fans. Look at these grand men. Which of you wouldn't consider it the highlight of his career just to associate with them for even one day?

Sure, I'm lucky. Who wouldn't consider it an honor to have known Jacob Ruppert (the owner of the Yankees at the time)? Also, the builder of baseball's greatest empire, Ed Barrow (the Yankee's general manager)? To have spent 6 years with that wonderful little fellow, Miller Huggins (a friend and teammate of Gehrig's)? Then to have spent the next nine years with that outstanding leader, the smart student of psychology, the best manager in baseball today, Joe McCarthy?

Sure I'm lucky. When the New York Giants, a team you would give your right arm to beat, and vice versa, sends you a gift—that's something. When everybody down to the groundskeepers and those boys in white coats remembers you with trophies—that's something. When you have a wonderful mother-in-law who takes sides with you in squabbles with her daughter—that's something.

When you have a father and a mother who work all their lives so you can have an education and build your body—it's a blessing. When you have a wife who has been your tower of strength and shown more courage than you dreamed existed—that's the finest I know. So I close in saying that I may have had a tough break, but I have an awful lot to live for. Thank you.”

Gehrig's speech is a great starting point for a discussion with our colleagues and teams. Below are examples of questions with potential talking points.

Why do you think Gehrig's words continue to inspire almost 80 years after the fact? [Potential follow-up: Gehrig met one of life's greatest realities head-on: life is fragile, but at the same time it is rich and joyful. We don't know how much time we will have on this Earth and should take advantage of every opportunity.]

What can we learn from Gehrig's speech? [Potential follow-up: In what could be a very dark moment for most people, Gehrig shows incredible thankfulness. While we might not be able to relate to the health struggles Gehrig faced, we see how much his team and sport meant to him. In front of thousands in a short speech, he thanked the fans, his teammates, a close friend, the Yankees' management and coach, and his family. These were the people he held dearest. He even thanked the Yankee Stadium clubhouse attendants.]

In what ways does Gehrig put competition and life into perspective for all of us? [Potential follow-up (of many possible great answers):

The arch-rival of the Yankees, the New York Giants, had even sent well-wishes and a gift...and Gehrig thanked him for it in his speech. We value appreciating our opponent—this exchange between the Yankee slugger and the Giants shows remarkable perspective and one of the things that is so great about sport. To be able to put rivalries aside, and for the Giants to send a gift to Gehrig, think about the power of that message and what it must have meant to Gehrig!

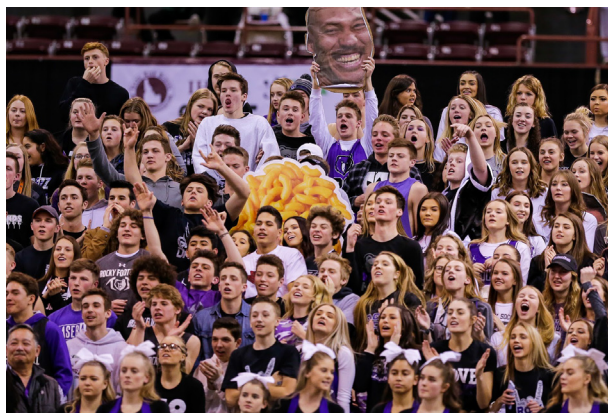
Gehrig closes by saying “I may have had a tough break, but I have an awful lot to live for. Thank you.” Our tough breaks pale in comparison to the diagnosis Gehrig received. Let's focus on the good we have in life—what we have to be thankful for—and not focus on our tough breaks.

**We have a lot to be thankful for in our lives, jobs, and on our teams—let's take a page from Gehrig and be thankful for the great opportunity we have each day to be a part of educational athletics and teach such valuable lessons to our next generation of leaders!**

**IHSAA Student Advisory Council brings to you...**

# *Battle of the Fans*

- 1. Film your student section: Film your student section during an athletic event.**
- 2. Video Content: Edit your video so it is no more than 90 seconds. You must introduce your school and discuss why your school should win.**
- 3. Post to youtube: The deadline for your video is February 15.**
- 4. Email us your link: Send the link to your video [Idaho\\_SAC@IHSAA.org](mailto:Idaho_SAC@IHSAA.org). You can also ask us questions when you email us the link.**
- 5. Judging criteria: Your videos will be judged on Sportsmanship, School Spirit, Originality, and Student Section Leadership. Be as LOUD and as POSITIVE as possible!**



**What IHSAA School has the BEST Student Section  
Large School & Small School Winners**