



January 2019 ISSUE

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UNITED DAIRYMEN — A DAIRY WEST PARTNER



IHSAA EXPRESS

Supporting Education Through Activities



19 Reasons to Keep Dairy in Your Diet for 2019

by Taylor Leach

The holidays have come and gone, and our sights are set on 2019. According to The Statistics Portal, losing weight and getting in shape was the second most popular New Year's resolution in 2018, right behind saving money. Fortunately, keeping dairy in your diet can help you achieve both of those goals!

- 1. Milk contains nine essential nutrients:** Calcium - Vitamin D - Vitamin A - Riboflavin - Phosphorus - Vitamin B12 - Protein - Potassium - Niacin
- 2. One serving of milk has 8 grams of power-packed protein.** In comparison, one would have to drink one serving of soy milk (7 g protein) PLUS one serving of almond milk (1 g protein) to equal milk.
- 3. According to Milk Life, nearly half of Americans get their vitamin D from milk.** One 8 oz serving contains 30% of your daily recommended amount of vitamin D.
- 4. Milk is made up of only three ingredients - Milk, Vitamin D and A.** Plant-based "milks" can contain 10 or more added ingredients!
- 5. Zip! Zero! Nada!** Milk contains zero added sugars and only 12 grams of natural sugar (lactose.)
- 6. Vitamin A:** an essential nutrient found in milk, helps support a healthy immune system.
- 7. Dairy milk can help save you moolah!** The average American household spends about 10 percent of their budget on food - nearly \$80 a week for groceries, according to Milk Life. If consumers purchased milk each week, they would spend an estimated \$628 annually. This is much lower compared to the \$1,222 that would be spent on purchasing almond milk. In comparison, Dairy milk would save consumers nearly \$600 each year!
- 8. Cultured dairy foods like yogurt contain probiotics which provide a wide array of health benefits.** Probiotics in the diet can enhance the good bacteria in the gut, improve health and reduce the risk of certain diseases, as reported by the Dairy Council of California.
- 9. Rich in high-quality protein -** milk helps support lean muscle growth.
- 10. Studies have shown that dairy fat found in whole milk and cheese can help reduce the risk of type two diabetes.**
- 11. Nearly one-third of Americans suffer from high blood pressure.** According to Dairy Good and the National Dairy Council, consumption of dairy products is linked to a lower risk of high blood pressure.
- 12. Healthy nutrition and eating habits help keep our teeth strong and white.** Dairy foods have a specific role to play in dental health as they contain a unique combination of special anti-decay nutrients such as calcium, phosphorus and the protein, casein, as reported by Legendairy.
- 13. According to Medical News Today;** vitamin D, a nutrient found in milk, helps play a role in cell growth regulation and cancer protection.
- 14. Research has shown** that drinking milk every day has been linked to reduce the progression of osteoarthritis, a disease that several effects our mobility and joint health.
- 15. This decline of skeletal muscle tissue and function or strength with age is called sarcopenia,** which is linked with increased risk of falls and can contribute to poor health. Drinking protein rich milk and exercising regularly can help slow age-related muscle loss.
- 16. Eating low-fat yogurt** has been shown to reduce chronic inflammation and also improve gut integrity.
- 17. About one in three adults has metabolic syndrome,** a set of risk factors that increase the risk of stroke and heart disease. Research suggest that dairy foods can help lower these risk factors.
- 18. Just got done with a workout?** Drink chocolate milk! It's a great source of electrolytes, including calcium, potassium, sodium, and magnesium to help replenish what's lost in sweat.
- 19. We're all guilty of over indulging during the holidays** but snacking on protein filled snacks is actually recommended by nutritionists! The high-quality protein found in milk, cheese and yogurt keeps us feeling fuller longer, which can assist with weight loss.



IHSAA Board Member Derek Newland, Director of Transportation - Idaho State Department of Education

Derek Newland was recently appointed to the IHSAA Board of Directors by the State Department of Education. Derek was raised in the Treasure Valley, and is a graduate of Meridian High School and Boise State University.

After college, Derek joined the Idaho Air National Guard and was commissioned as an officer to Pilot Training. During thirty years of service, mostly spent flying military aircraft and later as a teacher training young pilots to fly the F4 Phantom. He finished his military career as the Chief Financial Officer of the Idaho Air National Guard.

Derek retired from active duty and was selected to start the Idaho Youth Challenge program for Idaho. This program quickly became a fully accredited alternative high school in Idaho. While working with at-risk youth from all over the state, he fell in love with education. Watching students learn and mature was a very rewarding work experience.

Derek plans to bring a perspective to the board that is driven from a background of business, military and working with at risk youth. He looks forward to the challenges ahead.

Derek and his wife Marcie have three grown sons; Brandon, Andy and Matt. He is a Dallas Cowboys fan, and in his spare time loves coaching optimist football and riding motorcycles.



ADMINISTRATION CORNER

DATES TO REMEMBER

- 1/21 - Martin Luther King Jr. Holiday
- 1/22 - Board Work Session & Appeals
- 1/23 - IHSAA Board of Directors Meeting
- 1/31-2/2 - All-State Music
- 2/1 - Winter Sports E.V. Due
- 2/4 - State GBB Pictures & Rosters Due
- 2/5 - Winter Academic State Champions Due



TO DO IN JANUARY

- ___ Send Sportsmanship reminder to all parents
- ___ Send a commissioner the name & contact information of a potential official
- ___ Publish Spring Schedules
- ___ Finalize Fall Opponents
- ___ Finalize Winter Opponents
- ___ League Meetings
- ___ Finalize spring bus schedules
- ___ Turn in Winter Sports EV Form
- ___ Spring Coaches Requirements
- ___ Plan spring coaches and parent meetings
- ___ Nominate a student for the IHSAA Student Advisory Council
- ___ Nominate a student for the Interscholastic Star Scholarship



SPORTSMANSHIP IN IDAHO

IHSAA PA Announcer Guidelines

1. Be early and be prepared
2. Communicate and work with the officials
3. Never talk over the action - know your role
4. Stick to the basics - avoid using play-by-play
5. Be accurate - use proper sport terminology
6. Promote sportsmanship - for both schools
7. Create a positive environment
8. Be on your toes and keep your cool
9. Know all emergency procedures
10. Be professional - represent the school

"IT IS YOUR RESPONSE TO WINNING AND LOSING THAT MAKES YOU A WINNER OR A LOSER."

- HARRY SHEEHY



2018

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3A - Sugar-Salem HS
Nancy Robinson, Coach



4A - Jerome HS
Patrick Rexroat, Coach



5A - Coeur d'Alene HS
Jared Helm, Coach

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COACH BEHAVIORS AND YOUNG ATHLETES' WELL-ILL-BEING

360 young male athletes completed a questionnaire package. Results emphasize the importance of having coaches promoting autonomy supportive atmospheres and avoiding controlling styles to facilitate athletes' well-being and to prevent their ill-being



8 Avoid using controlling behaviors, as these behaviors actively frustrate athletes' psychological needs and they consequently experience lower self-esteem and higher burnout



1 Adopt an autonomy supportive style to enhance their athletes' self-esteem and reduce their burnout

2 It is important that athletes feel understood and valued, and that they are provided with options that are enjoyable and significant for them

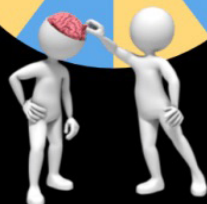
7 Avoid becoming less friendly with the athletes when they don't make the effort to see things in the way the coach sees them, or being less supportive when the athletes are not training or playing well



3 Support the development of players' confidence in their ability to do things well in training and matches



6 Try to avoid withholding your love, your attention and your affection when the athletes do not behave in the desired way



5 Understand how athletes feel and they try to make sure that athletes understand the goals of the activities in which they participate



4 Encourage the athletes to ask questions regarding the activities in which they participate and trying to answer these questions fully and carefully

Designed by eYLMSSportScience

Reference: Lorena González et al. JSCR September 2015

COACHES CORNER

COACHING TIP OF THE MONTH

DON'T BLAME THE LETTUCE - "When you plant lettuce, if it does not grow well, you don't blame the lettuce. You look for reasons it is not doing well. It may need fertilizer, or more water, or less sun. You never blame the lettuce. Yet if we have problems with our friends or family, we blame the other person. But if we know how to take care of them, they will grow well, like the lettuce. Blaming has no positive effect at all, nor does trying to persuade using reason and argument. That is my experience. No blame, no reasoning, no argument, just understanding. If you understand, and you show that you understand, you can love, and the situation will change" -Thich Nhat Hanh



NFHS LEARN COURSE OF THE MONTH

ACL INJURY PREVENTION - Every season, ACL injuries take thousands of students out of the game. To help you reduce the risk of ACL injuries for your student-athletes, the NFHS has partnered with the Hospital for Special Surgery to bring you this course. This course is designed to teach you about the causes of ACL injury, how to identify and correct movement deficiencies that can lead to ACL injuries, and how to effectively lead a Neurodynamic Warm-Up before practices and games.

COACHES TOOLBOX

The Coaches Toolbox is a site designed to provide coaches of all sports tools to help them develop or improve their program. The resources provided here are not sport specific and do not include X and O's, skill instruction or strategies.

This site shares with you ideas about leadership from some of the most respected leaders in the industry. They provide coaches with resources to help improve a player's mental toughness and ability to perform in the clutch. Coaches will also find a collection of program building and motivational ideas, items that will facilitate your professional development and help you become a more effective leader of your program.

It is the mission of the Coaches Toolbox to help coaches experience success and provide the very best possible experience for their student athletes.

Why Multi-Sport Athletes Should Matter to Administrators

By Dr. Kevin Fitzgerald on November 13, 2018



The tears in Jackie's eyes were present because the social worker had just told her that she was being placed in another foster home. Her mom's visit and the behavior it elicited were just too much for her last set of foster parents. But that was Jackie's life's story – three sets of foster parents during the past three years. If it wasn't for her love of running and her high school teammates, she would be lost.

With test scores, budget concerns, special education, lack of qualified teachers and school safety, administrators have a full plate that demands their attention. Why should school leaders care about the multi-sport athlete? Because for a student like Jackie, year-round athletics provides the stability that she couldn't find anywhere else – and it gave her purpose.

It's not hard to like Jermaine. He always had a smile on his face and was genuinely happy to see you. His stepfather, a school custodian, felt he just played too much and was not serious about anything.

But Jermaine is intensely devoted to basketball, and he wants to go to Georgetown University and eventually play in the NBA. The fact that he stands 5 feet, 8 inches tall and has struggled with his grades has not diminished his dream and goal.

Jermaine doesn't like causing problems, but he does admit to hanging around the wrong people. It is basketball and other sports that keep him motivated to stay in school. But even though he is a good basketball player, Jermaine's size has presented a challenge for his ambitions. As a senior, there was not any interest from colleges and universities. His stepfather was pragmatic, and he worried that without an offer, Jermaine would give up and quit school.

These students demonstrate not only the importance of high school athletics, but its hidden value by keeping students connected and in school. Many students are potentially at-risk, and the problems and issues that a dropout may experience are not unique. These same issues are being experienced by an increasingly large number of other students – the gifted, average and students with special needs have voiced the same litany of complaints as those students who have dropped out.

Some of those frequent complaints are “school is boring,” “my teachers and parents don't care,” “no one understands me” and “I don't want to be here.”

The key to connect with these students is athletics and activities, which provide a safe place throughout the year and a means for providing support, guidance and direction. When the season ends, however, administrators cannot allow these student-athletes to drift away. They need to become involved in another sport or activity.

At Caesar Rodney High School in Camden, Delaware, the high school principal began compiling data regarding academics and discipline for her student-athletes. While this is an ongoing study, the data was not surprising:

- In an enrollment of 1,987, there were 702 students who participated in athletics
- Of the 702 student-athletes, there were 277 multi-sport athletes with 110 female students and 167 male athletes, which represented 40 percent of the total population
- Considering the 277 student-athletes playing multiple sports, there were 23 female and 59 male students or 82 total who participated in three or four sports. This comprised 29.6 percent of the student body
- Twenty-four student-athletes signed last year to play a sport in college, and eight were multi-sport athletes
- A total of 119 student-athletes were recognized as academic all-conference. Out of the 167 male multi-sport athletes, only 13 discipline incidents (ISS or OSS) were recorded last year
- Conversely, there were 283 ISS/OSS referrals for males who were not multi-sport athletes
- Among the 110 female multi-sport athletes, only three discipline incidents (ISS or OSS) were recorded last year. • Conversely, there were 175 ISS/OSS referrals for females who were not multi-sport athletes
- Average GPA for all multi-sport athletes in 2018 was 3.3 (89.9%)
- Conversely, the average GPA for the class of 2018 was 2.75. This data is certainly valuable; however, the voices of the school administrators can be equally enlightening

From the Principal of a Vocational School:

“As an educator, I preach to my “kids” to “belong” to a school and not just “attend” it. I believe that all activities are an extension of the school day and, therefore, they are “co-curricular.” Almost every student who participated in multiple activities over the past 28 years has improved academically.

“One of many success stories was a student who was challenged in the classroom but worked hard. He played both football and baseball and received a football scholarship. After college he became a high school English teacher and assistant football coach. Currently, he is an athletic director and head football coach. What a huge success story!”

From a Principal of a Charter School:

“As a parent who also is a principal, my son earned eight letters in a total of four sports. He ran cross country, was second team allstate in soccer and wrestling his senior year, and baseball was his fourth sport.

“Athletics fostered a willingness to learn in my son and contributed to his growth. Being a multi-sport athlete, he embraced the challenges and persisted in the face of setbacks. He learned to give his complete effort in an attempt to master the skills.

“Later, while training to become a Marine, he earned the Iron Man Award at Parris Island for a near perfect score on his physical fitness and combat fitness tests. The perseverance, leadership experience and confidence that he gained on the field and the mat have propelled his success following high school.”

From the Principal of a Traditional High School:

“There were several instances where multiple sport student-athletes, who also participated in other activities, have flourished individually and added value to our school community. It is vital to get young people involved. In speaking with our school counselors, the most successful students applying to college and for scholarships are the ones that are involved in athletics, band, theater and school clubs.

“In one particular case, a student was a multi-sport athlete and was also heavily involved in our theatre program. After his graduation, he and his parents cited these involvements as a major factor which contributed to his development as a well-rounded person.”

It is imperative that administrators appreciate the contribution that our athletic and activities programs play in making our schools whole. In order to continually expand the educational tool box, one should encourage multi-sport participation as one of the best ways of keeping students engaged and meeting the needs of the whole child.

NOMINATE YOUR STUDENTS TODAY

2019 Spirit of Sport Award

The IHSAA has developed the "Idaho High School Spirit of Sport Award". The recipient must be an individual from a high school that is a member of the IHSAA. The recipient must be a current coach or student-athlete involved with the schools' athletic or activities program.

This award seeks to recognize those individuals who exemplify the ideals of the positive spirit of sport that represent the core mission of education-based participation. The award may be given in recognition of a specific act or for an activity of longer duration.

For example, it could be given to an individual who has gone beyond the normal everyday expectations of assisting others within the school or community. It could also be given to an individual who has overcome some sort of adversity or challenging circumstances.

The IHSAA seeks to identify worthy award recipients by nominations submitted from anyone from the school or community. All nominations must be forwarded to the IHSAA. A committee made up of IHSAA Board of Directors members will then review all nominations and select the one Spirit of Sport Award winner.

If you have a candidate you wish to nominate, please complete and return the nomination form to the IHSAA no later than May 1.



2017 Spirit of Sport Recipient
Jacob Duclos
Lewiston High School

2019 Interscholastic Star Scholarship

This scholarship, sponsored by the Idaho High School Activities Association, was established in 1992 to recognize and reward outstanding students who participate in high school athletic and non-athletic activities.

Applicants must be juniors who participate or have participated in at least one IHSAA-sponsored sport and one IHSAA-sponsored activity. IHSAA-sponsored activities are: cheerleading, dance, drama, speech, debate, vocal music and instrumental music. These activities must be extracurricular and should be performance-based. Class-only participation will not be considered. Students from 1A and 2A schools may also count FFA and/or student government.

Applicants must be students who:

- ▶ Through their participation, strengthen interscholastic sports and activities programs.
- ▶ Are active contributors to school and community organizations and programs.
- ▶ Are good citizens and positive role models for their peers.
- ▶ Promote the ideals of good sportsmanship and citizenship.

Each year \$11,500 in scholarships are awarded to Idaho students and schools who have interscholastic stars. Applications are due April 10th for selection of the 2019 Idaho Star Scholarship.



2018 IHSAA Interscholastic Star
Abby Kofod
Middleton High School

2019-2020 IHSAA Student Advisory Council

The SAC is a diverse group of students who participate in interscholastic athletics/activities and are focused on providing education and leadership through open and honest communication with all member school students, administrators and coaches. The committee serves as a liaison between students, administrators, the IHSAA Staff and Board of Directors. The Student Advisory Committee promotes the ideals of the IHSAA, including leadership, sportsmanship and integrity.

Students nominated for the IHSAA Student Advisory Committee must:

- Display strong character and commitment to sportsmanship and integrity.
- Demonstrate leadership in your school.
- Be involved in at least two IHSAA sponsored activities
- Demonstrate a commitment to representing the interest of all students participating in interscholastic activities.



Student Advisory Council

Sportsmanship
Achievement
Character



The 2019-2020 SAC will consist of two students from each state district. Any IHSAA member school administrator can nominate one current Sophomore or Junior student to be a member of the 2019-20 Committee. Students applications are on the IHSAA website and the deadline for application is April 1st, 2019.

20 TIPS FOR A POSITIVE NEW YEAR

2019

1 STAY POSITIVE

You can listen to the cynics and doubters and believe that success is impossible or you can trust that with faith and an optimistic attitude all things are possible.

2 TAKE A DAILY "THANK YOU WALK"

You can't be stressed and thankful at the same time. Feel blessed and you won't be stressed.

3 EAT HEALTHIER FOODS

that grow on trees and plants and less foods manufactured in plants.

4 TALK TO YOURSELF

instead of listen to yourself. Instead of listening to your complaints, fears and doubts, talk to yourself with words of truth and encouragement.

5 NO ENERGY VAMPIRES ALLOWED

Post a sign that says "No Energy Vampires Allowed." Gandhi said, "I will not let anyone walk through my mind with their dirty feet."

6 BE A POSITIVE TEAM MEMBER

Being positive doesn't just make you better, it makes everyone around you better.

7 DON'T CHASE SUCCESS

Decide to make a difference and success will find you.

8 GET MORE SLEEP

You can't replace sleep with a double latte.

9 DON'T WASTE YOUR ENERGY

Don't waste your precious energy on gossip, energy vampires, issues of the past, negative thoughts or things you cannot control.

10 LOVE, SERVE AND CARE

You don't have to be great to serve but you have to serve to be great. Look for opportunities to Love, Serve and Care.

11 REMEMBER YOUR WHY

Live your purpose. Remember why you do what you do. We don't get burned out because of what we do. We get burned out because we forget why we do it.

12 LOVE THE PROCESS

Remember there's no such thing as an overnight success. Love the process and you'll love what the process produces.

13 HAVE TRUST

Trust that everything happens for a reason and expect good things to come out of challenging experiences.

14 NO COMPLAINING RULE

Implement the No Complaining Rule. If you're complaining you're not leading.

15 READ MORE

Read more books than you did in 2018. I happen to know of a few good ones. :)

16 DON'T SEEK HAPPINESS

Instead live with love, passion and purpose and happiness will find you.

17 FOCUS ON "GET TO"

Focus on "Get to" vs "Have to." Each day focus on what you get to do, not what you have to do. Life is a gift not an obligation.

18 GET BACK UP

The next time you "fail" remember that it's not meant to define you. It's meant to refine you.

19 SMILE & LAUGH MORE

They are natural anti-depressants.

20 ENJOY THE RIDE

You only have one ride through life so make the most of it!

sign up for more tips at JonGordon.com