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IHSAA EXPRESS

Supporting Education Through Activities



SCHOOL SPOTLIGHT

Genesee HS - Volleyball

Pete Crowley, Volleyball Coach

Describe what makes your school special?

Without a doubt, it is the people that make our school special. We have an amazing and supportive community. The students grow up in a culture where they are supported and in-turn they become community backers after they graduate.

What inspires you to teach/coach?

First of all, it is just really fun! I love sports and working with kids. Part of what makes it so fun is seeing the growth in student-athletes. I often start working with our players when they are in third grade. It is very inspiring to see them fall in love with the game, to witness the consistent improvement in their physical abilities as well as teamwork skills over the years.

What core values do you have for your teams?

We talk a lot about being accountable for yourself and doing your own job as a way to be the best teammate. The great thing about volleyball is that the roles are generally pretty defined. If every player does her job, the team ultimately benefits. We also work on staying in the moment, but probably most important, we work really hard to have fun and enjoy the game!

What is the most rewarding part of being a coach?

The most rewarding part is having past players become part of our program because it speaks to the positive experiences they gained while participating in our program as athletes. We consistently have former players help coach, run clinics, and help out with our club volleyball program and that just helps to deepen and strengthen our program.

What are the academic and behavioral expectations for the student-athletes at your school?

If students fail a course at our school, they are ineligible for all extra-curricular activities for the entire next semester. This doesn't happen very often. Behaviorally, we expect all of our students to be supportive and considerate of others and take responsibility for their own behavior. We expect them to represent themselves, their family, and our community in a positive manner all of the time.

What advice would you give a new coach?

The single most important piece of advice I would give is to enjoy yourself. It is easy to get caught up in focusing on winning, the time obligations, or other potential stressors. Those are always going to be present, but if you aren't enjoying the process, you are going to wear yourself out.



Introducing the IHSAA Hall of Fame Class of 2018



Sally Green

Sally Greene spent her entire thirty-four year educational career working as a teacher, coach and administrator in northern Idaho. Although Sally is considered a legendary girls basketball coach, with numerous state titles to her credit, she also coached tennis, softball and golf during her storied career. A tireless educator, Sally served in leadership positions for numerous professional organizations including the District II Board of Control, the IAAA Board of Directors and the IASA.



Rod Malone

Before his retirement in 2014, Rod Malone was a fixture in the halls of Valley High School. Beginning his career in 1985, Rod worked at VHS as a teacher and coach (football and girls basketball) for eleven years before becoming principal in 1994. Rod served as principal for 18 years and during that time made significant contributions to Valley High School and District IV as a whole. Many current schools administrators count Rod as one of their most influential mentors. Rod received numerous awards throughout his career including district and state coach of the year, District Distinguished Service, IHSAA Wes Lowe Memorial award and Idaho Coaches Association President's award.



Terry Mooney

Terry Mooney spent forty years working in the Weiser School District. He served as a teacher, assistant football coach, head baseball coach and athletic director during his stellar career. His hard work and willingness to serve in any capacity that was needed made Terry an invaluable asset not only to the students of WHS, but also the school administration and entire community. Terry served as the president of both the District III Coaches Association and the District III Board of Control and received numerous awards highlighting his accomplishments. During his tenure at Weiser High School, Terry managed many IHSAA play in games and state tournaments and did so at the highest level possible always doing whatever he could to make it a memorable experience for the student-athletes.

PERFORMANCE NUTRITION

NUTRITION + PERFORMANCE = SUCCESS



How do you fuel your body for top performance? Dairy products provide the nutrients, hydration, protein and carbohydrates to keep achieving your nutrition goals. Whether you are a star athlete, or just starting out on your healthy lifestyle journey – dairy will help define what success means to you.

STEP 1: Stay Active! Find something you enjoy and move for at least 60 minutes each day.

STEP 2: Fueling your body matters. Prepare each day with a balanced breakfast which includes protein. After a work-out enjoy a chocolate milk or a whip up a protein-packed smoothie! Three servings of dairy each day can get you on the right track to fueling for performance.

STEP 3: Repeat 4-5 days a week ensuring rest days between strenuous work-outs to give your body a chance to recover.

*Want to learn more about how dairy can fuel your performance?

*Looking for some recipes to work into your menu planning?

Visit our Ask a Dietitian page - Visit our Recipes page

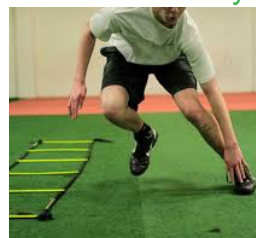
United Dairymen of Idaho - A Dairy West Partner



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AD Staff

DATES TO REMEMBER

- 5/5 - Academic Report Due
- 5/5 - State Solo Music Contest
- 5/7 - State SB Pictures Due
- 5/11 - Activities Survey Due
- 5/13 - Mother's Day
- 5/13 - Track Seeding Meeting
- 5/14 - Tennis Seeding Meeting
- 5/14-5/15 - State Golf
- 5/15 - Schools of Excellence
- 5/18-5/19 - State Tennis
- 5/18-5/19 - State Track
- 5/18-5/19 - State Softball
- 5/17-18-19 - State Baseball
- 5/28 - Memorial Day

ACTIVITY STATE CHAMPIONS

Speech

- Large School - Madison HS
- Medium School - Jerome HS
- Small School - Shelley HS

2018 IHSAA MEMORIAL AWARD RECIPIENTS

Dick Fleischmann Award

Vince Mann, Borah HS

Wes Lowe Award

Jeff Horsley, Soda Springs HS

Duane D. Wolfe Award

Chad's Rental, Pocatello

IAAA CONFERENCE AWARDS

The Idaho Athletic Administrators Association recognized the following individuals at the 2018 State Conference

HALL OF FAME

Tama Everett, Boise SD

Dale Gardner, Bonneville HS

ATHLETIC DIRECTOR OF THE YEAR

5A - Tol Gropp, Timberline

5A - Randy Potter, Columbia

4A - Josh Hegstad, Caldwell

3A - Beth Holt, Fruitland

2A - Mike Kraemer

McCall-Donnelly

1A DI - Randy Spaeth

Raft River

1A DII - Richard Whitelaw

Community School

MS - Wendy Spiers

Eagle Middle School

NFHS PUBLIC SERVICE ANNOUNCEMENTS

The NFHS has released public service announcements to Idaho radio stations. They are also available at idhsaa.org

* Lets Be Real

* Love of the Game

* Isn't It Amazing

* No Debate About It

* Leaders We Can Depend On

* Off and Running

RULE OF THE MONTH Outside Competition

8-11-1 Outside competition is defined as a student who competes in organized, non-school contests or events after the starting date of the high school season in that sport, except as provided in Rule 12

Get to Know the IHSAA

Get to know Debbie Johnson, Administrative Assistant at the IHSAA. Debbie is originally from Denver, CO and attended Colorado State University while studying business. After starting her career and a family, a promotion with the Albertsons Cooperation brought them to Idaho in 1999.

Debbie and her husband, David, have been married for 29 years and have three daughters and one granddaughter. With having all three daughters attend Boise State University, the Johnsons are avid Bronco fans, both, Denver & BSU. She enjoys staying active in many activities and although not a camper, she loves the outdoors. Hiking, biking and going to the lake bring her great joy and happiness. However, her greatest joy comes from being a "nana".

Debbie's role with the IHSAA, while behind the scenes, is a crucial part of the association. Debbie keeps the office running smoothly while also organizing and preparing all items for IHSAA State Tournaments

She strives to make the job of the tournament managers easier and helps to ensure a fun and positive experience for all student participants. Debbie enjoys working for the IHSAA, knowing from experience through the many sports and activities her daughters were involved in, what a positive influence team sports can provide and the powerful impact a good coach can have on a child.



Debbie Johnson

"Timeless memories I make with friends."

- Nate Stover, Kimberly HS



"It has always kept me on track for success."

- Nate Bailey, Kimberly HS



Steve Conner Photography

How to Create a High-Performing Culture

On April 12th, Boise State University's Masters of Athletic Leadership Program and the Idaho High School Activities Association partnered to present a clinic titled "How to Create a High-Performing Culture".

Womens Softball Coach, Cindy Ball and Mens Basketball Coach, Leon Rice followed Dr. Eric Martin in an thought provoking and engaging discussion with high school coaches and students from BSU. Below is a reflection from the clinic by Eric Martin, Ph.D.

Economist Peter Drucker once said, "Culture eats strategy for breakfast," indicating that the values, norms and behaviors of an organization will direct results much more than a new set of tactics. In sport, the culture of your team informs everyone involved what is valued and expected of those in the group. Culture is critically important because it will directly influence a number of outcomes (e.g., effort, cohesion, group dynamics) that, ultimately, impact team performance.

Because of culture's influence on both team and coach outcomes, I encourage you to consistently evaluate your culture by asking three questions.

1. What are the values of your team right now?
 - a. Are they what you want? If not, what should they be?
2. How do I expect my team to behave?
 - a. Do these behaviors align to our values?
 - b. How do I convey these expectations to my team?
3. How am I going to recognize the "right behaviors" and what are the consequences for not meeting expectations?

By asking these questions, you can ensure the values of your team are central to your culture. Mirroring a Chinese proverb, "The best time to establish the right culture was 20 years ago. The second best time is now."

Coach Staff

TWITTER

Follow coaches education vines on our new twitter account @IHSAAcoach

What Makes Good Coaches Great

- Coach & AD Magazine

• **Passion** - You can hold all the knowledge in the world but if you don't sincerely care about coaching and teaching, it's meaningless. Are you a coach who's anxious to get on the field and work with kids, or is your primary concern your next championship? Are you someone willing to invest in the job.

• **Desire to learn** - Despite all we know, we'll never know it all. And those who think they have nothing left to learn will eventually fail. Are you willing to regularly attend conferences and clinics, or talk about the mentors who led them along the way. A willingness to learn shows a desire to become a better coach for student-athletes.

• **Selflessness** - Pay close attention to your choice of words — do you say a lot of "we" and not "me." Championships are won through a team effort, and those who believe otherwise probably think their assistants and athletes are beneath them. Be the coach who values the people around them.

• **Humility** - Can you admit your mistakes and openly talk about them? We can all learn something from our faults, but we first must be willing to accept them. This also is true of accomplishments. Do you carry on when discussing your win-loss record, or do you downplay what you've done, focusing on teaching and the road ahead?

• **Work ethic** - Don't be a "clock puncher." Coaching comes with an unpredictable and somewhat hectic schedule, you must accept that. If you have a tendency to head home before their work is finished, you're not invested in the job or the success of your program. To you it's just a paycheck.

Culture

EATS

STRATEGY

FOR BREAKFAST

- PETER DRUCKER -



Women in the Executive World

According to research conducted by Ernst & Young, there's one trait that is shared by a disproportionately high number of female executives. It's a trait that Meg Whitman, Indra Noovi, Marissa Mayer, and many other top female executives possess.

These moguls are all former or current athletes.

The research found that 94 percent of women who hold C-suite level positions are former athletes. What's more, 52 percent played sports at the collegiate level (compared to 39 percent of women at other managerial levels). There's an irrefutable correlation between athleticism and business success.

As a former athlete, having competed for Stanford University's Women's Swim Team, I've come to appreciate why an athletic background is a recipe for success.

1. There's No "I" in Teamwork

Teamwork is a foundation of athletics. No athletic team can be successful without its members working together to reach a common goal. Consider Meg Whitman, who participated in lacrosse, tennis, and basketball on the collegiate stage. In her book, "The Power of Many", she explains, "When I'm pulling a business team together, I still use those basketball aphorisms I learned as a young person: 'Let's pass the ball around a little before game time.' 'Do we need man-to-man or zone defense?'"

Every organization values team players--the individuals who put the interests of the collective group ahead of their own interests. Team-oriented players are more likely to gain the respect of their peers. As well, they are generally quick to gain supporters and sponsors. When, for example, it comes time for a promotion, sponsors typically expend their political capital to help team players advance and seize opportunities that otherwise might have been beyond their reach.

2. Defeat and Setbacks Are Part of The Game

For athletes, defeat and setbacks are inevitable. Over time, athletes learn the art of bouncing back from defeat. They quickly develop an unwavering resiliency. Resiliency is a terrific ally in the workplace, especially if you are female. It's all about picking yourself up, brushing yourself off, and moving on. Women must exude mental toughness in the face of workplace adversity. Resiliency is especially important. To this day, women are often pigeonholed into proverbial boxes. When faced with gender biases that potentially hinder one's ability to advance, former athletes are inclined to exude resiliency. They've already learned how to overcome setbacks and are more likely to break glass ceilings and find a seat in the executive ranks. They're also more likely to be employed in male-dominated industries.

3. Put On Your Game Face

Elite athletes know the importance of acting confidently. Without confidence, athletes can display weaknesses that can put them at a competitive disadvantage. From the get-go, former female athletes are naturally inclined to exude confidence. According to Angela Lewis (as cited by Ernst & Young), former professional basketball player and now head of the Global Athlete Media Network, "You can often tell if a woman plays sports simply by her posture."

Confidence is especially important for females in the workplace. Several studies have found that women are generally less self-assured than men. One study investigated Hewlett-Packard's personnel records and found that women applied for promotions only after they believed they had met 100 percent of the job qualifications, whereas men applied after they believed they had met only 60 percent.

Armed with confidence, women are more assured in their skills and are more likely to ask for what they want and deserve. Such a predilection causes them to earn promotions, receive larger paychecks, and reach the ranks of leadership.

For women, career advancement continues to be an uphill battle. A background in athleticism can make the battle a little more even-keeled. The Ernst & Young research found that 61 percent of former female athletes believed that their involvement in athletics contributed to their career success.

What, you may ask, is the ideal sport? A review of Fortune's 2017 list of Most Powerful Women reveals a three-way tie among swimming, basketball, and tennis.

-Rebecca Hinds, Inc.
February 8, 2018



IHSAA Building Remodel is Complete

