



# November 2018 ISSUE

- \* THANK YOU TO OUR PARTNERS
- \* NATIONAL FARM TO SCHOOL MONTH
- \* IHSAA LEGENDS OF THE GAME
- \* IHSAA ACADEMIC/SPORTSMANSHIP CHAMPIONS
- \* IHSAA COACHES CODE OF ETHICS
- \* ADMINISTRATION/COACHES CORNERS
- \* THE HARD HAT - 10 Ways to be a Great Teammate
- \* Overbearing Parents Can Scare Off College Recruiters



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# IHSAA EXPRESS

## Supporting Education Through Activities

### NATIONAL FARM to SCHOOL MONTH



### National Farm to School Month!

By: Libby Reynolds, University of Idaho Coordinated Program of Dietetics, Class of 2019

#### What is Farm to School?

Farm to school is the implementation of locally sourced foods directly from local farmers to the surrounding school cafeterias. This program not only promotes agriculture education and healthy eating, but also boosts the local economy.

#### How is it implemented?

Farm to school can be implemented in several different ways:

1. Procurement: schools purchase local foods that they then promote in their cafeteria as a snack or taste-test.
2. Education: students partake in education related to agriculture, food, health or nutrition.
3. School Gardens: students get hands on learning about agriculture by maintaining a garden of their own!



#### What does the research show?

According to research published in the Idaho Farm to School manual, there is a 3%-16% increase in school meal participation at schools that are implementing a Farm to School program. Additionally, Farm to School programs have shown a 25%-84% increase in the consumption of fruits and vegetables for their students!

#### How can you get started?

1. Contact your local extension office, state Farm to School leader, or your state USDA Farm to School coordinator.
2. Check out Fuel up to Play 60 to learn more about what steps to take to get Farm to School at your school!
3. Contact Dairy West to invite farmers to the school to explain how foods get from their farm to your table. [info@dairywest.com](mailto:info@dairywest.com)



#### What does this mean for Idaho?

Milk that is found in your school cafeteria only takes about 48 hours to get from the cow to your school! Idaho offers many nutrient-rich products that can be implemented into this program, check out more on the Idaho Preferred webpage!

### Fall 2018

### State Academic Champions

#### GIRLS SOCCER

Madison	3.921	5A	Rocky Mt.	3.617
Century	3.875	4A	Century	3.652
Sugar-Salem	3.768	3A	Sun Valley Comm.	3.620

#### GIRLS SWIMMING

Lake City	3.913	5A	Boise	3.738
Century	3.874	4A	Minico	3.904

#### GIRLS CROSS COUNTRY

Madison	3.993	5A	Rocky Mt.	3.915
Canyon Ridge	4.000	4A	Middleton	3.881
Teton	3.906	3A	CDA Charter	3.645
New Plymouth	3.952	2A	Soda Springs	3.845
Liberty Charter	3.970	1A	Liberty Charter	3.728

#### VOLLEYBALL

Rocky Mt.	3.878	5A	Highland	3.493
Middleton	3.863	4A	Bishop Kelly	3.509
Gooding	3.937	3A	Teton	3.376
Ririe	3.813	2A	Salmon	3.376
Valley	3.846	1A DI	Genesee	3.623
Salmon River	3.943	1A DII	Murtaugh	3.491

#### BOYS SOCCER

#### BOYS SWIMMING

#### BOYS CROSS COUNTRY

#### FOOTBALL



Preston Indians

### State Sportsmanship Awards

#### Volleyball

5A - Madison	2A - Firth
4A - Century	1A DI - Grace
3A - Homedale	1A DII - Carey



Bonners Ferry Badgers

#### Girls Soccer

5A - Boise
4A - Preston
3A - Teton



Madison Bobcats

#### Boys Soccer

5A - Thunder Ridge
4A - Century
3A - Bonners Ferry

### 2019 LEGENDS OF THE GAME

The Idaho High School Activities Association is pleased to announce the 2019 "Legends of the Game" recipients. The award was established in 2001 to help preserve the heritage of Idaho high school sports by honoring great teams of the past. Eligible basketball "Legends" include girls' teams from at least 20 years ago and boys' teams from at least 30 years ago. Ceremonies honoring "Legends" recipients will take place during halftime of the state 5A basketball championship games at the Idaho Center.



Boys Legends  
1976 Teton Redskins



Girls Legends  
1993 Centennial Patriots

# ADMINISTRATION CORNER

## DATES TO REMEMBER

- 11/2-3 - State Swimming
- 11/5 - State Football Pictures & Rosters Due
- 11/9 - 1st Boys Basketball Practice
- 11/11 - Veterans Day
- 11/12 - 1st Wrestling Practice
- 11/16-17 - Milk Bowl
- 11/21-23 - IHSAA Office closed (Thanksgiving)
- 11/22 - Thanksgiving Day
- 11/27 - Wrestling Weight Assessment Window Closes
- 11/30-12/1 - State Drama
- 12/1 - Fall Concussion Survey Due

## NOVEMBER CHECKLIST

- \_\_\_ Make time for family
- \_\_\_ Send a commissioner the name & contact information of a potential official
- \_\_\_ Prepare gym for winter events
- \_\_\_ Review winter gym schedules
- \_\_\_ Finalize Spring Schedules
- \_\_\_ Finalize winter emergency plans for distribution
- \_\_\_ Verify winter coaches requirements are met
- \_\_\_ Review winter gate procedures with staff
- \_\_\_ Confirm winter Arbiter schedule
- \_\_\_ Implement plan to promote sportsmanship at winter activities
- \_\_\_ Send a citizenship reminder to parents and coaches
- \_\_\_ Order sportsmanship T-Shirts from the IHSAA Sportsmanship webpage
- \_\_\_ Meet with winter coaches
- \_\_\_ Winter parent meetings

## SPORTSMANSHIP

An administrator should support and reward participants, coaches, support groups and fans that display good sportsmanship and actively discourage undesirable conduct.

**NOVEMBER SPORTSMANSHIP HINT - "Display Pride in Your Actions"**  
Never allow your ego to interfere with good judgment or your responsibility as a school representative. Regardless of whether you are an adult, student, player, coach, or official, this value is paramount since it suggests that you care about yourself and how others perceive you.

**No person in the United States shall, on the basis of sex, be excluded from participation in, be denied the benefits of, or be subjected to discrimination under any education program or activity receiving Federal financial assistance."**

— Title IX, Education Amendments of 1972



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## 10 WAYS TO BE A GREAT TEAMMATE

In their new book, *The Hard Hat for Kids*, Jon Gordon and Dr. Lauren Gallagher share 10 ways to be a great teammate. And while these are great for kids to learn at any age they are also great for adults to re-learn.

**WORK HARD** – do the best you can. Don't focus on the outcome or results. Each day be your best for yourself and your team.

**EFFORT** – it takes time and energy to be a great teammate. Your team doesn't care if you are a super star. They care if you are a super teammate. When you put forth the effort to help others the team will improve.

**BELIEVE** – believe in yourself. Believe in your team. Believe in what you can do together. When you believe in your team members their confidence and performance will rise.

**ENCOURAGE** - we don't give up because it's hard. We often give up because we get discouraged. Your team members need encouragement. Encourage them. Speak life into them. We all need encouragement and when you encourage your team members you share the positivity they need to keep moving forward.

**FRIEND** – is defined as a person who has a strong liking for and trust in another person: a person who helps or supports someone else. Being a friend to your team members means you support and help them. You let them know that you are there for them.

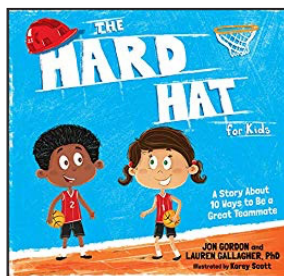
**OPTIMISM** – no matter what challenges you are facing believe the best is yet to come. Don't focus on your set backs and challenges. Learn from them and know that your vision and optimism are greater than your circumstances. See a positive future and work with your team to create it.

**RESPECT** - not everyone on your team is like you. It's important to respect your team members for who they are and the contribution they make.

**ENERGY** – you can give it or take it. Be a giver and fuel yourself and your team with positive energy.

**MOTIVATE** – one of the most rewarding parts about being on a team is the opportunity to raise other people up and to experience being raised up yourself. When you motivate your team members and they motivate you anything seems possible. Teams full of energy who motivate each other become a powerful force.

**ENTHUSIASM** – it's contagious just like optimism and belief. When you are enthusiastic you lift up yourself and your team. Share your enthusiasm today.



You'll notice that if you take the first letter of each word it spells **"We Before Me"** - Me is important but when me contributes to we, everyone gets better. When WE comes before ME you become the great teammate.



## COACHES CORNER



### COACHES EDUCATION

In an effort to assist in coaches' education throughout the State of Idaho, The Idaho High School Activities Association in cooperation with the NFHS and the University of Idaho is announcing an opportunity for Idaho teacher/coaches. Teacher/Coaches can earn (1) college credit from the U of I by taking the Fundamentals of Coaching course developed by the NFHS. **CLICK HERE** to access the IHSAA webpage for information

### NFHS LEARN COURSE OF THE MONTH

**Social Training:** Athletes are public people -you are going to be criticized. How you respond to that criticism shows how disciplined you are.



**SOCIAL MEDIA** - Through the use of social media, everyone now has the ability to be a mass communicator. This has greatly impacted the sports industry, including high school sports and activities. This course is designed to assist you in setting clear boundaries and guidelines for your

students' responsible social media usage. It will help you in turning social media into a positive experience for both you and your students by framing social media as a tool that you can use to promote your program and your personal brand. Taking this course will help you stop fighting social media, and instead use it to positively impact your students and your organization.

**Social Training:** When you react to someone provoking you, you've given them control. Ignore them and you keep control.

### "WHAT'S THE RULE"

#### RULE 8-3 ALL-STAR COMPETITION

8-3-1 Only those students who have completed the sport season of their senior year may participate in all-star, benefit, or similar contests. Such contests may not be held during the IHSAA sport season and must be submitted for approval by the IHSAA at least 30 days prior to the contest. All-star competitions held after the first week of June, in which only graduated seniors participate, do not require IHSAA approval. Students, parents, and coaches should examine NCAA regulations prior to participation in any all-star contest.

8-3-2 While the IHSAA allows conferences to select an "all-conference" team, the Association does not recognize any type of all-tournament or all-state selections. If school personnel participate in the selection process, they must not do so as a school representative.



## ***IHSAA Coaches Code of Ethics***

The function of a coach is to educate students through participation in interscholastic competition. Interscholastic programs should be designed to promote citizenship and enhance the academic mission of the school.

### **The Coach Will**

- Be aware that he or she has a tremendous influence, for either good or ill, on the education of the student and, thus, shall never place the value of winning above the value of instilling the highest ideals of character.
- Uphold the honor and dignity of the profession. The coach shall strive to set an example of the highest ethical and moral conduct. The coach/school will honor contracts regardless of possible inconvenience or financial loss.
- Master the contest rules and shall teach them to his or her team. The coach shall not seek an advantage by circumvention of the spirit or letter of the rules.
- Demonstrate respect and support for officials. The coach shall not indulge in conduct which would incite players or spectators against the officials. The coach will not make statements concerning officials' decisions after a game.
- Work with school faculty to promote overall educational growth of the student. The coach shall not exert pressure on faculty members to give student-athletes special consideration.
- Honor the commitment to student based programs that supplement the educational growth of each student-athlete.
- Be professional in association with other coaches. The coach should meet and exchange cordial greetings with the opposing coach to set the correct tone for the event before and after the contest.
- Exert his or her influence to enhance sportsmanship of all extracurricular activities.
- Cooperate with different media sources in an appropriate manner that promotes all aspects of the sport, school and community. Public criticism of officials, opponents or players is unethical.
- Uphold all policies and procedures of the school, district, IHSAA and the National Federation.



## **BETWEEN THE LINES: Overbearing Parents Can Scare Off College Recruiters**

By Kevin Hoffman - editorial director of Coach & Athletic Director. He can be reached at [CADedit@coachad.com](mailto:CADedit@coachad.com)

Parents have a tendency to meddle in their children's high school teams, lobbying for playing time and preferential treatment. It's typically part of a campaign to earn a college scholarship for their young athletes, but their efforts may be counter productive.

While college recruiters are interested in talent, size and grade point averages, it turns out they're also mindful of a prospective athlete's parents. A parent's reputation among the varsity coaches and school provides some insight about the type of person college coaches are recruiting into their program and the potential headaches that might come with it.

Northwestern University football coach Pat Fitzgerald is among those who evaluates parents during the recruiting process. If his assessment raises red flags, he won't hesitate to move on from a talented player. "An increasingly large part of the evaluation process for us is evaluating the parents," he said. "When we talk about our fit we evaluate parents too, and if parents don't fit, we might punt on the player and not offer him a scholarship. And that has changed over a decade. Ten years ago I'm not sure that was as big of a role, but now that's a big part of it."

Fitzgerald isn't alone. Over the past couple of years, I've spoken with college coaches about their experiences with parents and each had varying degrees of concerns. Some might completely move on from a player whose parents carry a bad reputation; while others might go out of their way to limit the contact parents have with the coaching staff. What helps college coaches is they're not as accessible as their high school counterparts, so they don't worry about parents showing up to practices or cornering them after games.

But it's not all about direct conflicts with parents. College recruiters fear that the personalities and actions of parents could offer a glimpse into what they can expect from their children. A mom who has the tendency berate officials from the stands could influence her son or daughter to do the same, and that creates a problem for coaches.

This is all ammunition for high school coaches who have exhausted all methods of silencing the most vocal parents in their programs. Preseason meetings and codes of conduct might not make a difference. However, when you consider that parents are motivated by athletic scholarships, the idea that they're interfering could encourage them to adjust their attitudes.

Recruiters want parents who help their children with homework, but not those who do it for them or complain to teachers about grades. Recruiters want parents who cheer from the stands, but not those who constantly yell obscenities and hound referees after every missed call. Most importantly, recruiters want parents who trust the coach and don't leave angry voicemails or send emails when their child isn't getting enough playing time. Parents must embody what recruiters want in student-athletes.

Parents don't want to be the one thing standing between their child and an athletic scholarship, and helping them to see that their actions have severe consequences could be beneficial to high school coaches struggling to control the parents in their programs. When they act out, the kids end up paying the price.



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