



September 2018 ISSUE

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UNITED DAIRYMEN — A DAIRY WEST PARTNER



IHSAA EXPRESS

Supporting Education Through Activities

As we all prepare for back to school, here are three tips to consider:

Back to School—Tips for Success

First Tip: Ensure you're students and athletes are fueled; ready to learn and perform by starting their day with Breakfast! There's a reason why breakfast, either at home, at school, or on-the-go, is often called the 'most important meal of the day'. Eating a nutritious breakfast is a great way to be on target to meet daily needs for key nutrients, including protein, calcium, vitamin D and potassium. As educators, it is important to know studies have found children who eat breakfast show improvement in memory, achievement test scores, grades, school attendance and tardiness rates compared to children who skip breakfast. Encourage your students and athletes to eat breakfast every day!

Second Tip: Enjoy Family Meals Together! Do you feel like you can never get your family to slow down enough to settle around the kitchen table? Don't worry, you're not alone! Family meals help kids form healthy nutrition habits and are a great way to spend time together and connect as a family. By including your child(ren) in food decisions and choices—it empowers and encourages them to play an active role in leading their own healthy life!

Third Tip: Snack Smart! With school (almost) back in session, healthy eating and physical activity are as important as ever! As calendars fill up with extracurricular activities, having nutrient-rich snacks on hand is essential. Luckily, all you will need are a few common grocery store items and you've got afternoon snacks that will score big!

- Fresh fruit or vegetable, of choice
- String Cheese
- Yogurt
- Dried Fruit
- Assorted nuts
- Milk
- Peanut Butter
- Granola
- Cottage cheese
- Hummus



powered by dairy

Once the fridge is stocked, snacks are a synch! Simply pair two items together to include two out of the five food groups for snacks that are both satiating and packed full of nutrients. For example, pair fresh fruit and string cheese, yogurt and granola, vegetable with hummus, the options are endless!

Together we continue to build a healthy, high-achieving generation of youth! If you have questions or comments, please contact me at jestjohn@dairywest.com

Jaelyn St. John MS, RDN, LD

Registered Dietitian, Health & Wellness Manager, Dairy West

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.



BATTLEFIELDS TO BALLFIELDS

Many veterans face an uphill battle when they return as they figure out how they will integrate back into society. This has become the impetus for a new foundation, "Battlefields to Ballfields."

The Foundation will provide scholarships to veterans who return from defending our country with an opportunity to get integrated back into their community through officiating. Those who have been involved in officiating already have felt the joy of stepping out onto the field or a court. With it, comes a great sense of value that leaves one with a feeling of accomplishment.

In serving in the military, and in officiating, there's the common bond of being a member of a team and creating order out of chaos. Battlefields to Ballfields will provide these veterans with an opportunity to hone their newfound officiating skills and participate in something that will give them a new sense of self-worth along with the ability to make some extra income. While the ultimate goal will be to get some of our returning veterans into the upper levels of officiating, including the professional ranks, they will start out at the local level working high school and youth level games. Local associations are actively recruiting because there aren't enough officials signing up. This Foundation will put more officials and judges into the system and will greatly enhance the image of those entering the officiating ranks. Register today at battlefields2ballfields.org



ADMINISTRATION CORNER

DATES TO REMEMBER

- 9/3 - IHSAA Office Closed
- 9/14 - Fall Sports EV Due
- 9/25 - IHSAA Board of Directors Meeting - Shoshone-Bannock Event Center

SEPTEMBER CHECKLIST

- ___ Make time for family
- ___ Review fall rosters to confirm eligibility
- ___ Verify bus schedules for all fall contests
- ___ Schedule conference meetings
- ___ Finalize spring schedules
- ___ Send fall rosters to schools
- ___ Schedule team pictures
- ___ Evaluate emergency plans
- ___ Develop winter gym schedule
- ___ Verify district tournament times/dates/sites
- ___ Update activities website
- ___ Verify coaches requirements are met
- ___ Review gate procedures with staff
- ___ Confirm Arbiter schedule
- ___ Meet with booster club
- ___ Review Sportsmanship Manual
- ___ Review Citizenship Through Sports Manual
- ___ Meet with coaching staff
- ___ Distribute sportsmanship information to coaches/players/parents

SPORTSMANSHIP HINTS

Promotion of good sportsmanship is a constant effort. These hints are short and simple informational messages. Please take a few minutes to share these thoughts with your athletes. Thanks for your cooperation and assistance.

SEPTEMBER SPORTSMANSHIP HINT

What is SPORTSMANSHIP? It is the practice of playing fair, of taking loss or defeat without complaint or victory without gloating, and treating opponents with respect, fairness, generosity, courtesy, etc. *Thanks for the extra effort!!*

WELCOME BACK FROM THE IHSAA

The Idaho High School Activities Association would like to welcome everyone back to what we hope will be an outstanding year for all students and member schools. The beginning of the school year is always an exciting time with possibilities of the many great events that schools will take part in and the memories that those events will create for Idaho's student participants.

There are now 162 member schools in the IHSAA. This past year we had almost seventy thousand students participate in sports and activities. We are thrilled that those numbers have been increasing every year.

We also want to give a very special thank you to Dairy West. The IHSAA and Dairy West have a shared mission of promoting healthy and active lifestyles for Idaho's student athletes and activity participants. The educational and financial support from Dairy West over the past three decades has enabled the IHSAA to recognize and promote many outstanding achievements of Idaho students in academics and athletics.

Our organizations are an integral part of schools throughout the state. We hope to continue to support the mission that you have in your communities of promoting all of the great things that our teachers, coaches, administrators, and students do everyday. Please let us know what we can do to help you accomplish those goals.

Our Board of Directors and office staff is here to help our member schools with any issues that you may face. As always, do not hesitate to call if you have any questions or concerns.

We wish you the best of luck this year!

Ty



Welcome Tyler Ostler

The IHSAA is excited to introduce and welcome Tyler Ostler as the Coordinator of Officials and Social Media. Tyler is a proud Jerome High School Alumnus and graduate of Boise State University. Prior to her move to the IHSAA, she worked for two years as the Box Office Manager for the Boise State Athletic Department.

Tyler is excited to begin her new adventure working with Idaho schools and is looking forward

to working with so many great people. "I know the kind of incredible people it takes to teach and coach. I hope to work as part of a team that elevates the student-athlete experience for Idaho's youth."

As a self-proclaimed, "sports nut", especially baseball, Tyler loves the Seattle Mariners so much that she named her puppy after their third baseman, Seager!



She is currently working on her Masters in Education-Athletic Administration through Idaho State University. When she is not busy with school and work, she relishes spending time with her family and friends, going outside whenever possible. Tyler also enjoys boating, camping, fishing, and finding new places in Boise and our great state to explore!

COACHES CORNER

COACHES EDUCATION

CONGRATULATIONS!! This summer, 28 Idaho coaches earned their Certified Interscholastic Coach national certification from the NFHS. These coaches also earned three credits from the University of Idaho for their efforts.

NFHS LEARN COURSE OF THE MONTH

ENGAGING EFFECTIVELY WITH PARENTS - This course is FREE from the NFHS. The course provides a unique student-centered curriculum and presents essential techniques and methods for coaches to effectively communicate and interact with students, parents and guardians. This course features specific guidance for speaking, listening, and implementing a communication system, and provides strategies for dealing with problematic parents and guardians. The course provides many printable resources coaches can use in their programs.

"WHAT'S THE RULE"

8-16-1 NON-TRADITIONAL STUDENT

To be in compliance with the section of Idaho Code 33-203 that provides for dual enrollment, the following interpretation will be used:

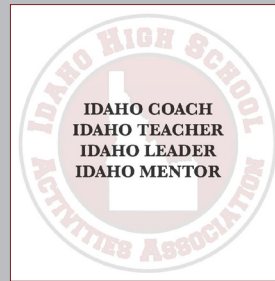
Students who are enrolled in a nonpublic school shall be allowed to enroll in a public school for dual enrollment purposes. To be eligible for athletics or specific activities in the public school, the dual enrolled student must meet the following criteria:

- The student must reside with a parent or guardian in the attendance area of the public school for which the student will participate.
- The student must comply with the same rules and requirements that apply to any student's participation in the same activity with the exception of Rule 8-1 -Academic and Full Time Enrollment. See IHSAA rule 8-16-1 for academic requirements.

For daily coaching tips, follow Idaho coaches on twitter @ihsaaccoach for messages on leadership, coaching strategies and more.

An example tweet from Jon Beck

Coaches: Teach your players how to improve. Teach them how to be great teammates. Teach them that they matter. Teach them that sports are not who we are but only a part of us for a short time. Teach them the life lessons that will carry them far. You'll be amazed at what they do.



Idaho High School Activities Association 2018 Hall of Fame Banquet August 1, 2018



Sally Greene
2018 IHSAA Hall of Fame



Rod Malone
2018 IHSAA Hall of Fame

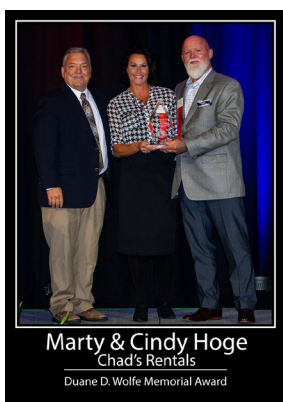


Terry Mooney
2018 IHSAA Hall of Fame

Memorial Awards



Vince Mann
Dick Fleischman Memorial Award



Marty & Cindy Hoge
Chad's Rentals
Duane D. Wolfe Memorial Award



Jeff Horsley
Wes Lowe Memorial Award

Distinguished Service Awards



Darlene Shriner
2018 IHSAA Dist. I Distinguished Service Award



Chad Easterbrook
2018 IHSAA Dist. II Distinguished Service Award



Richard Whitelaw
2018 IHSAA Dist. IV Distinguished Service Award



Wendy Shelman
2018 IHSAA Dist. V Distinguished Service Award



Richard "Barney" Gardner
2018 IHSAA Dist. VI Distinguished Service Award

Special Awards



Trevor Steelsmith
2018 IHSAA Spirit of Sport Award



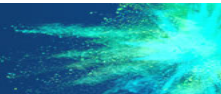
Gary Carlson
2018 Official of the Year



Abby Kofod
2018 IHSAA Interscholastic Star



Watch Events **LIVE**
on the **NFHS Network**



AUTOMATED SPORT PRODUCTION

The NFHS Network has partnered with **Pixellot** to offer a new hardware & software solution for automated live event production.

- One-time installation in your athletic venue
- All events are live broadcasted to the NFHS Network
- Fully automated (*no people required*)

HOW IT WORKS

- Panoramic view captures the whole playing field
- Auto-tracking feature enables cameras to follow the action
- No camera operator required
- Scoreboard automatically populates data for broadcast graphics
- All events stream to your branded school page on NFHSnetwork.com
- Each Pixellot unit can integrate with Hudl directly (one team per unit)



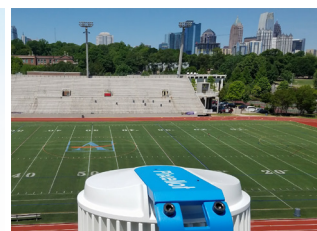
HARDWARE

Fixed installation includes:

- **Camera Unit** – single-mounted unit contains weatherproof HD cameras
- **Scoring Device** – plugs into scoreboard for automated score graphics in broadcast
- **Video Processing Unit** – for combining the video feeds and creating the automated production

PRICING

- Exclusive pricing only through NFHS Network



Contact the **NFHS Network** for more information: SBP@NFHSnetwork.com