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IHSAA EXPRESS

Supporting Education Through Activities



National Interscholastic Athletic Administrators Association Section 8 Student Essay Scholarship Recipient

Sara Lundberg, Weiser High School

Athletics in My Life

by Sara Lundberg

Bumps and bruises from being rough under the basketball hoop, skinned knees and hips and black toenails from volleyball, and tired legs from skiing were common occurrences growing up. Those and more were just physical evidence of how much athletics have been foundation of my life. However, while fun and thrilling, sports serve a much greater purpose and impact than simply a luxurious pastime.

Adversity will always be part of athletics. Every athlete faces it with either a team, teammate, coach or injuries. Yet it's how players face those challenges that is most important, defining their character, grit, and determination.

Freshman year basketball season I experienced this. As a freshman on varsity, many JV players didn't like me. In addition, my coach was difficult to get along with, one of the girls was a cancer, and our season was very inconsistent. However, through all this adversity, my team's hard work and grit payed off at the district tournament. Playing with heart and determination, we knocked out the number one seeded team in the semifinals and the number two seeded team in the championship, earning us a trip to state, an unexpected happy ending to our season.

Sports also teach players how to deal and work with a team. Team sports like basketball, football, and especially volleyball force athletes to learn to be part of a unit instead of being an individual player. This skill will carry on with athletes for the rest of their lives because working in groups and teams is common in the workforce and life after high school. Sports teach kids to be okay with being dependent on people, having someone's back and having someone have their back. Trust is essential in life and relationships, and playing team sports gives that foundation of learning to trust people other than yourself.

Volleyball can be argued as the most team sport out there. Even if there's a star hitter on the team, she/he cannot attack well if there isn't a good pass or set. With the rule of not being able to touch the ball twice in a row, a player has to rely on teammates. Every possession is a team effort, and if the players can't play as one, it is hard to compete. As a four-year varsity starter on the volleyball team, having playing my whole life, I have learned how to trust my teammates on the court. Whether it is trusting my teammates to pass the ball to the setter, or trusting my setter to set me a hittable ball, trust and playing as a team is the basis of volleyball. In other sports such as basketball and football, while it helps to have a good team, one player can make the difference, such as a star running back that gets the ball every play to score, or a point guard that carries the team. However, as I play the sport and know from experience, volleyball serves as the most team-based sport, at least two players, most of the time three, touch the ball every time the ball comes over the net. Nevertheless, team sports in general teach players to be able to work with each other and overcome challenges together as a unit instead of fighting the fight alone.

Athletics shaped me through my childhood into the person and athlete I am today. Along with the joy and healthy lifestyle I've received from sports, many lessons have been embedded in me as a result. More than just a fun hobby, athletics have prepared me for challenges of my future.



ADMINISTRATION CORNER

DATES TO REMEMBER

1/1	New Years Day
1/1	Wrestling Growth Allowance
1/20	Martin Luther King Jr. Day
1/21	Board of Directors Work Session
1/22	Board of Directors Meeting
1/30-31	All-State Music
1/31	Winter Sports Eligibility Verification Due
2/5	Winter State Academic Champions Due

JANUARY CHECKLIST

- ___ Send a New Year's Sportsmanship Resolution out to parents
- ___ Send the name of a potential official to your commissioners
- ___ Publish Spring Schedules
- ___ Finalize 2020 Fall Opponents
- ___ Finalize 2020/21 Winter Opponents
- ___ Turn in Winter EV Forms
- ___ Finalize Spring Bus Schedules
- ___ Plan Spring Coaches and Parent Meetings
- ___ Nominate a student for the IHSAA Student Advisory Council
- ___ Nominate a student for the Interscholastic Star Scholarship

ADMINISTRATOR RESPONSIBILITIES - OFFICIALS

- ** Meet the officials at the front door. Greet them with water and a smile.
- ** Escort officials to the appropriate changing area and restrooms.
- ** Inform officials of special game circumstances and/or areas of concern.
- ** Introduce them to the administrators in charge of the venue, let them know where you will be standing during the contest.
- ** Give the officials your halftime procedures and remind them who will be responsible for communication during and after the half. Give them water at halftime
- ** Towards the end of the game, make sure officials know who is escorting them and where they are meeting their escort.
- ** Be aware of when an official may need an escort out of the building and/or to their car. Make sure they are safe and have plenty of water to drink after the contest.
- ** Say THANK YOU - remind the officials that they are an important part of the game and the development of student-athletes.



CONGRATULATIONS

Todd Gilkey, St. Maries HS

National Interscholastic Athletic
Administrators Association

Distinguished Service Award

Todd Gilkey, has been an athletic administrator since 1999, with Coeur d'Alene HS sandwiched between two stints at St. Maries HS.

At the national level, Gilkey has been a member of the NIAAA Endowment Committee since 2008, he has been the NIAAA state liaison since 2011, served on the NIAAA Strategic Planning Committee and has earned the State Award of Merit and the NFHS Citation.

Gilkey has played a vital role as a board member of the IAAA. He is currently serving his second term as IAAA President and has been the Section 8 Secretary since 2009.

Gilkey has hosted more than 40 regional and district tournaments and held multiple conference and league leadership positions and has been chosen by his peers as Idaho Athletic Director of the Year five times.



This award is presented annually to NIAAA members in recognition of their length of service, special accomplishments and contributions to interscholastic athletics at the local, state, and national levels.



JOIN SAC

THE STUDENT ADVISORY COUNCIL OF THE IHSAA

For a great opportunity to excel in leadership skills, build character, and become more involved.



What is SAC?

The SAC is a diverse group of high school students in Idaho who voice their ideas to the IHSAA (Idaho High School Activities Association).



Our Mission

Our mission is to connect Idaho schools with the IHSAA through promoting our ideals: sportsmanship, achievement, and character.



What is IHSAA?

A group devoted to coordinating, supervising, and directing interscholastic activities which enhance and protect the educational process of all students.

Apply for the 2020-21 Council!

Search idhsaa.org, click on the "Schools" tab, and then proceed to the "Students" section. Under Student Resources, you will find a link to the application process and requirements.

Website: idhsaa.org Twitter: @IDHSAA Instagram: @idhsaa Facebook: @IDHSAA



COACHES CORNER

University of Idaho Course Credit "Fundamentals of Coaching"

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 continuing an opportunity for Idaho teacher/coaches. Teacher/Coaches can earn (1) college credit from the University of Idaho by taking the Fundamentals of Coaching course developed by the NFHS. Information and instructions are on the IHSAA Coaches Education Page

NFHS LEARN

Course of the Month STUDENT MENTAL HEALTH AND SUICIDE PREVENTION

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.

For students, their peers and anyone responsible for their care and well-being, take the course 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.

IHSAA COACHING REQUIREMENT

Beginning in fall of 2020 all Idaho coaches will be required to take the NFHS Learn course "Student Mental Health and Suicide Prevention"

CHECK OUT THE IHSAA COACHES EDUCATION PAGE

2019

IDAHO HIGH SCHOOL



RESULTS

5A 1st - Coeur d'Alene

2nd - Centennial

3rd - Rocky Mountain

4A 1st - Emmett

2nd - Twin Falls

3rd - Jerome

3A 1st - CDA Charter

2nd - Sugar-Salem

3rd - McCall-Donnelly



COEUR D'ALENE VIKINGS



EMMETT HUSKIES



CDA CHARTER PANTHERS

DRINK CHOCOLATE MILK WITHIN

30

MINUTES AFTER YOUR WORKOUT TO REHYDRATE, REPAIR, & REPLENISH



THE NFHS VOICE



Coaches, Athletic Directors Keys to Success in High School Sports

Dr. Karissa L. Niehoff, NFHS Executive Director

This fall, one school canceled the remainder of its football season after reports of hazing surfaced. There have been several incidents of high school student-athletes using racial slurs against members of the opposing teams. As we have noted previously, there have also been multiple reports of parents verbally and – in some cases – physically abusing officials, along with several cases of coaches allegedly running up scores. And then there was the bizarre case of a suspended player appearing in a game disguised as another player.

On the positive side, there was a cross country runner who stopped at the one-mile mark of a race to assist a competing runner who had collapsed and was unresponsive. He didn't finish the race, but he saved the life of the competing runner.

After the completion of a recent football game, one player on the winning team found his friend on the other team who had just lost his mother to cancer to comfort and pray with him. There have also been cases of schools helping other schools that were hit with tragedies, such as the fires in California.

And earlier this year a high school golfer who, after signing her scorecard, noticed on the app that her partner had entered an incorrect score for her on one hole. She could have kept quiet and retained her top-10 finish, and most likely no one would have noticed. Instead, she reported the error and was disqualified. She later was honored by her school for doing the right thing.

Fortunately, there are far more good acts of sportsmanship that happen in high school athletics and activity programs; however, the unsportsmanlike displays tend to make more headlines and sometimes overshadow the great things that are occurring.

The key individuals in schools who are responsible for making education the central theme of the athletic program are the athletic directors and coaches. If coaches are more committed to helping student-athletes become responsible citizens than helping them perfect an athletic skill, and if athletic directors are committed to an education-based philosophy, the likelihood of unsportsmanlike incidents such as those mentioned above is minimal.

What's the measure of success for a high school coach – winning 80 percent of the games, bringing home multiple state championships, being named coach of the year several times? As long as success on the fields or courts is done in accordance with an education-based philosophy, this would be an award-winning biographical sketch.

The win-loss record aside, however, how about also considering the consistent teaching of values, character and lifelong lessons that would place his or her teams in consideration for sportsmanship awards and his or her student-athletes on the paths to successful lives after high school?

The NFHS has several free online education courses to assist coaches and athletic directors in leading an effective education-based program. "Engaging Effectively with Parents," "Sportsmanship" and "Bullying, Hazing and Inappropriate Behaviors" are among the many courses at www.NFHSLearn.com. In addition, "Fundamentals of Coaching" is the core course that every interscholastic coach should complete.

When a school district is looking to hire a high school athletic director or coach, we would suggest finding someone more committed to an education-based philosophy than hardware in the trophy case.



Dr. Karissa L. Niehoff is in her second year as executive director of the National Federation of State High School Associations (NFHS) in Indianapolis, Indiana. She is the first female to head the national leadership organization for high school athletics and performing arts activities and the sixth full-time executive director of the NFHS, which celebrated its 100th year of service during the 2018-19 school year. She previously was executive director of the Connecticut Association of Schools-Connecticut Interscholastic Athletic Conference for seven years.

THE DAILY COACH

More in Common Than You Think

As you reflect on this year and prepare for 2020, realize wisely and earnestly regardless of race, religion, color, creed, and sexual orientation, we all have something in common.

"Every time you are tempted to react in the same old way, ask if you want to be a prisoner of the past or a pioneer of the future."

— Deepak Chopra

We live in a 24/7 instant gratification culture that is in constant search for the next big story. We have become fixated, curious, and borderline obsessed with stardom and today's celebrities, executives, athletes, politicians, coaches, and entertainers. We put these individuals on pedestals, religiously keeping up with their daily lives — praising them, ridiculing them, lifting them while quickly tearing them down. Their pain becomes our entertainment in the process, dehumanizing the essence of who they are. But as we attempt to emulate these individual's uniqueness, we venture farther away from accepting and embracing all of who we were born and meant to be.

When we put our notions of fortune and success aside and examine humanity at its core, human beings have a constant desire to feel accepted, appreciated, loved, valued, heard, and seen. As you reflect on this year and prepare for 2020, realize wisely and earnestly regardless of race, religion, color, creed, and sexual orientation, we all have something in common.

We Are All Fighting A Battle

We are all are fighting some battle that another person knows nothing about while carrying with us our dreams, aspirations, fears, and uncertainties. When we liberate ourselves from our ego, we can begin to value another person — not for how they can serve us but for who they authentically are.

To Be, or Not To Be

One of the fiercest battles a person has to fight is to live in a world where every single day, someone is trying to make you be someone you don't want to be. The most important relationship we will ever have is the one with ourselves. We must begin the transformative journey of healing our mind, body, and spirit while celebrating all of who we are. If we equate our worth to the amount of money and materials we obtain, we will always live in a constant race for more, equating objects to peace of mind.

Compassion for Others Begins With Kindness to Ourselves

It cost us absolutely nothing to be kind. As we consistently practice kindness towards others, we must never forget to be kind to ourselves. We must not judge our reflection in the mirror. Instead, be receiving of that reflection, permitting ourselves to be whole, present, and a masterpiece that is a work in progress. Every day we are presented with an opportunity to be beacons of peace, love, positivity, courage, and perseverance — in the process, leaving footprints of kindness everywhere we go!

We are all trying to figure out this game called life. No matter our longevity life is finite and precious. There is no reset button nor playbook on how to navigate all that we might experience and feel on this self-discovery journey. So live and live immediately. Live life to the fullest from a place of love and gratitude. And as the renowned poet Dr. Maya Angelou once eloquently voiced, "I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel."

THE DAILY COACH

2020 Interscholastic Star Scholarship



JACKSON HEADLEY
POST FALLS HIGH SCHOOL
2019 INTERSCHOLASTIC STAR

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 interscholastics stars. Applications are due April 10th for selection of the 2020 Idaho Star Scholarship.

2020 Spirit of Sport Award



EMMALINE PINKERTON
BONNERS FERRY HIGH SCHOOL
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.

Learn About Officials vs Cancer

FIGHT CANCER ON THE COURT!

Support Officials vs. Cancer and the American Cancer Society!

Donate a minimum of \$25 by January 10 and receive your free pink Fox 40 whistle.

Use your whistle during games held throughout Officials vs. Cancer Week (Jan. 20-26, 2020) or any other time during the season.



Click [HERE](#) to learn more and donate today!



Officials vs. Cancer is a nationwide program between the American Cancer Society and the International Association of Approved Basketball Officials. Participation is not limited to IAABO officials, however, any official is any league is invited to participate.

The program's objective is to increase cancer awareness and promote healthy living through year-round awareness efforts and fundraising campaigns. Since the inception of the program in 2008, over \$2 million has been donated to the American Cancer Society.

The 21-Day Gratitude Challenge For Athletes, Coaches, Parents, And Leaders



Steve Foster is a Positive Coaching Alliance National Advisory Board Member and current Pitching Coach for the Colorado Rockies.

Foster played 7 years with the Cincinnati Reds, and has been blessed to receive awards along the way including Manager and Coach of the year as well as Topps Scout of the Month.

He co-authored and self published a book with his father titled Lessons From Little League and Life. He is married to Cori Foster and has two children.

Professional baseball is hard, Foster says; the travel, the competition, the failure, the trades, the demotions, the releases, the firings, the injuries, and the time away from home can all combine to rob us of our grateful spirit if we allow it to. This is a problem, because being grateful is what keeps us from becoming bitter. People who are grateful live in the moment. People who are bitter are stuck in the past.

A grateful spirit is what allows us to Embrace The Suck.

Understand that gratefulness is a work ethic. Being grateful is not a mystery. We have to train our brains to be grateful just like we work out our bodies. We not only need to be grateful, we need to work at being grateful.

Try an experiment right now called the 21-Day Challenge. Combine each of the five researched habits and try it out for 21 days in a row to create or improve upon a grateful mind-set.

ATTITUDE OF

1. **Send three text messages each day to friends and family that you don't see enough of. Thank them for being in your life and helping you along the way. Let them know that you still think about them even though you don't see them on a regular basis.**
2. **Write for 2 minutes each day describing one experience (experiences are not things) that you are grateful for that you had over the past 24 hours.**
3. **Exercise for 10 minutes a day.**
4. **Meditate twice a day for two minutes each time, focusing on your breath going in and out. Do this first thing in the morning while you are still in bed and last thing at night when you get into bed. (Is there anything to be grateful for more than oxygen filling our lungs?)**
5. **Write one email each day thanking or praising someone in your immediate life.**

All of these activities combined will take you less than 15 minutes per day, since most of the people reading this are already exercising for 10 minutes a day. The research on gratefulness is clear; it makes you better at whatever you are doing.

Take the challenge. You don't have to announce to the world through Facebook or Twitter that you are taking the challenge, just take the challenge and see what happens to your overall mind-set.

GRATITUDE