



# September 2019 ISSUE

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# IHSAA EXPRESS

Supporting Education Through Activities

Ty Jones  
IHSAA Executive Director

## 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 are 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. - Ty

FALL SPORTS LIVE ON **NFHS NETWORK**  [WATCH NOW](#)

## FUEL GREATNESS

powered by dairy

## Greek Yogurt

### 12 Weeks of Exercise Training

#### Strength, Muscle Thickness and Body Composition in Lean, Untrained, University-Aged Males

A new study found that eating Greek yogurt helped to improve changes in body composition and muscle strength compared to a calorie matched carbohydrate pudding following 12-weeks of exercise training in college-aged men. This study builds upon the strong, existing body of science that supports the benefits of the following dairy foods to support exercise recovery and augment adaptations to routine exercise training.

- higher protein diets
- whey protein
- milk (white and chocolate)

The Greek yogurt group gained more total strength, an increase in biceps brachii muscular thickness, more fat-free mass, and reduced overall percent body fat compared to the carbohydrate group. Access the full article [HERE](#)

Another reason to encourage your athletes to fuel greatness with nutrient-rich, high-quality dairy products!



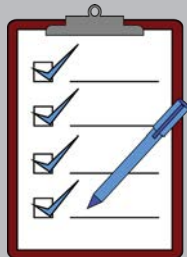
## ADMINISTRATION CORNER

### DATES TO REMEMBER

- 9/2 IHSAA Office Closed/Labor Day
- 9/10 Legends of the Game Applications Due
- 9/10 Classification Change Applications Due
- 9/22 Fall Sports Eligibility Verification Due
- 9/24 IHSAA Board of Directors Meeting - Red Lion Hotel, Lewiston

### SEPTEMBER CHECKLIST

- Make time for family
- Review fall rosters to confirm eligibility
- Verify bus schedules for all fall contests
- Send fall rosters to schools
- Schedule team pictures
- Evaluate emergency plans
- Develop winter gym schedule
- Verify coaches requirements are met
- Review gate procedures with staff
- Confirm Arbitrator schedule
- Meet with booster club
- Review Sportsmanship Manual
- Review Citizenship Through Sports Manual
- Distribute sportsmanship information to coaches/players/parents



### SPORTSMANSHIP PROMOTION

Promotion of good sportsmanship is a constant effort. Administration, Coaches, Parents and Student-Athletes are all responsible for promoting citizenship through sports. Here are some examples from the IHSAA Citizenship Through Sports Manual:

- \* Model desired sportsmanhip behaviors
- \* Provide materials that will assist in achieving high levels of sportsmanship
- \* Develop programs for teaching the fundamentals of good sportsmanship
- \* Reward players, coaches, parents and fans that displays good sportsmanship
- \* Support those who actively discourage undesirable conduct
- \* Provide appropriate supervision of officials and all personnel for each contest
- \* Send reminders through printed posters and/or social media that promote a positive message of sportsmanship and provide examples of positive citizenship.



This 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. Click [HERE](#) for details.

### APPLICATIONS DUE SEPTEMBER 10th



1993  
Centennial HS



1976  
Teton HS

## The Importance of Sportsmanship by Dakota Gorges, SAC Reporter



With the excitement of the upcoming fall sports seasons across Idaho, it's crucial students remember the importance of good sportsmanship. It's easy to get fired up in the moment and forget what being a part of sports in high school really means. It's about building character traits students will use for the rest of their lives like cooperation, initiative, and good sportsmanship. Becoming the top team in a league is a memory that will remain forever, but winning shouldn't be the only goal of the season. Students should bond with one another creating a community they know they can rely on in times of need. Unity within a team promotes good sportsmanship for all involved. Athletes and fans contribute to the environment during a sporting event. Remember as you get ready for a game this fall, whether you're a player or a supporter, sportsmanship is really what it's all about.



## COACHES CORNER

### COACHES EDUCATION

CONGRATULATIONS!! Over the past two summers, 53 Idaho coaches earned their Certified Interscholastic Coach national certification from the NFHS. These coaches also earned three credits from the University of Idaho.

### NFHS LEARN COURSE OF THE MONTH



#### COACHING ADAPTED SPORTS

Interscholastic students with physical disabilities have specific needs, which could prevent them from enjoying the positive experiences available to other students who participate in athletics and team sports. That's why the National Federation of State High School Associations, in partnership with the American Association of Adapted Sports Programs,

is proud to bring you Coaching Adapted Sports.

In this course, you will learn how to create adapted sports teams at your school or in your school district. You'll hear from others who coach and participate in adapted sports, and you'll find specific and helpful information about the kinds of sports, skills and drills available for coaching students with physical disabilities. FREE COURSE

#### THE NFHS LEARNING CENTER PRESENTS: The Parent Seat

"The Parent Seat" has been designed for coaches and athletic directors to use during their pre-season parent meetings. It explains the role of a parent during game day and provides suggestions on how they can cope with the roller coaster of emotions that they will feel.



#### "WHAT'S THE RULE"

#### ADDITIONAL NO CONTACT PERIOD - RULE 17-2-4

Schools will determine a 3-day, consecutive no contact period over winter break and notify the IHSAA of those dates through their fall School Directory update. Coaches, or other school personnel cannot practice or contact students during these dates.

# WELCOME TO THE IHSAA BOARD OF DIRECTORS

The IHSAA Board of Directors welcomes four new members beginning their term in 2019

## Ted Reynolds - Athletic Director Representative Activities Director, Twin Falls High School



Ted graduated from Butte High School in Butte Montana. He earned a degree in Elementary Education from Montana State University and a Masters in Educational Administration from the University of Idaho. Ted's experience includes 13 years as a teacher/coach and 17 years as a VP/AD with stops in Bonners Ferry, Middleton and now Twin Falls.

Ted is a lifetime member of the National Interscholastic Athletic Administrators Association (NIAAA) and a board member of the Idaho Athletic Administrators Association (IAAA). While in his role with the IHSAA board, Ted hopes to be a part of a team that makes decisions that are in the best interest of all the student-athletes in the State of Idaho and to serve the IHSAA with honor, dignity, and integrity.

Ted and his wife Lori have been married for 31 years and have two children, daughter Kylee and son Carey. In his spare time, Ted enjoys playing golf, hunting and spending time with his wife. Ted also enjoys taking money from fellow AD's during friendly poker games.



## Jamie Holyoak - District V Representative Superintendent, Grace School District



In his 22 year career as an educator, Jamie's duties have included teacher, wrestling and football coach, Athletic Director, Vice Principal, Principal and now Superintendent.

Now in his second stint as an IHSAA board member, Jaime hopes to protect the opportunities to learn and grow on a field, court, or mat that he considers "curricular" for the students of Idaho.

Jamie is married to Andrea Smith Holyoak and serves as Co-captain with Andrea on Team Holyoak which includes five children. Maysa, Gable, Brinklee, Hayyen and Journey have participated in sports while his oldest kids have all benefited from multiple sports and activities sponsored by the IHSAA. Few people know that Jaime is a huge Nacho Libre fan.



## Randy Lords - Superintendents Representative Assistant Superintendent, Madison School District



As a high school student in the late 1980's, Randy's primary reason for going to school was to be involved in athletics. It was at the home of the Bees, Bonneville High School, where he learned the importance of an education and decided on a career in teaching and coaching.

As an educator at all levels for 23 years, five of them in his current position as the Assistant Superintendent for the Madison SD, Randy has been a successful educational leader. He provides students and staff with a safe learning environment so they can develop the necessary skills they need to be successful in school and life.

Randy has been married for 25 years to his wife Kristen and they have raised five children; Rachel (Triston), Josh (Makayla), Shayla (Tanner) Trevin and Brinlee as well as 3 grandchildren; Gracelynn, Terick and Maddox. In their spare time, Randy and his wife enjoy all outdoor activities while spending quality time with their children and grandkids.



## Starr Olsen Idaho School Board Representative Dietrich School District



## IHSAA Welcomes New Intern - Ali Tedford



Ali is the youngest of four children and a 2015 graduate of Churchill County HS in Fallon, Nevada. She was a three-sport star for the Greenwave in Volleyball, Basketball and Softball finishing at the top of her class.

A graduate from the University of Nevada-Reno, Ali played one season of basketball and three seasons of softball for the Wolf Pack, she earned a degree in Kinesiology with a minor in Addiction Treatment. Beginning her graduate work in Athletic Leadership at Boise State University this fall, Ali is looking forward to the experience of working with the IHSAA and using her time to benefit the youth in Idaho schools.

Ali enjoys spending time with her friends and family. She is a huge supporter of the San Francisco Giants and the Golden State Warriors. Having grown up in the Lake Tahoe area, she also enjoys water sports and attending country music concerts.



WELCOME ALI

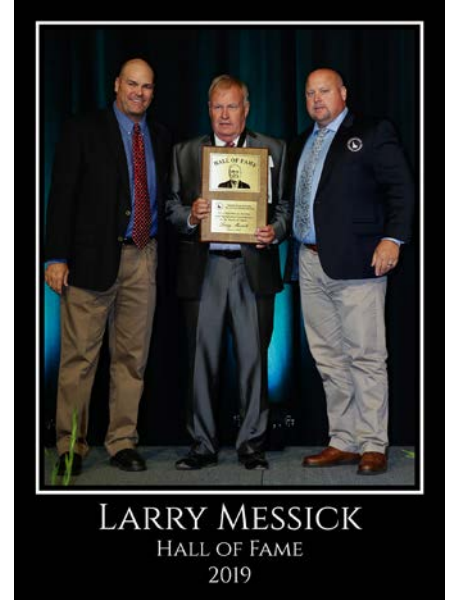
*Idaho High School Activities Association  
2019 Hall of Fame Banquet  
July 31, 2019*



*IHSAA Hall of Fame  
Class of 2019*



**DOUG STANDLEE**  
HALL OF FAME  
2019



**LARRY MESSICK**  
HALL OF FAME  
2019



**STEVE CASEY**  
DIST. I DISTINGUISHED SERVICE AWARD  
2019



**JACK PARKER**  
DIST. III DISTINGUISHED SERVICE AWARD  
2019



**DAN RALPHS**  
DIST. V DISTINGUISHED SERVICE AWARD  
2019



**TED REYNOLDS**  
DICK FLEISCHMANN MEMORIAL AWARD  
2019



**BRAD MALM**  
WES LOWE MEMORIAL AWARD  
2019



**GORDON HEATH**  
DIST. II DISTINGUISHED SERVICE AWARD  
2019



**BOB WAYMENT**  
DIST. IV DISTINGUISHED SERVICE AWARD  
2019



**Dale Gardner**  
Dist. VI Distinguished Service Award



**PAT BRADY ~ IDAHO SPORTS**  
DUANE D. WOLFE MEMORIAL AWARD  
2019



**PAUL MANZARDO**  
OFFICIAL OF THE YEAR  
2019



**JACKSON HEADLEY**  
POST FALLS HIGH SCHOOL  
2019 INTERSCHOLASTIC STAR



**EMMALINE PINKERTON**  
BONNERS FERRY HIGH SCHOOL  
2019 SPIRIT OF SPORT AWARD

# TEAM UP SPEAK UP TO FIGHT CONCUSSIONS

CONCUSSION  
Legacy Foundation NATIONAL  
**TEAM UP  
SPEAK UP**  
WEEK SEPT. 8-14

## Coaches

This two minute speech could save an athlete's season, career, or even their life.

1



### Take The Pledge

to give the Team Up Speak Up Speech at  
**TeamUpSpeakUp.org**

2



### Give The Speech

- We're a team, and teammates look out for each other.
- A teammate with a concussion needs your help.
- I expect you to **SPEAK UP** to a coach or athletic trainer if you think a teammate has a concussion.

3



### Spread The Word

by posting a video of your team hearing the speech on social media with  
**#TeamUpSpeakUp**

**#TeamUpSpeakUp**

Grand prize of team backpacks for the best video!

Learn more at **TeamUpSpeakUp.org**

**Take the Pledge**

CONCUSSION  
Legacy Foundation NATIONAL  
**TEAM UP  
SPEAK UP**  
WEEK SEPT. 8-14

## THE TOP 10 REASONS

players don't report possible **concussions**



### The Reason

### The Solution

1

I didn't think it was serious.

Treat concussions more seriously than we would treat a broken arm or a broken leg. Brain injuries are serious. Brains don't heal like broken limbs do.

2

I didn't want to lose playing time.

Explain that the best way to keep playing time is to make a full recovery and the best way to do that is to immediately stop playing after concussion.

3

I didn't want to let my team down.

Commend players who report concussions for their bravery and teamwork.

4

I didn't know at the time it was a concussion.

Educate players on the signs and symptoms of a concussion and encourage teammates to look out for signs during games and practices.

5

I didn't want to have to go to the doctor.

Inform your team that seeing a medical professional is key to recovering from a concussion.

6

It was the end of the season; I didn't want to miss a game.

Stress that long-term health is much more important than any game or season.

7

I thought my coach would think I'm weak.

Tell athletes that reporting concussions is the tough, smart and courageous thing to do. Coaches set the team culture.

8

I thought my teammates would think I'm weak.

Involve the entire team in messaging about the seriousness of concussions. Athletes should know that there is no such thing as a tough brain.

9

I thought my coach would get mad.

Praise earnest concussion reporting. Never punish or doubt an athlete with a concussion and keep athletes thinking positively in their recovery.

10

My team was going to the playoffs when it happened.

Emphasize that long-term health is more important than the results of a game or season.

Source: Wallace J, Covassin T, Nogle S, Gould D, Kovan J. Knowledge of concussion and reporting behaviors in high school athletes with or without access to an athletic trainer. J Athl Train. 2017;52:228-235. doi: 10.4085/1092-6659-52.1.07.

Visit **TeamUpSpeakUp.org** to set a positive concussion culture on your team.

**TEAM UP  
SPEAK UP**  
TO FIGHT CONCUSSIONS

# PAST, PRESENT AND A BRIGHT FUTURE

After celebrating 100 years of the NFHS, the organization took the opportunity to reflect on its past, present and future as the national leadership organization of high school athletics and activities.

As state associations and students across the country continue to rely on the trusted resources, opportunities and guidance provided by NFHS, the start of the second century for the organization was the time to elevate the identity, perception of the brand and how it's received moving forward by state associations, family members and students.



The NFHS logo: The “shield” is an evolution of past logos allowing the mark to connect with the organization’s first 100 years and bridge into its future.

- Flag element creates strong national symbolism.
- The four stripes within the flag element represent the four locations of the national office.
- Direction of flag element is pointing upward to symbolize forward-thinking and advancement.

## 2018-19 SCHOOLS OF EXCELLENCE

*Sponsored by the Idaho Army National Guard*



**5A - Eagle HS**



**4A - Bishop Kelly HS**



**3A - Sugar-Salem HS**



**2A - McCall-Donnelly HS**



**1A DI - Prairie HS**



**1A DII - Lighthouse Christian HS**

The Idaho High School Activities Association is pleased to continue the “Schools of Excellence” Initiative, whereby schools earn points based on their varsity teams’ achievements in the classroom, at the competitive venue, and in the area of citizenship/sportsmanship.

Participation is voluntary, and the school in each classification with the best overall program is honored with a special award at the end of the year.

**CONGRATULATIONS**



In 1986 a group of dedicated school administrators were trying to find a way to help schools offset travel costs for state tournaments. Schools across the state were struggling with tight athletic budgets and looking for additional sources of funding for their teams.

Thus, the Youth Endowment for Activities Foundation was created. In its 33rd year, the YEA closed the 2018-19 school year with a record-breaking \$4 million dollar balance, and generated disbursements of over \$140,000 for schools. Two new schools, Buhl HS and Troy HS, became the 66th and 67th school to become fully vested in the YEA.

2018-19 marked the last year of Dick Curtis’s service to the YEA as he retired as their executive director on June 30th. Moving forward, the YEA Board of Directors entered into an agreement with the IHSAA to manage the day-to-day operations of the foundation with Julie Hammons, current IHSAA assistant director, taking over as executive director of the YEA. Dick’s hard work and dedication will be missed, but Julie and the entire IHSAA staff are looking forward to serving the YEA.

Some exciting changes are on the horizon for the YEA including an updated website that will launch on September 15th ([www.yeafoundation.org](http://www.yeafoundation.org)). We are also promoting the foundation through social media and encourage you to follow us on Facebook (search “Youth Endowment for Activities Foundation”).

Thank you to everyone who supports the YEA and if there’s anything we can do to help, please don’t hesitate to reach out.

**Here’s to a great 2019-20 school year!**



National Hazing Prevention Week™ (NHPW) is September 23–27 2019!

## WHAT IS NATIONAL HAZING PREVENTION WEEK?

NHPW is officially designated for the last full week of September each year, but HPO encourages observance of NHPW at whatever time of the year it fits best into your schedule. Even more, HPO encourages you to make hazing prevention an everyday activity – not just one week out of the year.

Organizing activities and events around a national awareness week is a great way to bring attention to the problem of hazing. NHPW is an opportunity to educate students, parents, teachers, coaches, administrators, faculty, staff, athletic directors, band and performing arts directors, residence hall leadership, student government leaders, community members, local and campus police and others to not just recognize hazing but to learn ways they can prevent it from occurring in the first place. NHPW should be one part of every community's year-round comprehensive prevention planning efforts.

The ultimate goal is to prevent hazing. Strong education efforts, diligent policy development and reinforcement, and comprehensive planning and ongoing community efforts can do just that.

As the organizer of National Hazing Prevention Week, HPO has pulled together programs, resources, contests and a wealth of ideas to help you organize your local event

Read all about it [HERE!](#)

