



April 2018 ISSUE

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IHSAA EXPRESS

Supporting Education Through Activities

SCHOOL SPOTLIGHT

Eagle HS - Girls Basketball
Cody Pickett, GBB Coach

Describe what makes your school special?

We have a very special group of girls with outstanding parents. Eagle High School administrative support is great. Our coaching staff is very passionate about what we do, we pay attention to detail in everything we do as a program.

What inspires you to teach/coach?

I love coaching for multiple reasons. Especially for the relationships that I have the opportunity to build with our players. I had a very special high school career and try to do my best to allow my players to do the same. I've had an opportunity to play at many different levels but my high school career was probably my most enjoyable time.

What core values do you have for your teams?

We will win the right way and lose the right way. We will always compete with great energy and effort. Win or lose we will do our best to show high character.

What is the most rewarding part of being a coach?

Watching our players go through highs and lows to reach a goal while building a special bond with each other.

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

We have hard working players on the court and in the classroom. We try not to have late night practices so our team can have necessary time to study and catch up with homework each night. We were the 2016-17 Academic State Champions.

What advice would you give a new coach?

Coach with great energy, passion and detail with a love for your players. I try to coach the way I would want to be coached. There is a time to be loud and aggressive but there is also a time to be quiet and listen.



OPTIMAL HYDRATION FOR YOUR ATHLETES

The weather is getting warmer and spring sports are in full swing! It is no secret your athletes need proper hydration. Follow these three tips to help your athletes stay on a hydrated course!



UNITED DAIRYMEN — A DAIRY WEST PARTNER

* Athletes should be well hydrated before exercise and drink enough fluid during and after exercise to balance fluid losses. Encourage athletes to carry a water bottle and to drink milk with their meals.



* Hydration is about much more than just water, it's about maintaining the balance of fluids and electrolytes in an athlete's body. Milk is 90% water and chocolate milk is a tasty way to include carbohydrates and electrolytes the body needs.

* One way for athletes to check their hydration status is to weigh themselves before practice and again after practice. Drinking enough to replenish losses will help maintain hydration.

Check out this video where Sarah Dobkins, certified sports dietitian, explains the importance of staying hydrated throughout the day, and offers some practical tips on taste and more.

SPORTSMANSHIP MATTERS

On Wednesday, March 7th at the Sixth District All-Star Showcase game at Bonneville High School, the Sixth District Officials Association announced the 2018 Sportsmanship Scholarship Awards. Recipients were chosen by area high school basketball officials.

The Sixth District Officials have been involved in awarding the Bob Martin-Earl Chapple Memorial Scholarship for over 20 years. Area referees have awarded over \$35,000 to local athletes during that time. The officials association has also partnered with the family of Stephen Ellis who was a scholarship recipient in 1998 before he passed away during an auto accident several years later. Stephen's father and mother, Wade and Teri Ellis, help fund two scholarships in Stephen's name.

As recognition of their efforts, all recipients were given a scholarship to the college of their choice. They were also awarded a banner with their name and school colors to be placed in their high school gymnasium. The Sixth District Officials Association wishes to recognize the youth in our community and these men and women that have exhibited good sportsmanship and outstanding character on and off the court.

2018 Female Recipients

- Hannah Wilson - Madison High School
- Allison Severe - West Jefferson High School
- *Savanah Crane - Sugar Salem High School

2018 Male Recipients

- Derek Marlowe - Hillcrest High School
- Jace Johnson - Ririe High School
- *Chandler Pincock - Sugar Salem High School

* Stephen Ellis Memorial recipient



HER G.P.A. IS EVEN *higher.*
PLAY HIGH SCHOOL SPORTS.

#MYREASONWHY



AD Stuff

DATES TO REMEMBER

4/1 - April Fools Day
 4/6 - Concussion Survey Due
 4/9-4/10 - IAAA Conference
 4/10 - Star Nominations Due
 4/11 - IHSAA Board Meeting
 4/13-4/14 - State Speech
 4/20 - Spring E.V. Due

SPORTSMANSHIP

Congratulations to the following schools as they were winners of the team Sportsmanship Awards at the 2018 State Boys Basketball Tournament

- 5A - Rocky Mt. HS
- 4A - Twin Falls HS
- 3A - Fruitland HS
- 2A - Cole Valley HS
- 1A DI - Grace HS
- 1A DII - Carey HS

ACTIVITY

STATE CHAMPIONS

Debate

Large School - Eagle
 Medium School - Rigby
 Small School - Renaissance

Cheer

5A - Highland HS
 4A - Idaho Falls HS
 3A - Sugar-Salem HS
 2A - Oakley HS

Dance

5A - Eagle HS
 4A - Skyview HS
 3A - Shelley HS

Drama

5A - Coeur d'Alene HS
 4A - Twin Falls HS
 3A - Sugar-Salem HS

WINTER SPORTS STATE CHAMPIONS

Girls Basketball

5A - Post Falls HS
 4A - Burley HS
 3A - Sugar-Salem HS
 2A - Soda Springs HS
 1A DI - Oakley HS
 1A DII - Butte County HS

Wrestling

5A - Post Falls HS
 4A - Minico HS
 3A - Sugar-Salem HS
 2A - Ririe HS

Boys Basketball

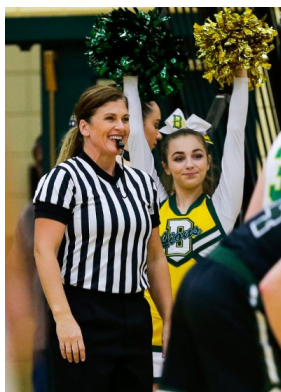
5A - Rocky Mt. HS
 4A - Preston HS
 3A - Fruitland HS
 2A - Bear Lake HS
 1A DI - Lapwai HS
 1A DII - Genesis Prep HS

2018 IAAA STATE CONFERENCE
 April 8-10 Boise, Idaho



TOP 10 REASONS TO PARTICIPATE IN HIGH SCHOOL SPORTS & ACTIVITIES

1. You'll have fun!
2. Better grades! Research shows that teenagers who participate in high school sports and activities have a higher GPA than those who do not. And better grades open the door to all kinds of opportunities.
3. You'll be fit, feel good, have more energy and begin to establish healthy lifestyle habits. It sure beats watching TV and playing video games, doesn't it?
4. You'll be playing for somebody beside yourself. Every time you put on your uniform, you'll not only be representing your high school, but your entire community. Nothing could be more rewarding!
5. You'll make lifelong friends. Students, who play on the same team or participate in the same activity, share the same passion and work together to overcome challenges. They also build bonds that not only last through high school, but for an entire lifetime.
6. You'll learn how to be an effective leader. Before you know it, you'll be a role model for future young leaders like yourself. They'll be looking to you for encouragement and guidance, and you'll have the skill to provide it.
7. You'll learn how to be a good teammate. There are few things more satisfying than working together toward a common goal. Every person's effort impacts the rest of the team, and every teammate is accountable to each other.
8. You will build character. One of the greatest reasons to participate in high school sports and activities is it will make you a stronger person, emotionally as well as physically. You'll learn how to persevere and be more resilient.
9. You will learn how to manage your time. Finding the minutes to do your homework, go to practice, enjoy your friends and get enough sleep can be challenging. But you learn how to balance and be a more organized, efficient person because of participating.
10. You'll be preparing yourself to take on future challenges. Add it all up—making better grades, being more physically fit, strengthening your character, developing better time management and leadership skills, knowing how to be a good teammate and the result is a person who is destined to be happy, productive and successful.



High School Athletics Still Needs Help

The NFHS recently recognized Andrea Holland-Colbert in the nation wide campaign to recruit and retain officials. "I started officiating basketball 12 years ago. I had always been involved in athletics and after a game, when I was coaching my daughter, two officials talked to me about becoming an official.

Being a basketball official has been amazing. To be a part of the game, to watch the kids grow, then graduate, and become officials themselves is an awesome feeling. Being an official is so much more than just a hobby or pastime, in fact I consider many of my fellow officials part of my family. For an additional story about officiating click the link below:

Beyond the whistle: Basketball officials try to make a difference



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Coach Stuff

BSU COACHES CLINIC

"How to Create a High-Performing Culture"

Join Boise State University coaches Leon Rice and Cindy Ball for an evening of discussing team chemistry and establishing a winning culture.

April 12th @ IHSAA
 (Information Below)

TWITTER

Idaho Coaches
 Idaho Teachers
 Idaho Leaders
 Idaho Mentors

Follow coaches education vines on our new twitter vines on our new twitter account @IHSAAcoach

STATE COACHES CLINIC

The Idaho State Coaches Association will host their annual State Clinic

June 3-5 in Jackpot, NV



Dick Fosbury, one of the most inspirational athletes in the history of track & field and recent inductee to the NFHS Hall of Fame will present as well as a featured speaker from the United Dairymen of Idaho/Dairy West. Join colleagues from around the region for three days of growth and development in our profession.

[CLICK HERE](#)



Quote from Coach

"I was told over and over again that I would never be successful, that I was not going to be competitive and the technique was simply not going to work. All I could do was shrug and say "We'll just have to see." - Dick Fosbury

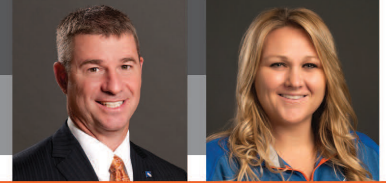


BOISE STATE UNIVERSITY
 COLLEGE OF HEALTH SCIENCES
 School of Allied Health Sciences
 Kinesiology

COACHING CLINIC: HOW TO CREATE A HIGH- PERFORMING CULTURE

APRIL 12 | 6:30 PM – 9:00 PM

IHSAA Offices | 8011 W Ustick Rd.



**FEATURED SPEAKERS: Leon Rice, Men's Basketball
 and Cindy Ball, Softball**

WHO? Open to coaches of all sports and experience level.

WHAT? Boise State University head coaches discuss team chemistry and establishing a winning culture.

QUESTIONS? ericmartin@boisestate.edu

Register at boi.st/CPASCoachingClinic

Spots are limited, so sign up soon! \$20 (Includes Dinner)

Sponsored by the Idaho High School Activities Association, and Boise State University's Masters of Athletic Leadership Program and Center for Physical Activity and Sport (CPAS)

By Coach Jim Burson
www.JimBurson.com

10 Thoughts for Beginning Coaches

1. Not every player will be interested in every practice.

No matter how much experience you have or how great you are at teaching, you will encounter times in the gym when players are just not interested. Don't give in to the temptation to scold or yell. Instead, try changing your tone of voice. Try moving around. Try both. You can even switch from talking to a physical activity, like a scrimmage. The process of the scrimmage may increase the players' understanding and, possibly, their level of interest. Teach them anyway.

2. If a practice is going badly, stop and regroup.

Even if you have planned a detailed practice and have a clear goal in mind, if your approach is not working – for whatever reason – stop! Regroup and start over with a different approach, or abandon your planned practice entirely and go on to something else. Afterward, be honest with yourself as you examine what went wrong and make plans for the next day. Do it. Do it right. Do it right now.

3. Coaching will get better.

Maybe not tomorrow or even next week, but at some point, your job will get easier. Do you remember your very first practice? Were you nervous? So was I. See how much your coaching has already improved? By next year you will be able to look back on today and be amazed at how much you have learned and how much more easily you do your job. The dawn alleviates.

4. You do not have to say yes to everything.

Do not feel that you must say yes each time you are asked to participate. Know your limits. Practice saying, Thank you for thinking of me, but I do not have the time to do a good job with another commitment right now. Of course, you must accept your responsibility as a professional and do your fair share, but remember to be realistic about your time. Learn to say no.

5. Not every player or parent will love you.

And you will not love every one of them, either. Those feelings are perfectly acceptable. We coaches are not hired to love players and their parents. Our job is to teach players and, at times, their parents as well. Players do not need you to be their buddy. They need a facilitator, a guide, mentor, and a role model for learning and for character. Give them what they need.

6. You cannot be creative every day.

When those times happen, turn to outside resources for help. Coaching books, teaching guides, clinics, professional organizations such as high school associations are designed to support you in generating well-developed practices. When you come up with your own effective and meaningful practices—and you will – be sure to share your ideas with other coaches, both veterans and newcomers to the profession. Sit at the feet of Masters.

7. No one can manage classes, students, players, recruiting, media and – oh, yes, coaching – all at the same time and stay sane.

A little multi-tasking can be good, but you must know your limits. Beware of burnout. Remember #4. A little learning is a dangerous thing.

8. Some days you will cry, but the good news is, some days you will laugh.

Learn to laugh with your players and with yourself. Patience is a great virtue.

9. You will make mistakes. That's life, and that's how you learn.

You cannot undo your mistakes, but berating yourself for them is counterproductive. If the mistake requires an apology, make it and move on. Mistakes are life. Life is not a game. No one is keeping score. Put down the beating stick.

10. This is the best job on earth.

Stand up straight. Hold your head high. Look people in the eye and proudly announce, I am a coach. You make a difference.

8th Annual Concussion Symposium

Presented by St. Luke's Sports Medicine Concussion Clinic

Saturday, April 7th, 2018

8 a.m.—12:30 p.m.

St. Luke's Boise Medical Center*

South Tower, Anderson Center, Rooms Ada 1-3

100 E. Idaho (North Entrance)

Downtown Boise

**Symposium will be teleconferenced to McCall and Wood River.*

Conference Overview

The symposium is targeted toward coaches, athletic directors, athletic trainers, parents, nurses, counselors, teachers, physicians and anyone interested in the management of concussion in youth.



Registration fee: \$15

Registration deadline: April 2nd

Space is limited and pre-registration is required.

Featured Topics and Speakers

Concussion Update 2018

Kurt Nilsson, MD, MS

St. Luke's Sports Medicine

St. Luke's Concussion Clinic

Medical Director

Idaho's Concussion Legislation & Community Outreach

Jake Hardee

Community Relations Coordinator

St. Luke's Concussion Clinic

Concussion Protocol: The Winning Formula for Idaho's Youth Sports

Noe Rodriguez

Executive Director

Nampa Optimist Football and Cheer

Changing the Culture of Concussions: Concussion Curriculum in Health Education Classes

Cassie Tipton

8th Grade Health Teacher

Fairmont Junior High School

Heidi Bromley

8th Grade Health Teacher

North Junior High School

Head Bumps Can Be More: Concussion Management at the Elementary Level

Deborah Lafond, M.Ed, BSN, RN, NCSN

School Nurse

Discovery Elementary School

Returning Middle School Students to the Classroom: Effective Management in the Junior High Setting

Cathie Jonakin, RN, BSN

School Nurse

North Junior High School

Effective Communication with Athletes

Thomas Sperbeck

Intern- St. Luke's Concussion Clinic

Former Boise State University Student-Athlete



To register go to:

www.regonline.com/concussionsymposium2018