



December 2017 ISSUE

- * **IMPORTANCE OF AN ATHLETIC TRAINER**
- * **TIS THE SEASON FOR CHEESE**
- * **DIRECTORS MESSAGE**
- * **MEET THE IHSAA - Brynn Knudson**
- * **SPOTLIGHT - Jessica Gallup, Highland Cheer**
- * **OFFICIALS' CORNER**
- * **NOMINATE - Spirit of Sport Award**



IHSAA EXPRESS

Supporting Education Through Activities



SCHOOL SPOTLIGHT

Highland Cheer

Jessica Gallup, Head Coach

Describe what makes your school special?

We have won state grand champions nine times. Our girls are fully dedicated and work super hard. Cheer is a year round sport and full of service as we cheer for our teams.

What inspires you to teach/coach?

I love being with young people. I feel like I'm not only a coach but a counselor, listener, shoulder to cry on, and I try to inspire these girls to be their best selves - not just at cheer but all the time.

What core values do you have for your teams?

Dedication, loyalty, responsibility, hard work, and unity are the most important values. I also push academics hard. We have won the state academic championships many times.

What is the most rewarding part of being a coach?

Seeing kids find success - not only in the sport, but also in life. I love seeing and hearing what former cheerleaders have done with their lives years after they leave HHS.

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

Minimum 3.0 GPA is expected. Most girls exceed that and push themselves in AP and honors classes. They are very ambitious. Character is huge with our team; we discuss ways to always be their best selves and set examples for others to follow. We have a good reputation, which gives them something to strive toward.

What advice would you give to a new coach?

Respect is huge - if you gain that, your girls will work for you. **Be Consistent** - do what you say you'll do. **Be Organized** - I find if parents and kids know what's going on, they are happier. **Set Clear Expectations** - let the parents and kids know what you expect from them so there's no question. **Push Them to be Their Best Self** - set goals for them and have them set goals for themselves.

Hard Work Pays Off!!



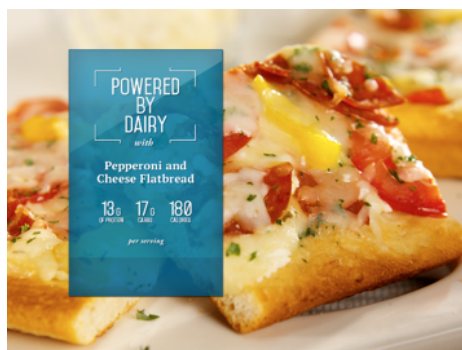
Tis the Season for Cheese!

The staff at Dairy West love cheese – it's a great way to fuel up while keeping pace with the holiday hustle and bustle. Here are our top three reasons we love cheese and you should too!



1. Cheese is a powerful nutrient package. One serving of cheese provides many of the nutrients your body needs such as calcium and phosphorus for strong bones, protein for building muscle tissue, vitamin B12 for a healthy nervous system and niacin which helps our body use energy from the foods we eat!

2. Cheese partners well with other foods to create a well-balanced and quick meal. Craving pizza? Try this **Pepperoni & Cheese Flatbread** with 13 grams of protein. It only takes 15 minutes and a healthy dinner is ready!



3. Cheese is a great option for those that live with lactose intolerance. Natural cheeses like cheddar, colby jack, mozzarella, Swiss and parmesan are good choices because they contain minimal lactose, making them easy to digest.

Have you ever wondered how long cheese lasts in your fridge? Check out this [Ask the Dietitian](#) and find out the shelf life of your favorite cheese.

Stock up on all your favorite cheeses this holiday season and be sure to submit your nutrition questions at: www.idahodairy.com

#MYREASONWHY



A Message from the Executive Director

Winter break is upon us and it marks the unofficial halfway point for the school year. We hope you will take time to think about the many ways in which you have contributed to the success of your students, schools and communities. The Idaho High School Activities Association appreciates all you do to make Idaho a great place for our student athletes and activity participants. It has been an awesome start to the school year and we look forward to a great winter activity season. Enjoy your families, recharge your batteries and enjoy this well-deserved break, (as much as people who work in schools actually get a break). Safe travels to those of you taking trips around the state and to other areas and again, thank you for being a positive influence for Idaho's kids.

Have a Merry Christmas Season and a Happy New Year. -Ty



DATES TO REMEMBER

- 12/1 & 12/2 - State Drama
- 12/5 - IHSAA Board Meeting
- 12/20-1/2 - Office Closing
- 12/25 - Christmas Day
- 1/1 - New Years Day
- 1/15 - MLK Day
- 1/17 - IHSAA Board Meeting
- 2/1 - Winter EV Deadline

MONTHLY CHECKLIST

- ___ Promote Activities Schedule
- ___ Publish Spring Schedules
- ___ Organize Fall Opponents
- ___ Organize Winter Opponents
- ___ Review Gym Schedules
- ___ League Meetings
- ___ Write Cancellation Checklist
- ___ Spring Emergency Plans
- ___ Winter Gym Schedule
- ___ Update Webpage
- ___ Grade Reports
- ___ Coaches Requirements
- ___ Spring Game Management
- ___ Check Arbitrator Schedule
- ___ Sportsmanship Manual
- ___ Enjoy the Holiday Break!!

**2017 IHSAA
State Football Champs**



- 5A - Highland Rams
- 4A - Skyline Grizzlies
- 3A - Fruitland Grizzlies
- 2A - Declo Hornets
- 1A DI - Prairie Pirates
- 1A DII - Carey Panthers

**IHSAA
Rule of the Month**

**Rule 8-16-1
NON-TRADITIONAL
STUDENT**

8-16-1 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 reside with a parent or guardian in the attendance area of the public school for which the student will participate.



The Importance of a Sports Medicine Team

Angela D. Pellant, MD

Family and Sports Medicine - Chair of IHSAA SMAC

In the world of high school athletics, taking care of the physical and mental health of our student athletes should be a priority. A team approach to caring for our student athletes is the gold standard. Ideally this team would include a full time athletic trainer (ATC), team physician, and supporting staff including: concussion trained healthcare providers, school nurses, EMTs, coaches, and administrators. Various limitations including rural locations, funding, and limited access to resources may limit a school or school district's ability to form a Sports Medicine team. Understanding the importance of a Sports Medicine team and the role each member plays are key to developing an effective strategy for providing cost-effective, quality care to our student athletes.

Having a full time (or at minimum a part-time) ATC allows for onsite evaluation of acute and chronic injuries. The ATC helps facilitate, diagnose, and treat sport related injuries. Good communication with coaches, administrators, parents and the team physician are a key role that the ATC plays on the Sports Medicine team. An ATC should be responsible for reviewing the pre-participation exams, developing return-to-play and return-to-learn protocols as well as helping develop Emergency Action Plans (EAPs) that are all part of the administrative duties.

The team physician should be a MD or DO that has had additional training in Sports Medicine or has the ability to stay current on Sports Medicine topics. He or she should be available onsite to help the ATC with evaluation or treatment plans as needed. Facilitating imaging or medications are just a few of the other responsibilities the team physician should have. The ATC and team physician should have frequent communication about student athlete injuries as well as reviewing annually the EAP and injury protocols. The team physician may be the best member of the medical team to manage concussion and facilitate compliance with the state concussion law.

School nurses, administrators, coaches, and community EMTs play important supporting roles in the care of student athletes. School nurses often facilitate return-to-learn protocols for concussion and help manage day-to-day symptoms athletes may have. Administrators and coaches are often the first to identify a potential injury and play a vital role in supporting the ATC in the recovery of the student athlete. Community EMTs and fire fighters will often times be on the side-line and can provide crucial initial evaluation.

Implementing a Sports Medicine team not only improves the care of our student athletes, but also decreases the risks of litigious actions that may surround an injury. The cost of a lengthy law suit would far out way the cost of a full or part-time ATC. Most importantly, there is no price that can be put on keeping our student athletes safe and healthy.



MEET THE IHSAA

Brynn Knudson, Coordinator of Officials and Social Media

Meet Brynn Knudson - From high school athlete, to college sorority sister, to elementary school teacher, to coordinator of officials and social media for the Idaho High School Activities Association, Brynn Knudson has always been involved in education and athletics.

Brynn is a 2003 graduate of Century HS in Pocatello. She participated in volleyball and track while also participating in student council. While running with her sister on the same relay team, they won back-to-back gold medals at the state track meet in the 4x400.

Brynn enrolled at the University of Idaho and studied elementary education while becoming a dedicated Gamma Phi Beta member. In 2008, Brynn accepted her first teaching job and would spend the next seven years molding first and third graders in Portland, Oregon.

Her current position with the IHSAA allows Brynn to bring her passions of education and athletics together. "Whether I was in the game or a spectator, I always loved how high school sports and activities could bring entire communities together. At the IHSAA, I'm able to see the positive influence participating in high school sports and activities continues to have on students. Sports and activities are able to create bonds and memories that otherwise would be missed - it allows for perseverance, commitment, and passion to happen all while teaching young minds to work together, to push harder, and to strive for a common goal."

Brynn recently was engaged to U of I graduate David Judd and plans are in the works for a February wedding. Brynn and David still plan to attend every home football game for the Vandals.



Spirit of Sport Award

This award seeks to recognize those individuals who exemplify the ideals of the positive spirit of sport that represents 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. The recipient must be a current coach or student-athlete involved with the schools' athletic or activities program. Nominations are due March 15 and may be submitted by anyone involved with member school programs.

2015 Winner
Hawk Pruett Minico HS



OFFICIALS' CORNER

We appreciate all the Idaho officials and the effort they give for Idaho kids!



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