

- * **SPOTLIGHT** - Craig Tefft, St. Maries HS
- * **STOP HAZING ON YOUR TEAM**
- * **SCHOOL BROADCASTING PROGRAM**
- * **OFFICIALS' CORNER** - Congrats Roland Wood
- * **WE LOVE DAIRY AND YOU SHOULD TOO!**
- * **NOMINATE YOUR INTERSCHOLASTIC STAR**



IHSAA EXPRESS

Supporting Education Through Activities



SCHOOL SPOTLIGHT

St. Maries HS - Football & Baseball
Craig Tefft, Physical Education Teacher

Describe what makes your school special?

The amount of community and staff support for our school and our student athletes is really incredible for a town our size. We always have people willing to donate time and money to make our school a better place to learn and play sports.

What inspires you to teach/coach?

I had very good teachers and mentors growing up both in the classroom and in sports. Brad Malm and Kevin Driskill were the two main people in my life that made me realize, at a very young age, that teaching and coaching was the where I needed to be in life.

What core values do you have for your teams?

We live in a blue collar community, those values fall in line with our community. Hard work and understanding that you get out what you put in is something we really try to install in our kids. We like to tell our kids win or lose, "Keep Chopping".

What is the most rewarding part of being a coach?

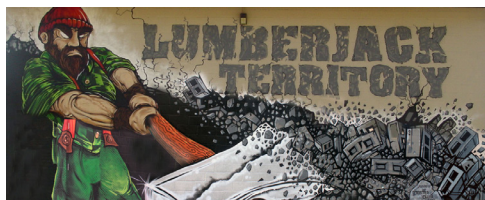
I enjoy working with the players and coaches. It is very fun to help in the process of the player's development both on the field and in life. The relationships that are built through sports last a life time. There are so many life lessons that can be taught through sports.

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

We have grade checks every three weeks to check the student athlete's progress in the classroom. They have to be passing all their classes or there are consequences. They are also expected to be conducting themselves properly in the classroom in order to participate in sports.

What advice would you give a new coach?

I would say give back to the game what it gave to you. Coaching is about the kids. You learn real fast that about the time you think you have things figured out, you realize how much you really don't understand about the game. I think it is also important to understand that coaching is the most scrutinized profession in the world. You better have a thick skin.



We Love Dairy - And You Should Too!

February is National Heart Health month. As a busy athletic director, coach or teacher you may find it hard to find time to take care of yourself. One easy thing to do every day is to include dairy as part of your heart healthy diet. Three servings of low-fat and fat-free dairy foods like milk, cheese and yogurt are recommended for anyone nine years and older as a part of an overall balanced, healthy eating style. Here are three heart healthy reasons you should add milk, cheese and yogurt to your day!

1. Dairy foods are convenient, cost effective and include nutrients Americans are not getting enough of: **calcium, vitamin D and potassium.**

2. The fat in dairy may **lower your risk of heart disease, diabetes and high blood pressure.** Emerging research shows fat in dairy products may not be directly linked to heart disease and the unique combination of nutrients work together for a healthy body.

3. Dairy foods **taste great!** You can incorporate dairy into many recipes, boosting the nutrients for a healthy heart. Watch this video and join our special guest, Registered Dietitian-Toby Amidor, and learn how you can use Greek yogurt in your kitchen! [Click here!](#)

Check out the dairy case in your grocery store today! You may be surprised how many **great tasting, body boosting, and heart healthy** options you will find!



UNITED DAIRYMEN – A DAIRY WEST PARTNER



2017 Star Award
 Virginia Monk, Genesee HS

Interscholastic Star Award

The purpose of the Interscholastic Star Award is to recognize and reward outstanding students who participate in high school athletic and non-athletic activities. Applicants must be current juniors who have participated in at least one IHSAA sponsored sport and one IHSAA sponsored activity.

Applicants must be students who:

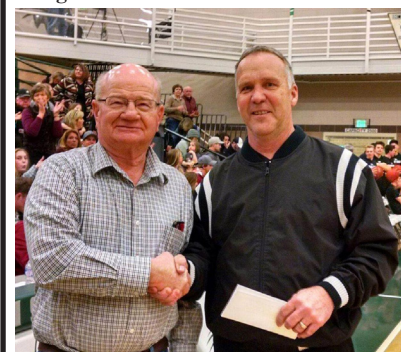
- * Through their participation, strengthen interscholastic sports and activities programs.
- * Are active contributors to school and community organizations and programs.
- * Are good citizens and positive role models for their peers.
- * Promote the ideals of good sportsmanship and citizenship.

Applications are due April 10th - www.idhsaa.org

OFFICIALS' CORNER

Congratulations Roland Wood

District IV officials presented Roland Wood his IHSAA Lifetime Pass January 24th at the Burley vs. Canyon Ridge boys basketball game.



AD Stuff

DATES TO REMEMBER

2/1 - Winter EV Deadline
 2/1-2/3 - All-State Music
 2/5 - Winter Academic
 Champions Applications Due
 2/5 - GBB Photo/Rosters Due
 2/15-2/17 - State Girls BB
 2/18 - State Wrestling Seeding
 2/19 - BBB Photo/Roster Due
 2/23 - 1st Practice -
 BA/SB/TN/TR
 2/23-2/24 - State Wrestling
 2/26 - 1st Practice - Golf
 3/1-3/3 - State Boys BB

UNIFIED SPORTS

There will be multiple opportunities for Unified participation at IHSAA State Events. Cheer and Track will host the Special Olympics of Idaho. If your school is interested, contact Allison Moskos at the Special Olympics of Idaho. allison@idsa.org

NATIONAL GIRLS & WOMEN IN SPORTS DAY

February 7, 2018

Celebrate the 32nd anniversary of National Girls & Women in Sports Day. This national observance celebrates the extraordinary achievements of women and girls in sports and is celebrated in communities across all 50 states.

Our theme recognizes the ongoing effort towards equality and access for girls and women in sports. Find everything you need:

Visit www.NGWSD.org

3-PERSON CREWS

Beginning in 2019, Idaho will use three person officials mechanics at state basketball tournaments.

SWIM DONATION

On behalf of the Association of Idaho High School Swimming, Julie Prince presented the IHSAA with a check for \$ 15,000 to be used for future IHSAA Championships.

THANK YOU

RULE OF THE MONTH UNDUE INFLUENCE

8-18-1 Definition of Undue Influence: The use of influence by any person connected directly or indirectly with an IHSAA member school, to induce a student to transfer from one member school to the other, or to enter the ninth grade at a member school for athletic competition purposes, whether or not the school presently attended by the student is a member of the IHSAA. (Recruiting)



Six Steps to STOP Hazing on Your Team

By Jeff Janssen for Coach & AD Magazine



“We never meant for it to end up like this ...”

“We all had too much to drink and no one was thinking clearly ...”

“The seniors initiated us when we were freshmen, so we were just keeping the tradition going ...”

“We were just trying to build a sense of team ...”

“They could have stopped at any time, we weren’t forcing them to do anything ...”

“We would have never done it if we knew we could lose our season over this ...”

These are the typical things you hear from good, well-meaning young adults after a seemingly benign freshmen initiation quickly and unwittingly mutates into a dangerous hazing ordeal that harms players, threatens lives, destroys careers and tarnishes a team’s and school’s reputation.

Hazing is still a pervasive issue, especially in the athletic arena. It’s often the result of newcomers desperately trying to fit in, veteran athletes who erroneously think they are promoting a sense of team, a lack of clear thinking because of alcohol, and the silence or absence of responsible leaders who know what’s appropriate and safe.

As listed on the website stophazing.org, a study by Alfred University and the NCAA found that approximately 80 percent of college athletes had been subjected to some form of hazing. Half were required to participate in drinking contests or alcohol-related initiations, while two-thirds were subjected to humiliating hazing.

As I travel to various schools and get a chance to talk with student-athlete leaders, it alarms me that so many of them have a shockingly lax and innocent view toward initiation. Combine this permissive attitude with Facebook and Twitter, where young adults post their party pictures and notes on their escapades, and you have the high likelihood of embarrassment, if not disaster, for your team or school.

The primary purposes of this article are to remind (and in some cases alert) you that hazing is still alive and well; that as a coach and administrator, you must take this issue seriously, especially at the beginning of the school year when initiations are more likely to occur. It’s also to offer some practical suggestions for proactively preventing hazing, or channeling it into more positive alternatives.

Your leaders are the key people when it comes to determining how your veteran athletes welcome the freshmen on the team. If your leaders believe initiation ceremonies are okay, you have a recipe for disaster and must act quickly. If your leaders believe that hazing is not the thing to do and dissuade other teammates from doing so, you have your best insurance policy against it.

Here are six steps you must take to greatly minimize the chances that a hazing incident will occur on your team.

1. Develop strong, positive & responsible leaders.

It always puzzles me when schools are looking for an anti-hazing speaker or program. When it comes right down to it, what these schools really want and need are positive, responsible and proactive leaders who do not plan or permit any hazing. Invest the time to develop strong leaders who aren’t afraid to step up and speak out against hazing.

2. Provide positive alternatives.

Ironically, some team leaders believe that hazing promotes team building, when in actuality it undermines it. If team building is what they are after, then there are a variety of positive team-building ideas that leaders can use like team dinners, movie nights, rope courses, camping trips, whitewater rafting and laser tag. You don’t have to be overly creative to discover an idea that can be effective in building team unity.

3. Meet with leaders to discuss your views & policies.

Make sure your leaders and team members know in no uncertain terms that hazing will not be tolerated in your program or school. Let your leaders know that you’re holding them accountable to prevent and diffuse any potential hazing incidents before they happen. Be clear about the consequences for everyone. Remember, if you suspect hazing may occur at a party, yet say nothing, your athletes, in effect, believe that you condone the behavior.

4. Cite examples of initiations gone wrong.

To help the message sink in with your athletes, you might consider giving your leaders examples of teams that have lost teammates or seasons because of hazing incidents. Calling attention to these real-life examples is especially important if you believe your athletes have a reckless attitude toward hazing. These terrible, yet practical, examples can help them understand the seriousness of the situation.

5. Create a buddy system.

Pair up your newcomers with one of your veteran athletes. Let the veteran know that they are in charge of helping the newcomer survive and thrive in the new environment. You want to create a situation where the older teammate acts as a big brother or sister for the younger one and looks out for them. Impress upon the veteran that they must always look out for and protect their younger teammates.

6. Encourage newcomers to report incidents.

Let your newcomers know that you want them to come to you immediately if they anticipate or experience any hazing. Obviously, most young athletes are unlikely to do so because they want to fit in with the team. The last thing they want is their teammates to view them as a tattletale. Just be sure that they know that you have a zero-tolerance policy for hazing.

For more info on developing leaders, team building and mental toughness; visit Jeff Janssen’s websites at www.ChampionshipCoachesNetwork.com and www.JeffJanssen.com

COACHES Stuff

NFHS Section 8

Baseball Coach of the Year

Congratulations to Tim Stadelmeir, baseball coach at Twin Falls H.S. Coach Stadelmeir was chosen as the NFHS Coaches Association Section 8 Baseball Coach of the Year.



COLLEGE CREDIT

The University of Idaho and Northwest Nazarene University provide college credit for completion of the NFHS Fundamentals of Coaching class. Go to the “Coaches” link at idsaa.org



Idaho Tennis Coaches attend BSU Tennis Clinic

22 Characteristics of the Master Coach

by George Raveling

- LEADS BY EXAMPLE
- GOOD COMMUNICATOR
- HUMBLE
- TRUSTWORTHY
- VISIONARY
- MISTAKE TOLERANT
- PERSEVERANCE
- LISTENS TO LEARN
- COMPASSIONATE
- BELIEVABLE
- RESPONSIBLE
- CONTROLLED EMOTIONS
- MENTOR
- DEDICATED
- INNOVATIVE
- INSPIRING
- FEARLESS
- COURAGEOUS
- INTELLECTUAL
- EXCELLENCE
- CREATIVE THINKING
- RISK TAKER



BECOME AN NFHS NETWORK SCHOOL

CLICK HERE



The NFHS Network School Broadcast Program (SBP) makes it easy for students to produce live video broadcasts by providing the software, tools and training they need. With our proprietary technology, schools can produce and distribute high quality events throughout the year including regular season sports, graduation, band, cheer events, as well as other school activities. Broadcasting these events on the NFHS Network is a great way for a school to showcase its students and activities while strengthening the connection with parents, players, boosters and the community. The platform allows both live streaming and archiving for on-demand viewing. Your fans will be able to watch your events whenever they want, wherever they are. Becoming part of the NFHS Network School Broadcast Program is easy and you can get started with as little as a camera, a laptop, and an Internet connection.