



January 2018 ISSUE

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IHSAA EXPRESS

Supporting Education Through Activities

SCHOOL SPOTLIGHT

Minico HS - Football

Tim Perrigot, MS Principal/Football Coach

Describe what makes your school special?

The great thing about Spartan Nation is it doesn't matter if you're a soccer player, in the choir, in the band, on the swim team, a member of student government, or you're in the FFA. It doesn't matter your ethnicity or your religion. It doesn't matter if you're a cowboy, an athlete, on the honor roll...heck, it doesn't even matter if you're a freshman. We come together as one. That's the Spartan Way. It always has been, it always will be. It's what makes us great.

What inspires you to teach/coach?

I'm a middle school principal and coaching is my escape. Now that I'm older I enjoy the practices more than the games. It's at practice where you truly have the time to make a difference in a player's life. I love it when former players come back to visit while on their college breaks. I am reminded that while our time together is short, the relationships and memories will last forever.

What core values do you have for your teams?

Football is a microcosm of life. There are many highs and many lows. Humility is the greatest virtue and it affects our thoughts, our relationships, and our actions. We constantly remind our players that if you have to tell somebody how good you are --then you're probably not that good.

What is the most rewarding part of being a coach?

My mentor, John Billezt, taught me to leave a place better than I found it. He always asked the kids at the beginning of the season how they wanted to be remembered when the season was complete. I've been the head football coach at Minico for 22 years. I can't believe how fast time flies. We still, to this day, try to one-up the programs previous year's accomplishments.

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

Our student-athletes are required to have a C or better in all of their classes. If they do not, the teacher, athlete, and coach must come up with an improvement plan. This isn't easy to deal with when you have 125 players on the team. Fortunately, we have a great teaching staff and a supportive administration, who like to see our players be successful in the classroom as well as on the field.

What advice would you give to a new coach?

Don't be someone else. Be yourself. You can't fool the kids. The relationships you build with your athletes are more important than winning football games. When you're in the nursing home, nobody is going to care what your win-loss record was at Minico High School.

Getting Fit in Just Minutes A Day

HAPPY NEW YEAR! If you're like most people you are probably thinking about improving your health. Starting an exercise program can seem daunting to someone with an already packed schedule. But, we have good news! Research shows getting fit doesn't require that much time.



Shows getting fit doesn't require that much time.

- Increments of 10 minutes throughout the day can be just as effective for weight loss and health as an hour-long workout. We all have 10 minutes!
- Many people find it easier to stick with shorter workouts. Make it part of your lifestyle!
- Short bouts of exercise can also help lower cholesterol and reduce the risk of heart disease.

Planning an exercise routine that is short and fun does not have to cost a lot of money. We have a free download for you that you can complete in just 7 minutes. The 7-minute workout is easy to do at work or at home and only requires a wall, a chair and your own body weight.

[Click here to download your free workout.](#) It's great for kids and classrooms as well! [Get a free demo of all the exercises here.](#)

Remember, chocolate milk is a delicious way to fuel your body for any workout! Be sure and visit our website at www.idahodairy.com for more resources! As always, resources are free for all Idaho educators and health professionals! Dairy West wishes you and your family a HAPPY NEW YEAR!



Who are the Idaho Speech Arts Teachers?

The Idaho Speech Arts Teachers Association (ISATA) was founded in 1955 with the purpose of supporting Idaho's teachers and students who work to promote the performing arts in our school and communities. We have members from all three disciplines from every corner of our state. We embrace diversity, acknowledge we have a responsibility to be inclusive in all we do, and educate tomorrow's leaders.

Our Mission

"The purpose of this association shall be the promotion of speech arts programs in secondary schools by developing, encouraging, and improving the competitive speech arts; and to provide further opportunities for professional development of the speech arts teachers in Idaho".

ISATA AREAS OF FOCUS

DEBATE

Students in Idaho can compete in several formats of debate, both team and individual. Currently, students can compete for state titles in Congressional Debate, Lincoln Douglas Debate, Policy Debate, and Public Forum Debate. Additionally, students can participate in other formats at invitationals such as Worlds and Big Questions.

DRAMA

In drama competition, students in Idaho can participate in both acting and technical aspects of theater. Under the direction of the IHSAA, students compete at district tournaments across Idaho with a bid to the state tournament on the line. Students who participate in these events also are often acting and performing in their schools' plays and performances.

SPEECH

There's a little bit of everything in speech competition in Idaho for our students. Currently, there are 13 different events that students can compete in at district and state tournaments. Many invitational events across the state also offer experimental events to give competitors many different opportunities to excel. The events fall into three genres; interpretation, platform, and limited preparation. Information obtained from isata.org



IHSAA Rule of the Month

8-15 ALTERNATIVE HIGH SCHOOL ELIGIBILITY

Students enrolled in and attending an alternative school program, who compete in IHSAA sponsored athletic programs, must comply with the IHSAA Individual Eligibility Rule.

General guidelines for students attending alternative programs:

1. The student must comply with eligibility requirements of the member school along with the eligibility requirements of the IHSAA.
2. A student attending a cooperative alternative program of which his/her home school is a member would be eligible to participate in the school of his/her home (attendance) district.
3. A student wishing to compete for another member school of the cooperative alternative program must request a waiver of the transfer rule.

AD staff

DATES TO REMEMBER

- 1/1 - Happy New Year
- 1/15 - MLK Jr. Holiday
- 1/16 - IHSAA Work Session
- 1/17 - IHSAA Board Meeting
- 2/1 - Winter EV Deadline
- 2/1-2/3 - All-State Music
- 2/5 - Winter Academic Champions Applications Due
- 2/5 - State GBB Pictures & Rosters Due

MONTHLY CHECKLIST

- ___ Promote Activities Schedule
- ___ Send Sportsmanship Hint
- ___ Review Winter Tournaments
- ___ Review State Reservations
- ___ League Meetings
- ___ District Tournament Preparation
- ___ Finalize Fall '18 Schedules
- ___ Finalize Winter 2018 Schedule
- ___ Update Webpage
- ___ Grade Reports

SPRING SPORTS TO DO:

- ___ Coaches Requirements
- ___ Set-up Game Management
- ___ Check Arbiter Schedule
- ___ Distribute Schedules
- ___ Physicals
- ___ Set up Parent Meetings
- ___ Finalize Athlete Paperwork
- ___ Bus Schedules

OFFICIALS' CORNER

Just One Official Away...

Tips for Recruiting New Officials

- * Tell candidates it's a chance to "give back" to the sport you love.
- * Use social media every chance you get.
- * Find relatable issues when talking with potential candidates.
- * Have coaches identify potential candidates.
- * Set up well-publicized and low-cost training.
- * Seek out parents, especially those whose kids no longer play sports.
- * Speak at local service organization luncheons.
- * Set up equipment drives to help new officials.
- * Make all potential candidates feel welcome in "the club"
- * Relay that it's also an opportunity to make money and work with kids.

Tips for Keeping Officials

- * Make sure good mentors are around young officials.
- * Give new officials useful feedback.
- * Pay them fairly and on time.
- * Give the psychological support.
- * Give them a legitimate chance to advance.
- * Make sure the assigner is giving them a realistic schedule.
- * Step in and quell turf battles.
- * Make sure you have their back in case of a parental/coach/fan disputes.
- * Encourage them to attend clinics and training.
- * Every chance you get, say, "Thank You!"



A Message from the Assistant Director

As we begin 2018, it is appropriate to re-evaluate and set goals for the new year. School leaders in particular will lead the way in modeling, setting and teaching behavioral expectations of their coaches, participants, student section and parents/fans. Over the past decade, the IHSAA sportsmanship committee has developed a "Sportsmanship Manual" that assists schools in understanding the role of the student, coach, administration, fans, and cheerleaders. This is a working document and is re-evaluated yearly to make sure we are meeting the needs of our schools. Specifically for Activities Directors, the IHSAA has created the "Citizenship Through Sports Manual"; this document defines expectations for schools and gives sample documents that can be used for citizenship promotion. In recent years, the committee has focused on such areas as recognizing good examples of sportsmanship by individuals and schools at state events. Creating a coaches Code of Ethics, guidelines for public address announcers, and positive messages through social media. It is a wonderful time of the school year to refocus on the purpose of education based activities and make 2018 a year to remember.

-Happy New Year!



IHSAA and MaxPreps Partnership

The IHSAA has partnered with MaxPreps to efficiently collect schedules, scores, rosters and team photos, and to highlight member school information. MaxPreps' industry leading platform provides schools with various desktop, tablet and mobile options to keep their team information accurate. Once team information is submitted to MaxPreps it will be automatically made available to the IHSAA. For more information click the MaxPreps Q & A link at idhsaa.org home page

CONGRATULATIONS

Dan North, Music Teacher at Madison HS has been named the 2017 Idaho recipient of the NFHS Outstanding Music Educator Award.



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ROLE OF THE ASSISTANT COACH IN EDUCATION BASED ACTIVITIES

by Matt Monroe, Assistant Basketball Coach at Saint Patrick High School

Be Loyal to the Program: One of the most important roles of an assistant coach is to be loyal to the head coach and to the program. There are many influences and issues that may emerge during the course of a season. Make sure you always keep the best interests of the players, your program, and the head coach in mind in whatever you do. Remember it's about the team and not you.

Be Available and Present: The best assistant coaches are the ones that are present all of the time. Make yourself available to the head coach and dedicate the necessary time needed to make the program successful. Put in the extra work and always look to go above and beyond your basic responsibilities as a coach.

Do the Work: No job or responsibility is beneath you. As an assistant coach (and a head coach) you need to be willing to do the dirty work. Building a program and sustaining success are both done by putting in work that might not always be fun or filled with glory. Coaching is not for the faint of heart – it requires a tremendous amount of energy, effort, and time. If you want to be successful, you must put in the work every day.

Be Willing to Learn: A long-time successful head coach once said, "If I ever get to the point in my career where I stop learning, I will stop coaching." The more you learn about the game, the more you'll understand how little you truly know. Be a sponge. Learn as much as you can. Your head coach is a great source for knowledge, but you may also learn from coaches who may have less experience than you. Take something from everyone. Although you might not always agree with other coaches, maintain an open mind and understand that there isn't one right way to do things.

Find a Specialty: Find something you can do for the program that you can own. Develop a speciality in an area that can make a positive impact on the success of your team and program. Bring something special to the table. There are a variety of areas in which you can bring something special to a program. Some ideas include: team defense, shooting skill work, technology, scouting, organizing clinics, breaking down game film, creating a program newsletter.

Communicate with the Head Coach: Whether you are the freshman head coach or the sophomore assistant, you need to make sure the head coach is aware of everything that is going on in his or her program. Don't expect the head coach to solve all of your problems for you, but make sure that there are no surprises in the program.

Know Your Role: As a young coach, it is easy to let your ambition take over. Make sure you don't overstep your bounds. Know what your role is in the program and fill it to your greatest ability. Do whatever the head coach asks of you and never forget that you are his/her assistant?

Have Self-Discipline: Be on time. Follow school and program rules and expectations. Follow through on what you're asked to do. Carry yourself and represent the school and program in a positive way at all times. Make sure you exercise self-discipline in all that you do. Not only does it make you a better coach and help the program, it sets a great example for your players.

Give Suggestions: Find ways to contribute to the program when called to do so. Don't be afraid to give suggestions and understand that there is a good chance the head coach might not use what you say. However, it is important to give another perspective, another idea, and another plan. Don't take it personally if your idea gets shot down, and don't gloat if it is used successfully.

Promote a Unified Message: Stay on message. Don't contradict what the message of the program and the head coach is, even if you don't completely agree with it. Successful programs have a unified message. As an under-level coach, stick to the program that is in place and prepare your players for varsity basketball. All disagreements among staff members should be discussed privately. Successful programs almost always act as one.

