



- * SPRING SPORTS STATE CHAMPIONSHIPS
- * MEET THE 2019-20 STUDENT ADVISORY COUNCIL
- * NFHS NATIONAL COACHING CERTIFICATION
- * 2019 INTERSCHOLASTIC STAR - Jackson Headley
- * 2019 SPIRIT OF SPORT - Emmaline Pinkerton
- * 2019 SCHOOLS OF EXCELLENCE
- * LOSING WITH DIGNITY - Josh Hils
- * DAIRY WEST - Sports Nutrition Symposium



IHSAA EXPRESS

Supporting Education Through Activities

SPRING SPORTS ACADEMIC CHAMPIONS

SOFTBALL

5A	Madison	3.793
4A	Shelley	3.759
3A	Kimberly	3.837
2A	Nampa Christian	3.774
1A	Nezperce	3.693

GIRLS GOLF

5A	Madison	3.875
4A	Pocatello	3.962
3A	Filer	3.973
2A	Declo	3.823

BOYS GOLF

5A	Centennial	3.756
4A	Preston	3.851
3A	Fruitland	3.814
2A	Orofino	3.741

GIRLS TRACK

5A	Madison	3.827
4A	Shelley	3.827
3A	Teton	3.801

BOYS TRACK

5A	Boise	3.739
4A	Bishop Kelly	3.670
3A	Sugar-Salem	3.517

COMBINED TRACK

2A	Bear Lake	3.759
1A	Rockland	3.660

GIRLS TENNIS

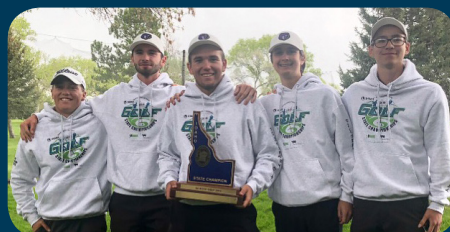
5A	Rocky Mt.	3.975
4A	Middleton	3.946
3A	Fruitland	3.979

BOYS TENNIS

5A	Madison	3.941
4A	Blackfoot	3.915
3A	Fruitland/Parma	3.823

BASEBALL

5A	Eagle	3.605
4A	Idaho Falls	3.817
3A	Kimberly	3.555
2A	Melba	3.556
1A	Rockland	3.381



SPRING SPORTS STATE CHAMPIONS

SOFTBALL

5A	Mt. View
4A	Bishop Kelly
3A	Filer
2A	Malad
1A	Kendrick

GIRLS GOLF

5A	Eagle
4A	Twin Falls
3A	Buhl
2A	Cole Valley

BOYS GOLF

5A	Rocky Mt.
4A	Minico
3A	Fruitland
2A	Grace

GIRLS TRACK

5A	Eagle
4A	Bishop Kelly
3A	Kimberly
2A	Melba
1A	Raft River

BOYS TRACK

5A	Rocky Mt.
4A	Skyline
3A	Sugar-Salem
2A	Nampa Christian
1A	Valley

GIRLS TENNIS

5A	Timberline
4A	Bishop Kelly
3A	Parma

BOYS TENNIS

5A	Eagle
4A	Middleton
3A	SV Community School

BASEBALL

5A	Mt. View
4A	Bonneville
3A	Marsh Valley
2A	Melba
1A	Potlatch

ADMINISTRATION CORNER

SUMMER DATES TO REMEMBER

6/1	Spring Sports Concussion Survey Due
6/4	IHSAA Board of Directors Work Session
6/5	IHSAA Board of Directors Meeting
6/16	Father's Day
7/4	Independence Day
7/30	Board of Directors Work Session/Appeals
7/31	Board of Directors Meeting
7/31	IHSAA Annual Meeting
7/31	IHSAA Hall of Fame Banquet
8/3 - 8/11	No Contact Period (all activities)
8/12	First Practice - Soccer/Football/Cheer/Dance/Swimming/Volleyball/XC
8/23	First Competition - Soccer
8/28	First Competition - Swimming/Volleyball/XC
8/30	First Competition - Football



SUMMER SPORTSMANSHIP HINT

THAT MOMENT WHEN YOU REALIZE



IT'S YOUR MOM THAT'S SCREAMING AT THE REF

Summer is a great time to refresh as well as research different approaches to the upcoming school year. Take time to read and think about the importance of sportsmanship in your program/school. Reflect on how you model and teach sportsmanship for all your students and parents. Find a way to be intentional with teaching the benefits of positive behavior toward others, the example set by adults on and off the playing fields is a primary contributor to the behaviors demonstrated by students. Teaching adults the benefits of their behavior on their children will leave a lasting impression. Have a relaxing and enlightened summer!

IHSAA Selects Five Interscholastic Stars

The Idaho High School Activities Association have named five high school juniors as the 2018-19 recipients of its annual Interscholastic Star Student Recognition Awards. This scholarship program is sponsored by the IHSAA and was established in 1992 to recognize and reward outstanding students who participate in high school athletic and non-athletic activities.

Jackson Headley was selected as the "Idaho Star" for 2018-19 and will grace the back covers of the 2019-20 state tournament programs.

Nominees for the scholarships are exemplary 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.

Interscholastic Stars receive a \$1,000 scholarship to the college of their choice. A \$500 check is also given to each Interscholastic Star's school. Runner's up at each level receive a \$500 scholarship.

All five 2019 Interscholastic Stars are leaders in their schools and communities:

- **1A Star – Kendra Murray** – As a captain of two-sport athlete at Genesee High School, Kendra is also active in Student Government, FFA and Choir.
- **2A Star – Andy Gebhardt** – Andy is involved in music and multiple school clubs while participating in three sports at Salmon High School.
- **3A Star – Layten Tolman** – An actor in lead roles, Layten also participates in speech while being a 3-sport participant.
- **4A Star – Halle Torgerson** – A three-year letterman and captain of the Hillcrest High School Soccer team, Halle runs track and has also been involved in speech & debate.
- **5A Star – Jackson Headley** – A state performer on the Post Falls High School Speech team, Jackson has competed as a 3-sport athlete each year of his high school career.



Abby Kofoid - Middleton High School

FALL ADMINISTRATOR MEETINGS

All Principals and Athletic Directors are required to attend annual rules and regulations workshops at the beginning of each school year.

<u>DATE</u>	<u>SITE</u>	<u>TIME</u>	<u>ATTENDEES</u>
DISTRICT I			
9/5	N. Idaho College	9:00-10:30	New Principals & AD's
9/5	N. Idaho College	10:45-12:30	All Principals & AD's
DISTRICT II			
9/4	LCSC	10:30-12:00	All Principals & AD's
DISTRICT III			
8/6	IHSAA Office	9:00-10:30	New Principals & AD's
5A/4A			
8/22	IHSAA Office	7:30-9:00	All Principals & AD's
1A - Longpin			
9/4	Cascade HS	11:00-1:00	All Principals & AD's
1A - WIC			
8/28	Smoky Mt. Pizza	11:30-1:00	All Principals & AD's
3A/2A			
8/7	Fruitland HS	10:00-11:30	All Principals & AD's
DISTRICT IV			
8/21	TBD	9:00-10:30	New Principals & AD's
8/21	TBD	10:45-12:30	All Principals & AD's
DISTRICT V			
8/20	Highland HS	9:30-11:00	New Principals & AD's
8/20	Highland HS	11:15-1:00	All Principals & AD's
DISTRICT VI			
8/12	Idaho Falls HS	9:00-10:20	New Principals & AD's
8/12	Idaho Falls HS	10:30-12:00	All Principals & AD's

COACHES' CORNER

NATIONAL COACHES CERTIFICATION

The NFHS Coach Certification Program is a national professional credential offered to individuals who are currently coaching or aspire to coach at the interscholastic level. The attainment of this national certification demonstrates the completion of a series of courses offered by the NFHS that will enhance the ability of the coach to better serve the student, the school, the community and the profession of coaching.

AIC - Accredited Interscholastic Coach (level 1 National Certification)

REQUIRED COURSES

- Fundamentals of Coaching
- Concussion in Sports
- First Aid, Health and Safety
- One "Sport Specific" Course



CIC - Certified Interscholastic Coach (level 2 National Certification)

REQUIRED COURSES

- Completion of AIC Courses
- Bullying, Hazing and Inappropriate Behaviors
- Strength and Conditioning
- Teaching and Modeling Behavior
- Engaging Effectively With Parents
- Sportsmanship
- Two "Sport Specific" Courses



DID YOU KNOW... In an effort to assist in coaches' education throughout the State of Idaho, The Idaho High School Activities Association in cooperation with the NFHS and the University of Idaho is announcing an opportunity for Idaho teacher/coaches. Teacher/Coaches can earn (3) college credits from the University of Idaho by becoming an NFHS Certified Interscholastic Coach. For information, [CLICK HERE](#)

#MYREASONWHY

2018-19 IHSAA Schools of Excellence

The Idaho High School Activities Association is pleased to continue the “Schools of Excellence” Initiative, sponsored by the Idaho Army National Guard, 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.

Awards will be presented at the IHSAA Annual Meeting
July 31, 2019 at Boise Centre East



5A School of Excellence Eagle Exemplary Achievement Rocky Mt. Boise	4A School of Excellence Bishop Kelly Exemplary Achievement Century Twin Falls	3A School of Excellence Sugar-Salem Exemplary Achievement Snake River Timberlake	2A School of Excellence McCall-Donnelly Exemplary Achievement Ririe Declo	1A DI School of Excellence Prairie Exemplary Achievement Genesee Glenns Ferry	1A DII School of Excellence Lighthouse Christian Exemplary Achievement Sun Valley Community Carey
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Losing With Dignity

By Josh Hils

A lesson in leadership to help coaches guide their players losing with dignity basketball Losing is tough, but it's a part of every sport. Players and coaches should learn to do it with class. A universal truth in the world of coaching is that nobody like to lose. But how coaches handle losing says a lot about their program, their culture and their core philosophy.

You hear the clichés all the time, but it's not rare to see upsets in sports. We have all been on the winning and losing side, and we've all repeated phrases like, “They were the better team today.” The fact is, epic wins and epic losses happen in the same game.

When the University of Virginia men's basketball team lost to the University of Maryland, Baltimore County in the NCAA Tournament — the first No. 1 seed to fall in the opening round — the historic win and historic loss were one in the same. When Virginia coach Tony Bennett took to the postgame press conference, he was magnificent in the manner and tone in which he handled the disappointment. His comments were the template for how coaches at any level should handle the burden of such a significant loss.

If you look at how Bennett handled himself as a leader, coach and teacher, you see that the values and core beliefs of his coaching shined through. We can all learn a lot from Bennett. Here's a blueprint for how to teach our athletes about life, sports, winning and losing.

1. Acknowledge your opponents and give credit - This sounds simple, but it's not uncommon to hear coaches make excuses for their play — “the officiating was terrible,” “we were shorthanded due to injuries.”

If we make excuses rather than crediting our opponents, we teach athletes to deflect responsibility for the loss. We teach them that you don't have to take ownership of your own performance. As coaches, we're charged with teaching life lessons. One of those core lessons and skills is to teach humility and dignity when times are tough.

2. Maintain proper perspective - In a loss where a favored team doesn't rise to the occasion, it's not a representation of the team or individual players. Bennett was crystal clear in his message to the team. “This is life,” he said. “It can't define you. You enjoyed the good times, and you have to be able to take the bad times. When you step into the arena ... the consequences can be historic losses, tough losses, great wins and you have to deal with it. And that's the job.” Our ability to clarify the values of winning and losing is vital to the social, mental and emotional development of our athletes. We have to be able to frame the message of how competition challenges us. Not just in our physical and mental preparation, but also how it challenges us emotionally.

3. Be dignified in your body language and presence - Body language is everything as a leader. Our athletes look to coaches to be the stability and foundation of the program. How we carry and present ourselves speaks louder than our words ever will.

If we have an athlete who jogs at 75% to our huddle, slouches on the bench, or projects frustration and disappointment, we lose faith in their ability to be invested. We are no different in the eyes of our athletes. If we allow frustration, disappointment or a bad attitude to be visible to our players, we allow them to adopt the same demeanor. We have all done it from time to time — argued with officials, allowed a play or call to direct us into a mindset of blame. It's natural to feel that way. However, as a leader, we have to be cognizant that our approach toward adversity guides our players in how they develop emotional and mental resiliency.

I know this all too well as a player and coach. As an athlete, I was co-captain of my varsity basketball team that lost in the state championships. We were the No. 1 seed and lost in the finals to a fifth-seeded team, a school we defeated by 24 points during the regular season. Losing with dignity is hard as a player, but my coaches never allowed us to make any excuses for the loss. They modeled integrity and sportsmanship in the loss and insisted that we lose with grace and dignity. I carried those values with me as a collegiate athlete, and I continue to do so today. I have been fortunate to coach in two soccer state semifinals, losing each by a single goal. As hard as my team worked during those seasons and as great it was to win, those losses taught me how to lead. They taught me to be more aware of how we frame winning and losing for our athletes.

From time to time, we all get frustrated and want to deflect a lack of success away from ourselves. However, we can never allow it to rise to the top and be a distraction from the real reason we might be on the losing end. Credit an opponent for beating you, even if you know you could have done better. Keep it in perspective, and maintain a healthy philosophy about competition. Above all, maintain your integrity and lose with dignity.

Joshua Hils, M.Ed., is the head girls soccer coach at Coe-Brown Northwood Academy in New Hampshire and has 20 years of high school coaching experience. He also develops coaches through his coaching education and development program, Picking Up the Whistle.



2018-2019 Student Advisory Council Review

By Jason Hardy, Secretary SAC



On July 22nd Jason and Jozie met with Mike to go to Indianapolis for the NFHS National Student Leadership Summit. Here we learned how to become better leaders in our school and state. We came home with lots of ideas from other Student Advisory Councils to implement

in Idaho. Shortly after the trip on July 30th, the whole team met at the IHSAA office to get to know one another, talk about the things learned in Indianapolis, elect cabinet positions, and plan our upcoming year. The first meeting consisted of learning what other state councils do and talking about goals we might be able to achieve.

Our second meeting was on November 26th, also at the IHSAA office. During this meeting we planned out initiatives we would like the council to carry out in future years, but also start initiatives for this year. We decided that promoting our council and spreading awareness to schools and students in the state was most important. Each of our members attended their districts Athletic Director meeting to talk about what the council does and what a great opportunity it would be for kids to join. We also passed out flyers and cards with our contact information. We started with six members and because of our effort to get more kids involved in our council; next year we will have 14 new members.



What the Student Advisory Council is all about is getting more students involved and participation in Idaho Activities. The three points we focus on are improving Sportsmanship, Achievement, and Character. One fun way to get students and their schools involved in showing school spirit as well as excellent character and achievement was through our Battle of the Fans Contest. In

this contest, each school submitted a video showing their student involvement and school spirit. On March 11th, the Student Advisory Council judged and voted on each of the videos and declared Lewiston High School the large school winner, and South Fremont High School the small school winner. Both schools were presented with 2019 Battle of the Fans Champions banners.



Before our final meeting on May 22nd, we reviewed all applications from students for the 2019-20 year and decided on who would be joining our team. At our meeting we planned our summer retreat where we get to meet the new members and teach them about what the council means and does for Idaho schools and students.

Though this was the first year Idaho has had Student Advisory Council, with the few members it has had, there have been lots of steps taken to begin improving school and student involvement in our state activities. With the things each member has brought to the council, there will be a good foundation of initiatives and goals for following members to build upon. Good luck to the SAC in 2019-20 and move forward in all that we have started.

-Jason SAC Class of 19

2019-20 IHSAA Student Advisory Council

District I

Brooke Jessen Timberlake HS
Sierra Keele Kellogg HS

District II

Dakota Gorges Clearwater Valley HS
Hayden Uhlenkott Prairie HS

District III

Adyson Harris Parma HS
Izabella Leiby Emmett HS
Crystal Median Caldwell HS
Kobe Warr Rocky Mt. HS

District IV

Kaitlynn Ayers Twin Falls HS
Tyson Chapman Shoshone HS

District V

Jeni Alder Malad HS
Colton Fetzer Soda Springs HS

District VI

Hannah Bolingbroke Madison HS
Lucas Patterson Hillcrest HS

SPIRIT OF SPORT AWARD



The Idaho High School Activities Association is pleased to announce the 2019 recipient of the "Spirit of Sport Award". This year's winner is Emmaline Pinkerton, a student-athlete from Bonners Ferry High School.

Emmaline Pinkerton just completed her sophomore year at Bonners Ferry High School. She is a three-sport athlete at BFHS as well as being a member of the yearbook staff, National Honor Society and student leadership team. That, in addition to a 4.0 GPA, shows what an exceptional student she is. However, what makes Emmaline truly remarkable, and this year's Spirit of Sport recipient, is how she faced what seemed like insurmountable odds only a few years ago.

At the end of her 8th grade year, Emmaline came down with what was thought to be the stomach flu. She lost a tremendous amount of weight and ended up spending a week in the hospital. The doctors performed numerous tests but could not figure out what was wrong with her. For six months, the downward spiral continued. Finally, in December 2017, doctors diagnosed her with gastroparesis, which is a paralysis of the stomach. This required her to have a feeding tube and prohibited her from going to school full time and doing all the activities she loved.

While Emmaline could have complained and quit, she continued to maintain her positive outlook and stayed active in any way she could. Instead of being a standout on the basketball team, she became the manager. Not one time did she complain, but rather took on the role as supporter and encouraged her team in any way she could. She attended every practice and game that her health would allow. In June 2018, Emmaline traveled to Seattle for a procedure that would finally lead her on the road to recovery.

Emmaline spent the 2018-19 school year working day in, and day out to get back to what she loved – playing sports for Bonners Ferry. She played soccer in the fall and would unplug her feeding tube during practices and games and then plug back in to replenish her system. She worked hard during the basketball season to regain her strength and stamina to a level where she could contribute to her team. By the time track season rolled around, Emmaline was almost back to her old self - strong, fast and always smiling.

Emmaline is an inspiration to her teammates, coaches, and fellow students and is a wonderful example of the true "Spirit of Sport". She will be presented with this award at the IHSAA Hall of Fame banquet held in Boise on July 31st, 2019.



Trevor Steelsmith
2018 IHSAA Spirit of Sport Award



SPORTS NUTRITION SYMPOSIUM AUG. 15, 2019 THE OLYMPIC OVAL - KEARNS, UT



*“Maximizing
Nutrient Timing
to Enhance
Performance
and Recovery”*



*“Your Audience
is King: Connecting
to Communicate
Science over
Sensationalism”*



*“Go with the
flow: how exercise,
nutrition and
blood flow work
together for
metabolic health”*

FIND FULL EVENT DETAILS AT DAIRYWEST.COM/SNS

