



# May 2019 Issue

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# IHSAA EXPRESS

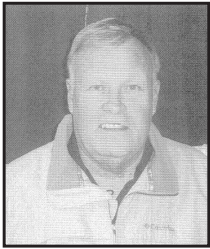
## Supporting Education Through Activities

### IHSAA HALL OF FAME CLASS OF 2019

*Preserving the heritage of high school activities in Idaho by honoring outstanding individuals of exemplary character who have excelled through meritorious long-time service and superior achievement*

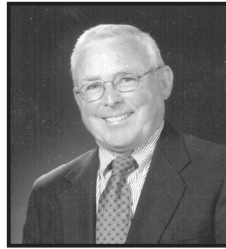
The Idaho High School Activities Association's Hall of Fame annually honors individuals who have given many years of exemplary service to Idaho's youth. Two such individuals will be inducted as the Hall of Fame Class of 2019. Larry Messick (Shoshone) and Doug Standlee (Boise) will be honored at ceremonies during the 40th annual Hall of Fame banquet Wednesday, July 31, 6:30 p.m. at the Boise Centre in downtown Boise.

Other awards to be presented at the banquet include the **Dick Fleischmann Memorial Award** to **Ted Reynolds, Twin Falls HS**, the **Wes Lowe Memorial Award** to **Brad Malm, Troy HS** and the **Duane D. Wolfe Memorial Award** to **Pat Brady, Boise**. **Distinguished Service Awards** for each of the six activity districts, the **Interscholastic Star Award**, **Spirit of Sport Award** and **Official of the Year** will also be presented.



**Larry Messick, Shoshone** - Larry Messick spent thirty-eight of his forty years in education at Shoshone High School. After two years teaching and coaching at Dietrich High School, Larry moved to Shoshone High School in 1975. He was the head football coach for four years, the head volleyball coach for thirty-one years and the head boys basketball coach for thirty-eight years. In addition, he served as the Shoshone athletic director for twenty-five years. Over the course of

his career, he took a team to the state tournament an astounding thirty-nine times and won six state titles. A tireless educator, Larry was involved in numerous professional organizations including the District IV Board of Control, the 4th District Coaches Association, the IAAA and the Idaho State Coaches Association. Larry received the IHSAA Wes Lowe Memorial Award in 2006 and the District IV Distinguished Service Award in 2009.



**Doug Standlee, Boise** - In his fifty plus years in education, Doug Standlee has impacted literally thousands of young people across the Treasure Valley. He started his career at Boise High School in 1966 teaching social studies and coaching football and track as well as working as the athletic trainer and eventually, the athletic director. In 1980 Doug took an assistant principal's position at Meridian High School where he stayed for four years. Doug would move to Borah High School in 1984 and would stay there serving as Borah's principal for seventeen years. He became principal of Capital High School in 2000 and

Bishop Kelly's principal in 2003. Throughout his stellar administrative career Doug served as a mentor and role model to countless AD's, assistant principals and principals working in our schools today. Doug was a co-founder of the Boise Relays and was instrumental in developing and growing the high school ski-racing program at Bogus Basin. Doug is perhaps best known as the manager of the IHSAA Boys Basketball tournament, a position he has held for thirty-four years and counting.

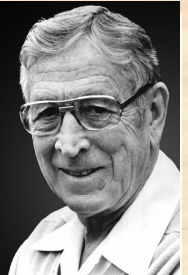
### John Wooden Desirable Coaching Traits

- Forcefulness** - You must be firm without being bullheaded.
- Sincerity** - Insincerity can be spotted very quickly and cause loss of respect.
- Discipline** - Most essential for proper concentration and group organization.
- Desire to Improve** - Lack of ambition will result in complacency and laziness.
- Vision** - A picture of the possible must be shown to your players to provide a goal for them.
- Industriousness** - There is no substitute for work. Worthwhile things should never be easy to attain.
- Optimism** - The pessimist isn't likely to produce a confident team that will play near to their full capability.
- Cooperativeness** - An essential for all who work with others and are dependent on others in various ways.
- Sympathy** - You must be truly interested in those under your supervision and be sympathetic with their problems.
- Affability** - The coach must be of an affable disposition because of the various groups with who he must associate.
- Teaching Skill** - It isn't enough that you know the game, you must be able to teach it. Follow the laws of learning.
- Attentiveness to Detail** - You must prepare to win in order to be a winner. Failure to prepare is preparing to fail.
- Self-control** - Good judgment must be exercised in your decisions and they must be made through reason not emotion.
- Alertness** - Constant observation of all going on around and about are necessary for improved learning and decision making.
- Resourcefulness** - You must be ever ready to make necessary adjustments according to the situation and the personnel that you have available.
- Enthusiasm** - If you are to stimulate others, your heart must be in your work. Enthusiasm brushes off upon those with whom you come in contact.
- Leadership** - Trust be commanded, not demanded. Others are working with you, not for you. Be interested in finding the best way rather than having your own way.
- Impartiality** - This is a must, but you must remember that you must not treat everyone alike as they are all different. Give each one the treatment earned and deserved.
- Consideration For Others** - You must be truly considerate of others if you expect them to be considerate of you. You must listen to them if you want them to listen to you.

Be more concerned with your character than your reputation, because **your character is what you really are**, while your reputation is merely what others think you are.

- John Wooden

AZ QUOTES



## ADMINISTRATION CORNER

### DATES TO REMEMBER

5/3	Activities Participation Survey Due
5/4	State Solo Music Contest
5/5	Spring Academic Champions Due
5/6	State Softball Rosters/Pictures Due
5/12	Mothers Day
5/12	State Track Seeding Meeting
5/13	State Tennis Seeding Meeting
5/13-14	State Golf Tournament
5/15	Schools of Excellence Citizenship Component Due
5/17-18	State Tennis/Track/Softball Championships
5/18	Baseball Completion
5/27	Memorial Day
6/1	Spring Sports Concussion Survey Due
6/4	IHSAA Board of Directors Work Session
6/5	IHSAA Board of Directors Meeting



### IAAA CONFERENCE AWARDS

The Idaho Athletic Administrators Association recognized the following individuals at the 2019 State Conference.

#### HALL OF FAME

Tracy Leinen  
Bill Jones

#### ATHLETIC DIRECTOR OF THE YEAR

5A	Travis Bell, Highland HS
4A	Tom Shanahan, Bishop Kelly HS
3A	Chris Tucker, South Fremont HS
2A	Todd Gilkey, St. Maries HS
1A DI	Brian Hardy, Valley HS
1A DII	Hutch Swan, Rockland HS
MS	Debbie Keetsch, Bear Lake MS

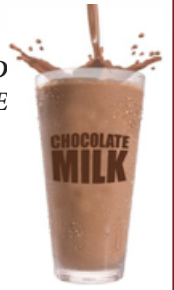
### MAY SPORTSMANSHIP HINT

Never allow your ego to interfere with good judgment or your responsibility as a school representative. Regardless of whether you are an adult, student, player, coach, or official, this value is paramount since it suggests that you care about yourself and how others perceive you.



powered by dairy west

**NUTRIENTS TO REFUEL - PROTEIN TO REBUILD  
TRUSTED BY ATHLETES - BACKED BY SCIENCE**



Chocolate milk performs well in strength test with teens:

A study conducted by researchers affiliated with the University of Texas at Austin and funded by dairy farmers in southwestern states, evaluated the effects of chocolate milk as a post-workout beverage, measured against a commercially available carbohydrate-based sports drink.

The study was conducted with 103 male and female athletes participating in a summer strength and speed training program.

The training protocol for the study lasted seven weeks, during which the research established a baseline test which measured height, weight, and a variety of strength tests. Participants then went through a five-week training program. And then went through a post-test measuring the same items.

The results indicated that the chocolate milk group had greater improvements in the composite strength score compared to the carbohydrate group.

Chocolate milk's ratio of high-quality protein to carbohydrates and important dose of natural electrolytes provides the nutrient profile to...

**REFUEL! REBUILD! REPLENISH!**



For more information about Dairy West and Sports Nutrition Resources, contact Jaclyn St. John at [jstjohn@dairywest.com](mailto:jstjohn@dairywest.com) or 208-810-7559



## Special Olympics Unified Sports®

Special Olympics Idaho and the Idaho High School Activities Association have partnered for the last several years to have a Unified Track and Field Demonstration at the Idaho High School State Track Championships.

It has been our goal to expand participation in this demonstration. This is a great opportunity for those individuals at your school with special needs to be a part of a team and represent your school.

Events include the 4x100 Unified relay (people with and without intellectual disabilities compete together), 100m dash, softball/tennis ball throw, and the long jump. This is a simple event that can make a big difference for those students with intellectual disabilities.

If your school is interested or if you have any questions about this opportunity, contact Allison Moskos at Special Olympics of Idaho at 800-915-6510 [allison@idso.org](mailto:allison@idso.org) or go to [IHSAA.org](http://IHSAA.org) and click on the Unified Sports link to participate in this wonderful event!



## COACHES' CORNER

### NEW NFHS LEARN COURSES

**THE PARENT SEAT** - "The Parent Seat" has been designed for coaches and athletic directors to use during their pre-season parent meetings. It explains the role of a parent during game day and provides suggestions on how they can cope with the roller coaster of emotions that they will feel.

**UNDERSTANDING VAPING AND E-CIGARETTES** - Vaping is the act of inhaling an aerosol created by an e-cigarette or similar device - the term "vaping" itself is misleading. Users often think they are inhaling a vapor or something potentially safe or at least harmless. To combat this growing trend, the NFHS, with support from the Office of the U.S. Surgeon General, has created Understanding Vaping and E-cigarettes. This course dispels misconceptions about the safety of e-cigarettes and highlights the risks associated with nicotine addiction for youth.

**TEACHING SPORTS SKILLS** (Revision) - Teaching Sports Skills, based on the National Standards for Sport Coaches, provides the teacher/coach with information needed for successful teaching methods. Successful coaching and successful teaching share many characteristics in their approaches and results. This course provides education for those individuals who have not had training in how to teach sports skills.

#### COMING SOON TO NFHS LEARN

- \* Coaching Adapted Sports
- \* Understanding Copyright and Compliance: Theater and Speech/Debate

#### NFHS LEARN COURSE OF THE MONTH

**BAND SAFETY** - Band provides a setting outside of the classroom for participants to showcase their musicianship, creativity, critical thinking, collaboration, and communication skills and it's a leader's job to provide a safe environment for them to do so. To help you provide that safe environment, the NFHS has partnered with Music for all, Bands of America, WGI Sport of the Arts, Drum Corps International, and Varsity Athletic Bands to bring you "Band Safety." This course addresses heat and other weather concerns, the value of hydration, rest and sleep, hearing protection, and other safety considerations.

**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](#)



**IHSAA**

IDAHO HIGH SCHOOL

# Speech

2019 State Championships

The 2019 State Speech Championships were held at Rocky Mountain High School April 12th & 13th. Forty-seven Idaho schools, 136 Certified Judges and 355 students competed in 14 events during this years championships. Congratulations to the students and coaches who participated. These talented students represented their schools with pride and passion.



### Large School Division

- 1st Place - Rigby
- 2nd Place - Madison
- 3rd Place - Highland

### Medium School Division

- 1st Place - Jerome
- 2nd Place - Columbia
- 3rd Place - Century

### Small School Division

- 1st Place - Renaissance
- 2nd Place - Bishop Kelly
- 3rd Place - Filer



SCHOOL BROADCAST PROGRAM

# Pixellot

## School Broadcast Program "Two Unit Special" Pixellot Proposal

### Please provide PlayOn! Sports with the following:

A School Purchase Order and/or signed Participation Agreement for the Pixellot unit(s)

[ ] \$5,000 for two (2) units

### Delivery and Pricing:

- Pricing for equipment and software valid through 4/30/2019
- Price of unit does not include installation
- Delivery in 2-4 weeks after receipt of order
- Payment is due upon delivery of unit

### Each Pixellot system will include:



- Pixellot camera head with multiple fixed camera array
- Video Processing Unit (VPU) – includes software for recording, encoding, and streaming video
- Automated scoring integration device – incorporates scoreboard into video graphics
- Accessories kit: standard mounting hardware, cables and connectors, cabinet for VPU

### System operating requirements:

- Must maintain an open, hardline **Internet** connection to the Video Processing Unit
- Video Processing Computer must be within **200 feet** of the Pixellot camera installation

### NFHS Network Subscriptions\*

**Monthly Pass** revenue will be shared as follows:

*School receives 10% of Net Revenue from all Monthly Passes (\$9.95) sold*

**Annual Pass** revenue will be shared as follows:

*School sets the selling price of the pass and keeps 100% of the difference between the selling price and the \$50 base wholesale price*

**Seasonal Pass** revenue will be shared as follows:

*School sets the selling price of the pass and keeps 100% of the difference between the selling price and the \$25 base wholesale price*





# 2019 IHSAA SPRING SPORTS STATE CHAMPIONSHIPS



**MAY 13-14**  
5A - Highland Golf Club, Pocatello  
4A - Twin Falls Golf Club, Twin Falls  
3A - Canyon Springs Golf Course, Twin Falls  
2A - Rivers Edge Golf Course, Burley



**MAY 17-18**  
5A/4A - Eagle HS, Eagle  
3A/2A/1A - Middleton HS, Middleton



**MAY 17-18**  
5A - Post Falls HS, Post Falls  
4A - Coeur d'Alene HS, Coeur d'Alene  
3A - Ramsey Park, Coeur d'Alene  
2A - Moscow HS, Moscow  
1A - Genesee HS, Genesee



**MAY 17-18**  
5A - Boise Racquet Club, Boise  
4A - Timberline HS, Boise  
3A - Ridgevue HS, Nampa





BETTER ATHLETES  
BETTER PEOPLE

# Coach-Parent Partnership

Following are guidelines for how sports parents can contribute to a Coach-Parent Partnership that benefits youth athletes.

**Recognize the Coaches' Commitment.** Your child's coaches have made a commitment that involves many hours of preparation beyond the time spent at practices and games. Quite likely in youth sports they are volunteers. Respect their commitment and imagine yourself in their place before approaching them to discuss any issues you may perceive.

**Make Early, Positive Contact with the Coach.** As soon as you know who will coach your child, contact those coaches to introduce yourself and offer any assistance you may provide. Establishing a positive relationship with the coaches will help you proactively shape a positive experience for your child and will lay the foundation for respectful, productive conversations with coaches should a conflict arise later.

**Fill the Coach's Emotional Tank.** Too often, coaches hear only from parents who have complaints. Filling the coaches' Emotional Tanks with specific, truthful praise positively reinforces them to continue doing the things you see as benefiting the youth athletes.

**Don't Put the Player in the Middle.** You wouldn't complain to your children about how poorly their math teacher explains fractions. Don't share your disapproval of a coach with your children. Doing so may force the child to take sides, and not necessarily *your* side! If your child has an issue with the coach and can maturely articulate it, encourage your child to approach the coach and at the very least learn some life lessons in self-advocacy with an authority figure. Otherwise, if you disapprove of how the coach handles a situation, seek a private meeting to discuss the matter.

**Let Coaches Coach.** It can confuse players to hear someone other than the coach yelling out instructions. Also, your instructions may counter the coaches' strategy and tactics, undermining team performance.

**Fill Your Child's Emotional Tank.** Competitive sports can be stressful to players. The last thing they need is your critiquing their performance...on top of what the coach may deliver and what they already are telling themselves. Let your children know you love and support them regardless of their performance.

**Contribute to a Positive Environment.** Fill all the players' Emotional Tanks when you see them doing something well. Honor the Game as a spectator, respecting ROOTS (Rules, Opponents, Officials, Teammates and Self), and encourage others around you to Honor the Game.

For more Resources, visit: [www.PCDevZone.org](http://www.PCDevZone.org)

For more information on Positive Coaching Alliance, visit: [www.PositiveCoach.org](http://www.PositiveCoach.org)