



Idaho High School  
 Activities Association  
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# BULLETIN

January, 2010

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by Rebecca Cox, Parma High School  
2009 Interscholastic Star

I strongly believe interscholastic sports and activities have shaped who I am, and have been one of the most positive influences on my life. They have especially impacted my life in four ways: character development, teamwork, fitness and goal setting.

When it comes to character development I discovered the power to reach for my potential while overcoming adversity. With these activities I am challenged to go farther than I ever expected I could go. Ad it sees like there is always some kind of adversity to deal with, and usually it has to do with pain. It hurts to push the human body in athletics, and sometimes it hurts when being pushed by coaches and teammates. And in non-sport activities I learned the mind can be lazy; it doesn't want to be pushed past certain comfort zones. The only way to keep going is to overcome the discomfort and to reach forward.

When it comes to teamwork I learned it takes a team to get the best results. When everyone on the team contributes their individual talents this is when state championships are won. When people work together this is when everyone shares the pride of using their voices to sing the national anthem to an audience. This is when a family in the community dealing with terminal cancer is able to make their final family trip, and for this trip to be to Hawaii; it's because everyone contributed their time to setup a fundraising carnival. This is when specially challenged kids compete in the Special Olympics because of the efforts of volunteers all working together. So, when it comes to teamwork, I have learned that it takes more than one person to accomplish something great and life changing.

When it comes to fitness I have benefited mentally and physically. I am mentally strong because I've learned to push aside feelings of self-doubt and insecurities. To be mentally fit it takes determination and self-confidence. As for physical fitness this is the result of being mentally fit. When I have the right mindset I am determined to be physically healthy by giving 100%, eating right (and of course drinking milk), getting enough sleep and practicing and playing hard. And these are things that will help me the rest of my life.

One of the greatest benefits of these activities is that I have learned to set and achieve goals. Reaching goals is not always easy. It takes a good work ethic and time management. I have to be focused on what I want to accomplish and what it will take to get the job done. And whether it is finishing high school, college or getting a future job, hard work and organization are some of the keys to living a successful and happy life.

I have no doubt that I will continue to see the benefits of interscholastic sports and activities for the rest of my high school education and throughout my entire life.

### **INTERSCHOLASTIC STAR REMINDER**

Applications are being accepted for the 2010 Interscholastic Student Recognition Scholarship Award. Applications are available on the IHSAA website, [www.idhsaa.org](http://www.idhsaa.org). They can also be emailed to you or your counseling department upon request. For further information please contact Julie Hammons at the IHSAA office.

***Eligibility Requirements:***

***\*Junior standing   \*Nominated by Principal  
\*Participate in at least 1 athletic and 1 non-athletic  
IHSAA activity (non-athletic activities are:  
cheer, dance/drill, music, speech, debate, drama)***

***5 Recipients Receive \$1000 Scholarships***

***Application Deadline - April 1***

**RESOLUTIONS DUE FEBRUARY 15, 2010**

Please be reminded that IHSAA Resolutions to be voted on at the Annual Meeting of the Idaho High School Activities Association must be submitted in writing to the IHSAA office by February 15, 2010. Resolutions will be submitted to the legislative body of the IHSAA at its Annual Meeting on August 4, 2010.

## **STARTING DATE FOR 2010 FALL AND WINTER SPORTS**

**Football:** Schools playing the early game in football may begin football practice on Monday, August 9 after submitting a written waiver request to the IHSAA. All other member schools may begin football practice on August 13. Helmets may be worn on the first day. Each player must have at least two days of practice without any pads. Shoulder pads may be worn on the third day and full pads on the fifth day.

**Soccer:** Practice may begin on August 9; the first game date is August 20.

**Volleyball, Cross Country:** Practice may begin on August 13.

**Girls Basketball:** Practice may begin on November 1; the first game date is November 12.

**Boys Basketball:** Practice may begin on November 12; the first game date is November 27.

**Wrestling:** Practice may begin on November 22; the first match date is December 7. A full ten days of practice is required in the sport of wrestling. Wrestlers must pass the hydration test and be weight certified prior to starting practice.

In all sports, the day of the first scheduled contest shall not be counted as one of the required ten practice days.

## **NATIONAL GIRLS AND WOMEN IN SPORTS DAY** **24TH ANNUAL CELEBRATION - FEBRUARY 3, 2010**

The **24th annual National Girls & Women In Sports Day** will take place on **February 3, 2010**. The IHSAA invites you, your team, or organization to participate in the 2010 celebration of girls and women in sports.

**National Girls & Women In Sports Day** (NGWSD) is a special day for girls and women to celebrate their participation in sports and athletics.

When Title IX was enacted in 1971, 1 in 27 girls in high school participated in athletics. One in three girls participate in athletics in high school now! Women participated in only 13 of the 24 events of the 1984 Olympic Games; in Beijing in 2008, female athletes competed in 28 of the 32 Olympic events. There has been an explosion in the number of athletic opportunities open to women and girls of all ages and levels of ability.

"**Stay Strong, Play On**" is the theme for the 2010 National Girls and Women in Sports Day (NGWSD). NGWSD presents a prime opportunity to communicate to others what Title IX has accomplished and how many girls and women it truly helps.

The Idaho High School Activities Association invites all member schools to commemorate **National Girls & Women In Sports Day** by encouraging all girls and young women to wear a T-shirt or jersey that identifies her participation in sports and athletics on **February 3, 2010**. From soccer to volleyball to cheer to cross country to golf to basketball to softball to dance to tennis to track or other sports, celebrate the participation and accomplishments of your female athletes.

## FOURTH DISTRICT'S ANNUAL OFFICIALS'/COACHES' CLINIC

Date: March 12 – 13, 2010  
Site: Jackpot, Nevada

Registration: \$50 mailed prior to March 1  
\$55 mailed after March 1 and at the door  
6:00 – 7:00 P.M. Friday March 12

Most clinic sessions will be held at Jackpot High School

Make your room reservations on your own as soon as possible at:

Cactus Petes:	800-821-1103	West Star Resort:	800-665-0643
Barton's Club 93:	800-258-2937	Four Jacks:	800-215-6313

Mail registration fee with your name, address and phone number to:

Officiating Clinic	Officials contact Sean Standley: (H) 734-1495; (C) 731-1026
765 Grant Ave.	Coaches contact Jon Jund: 734-0541
Twin Falls, ID 83301	

## IHSAA 2010 SPRING RULES CLINICS

### Sites, Dates, Times & Clinicians

#### TRACK

Dist. I	Feb. 16	7:00 p.m.	Post Falls H.S.	Wade Quesnell
Dist. II	Feb. 24	7:00 p.m.	Lewiston H.S.	Keith Stuffle
Dist. III	Feb. 15	7:00 p.m.	Mountain View H.S.	John Billetz
Dist. III	Feb. 23	6:30 p.m.	Meadows Valley H.S.	John Billetz
Dist. IV	Mar. 1	7:00 p.m.	Twin Falls H.S.	Jerry Kleinkopf
Dist. V	Mar. 9	7:00 p.m.	Century H.S.	Rich Condie
Dist. VI	Feb. 22	7:00 p.m.	Hillcrest H.S. (Theatre)	Scott Miller

#### BASEBALL

Dist. I	Feb. 16	7:00 p.m.	Lake City H.S.	Frank Garcia
Dist. II	Feb. 24	7:00 p.m.	Lewiston H.S.	Jim Bershaw
Dist. III	Feb. 17	7:00 p.m.	Mountain View H.S.	Ron Melchiorre
Dist. IV	Feb. 15	7:00 p.m.	Twin Falls H.S.	Craig Mills
Dist. V	Mar. 2	7:00 p.m.	Century H.S.	Gary Carlson
Dist. V	Mar. 9	7:00 p.m.	Century H.S. (Coaches only)	Gary Carlson
Dist. VI	Feb. 22	7:15 p.m.	Idaho Falls H.S. (Library)	Garry Buell

#### SOFTBALL

Dist. I	Feb. 16	7:00 p.m.	Coeur d'Alene H.S.	Scott Lickfold
Dist. II	Feb. 24	7:00 p.m.	Lewiston H.S.	Pat Zink
Dist. III	Feb. 17	7:00 p.m.	Mountain View H.S.	Bruce Lungren
Dist. IV	Feb. 15	6:00 p.m.	Twin Falls H.S.	Craig Mills
Dist. V	Mar. 2	6:00 p.m.	Century H.S.	Gary Carlson
Dist. V	Mar. 9	7:00 p.m.	Century H.S. (Coaches only)	Gary Carlson
Dist. VI	Feb. 22	6:00 p.m.	Idaho Falls H.S. (Library)	Garry Buell

**IDAHO ATHLETIC ADMINISTRATORS ASSOCIATION**  
**STATE CONFERENCE**

“Promoting The Professional Growth Of Idaho Interscholastic Athletic Administrators”

Date: April 11 – 14, 2010  
Site: Holiday Inn, Boise

Registration Contact: Beth Holt – Fruitland High School  
452-4411

Conference pre-registration fee is \$85.00 until March 19<sup>th</sup>. The on-site registration fee is \$110.00. The fee includes Monday banquet, Tuesday breakfast and Tuesday luncheon. Pre-registration forms will be on both the IHSAA website, [www.idhsaa.org](http://www.idhsaa.org) and the IAAA website, [www.idaaa.org](http://www.idaaa.org).

LTC Contact: Cass Herbst – East Valley Middle School  
468-4760

LTC registration form and monies must be received by March 5<sup>th</sup> and the fees are \$75.00 per class.

LTC Courses\*: 709 – Athletic Administration: Leadership, Management, Supervision & Decision Making  
Sunday, April 11 8:00 a.m. – 12:00 p.m.  
501 – Athletic Administration: Philosophy, Leadership Org & Professional Programs  
Monday, April 12 7:30 a.m. – 11:30 a.m.  
630 – Athletic Administration: Interscholastic Contest Management Planning  
Monday, April 12 7:30 a.m. – 11:30 a.m.

\*College Credit Available: Complete 2 LTC classes and attend the entire conference

\*Credit Available through University of Idaho or Idaho State University

Highlights include Athletic Director of the Year banquet, Athletic Directors breakfast, and the Commendation luncheon, which honors Idaho’s outstanding athletic administrators.

**SEE REGISTRATION FORMS ON THE WEB, [www.idhsaa.org](http://www.idhsaa.org) OR [www.idaaa.org](http://www.idaaa.org)**

**IDAHO STATE COACHES ASSOCIATION ANNUAL CLINIC**

The 2010 Idaho State Coaches Clinic will be held at Caldwell High School, July 18 – 20. Cost for the clinic will be \$50 if pre-registered by July 11<sup>th</sup>, or \$65 at the door. Registration will begin on Sunday, July 18<sup>th</sup> from 6 – 8 p.m. and Monday, July 19<sup>th</sup> from 7:30 a.m. until noon. Included with the registration fee is the state awards luncheon on Monday sponsored by Idaho Sporting Goods. Speakers in football, basketball, volleyball, track, softball, cheerleading and dance/drill are available. Football rules and volleyball rules clinics will be held only for those attending the clinic. College credit will be available through University of Idaho and Idaho State University.

For further information, please contact either Bill Cooper at Caldwell High School 455-3304 or Gerry Nutt at Middleton High School 319-9219.

# COMING EVENTS

## 2010 GIRLS' & BOYS' BASKETBALL STATE PLAY-INS

(The team in the top half of the bracket is the home team)

### Girls

### Boys

#### 5A

5-6B

3E

Date: Feb. 13, 2010  
Site: Twin Falls HS  
Time: 1:00 p.m.

Date: Feb. 27, 2010  
Site: Twin Falls HS  
Time: 1:00 p.m.

#### 4A

3C

6B

Date: Feb. 13, 2010  
Site: Burley HS  
Time: 1:00 p.m.

Date: Feb. 27, 2010  
Site: Burley HS  
Time: 1:00 p.m.

#### 3A

4B

6B

Date: Feb. 13, 2010  
Site: Highland HS, Pocatello  
Time: 1:00 p.m.

Date: Feb. 27, 2010  
Site: Highland HS, Pocatello  
Time: 1:00 p.m.

#### 1A DI

1A

2C

Date: Feb. 13, 2010  
Site: Lakeside / Coeur d'Alene HS  
Time: 1:00 p.m., Pacific

Date: Feb. 27, 2010  
Site: Lakeside / Coeur d'Alene HS  
Time: 1:00 p.m., Pacific

3C

4-5-6C

Date: Feb. 13, 2010  
Site: Glens Ferry HS  
Time: 3:00 p.m.

Date: Feb. 27, 2010  
Site: Glens Ferry HS  
Time: 3:00 p.m.

#### 1A DII

4C

3B

Date: Feb. 13, 2010  
Site: Glens Ferry HS  
Time: 1:00 p.m.

Date: Feb. 27, 2010  
Site: Glens Ferry HS  
Time: 1:00 p.m.

## **2010 GIRLS' REAL DAIRY SHOOTOUT**

### **5A Girls**

February 18-20, 2010  
The Idaho Center  
16200 Idaho Center Blvd.  
Nampa 83687  
Mgr: Randy Strong  
Ph: 521-6040 or 521-6224

### **4A Girls\***

February 18-20, 2010  
Mountain View H.S.  
2000 S Millenium Way  
Meridian 83642  
Mgr: Cliff Rice  
Mountain View H.S.  
Ph: 855-4070

### **3A Girls\***

February 18-20, 2010  
Skyview H.S.  
1303 E Greenhurst Rd  
Nampa 83686  
Mgr: Dan McGee  
Skyview H.S.  
Ph: 498-0561

### **2A Girls\***

February 18-20, 2010  
Kuna H.S.  
7001 Franklin Road  
Boise 83709  
Mgr: Brad Adolfson  
Kuna H.S.  
Ph: 955-0206

### **1A DI Girls\***

February 18-20, 2010  
Columbia H.S.  
301 S Happy Valley Rd  
Nampa 83686  
Mgr: Randy Potter  
Columbia H.S.  
Ph: 498-0571

### **1A DII Girls**

February 18-20, 2010  
Nampa H.S.  
203 Lake Lowell Blvd  
Nampa 83686  
Mgr: John Gregory  
Nampa H.S.  
Ph: 498-0551

\*Championship games will be played at The Idaho Center, 16200 Idaho Center Blvd., Nampa.

### **Pre-Tournament Meeting**

The meeting for tournament hosts, participating coaches, administrators, and officials will be held as listed below. All participating schools should have a representative in attendance at this meeting.

Girls: Idaho Center 8:00 a.m. February 18

Parking, admission, pass gates and other details will be discussed at the pre-tournament meeting.

## **2010 BOYS' REAL DAIRY SHOOTOUT**

### **5A Boys**

March 4-6, 2010  
The Idaho Center  
16200 Idaho Center Blvd.  
Nampa 83687  
Mgr: Doug Standlee  
Ph: 853-1209

### **4A Boys\*\***

March 4-6, 2010  
Borah H.S.  
6001 Cassia  
Boise 83709  
Mgr: Vince Mann  
Borah H.S.  
Ph: 854-4370 ext 145

### **3A Boys\*\***

March 4-6, 2010  
Meridian H.S.  
1900 W Pine  
Meridian 83642  
Mgr: Jeremy Bergquist  
Meridian H.S.  
Ph: 350-4160

### **2A Boys\*\***

March 4-6, 2010  
Capital H.S.  
8055 Goddard Road  
Boise 83704  
Mgr: Steve Sosnowski  
Capital H.S.  
Ph: 854-4501

### **1A DI Boys\*\***

March 4-6, 2010  
Vallivue H.S.  
1407 Homedale Road  
Caldwell 83605  
Mgr: Greg Kimball  
Vallivue H.S.  
Ph: 454-9253 / 880-7914

### **1A DII Boys\*\***

March 4-6, 2010  
Caldwell H.S.  
3401 S. Indiana  
Caldwell 83607  
Mgr: Scott Thomas  
Caldwell H.S.  
Ph: 455-3304

\*\*Championship games will be played at The Idaho Center, 16200 Idaho Center Blvd., Nampa.

### **Pre-Tournament Meeting**

The meeting for tournament hosts, participating coaches, administrators, and officials will be held as listed below. All participating schools should have a representative in attendance at this meeting.

Boys: Idaho Center 8:00 a.m. March 6

Parking, admission, pass gates and other details will be discussed at the pre-tournament meeting.

## ADMISSION PRICES FOR GIRLS' & BOYS' REAL DAIRY SHOOTOUTS

<u>Admission</u>			
Tournament Pass (6 sessions)	\$25.00	General Admission	\$5.00
Discount Pass	\$16.00	Discount Ticket	\$4.00

### Championships Rounds

Adults	\$6.00
Discount	\$4.00

(Senior citizens, students in grades 1-6, and students in grades 7-12 with an activity card may purchase the discount ticket.)

Children under 6 admitted free.

## TIME SCHEDULE FOR GIRLS' & BOYS' REAL DAIRY SHOOTOUTS

### Thursday

Game 1		1:15 p.m.
Game 2		3:00 p.m.
	BREAK	
Game 3		6:15 p.m.
Game 4		8:00 p.m.

### Friday

Game 5		1:15 p.m.
Game 6		3:00 p.m.
	BREAK	
Game 7		6:15 p.m.
Game 8		8:00 p.m.

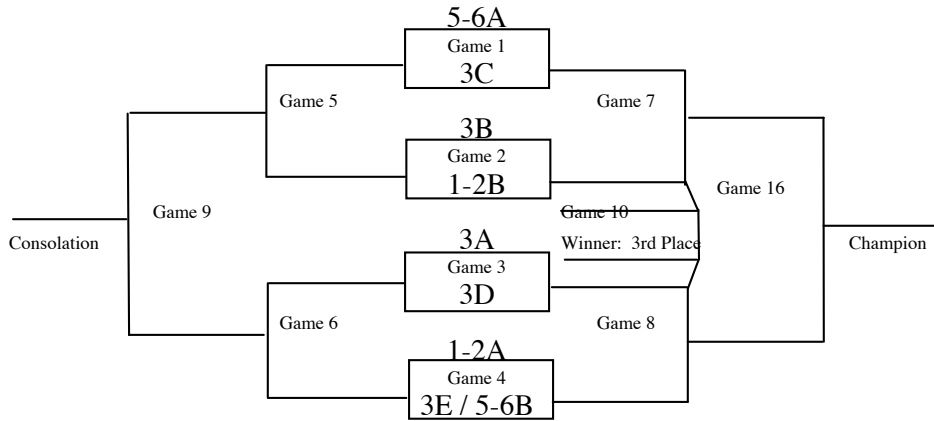
### Saturday

**Breakfast of Champions 7:00 a.m. at the Idaho Center for coaches and administrators**

Game 9	9:15 a.m.	Consolation
Game 10	11:00 a.m.	3rd Place
Game 11	9:30 a.m.	1A DII Championship*
Game 12	11:30 a.m.	1A DI Championship*
Game 13	1:40 p.m.	2A Championship*
Game 14	3:50 p.m.	3A Championship*
Game 15	6:00 p.m.	4A Championship*
Game 16	8:00 p.m.	5A Championship*

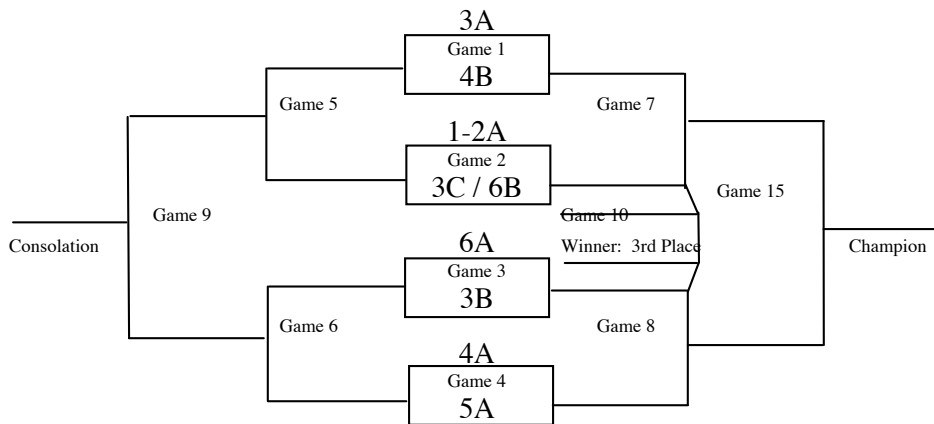
\*All championship games will be held at The Idaho Center

## 5A GIRLS & BOYS

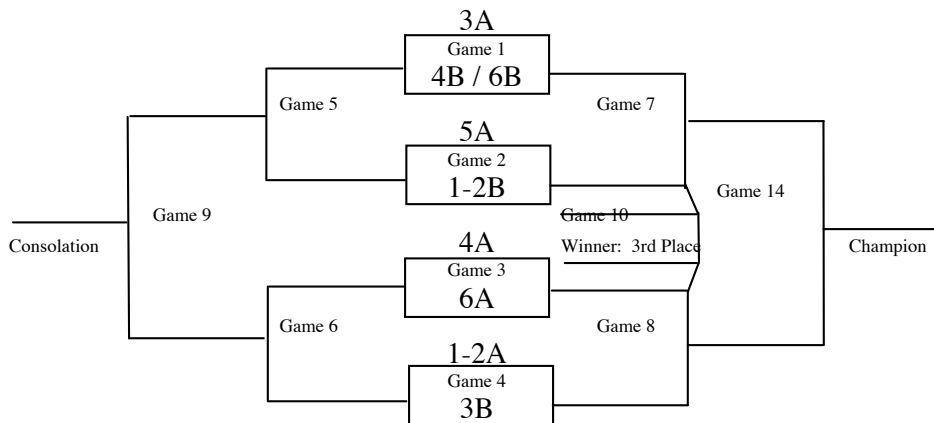


5A Girls: Games 9 & 10 will be played at Bishop Kelly High School  
 5A Boys: Games 9 & 10 will be played at Columbia High School

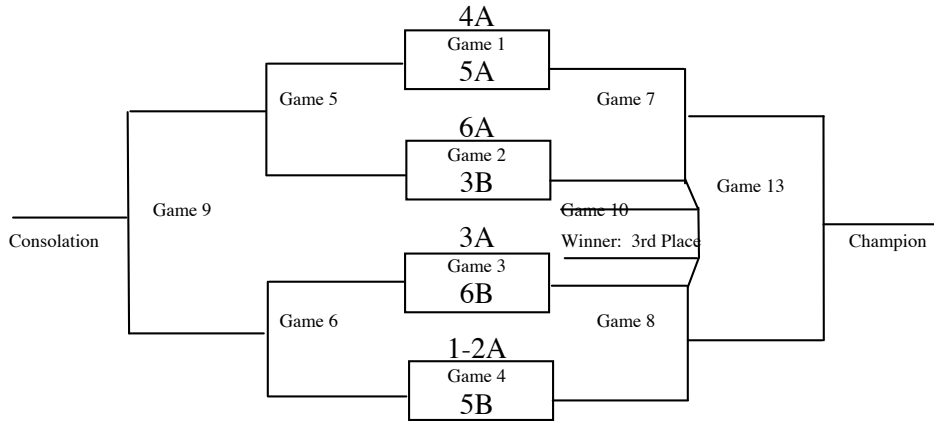
## 4A GIRLS & BOYS



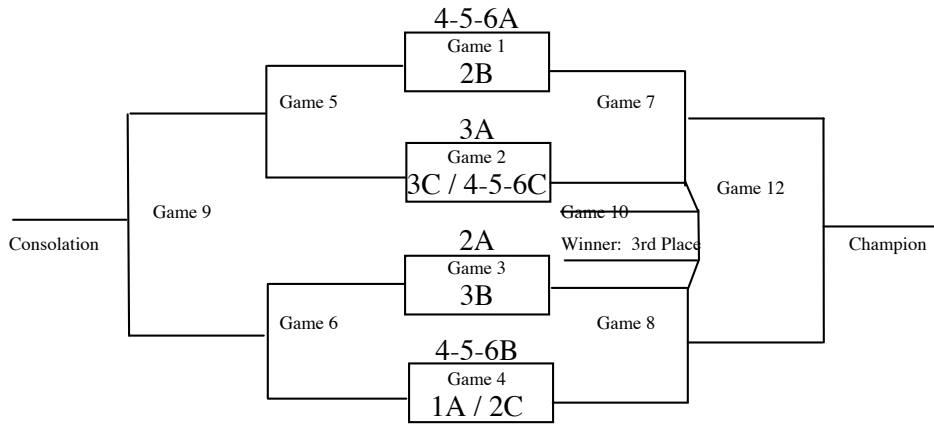
## 3A GIRLS & BOYS



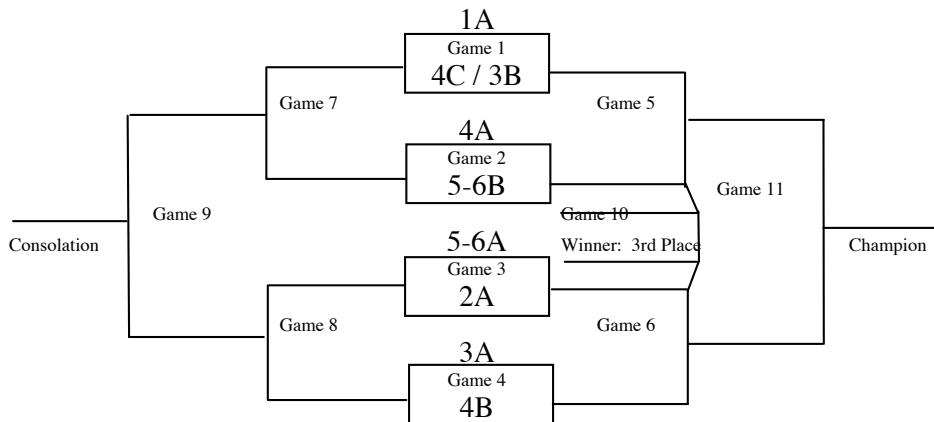
## 2A GIRLS & BOYS



## 1A DI GIRLS & BOYS



## 1A DII GIRLS & BOYS



Note: Friday games 5-8 for 1A DII have been rearranged

## 2010 STATE WRESTLING TOURNAMENT

Date: February 26 & 27, 2010  
Site: Holt Arena, Pocatello  
Manager: Jim Morris  
Century High School  
Phone: 478-6863

### Admission

#### Friday

General Admission: \$15.00  
Discount Admission: \$10.00

#### Saturday

General Admission: \$15.00  
Discount Admission: \$10.00  
Championship Round only (after 3:00pm) \$ 8.00

**Tournament Pass:** \$28.00

**Discount Tournament Pass:** \$18.00

(Senior Citizens, students in grades 1-6 and students in grades 7-12 with an activity card may purchase the discount ticket)  
John Billetz will be the IHSAA contact person for the State Wrestling Tournament.

## 2010 STATE WRESTLING TOURNAMENT TIME SCHEDULE

### FRIDAY

(sixteen mats)

<u>Weigh-ins:</u>	8:00 a.m. – 9:30 a.m.	All Weight Classes
<u>SESSION I</u>	9:30 a.m. – 11:00 a.m.	103-140 (matches 1-8)
	11:00 a.m. – 12:30 p.m.	145-285 (matches 1-8)
<u>SESSION II</u>	1:00 p.m. – 2:30 p.m.	Consolation Loser Out (matches 9-12)
<u>SESSION III</u>	3:00 p.m. – 4:30 p.m.	Quarter Finals (matches 13-16)
<u>SESSION IV</u>	5:00 p.m. – 6:30 p.m.	Consolation (matches 17-20)
<u>SESSION V</u>	7:00 p.m.	Consolation Loser Out (matches 21-22)

Weigh-ins for Saturday: 7:00 p.m. to one (1) hour past last match

### SATURDAY

(eight mats)

<u>SESSION VI</u>	9:00 a.m. – 10:30 a.m.	Semi Finals (matches 23-24)
<u>SESSION VII</u>	11:00 a.m. – 12:30 p.m.	Consolation Semi's (matches 25-26)
<u>SESSION VIII</u>	1:00 p.m. – 2:30 p.m.	Consolation Finals (matches 27-28)
<u>FINALS</u>	3:30 p.m.	Parade of Athletes

(Championship Matches will begin Immediately Following Parade of Athletes)

## **2010 STATE DEBATE TOURNAMENT**

**MARCH 12-13**

Site: Vallivue High School 1407 Homedale Rd., Caldwell 454-9253  
Host: Heather Luff, Vallivue High School  
Manager: Staci Hoseley, Meridian High School  
District Completion: February 27, 2010  
(Individual school entries due ([www.joyoftournaments.com](http://www.joyoftournaments.com)) the Tuesday after district tournament by 4:00p.m.)  
Host Hotel: Best Western Caldwell Inn & Suites, 908 Specht Ave., Caldwell  
Reservations: 208-454-7225

## **2010 STATE SPEECH TOURNAMENT**

**APRIL 16-17**

Site: Highland High School 1800 Bench Rd, Pocatello 237-1300  
Host: Debra Greco, Highland High School  
Manager: Wendy Shellman, Pocatello High School  
District Completion: April 3, 2010  
(Individual school entries due ([www.joyoftournaments.com](http://www.joyoftournaments.com)) the Tuesday after district tournament by 4:00p.m.)  
Host Hotel: Pocatello Convention & Visitors Bureau  
Reservations: 877-922-7659

## **2010 – 2011 NATIONAL POLICY DEBATE TOPIC**

The National Federation of State High School Associations has announced the 2010 – 2011 High School Policy Debate Topic.

**Topic: MILITARY DEPLOYMENT**

**Resolved:** The United States federal government should substantially reduce its military and/or police presence in one or more of the following: South Korea, Japan, Afghanistan, Kuwait, Iraq, Turkey.

The original topic report is available at [www.nfhs.org](http://www.nfhs.org) and [www.idhsaa.org](http://www.idhsaa.org).