



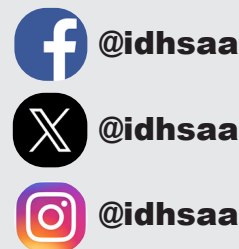
- * 2026 IHSAA LEGENDS OF THE GAME
- * 2025 STATE DRAMA
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December
2025 ISSUE

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IHSAA EXPRESS

Supporting Education Through Activities



2026 IHSAA "Legends of the Game"



The Idaho High School Activities Association is pleased to announce the 2026 "Legends of the Game" recipients. The award was established in 2001 to help preserve the heritage of Idaho high school sports by honoring great teams of the past. Eligible basketball "Legends" include girls' teams from at least 20 years ago and boys' teams from at least 30 years ago. Ceremonies honoring "Legends" recipients will take place during halftime of the state 6A basketball championship games at the Ford Idaho Center. The girls' ceremonies are slated for February 21 and the boys' ceremonies will take place on March 7.



GIRLS' BASKETBALL

2001 Leadore Mustangs

After three consecutive trips to the state tournament, Coach Tony Cooper guided the '01 Mustangs to a historic victory capturing Leadore High School's first and only state championship. In a thrilling title game, they defeated Genesee 50-46, finishing the season with an impressive 20-2 record. This remarkable team not only made history but also inspired generations of student-athletes in their community.

Congratulations to the 2001 Leadore Lady Mustangs—true Legends of the Game!



BOYS' BASKETBALL

1995 Centennial Patriots

Considered one of the greatest teams in Idaho history, the '95 Patriots delivered a flawless season finishing 26-0. In the championship game, they defeated another unbeaten powerhouse, Rigby High School, to claim the state title. Under the leadership of Coach Tom Aipperspach, this team showcased incredible focus, talent, and determination, setting a standard of excellence that still inspires today.

Congratulations to the 1995 Centennial Patriots—true Legends of the Game!

ADMINISTRATORS

"In The Know"

FROM THE IHSAA

- + Fall Concussion Data due December 1st
- + Verify all winter coaches are certified
- + Verify ALL Team Scores in MaxPreps (Avoid \$1500.00 fine)

DATES TO REMEMBER

12/1	Fall Sport Concussion Survey Due
12/2	WR Weight Assessment Window Closes
12/3	1st Wrestling Competition
12/5-6	State Drama
12/8	Board of Directors Work Session & Appeals
12/9	Board of Directors December Meeting
12/25	Christmas Day
1/1	New Year's Day
1/1	WR Growth Allowance

DECEMBER AD CHECKLIST

- ___ Enjoy the Holidays with family and friends
- ___ Work with student section on a sportsmanship plan
- ___ Publish Spring Schedules
- ___ Organize Fall Opponents
- ___ Organize Winter Opponents
- ___ Develop/Review Winter Cancellation Checklist



IHSAA Rule of the Month

8-18 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)*

8-18-2 *The use of undue influence to secure or retain a student for competitive purposes is prohibited, shall cause the student to be declared ineligible for high school athletics for a period of up to one calendar year, and may jeopardize the standing of the high school in the Association.*

8-18-3 *Evidence of undue influence includes, but is not limited to, personal contact by coaches and sponsors in an attempt to persuade transfer by gifts or money, jobs, supplies, coaching, free transportation, admission to contests, invitation to attend practices and or games, free tuition or any other considerations not accorded to other students similarly situated.*

8-18-4 *Complaints or reports of violations of this rule will be investigated and handled on a case-by-case basis by the District Board of Control. Any school permitting such participation shall, upon satisfactory evidence submitted to the District Board of Control, be suspended from membership in the Association for a term not to exceed one calendar year.*



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LEARNING
CENTER
NFHSLearn.com



ADOLESCENT DEVELOPMENT: CENTERING ATHLETE NEEDS

Participation in sports can be a powerful tool for young people to develop critical skills that they can use throughout their lifetime.

That is why the National Federation of State High School Associations, in partnership with the University of Washington Center for Leadership in Athletics, has created the course, Adolescent Development: Centering Athlete Needs.

In this course, you will learn about how coaches can help the students on their team by creating environments that support holistic student well-being.

To accomplish this, coaches must understand what is happening to students physically, emotionally, and socially that impacts their learning and engagement.

So take the course, Adolescent Development: Centering Athlete Needs, available for free at NFHSLearn.com.

December 5-6
THUNDER RIDGE HIGH SCHOOL
IDAHO FALLS



"Slow down. I think I was in a hurry to do what I wanted to do and accomplish things, and I'm not saying I didn't enjoy the experience, but make sure you enjoy and appreciate the people who are around you. I played with, and for amazing people. I think sometimes when you're immersed in that, you can take for granted what's around you.



There's plenty of time to sit and worry about other things. I think I would've taken more time and concentrated on what's really important. That's what you're doing right now and the people you're doing it with."

- Jay Bilas, ESPN College Basketball Analyst

NOTICE, NAME, ASK

As a coach, it can be difficult to build connections with all of your players. With numerous personnel, game preparation, and constant activity, it's easy for athletes to feel invisible.

A simple system for building a strong connection with players is through a simple technique called:

"Notice, Name, and Ask"

"Notice" a behavior worth highlighting, such as effort, leadership, or energy.

"Name" it directly: "I noticed how locked in you were today."

Then **"ask"** a short follow-up: "What did you do differently today to lock-in like that?"

This quick interaction tells the player, "I see you," helps them recognize their own strengths, and strengthens your relationship at the same time.

Small moments of recognition create deep trust.



STOPS LEARNING

Reasons Your Players Can't Do What You Teach:

NOT ENOUGH REPS

- Movements stay slow and uncertain.
- Players don't trust their abilities.
- Skills collapse in real games.
- Can't recognize situations.

PLAYERS DON'T KNOW THE WHY

- Focus fades without knowing goal.
- Hard to take into games.
- Learning stays shallow.
- Motivation decreases.

PRESSURE PROBLEMS

- Panic replaces calm.
- Stress breaks technique.
- Choices become rushed.

BAD HABITS

- Default actions override learning.
- Progress slows despite practice.
- Confidence drops.
- Game performance stuck at old level.



Sentences that will Maximize your Coaching Intelligence

"Unspoken expectations are premeditated resentments." - Neil Strauss

To give feedback, first make the other person feel you care about them.

2025 FALL CHAMPIONS

2025 SWIMMING IDAHO HIGH SCHOOL State Championships



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6A
GIRLS

BISHOP KELLY
KNIGHTS



6A
BOYS

OWYHEE
STORM



5A
GIRLS

SANDPOINT
BULLDOGS



5A
BOYS

SANDPOINT
BULLDOGS



6A

RIGBY
TROJANS



5A

BISHOP KELLY
KNIGHTS



4A

HOMEDALE
TROJANS



3A

NAMPA CHRISTIAN
TROJANS



2A

KENDRICK
TIGERS



1A

CAREY
PANTHERS



MARCHING BAND CHAMPIONSHIP RESULTS

IDAHO MARCHING CIRCUIT

-IMC Uses Band Size for Classification

1A Champion

Jerome High School

2A Champion

Twin Falls High School

3A Champion

Century High School

4A Champion

High Desert (Bonneville/Hillcrest co-op)

5A Champion

Madison High School

IDAHO DISTRICT III MARCHING FESTIVAL

-District III Uses Band Size & School Size for Classification

Class A Small Champion

Emmett High School

Class A Large Champion

Middleton High School

Small Open Champion

Owyhee High School

Medium Open Champion

Timberline High School

Large Open Champion

Mountain View High School

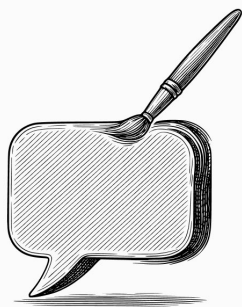
Overall Champion

Mountain View High School

The 9 Most Powerful Paradoxes of Life

The Persuasion Paradox

Argue less, persuade more.



Have you noticed that the most argumentative people rarely persuade anyone? The most persuasive people don't argue—they observe, listen, and ask questions. Persuasion is an art that requires a paintbrush, not a sledgehammer.

The Effort Paradox

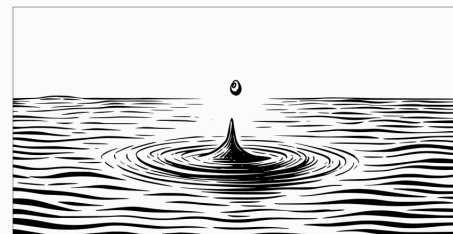
*Small things become big things.
Simple is not simple.*



You have to put in more effort to make something appear effortless. Effortless, elegant performances are often the result of a large volume of effortful, gritty practice.

The Wisdom Paradox

"The more I learn, the more I realize how much I don't know." — Albert Einstein



The more you learn, the more you are exposed to the immense unknown. This should be empowering, not frightening. Embrace your own ignorance.

Embrace lifelong learning.

The Icarus Paradox

What makes you successful can lead to your downfall.



It is a classic tale of Greek mythology. Icarus crafted wings out of feathers and beeswax to escape an island. He began to fly—the wings working wonders. But he quickly became blinded by his own engineering prowess and flew too close to the sun, which caused the beeswax to melt and sent him plummeting to his death.

The Productivity Paradox

Work longer, get less done.



Parkinson's Law says that work expands to fill the time available for its completion. When you establish fixed hours to your work, you find unproductive ways to fill it.

The Say No Paradox

Take on less, accomplish more.



Success doesn't come from taking on everything that comes your way. It comes from focus—deep focus on the tasks that really matter. Say yes to what matters, say no to what doesn't. Protect your time as a gift to be cherished.

The Failure Paradox

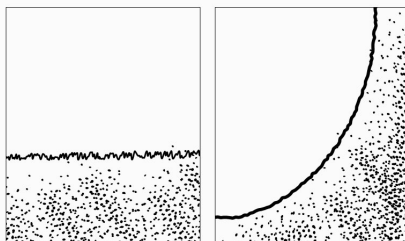
You have to fail more to succeed more.



Our greatest moments of growth often stem directly from our greatest failures. Don't fear failure, just learn to fail smart and fast. After all, getting punched in the face—a few times, but not too many—builds a strong jaw.

The Growth Paradox

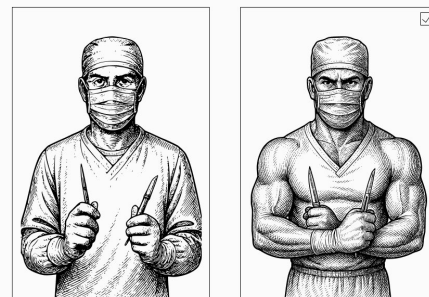
Growth happens gradually, then suddenly.



Growth takes a much longer time coming than you think, and then it happens much faster than you ever would have thought. When you realize this, you start to do things differently.

The Taleb Surgeon Paradox

Choose the one that doesn't look the part.



Looking the part is sometimes the worst indicator of competency. The one who doesn't look the part has had to overcome much more to achieve its status than the one from central casting.



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to learn more.**



**MY LIFE
MY QUIT™**

HYDRATION 101

STAY HYDRATED, STAY COMPETITIVE!



Hydration 101

Here's how to ensure your body is
performing at its best - before, during
and after a workout or game

BEFORE

- Enjoy water or milk with all your meals and snacks
- Always carry a water bottle
- Drink 8-12 ounces 15 minutes prior to exercise or a game

AFTER

- Choose milk (flavored or plain), smoothies or high-water foods
- Eat a nutritious meal, along with at least 8 ounces of water or milk
- Keep drinking fluids steadily for the rest of the day

DURING

- Sip water or a sports drink (if needed)
- One swallow = 1 fluid ounce
- Aim for 8+ ounces per hour during regular play
- Aim for 16+ fluid ounces per hour during long, hot workouts or games

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GEM STATE OF MIND



GIVE EVERYONE THEIR MOMENT

G

Practicing good sportsmanship calls for **selflessness** and **humility**, which can make a meaningful impact both on and off the field. This gift can take many forms—acknowledging a great play, offering encouragement, leading by example, or radiating positivity.

E

Sportsmanship extends **beyond the athletes**; it's a responsibility shared by all. From the youngest fans in the audience to the athletic directors overseeing the event, **everyone plays a role** in upholding the highest standards of sportsmanship.

M

Sports and activities are made up of countless moments, each presenting a choice: to **uphold good sportsmanship** or not. Every moment matters. A single act of poor sportsmanship can change the tone of the game and work against you. Stay mindful—**each moment is an opportunity**.

“

True strength is staying calm, in the world that tests your patience.

”

@UpSkillYourLife

“

The way we choose to see the world creates the world we see.

”

@UpSkillYourLife

“

Do not get upset with people or situations, both are powerless without your reaction.

”

@UpSkillYourLife

“

There is always something you can do today, to make your future easier. Do that.

”

@UpSkillYourLife



LIVE PA ANNOUNCEMENT

Attention, fans!

Of the more than 8 million students who play high school sports across the country ...

Less than 7% go on to play in college

Less than 2% earn a scholarship

But no matter the outcome of today's contest, 100% of the student-athletes will benefit from the purpose of high school sports:
GROWING AS PEOPLE.

Good luck to today's teams!



Download the
#ProtectThePurpose toolkit



WHISTLE WHILE YOU WORK

Ever wonder what it's like to love your job?

Help bright, talented young minds achieve more every day by becoming a high school sports official.

You'll make a difference in your community, support high school sports programs and get paid to do it. That's a win-win.

So put your whistle where your mouth is and sign up to #BecomeAnOfficial today at HighSchoolOfficials.com



BECOME
AN **OFFICIAL**





LEADERSHIP

Video of the Month

Derek Sivers

How To Make A Movement

With help from some surprising footage, Derek Sivers explains how movements really get started. (Hint: it takes two)

and how to make a movement.

“Treat your athletes with respect, dignity, and empathy even when they do not return the favor, or they act immature, or they cost you a win. Be the adult. Be the positive leader. Be the example. Be one of the reasons they become a good adult one day.”

- Jamy Bechler

If you're lost,
the answer is *education*.

If you're educated,
the answer is *execution*.

If you're executing,
the answer is *consistency*.

ESSENTIAL MASTERY

