



- * NATIONAL GIRLS & WOMEN IN SPORT DAY
- * 2026 IHSAA WINTER TOURNAMENT DATES/SITES
- * COACH BALLGAME - What to Say and What Not Say After a Game
- * ARTICLE - Top Priorities for AD's
- * JANUARY BOARD OF DIRECTORS - Meeting Review
- * RULE 9 - Game Management
- * 2026 SAC BATTLE OF THE FANS CONTEST
- * COACHES PAGE - 10 Truths for a High School Coach
- * COACHES PAGE - Best Coach Saban Story
- * NFHS LEARN - Fundamentals of Coaching/BSU Credit
- * LEADERSHIP VIDEO - Setting the Standard, Chris Petersen

February
2026 ISSUE

unbottled.

IHSAA EXPRESS

Supporting Education Through Activities



National
Girls & Women
in Sports Day®

Powered by **WSF**



Share the Celebration Together

Feb. 4, 2026, is National Girls & Women in Sports Day! Join WSF in this nationwide celebration by finding an event near you and sharing your story with the hashtag #NGWSD2026.



“

Inner peace is the new success

”

@UpSkillYourLife

“

Focus on improving, not proving.

”

@UpSkillYourLife

“

Don't judge a man by where he is because you don't know how far he has come.

”

@UpSkillYourLife

“

Fear is "What if."
Faith is "Even if."

”

@UpSkillYourLife

ADMINISTRATORS

"In The Know"

FROM THE IHSAA

- + Winter Academic Champions due February 5
- + Verify all spring coaches are certified
- + Verify ALL Team Scores in MaxPreps (Avoid \$1500.00 fine)
- + State Rosters and Pictures Due - GBB/CH/DA/WR/BBB

DATES TO REMEMBER

2/5	Winter Academic State Champions Due
2/5-7	All-State Music
2/9	State GBB Pictures & Rosters Due
2/16	State Dance/Cheer Pictures & Rosters Due
2/19-21	Girls Real Dairy Shootout
2/22	State Wrestling Seeding Meeting
2/23	President's Day
2/23	State BBB Pictures & Rosters Due
2/27	State Dance
2/27	1st Practice - Baseball/Softball/Tennis/Track & Field
3/2	3A/4A Golf Start Date
2/27-28	State Wrestling
2/28	State Cheer

FEBRUARY AD CHECKLIST

- ___ Remember those you love on Valentines Day
- ___ Add winter team rosters and pictures to your MaxPreps account
- ___ Send State Sportsmanship information to parents, band, cheerleaders
- ___ Prepare spring facilities (scoreboards, fields, equipment)
- ___ Prepare contracts for 2026-27 sports seasons
- ___ Turn in Winter EV Forms
- ___ Turn in Winter Academic Champion Forms
- ___ Verify spring coaches requirements
- ___ Nominate a student for the IHSAA Student Advisory Council
- ___ Nominate a student for the Interscholastic Star Scholarship
- ___ Nominate a student for the Interscholastic Star Scholarship
- ___ Seek a nomination for the Spirit of Sport Award

IHSAA Rule of the Month

Rule 9 - Game Management

- 9-1** Students, parents and fans are not allowed on the playing surface during game time or after the game until the opposing team and officials have left the playing area. Administration, or their designees, from each school is responsible for keeping their fans off the playing surface and in their designated seating areas. Rushing the court or field after games or interfering or attempts to interfere with any contest is not allowed.
- 9-2** Host school administrators are responsible for getting officials to, and from, the officials dressing areas before, during and after contests. Host school administrators are also responsible for letting the visiting teams and fans know where their seating sections will be.
- 9-3** Any conduct or violation of this rule may subject actors to any and all remedial measures available to the local District Board of Control and the IHSAA.



BSU COLLEGE CREDIT

To assist in coaches' education throughout the State of Idaho, The Idaho High School Activities Association in cooperation with the NFHS and Boise State University is continuing an opportunity for Idaho teacher/coaches. Teacher/Coaches can earn (1) college credit from Boise State by taking the Fundamentals of Coaching course developed by the NFHS.



**LEARNING
CENTER**
NFHSLearn.com

FUNDAMENTALS OF COACHING



This NFHS Fundamentals of Coaching course provides a unique student-centered curriculum for interscholastic teacher/coaches, assisting them in creating a healthy and age-appropriate athletic experience that supports the educational mission of our nation's schools. Please check with your state association to see if this course complies with your state requirements. Upon purchase, an individual will have access to the course for one year.



THE IDHSAA PRESENTS

BATTLE OF THE FANS

DUE: MARCH 12, 2026

HOW TO BATTLE:

- Create a 90 second (max) video
- Introduce your school
- Show why your school should be selected
- May include tik toks/lip syncs

JUDGING CRITERIA:

- Sportsmanship
- School Spirit
- Activity diversity
- Originality
- Student participation

POST TO YOUTUBE & EMAIL:
federicom@idhsaa.org



HIGH SCHOOL SPORTS ARE FORMATIVE NOT PERFORMATIVE.



Damien Harris Best Nick Saban Story



Coaching is more than x's and o's. The proof is in the timing and execution of the delivery.

Lessons that players remember make an impact for life.

Masterclass in coaching! [CLICK HERE](#)

Sentences that will Maximize your Coaching Intelligence

“Great leaders
create more
leaders, not
followers.”

- Roy T. Bennett

Record and study
your speaking like
great athletes/
coaches watch
game film.

PROACTIVE
COACHING
LLC

Sportsmanship and respect
are both taught and caught.

Be the teacher and the
example regardless of the
circumstances

www.proactivecoaching.info

10 TRUTHS for a High School Coach

By Greg Berge

1. Adversity is inevitable - Adversity finds a way. It is guaranteed. How will you respond? It is one of the great things about high school sports. It teaches lessons that will last a lifetime.

2. Each player is different - All kids are wired differently. Treating kids equally is not possible, but treating them fairly is. Coaches have a challenging job with so many individual personalities and perspectives. One of the great challenges of coaching is getting these individuals to sacrifice for the team.

3. Winning isn't everything - It's important. At the varsity level, the goal is certainly to win, but not at all costs. The ultimate goal is to meet essential standards and expectations and teach the all-important life skills that team sports teach.

4. You can't please everyone - You will never please everyone, so don't try! Coaching is hard work, and the only person you can ever please 100% is yourself. So do your best, know what you are doing is in the team's best interest, and then trust and be confident in your decisions.

5. Parents have tunnel vision - Most parents have tunnel vision, which is OK. The best ones can see the big picture and understand the concept of a team. However, coaches must remember that parents see things only through this lens.

6. There will always be critics - Critics are everyone. Don't let them win. Always remember Teddy Roosevelt's "Man in the Arena" speech. Those watching are easy to criticize, but the credit always goes to those in the arena!

7. A coach's influence is special - The word 'Coach' means so much and has so much influence on others. Always remember your influence and lead with this in mind. Be a leader others can be proud of.

8. Hours are long, and pay is low - Most coaches are not doing it for the money. As a coach, you never want to calculate your hourly rate. Coaching is a calling, but for many, that is not enough. Unfortunately, we are getting fewer coaches, and the pay does not match the many challenges that coaches face today.

9. A supportive spouse is a must - A coach's time commitment means many hours away from home or absence, which can be challenging for a family. Having a supportive spouse who understands the challenges of coaches is critical.

10. The memories are unmatched! Although coaching brings many challenges, the memories created make it all worthwhile. These memories last a lifetime!





2026 Winter State Championships



unbottled.



unbottled.



February 19-21

- 6A Ford Idaho Center, Nampa
- 5A Mountain View HS, Meridian
- 4A Skyview HS, Nampa
- 3A Kuna HS, Kuna
- 2A Columbia HS, Nampa
- 1A Owyhee HS, Meridian

March 6-8

- 6A Ford Idaho Center, Nampa
- 5A Rocky Mountain HS, Meridian
- 4A Eagle HS, Eagle
- 3A Meridian HS, Meridian
- 2A Vallivue HS, Caldwell
- 1A Caldwell HS, Caldwell



unbottled.



Dance - February 27
Cheer - February 28
Mountain America Center, Idaho Falls



unbottled.



February 27-28
Ford Idaho Center, Nampa



unbottled.



March 13-14
Columbia HS, Nampa



unbottled.



April 10-11
Pocatello HS, Pocatello

THE CAR RIDE HOME:
WHAT TO SAY
(AND WHAT NOT TO SAY)



@COACHBALLGAME

THE CAR RIDE HOME
CAN MAKE OR BREAK A KID.
IT'S THE MOST EMOTIONAL
MOMENT OF THEIR DAY.
TREAT IT CAREFULLY.

WHAT NOT TO SAY
("WHY'D YOU SWING AT THAT?")
WHAT TO SAY
("I LOVE WATCHING YOU PLAY.")

KIDS DON'T WANT A COACH
IN THE FRONT SEAT.
THEY WANT A PARENT WHO'S ON
THEIR TEAM **NO MATTER WHAT.**

SAY THIS AFTER EVERY GAME:
"DID YOU HAVE FUN?"
"WHAT WAS YOUR FAVORITE PART?"
"WANT A SNACK?"

@COACHBALLGAME



TOP PRIORITIES FOR ADS

A R T I C L E



YOUR
TEAM IS

CALLING



IHSAA Board of Directors Action January Meeting

The following action items were approved by the IHSAA Board of Directors at the January 21st 2026 meeting

*full synopsis is posted on the IHSAA Board of Directors webpage

FINAL APPROVED READINGS

- District Composition Request: 5A District 5/6
- Rule 10-1-2b: Annual Background Checks
- Music Rule Changes
- Rule 2-5-1 a. vi: Representation Update
- 2026-2028 State Girls Soccer Representation
- 2026-2028 State Boys Soccer Representation
- 2026-2028 State Volleyball Representation
- 2026-2028 State Football Representation and Bracketing
- 2026-2028 State Swim Representation
- 2026-2028 State Girls Basketball Representation
- 2026-2028 State Boys Basketball Representation
- 2026-2028 State Softball Representation
- Gem Prep Meridian North as a Regular Member

APPROVED 1st READINGS

(Final Reading at the April 15th Meeting)

- Activities Director Mentoring Program
- Rule 10-1-6: Play-in Game Officials
- Rule 8-14-1-2a: Bona Fide Move
- 2026-28 Wrestling Representation



**Be the future. Stay
vape, chew, and
smoke free.**

**Visit
ProjectFilter.org
to learn more.**



**MY LIFE
MY QUIT™**



HIGH SCHOOL SPORTS ARE WORTH PROTECTING.

What is the purpose of high school sports?

Helping student-athletes learn life lessons. Grow as people.
Become responsible adults and productive citizens.

Why does the IHSAA exist?

To make sure that happens.
Let's **#ProtectThePurpose** for generations to come!

ProtectThePurpose.com



**BECOME
AN OFFICIAL**



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**





LEADERSHIP

Video of the Month



WHAT DRIVES WINNING

Setting the Standard

Chris Petersen

Rules are for people that can't follow directions.

Standards are for high-performing teams:

Productivity matches clarity of direction. Many leaders under-define and over-manage. In this video, you'll see how championship coaches intentionally build their HOW U—where expectations are clearly defined—to build the team's DNA that drives their program forward.



NIAAA Student Scholarships



WHO

High school senior student-athletes who have participated in 2 varsity sports for at least 2 years



WHAT

Receive up to \$4,000 total in state, sectional and national level awards



WHEN

- Applications must be turned in by state deadline
- Between April-June section winners are chosen
- In July, national winners are chosen



“I care less about mistakes and I care more about responses. I don't care about the mistake that got us there. I care about what we're going to do next. We talk a lot about mental strength and mental fortitude and the skills that go into that. They're able to be themselves.”

- Jamie Morrison Texas A&M Volleyball Coach