



- * **NFHS CITATION** - Troy Rice, Rocky Mt. High School
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- * **2026 SPIRIT OF SPORT**
- * **2026 INTERSCHOLASTIC STAR SCHOLARSHIP**
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January
2026 ISSUE

unbottled.

IHSAA EXPRESS

Supporting Education Through Activities



Rocky Mountain Athletic Director Awarded the NFHS Citation



NATIONAL INTERSCHOLASTIC
ATHLETIC ADMINISTRATORS ASSOCIATION

NFHS Citations were awarded to eight high school athletic directors December 14 in Tampa, Florida, during luncheon festivities at the 56th annual National Athletic Directors Conference sponsored jointly by the NFHS and the National Interscholastic Athletic Administrators Association (NIAAA).

NFHS Citations are presented annually to outstanding athletic directors in recognition of contributions to interscholastic athletics at the local, state and national levels. State associations nominate athletic directors for NFHS Citations, and the NFHS Board of Directors approves recipients.



Troy Rice, CMAA
Rocky Mountain HS



Troy Rice has become a leader in the state of Idaho as he has steadily led Rocky Mountain High School's athletic/activities department for the past 16 years. In addition to overseeing Rocky Mountain's interscholastic athletic programs, Rice has served as a tournament manager for more than 50 district tournaments at his school.

Rice's leadership also includes service to the Southern Idaho Conference as its secretary from 2008 to 2014 and as president from 2019 to 2021.

His tournament management experience extends to the state level as well where he has managed state tournaments in several sports for the Idaho High School Activities Association (IHSAA). That includes 12 years as manager of the state baseball tournament and 10 years as manager of the state soccer tournament. He has also managed IHSAA tournaments in basketball, volleyball, football, softball and track.

Rice currently is the past president of the Idaho Athletic Administrators Association (IAAA) after serving a term as the organization's president from 2022 to 2024. He has been a member of the IAAA Executive Board since 2017. In addition, Rice has been a workshop moderator at the IAAA Conference for eight years and taught Leadership Training Course 502 at the 2020 conference.

From 2019 to 2023, Rice helped plan the National Athletic Directors Conference (NADC) for the NIAAA and NFHS as a member of the National Conference Advisory Committee and was a conference moderator at the 2023 conference in Nashville. He has served as Idaho's delegate at the NADC three times and was a member of the NIAAA Strategic Planning Committee in 2024.

In 2024, Rice was named as the Dick Fleischman Award recipient by the IHSAA.

PRIORITIZING THE

EDUCATION

IN EDUCATION-BASED ATHLETICS & ACTIVITIES



ADMINISTRATORS

"In The Know"

FROM THE IHSAA

- + Winter EV Forms due January 23
- + Verify all spring coaches are certified
- + Verify ALL Team Scores in MaxPreps (Avoid \$1500.00 fine)

DATES TO REMEMBER

1/19	Martin Luther King Jr. Day
1/20	IHSAA Board Work Session & Appeals
1/21	IHSAA Board of Directors Meeting
1/23	Winter Sports Eligibility Verification Report Due
2/5	Winter Academic State Champions Due

JANUARY AD CHECKLIST

- ___ Send a New Year's Sportsmanship Resolution out to parents
- ___ Send the name of a potential official to your commissioners
- ___ Publish Spring Schedules
- ___ Finalize 2026 Fall Opponents
- ___ Finalize 2026/27 Winter Opponents
- ___ Turn in Winter EV Forms
- ___ Finalize Spring Bus Schedules
- ___ Plan Spring Coaches and Parent Meetings
- ___ Nominate a student for the IHSAA Student Advisory Council
- ___ Nominate a student for the Spirit of Sport Award
- ___ Nominate a student for the Interscholastic Star Scholarship
- ___ Check out the IHSAA Parent webpage

CHECK THIS OUT!



SCHOOLS OF EXCELLENCE FALL STANDINGS

The Idaho High School Activities Association recognize winners of the "Schools of Excellence" program. This yearlong, voluntary program in which schools earn points based on their student-athletes' performance in athletics, academics and sportsmanship is the top award for the IHSAA and its member schools. The top three schools in each classification with the best overall programs were recognized at the IHSAA Annual Meeting.



NAME, IMAGE & LIKENESS

Name, Image and Likeness, or NIL, is one of the key topics of discussion in the modern landscape for sports and activities. This course has been designed to define NIL, provide examples of how it can be leveraged by high school students, identify misconceptions that various stakeholders have about NIL, and highlight aspects that students and families should consider when interested in pursuing NIL opportunities.

IHSAA Rule of the Month

8-14-1 Bona Fide Move

8-14-1 If the parents of a student, or legal guardian in case neither parent is living, make a bona fide move to a new permanent residence in the attendance area of a school to which the student transfers, he/she is immediately eligible provided an Athletic Transfer Form is submitted and approved. A permanent residence is the actual physical relocation by the parents or legal guardians of a student at a new residence and termination of all occupancy of the previous residence. The change in residence must be bona fide and used as the address for utilities, registration for voting, registration for driver's licenses, registration for motor vehicles, identification cards, and the attendance zone for other school aged family members for a minimum of 365 days. For the purpose of eligibility, there can be only one residence.

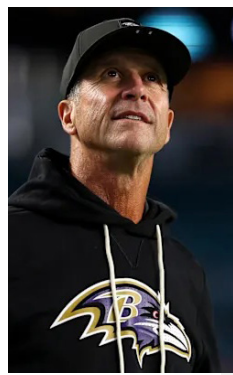
Move Less Than 50 Miles If the parents of a student move to a new permanent residence within fifty miles of their home, the following documentation is required to confirm eligibility:

1. Letters
 - a. A letter from the parents explaining the reason for the move.
 - b. A letter of support from the school filing the athletic transfer request.
2. Proof of termination of all occupancy of previous address
 - a. Escrow closing papers of official signed lease/rental termination document.
 - b. Evidence of termination of two utilities (e.g., electricity, water, & gas).
3. Proof of physical relocation of parents/guardians & students to new permanent address.
 - a. Escrow closing papers or official signed lease/rental agreement document, minimum 12 months.
 - b. Evidence of activation of two utilities (e.g., electricity, water, gas).
 - c. Evidence of auto insurance with new address.
 - d. Evidence of paystub with new address.
 - e. Parents and students of driving age must provide updated driver's licenses showing the new address.

If any of the documents are not addressed, an explanation must be provided. The IHSAA Executive staff or Board of Directors may approve or deny varsity competition.

Parents, students or schools that provide false or misleading information will be subject to Rule 15-6.

- a. A student who transfers to a new school in advance of the parents move will become eligible the day the parents move into the new district, providing all other IHSAA requirements have been met.
- b. The student may remain in the old school until the close of the current semester or until the close of the school year and remain eligible at that school.
- c. The student may transfer to the new school at the time of moving or any time thereafter during the school year or prior to the beginning of the ensuing school year and be eligible upon enrolling in and attending the new school.
- d. If the student does not transfer to the new school within the time periods provided in (a), (b), and (c) above, the student will remain eligible at the original school but is ineligible at the new school unless otherwise approved by the school from which the student transferred and the Eligibility Committee.



"The first thing is coming to the realization that you don't drive the car all the time.

You've got to be smart, you've got to be tough, you've got to make good decisions and use good judgment - all those kinds of things. But you've got to have faith, trust, and belief. You've got to empower the people around you and believe in them.

Trust but verify. Absolutely be on top of things without question, but you put a group of people around you that you really love and really care about, and it's pretty easy to serve them. It's pretty easy to want to see them at their best.

You've got to check your own heart. When we get into the day-to-day conversations and sometimes we all fall down - you've got to ask yourself:

Where's my heart on this?

Where am I coming from?

Do I really care about this person?

If you really want them to feel like you care about them, the best way to do that is to actually care about them."

--- John Harbaugh



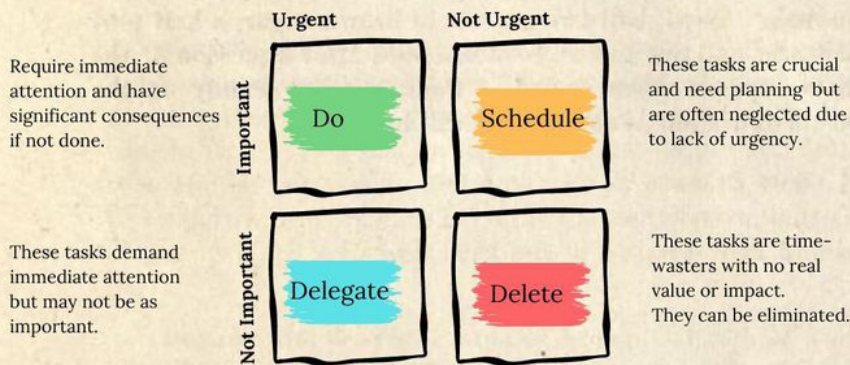
"A common mistake among those who work in sport is spending a disproportional amount of time on "x's and o's" as compared to time spent learning about people"

MIKE KRZYZEWSKI

WWW.CBILeadership.COM

The Productivity Matrix

The Eisenhower Matrix



6 Bonus Productivity Frameworks

Eat the Frog

Get the hardest task of the day done first. This will build momentum for the rest of your day

Seinfeld Strategy

Simply mark a calendar for each day you complete a task. The goal is to never miss 2 days.

The 3,3,3 Method

Do 3 hours of deep work. 3 shorter urgent tasks or meetings and 3 maintenance activities to keep things smooth

Pomodoro Technique

Work in focused intervals of 25 mins, followed by a 5-min break. After four intervals, take a longer break to recharge.

Ivy Lee Method

At the end of each day, write down the six most important tasks to accomplish the next day. Complete them in order of priority

Time Blocking

Schedule blocks of time for specific tasks or activities throughout your day. This helps to minimise distractions and improve focus.

Orka

(n.) the inner strength or energy to keep going, especially through challenges, symbolizing resilience and determination.

Sentences that will Maximize your Coaching Intelligence

The best networking strategy is a helping others first strategy.

Every dog has its day because dogs are friendly (lesson in there)

IHSAA Board of Directors Action December Meeting

The following action items were approved by
the IHSAA Board of Directors
at the December 9th 2025 meeting

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

FINAL APPROVED READINGS

- State Wrestling in Moscow at Kibbie Dome in 2029
- 2026–2027 calendar from tentative to approved
- 2027–2028 calendar from suggested to tentative
- 2028–2029 calendar to suggested
- Move the 2A & 1A State Volleyball Tournaments to HS venue
- Change start times for games 9 & 10 of the 3A state basketball tournament to 9:30/11:30
- Physicals for Out-of-State Students; Rule 13–3
- NFHS Coaching Mental Wellness Course Requirement
- Tennis Seeding Proposal
- Modification for 5A & 3A Wrestling Representation in 2026
- Request for District Composition for the 26–28 Cycle
 - » 5A Mountain Home HS in District III (District IV in Football)
 - » 3A District IV & V Split
 - » 1A District V & VI Split (Combine in Football)

APPROVED 1st READINGS

(Final Reading at the January 21st Meeting)

- Calendar Change Proposal
- Annual Background Checks – Rule 10–1–2b
- Music Rule Changes
- Representation Update – Rule 2–5–1a.vi
- 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 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

2025 STATE DRAMA IDAHOO HIGH SCHOOL CHAMPIONSHIPS

unbottled.



6A



5A



4A



10 THINGS ALL LEADERS SHOULD KNOW ARE FREE



COACH AJ MENTAL FITNESS

1

ATTITUDE

A positive mindset shapes the environment around you and influences how others perceive and respond to you.

2

SERVING

Great leaders uplift and empower others by putting the team's needs before their own. They think giving before receiving.

3

INTEGRITY

By understanding and relating to others' feelings and perspectives, you create deeper connections and more engaged teams.

4

HUMILITY

It means being open to learning, admitting mistakes, and recognizing the contributions of others builds trust and respect.

5

LISTENING

By genuinely hearing out others, you create an atmosphere of understanding and mutual respect.

6

RESPECT

Treating everyone with respect, regardless of their role or status, strengthens team unity.

7

KINDNESS

A simple act of kindness can transform someone's day, build stronger relationships, and create a culture of compassion.

8

ENCOURAGEMENT

Offering words of encouragement is free but can have a significant impact on someone's confidence and motivation.

9

EMPATHY

By understanding and relating to others' feelings and perspectives, you foster deeper connections and more engaged teams.

10

CHARACTER

IT'S THE FOUNDATION OF TRUST, RESPECT, AND INTEGRITY THAT PEOPLE SEE IN YOU AS A LEADER.

These qualities cost nothing, but have the power to elevate your leadership to new heights.

On Coach John Wooden's culture:

There was nothing more important than being on the team. He created a culture, an identity and a style of, 'We have a collective sense of effort and purpose, and we're going to get this done. If you're not interested, that's fine. There's somebody else who is.' It was a privilege to play for him. Of all of the different things he said, none of it made any sense to me as a teenager. Later on in life, everything he said did come true.

-Bill Walton, [In Loving Memory](#)

2026 Interscholastic Star Scholarship

This scholarship, sponsored by the Idaho High School Activities Association, was established in 1992 to recognize and reward outstanding students who participate in high school athletic and non-athletic activities.

Applicants must be juniors who participate or have participated in at least one IHSAA-sponsored sport and one IHSAA-sponsored activity. IHSAA-sponsored activities are: cheerleading, dance, drama, speech, debate, vocal music and instrumental music. These activities must be extracurricular and should be performance-based. Class-only participation will not be considered. Students from 1A and 2A schools may also count FFA and/or student government.

Applicants must be 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.

Each year \$13,000 in scholarships are awarded to Idaho students and schools who have interscholastics stars



APPLICATION DEADLINE - APRIL 15, 2026

2026 Spirit of Sport Award

The IHSAA has developed the "Idaho High School Spirit of Sport Award". The recipient must be an individual from a high school that is a member of the IHSAA. The recipient must be a current coach or student-athlete involved with the schools' athletic or activities program.

This award seeks to recognize those individuals who exemplify the ideals of the positive spirit of sport that represent the core mission of education-based participation. The award may be given in recognition of a specific act or for an activity of longer duration.

For example, it could be given to an individual who has gone beyond the normal everyday expectations of assisting others within the school or community. It could also be given to an individual who has overcome some sort of adversity or challenging circumstances.

The IHSAA seeks to identify worthy award recipients by nominations submitted from anyone from the school or community. All nominations must be forwarded to the IHSAA. A committee made up of IHSAA Board of Directors members will then review all nominations and select the one Spirit of Sport Award winner.

If you have a candidate you wish to nominate, complete and return the nomination form to the IHSAA



APPLICATION DEADLINE - MAY 15, 2026



“

Learn to sit back and
observer. Not everything
needs a reaction.

”

@UpSkillYourLife

“

Sometimes, the greatest
struggle is not in what we
face, but in how we choose
to face it.

”

@UpSkillYourLife

“

Avoiding certain people to
protect your mental health
is not a weakness, it's
wisdom.

”

@UpSkillYourLife

“

Stick to the plan,
not your mood.

”

@UpSkillYourLife




IDAHO STATE COACHES CLINIC

SAVE THE DATE

JUNE 7-9TH, 2026
COLUMBIA HIGH SCHOOL
NAMPA, ID

The 2026 Idaho State Coaches Clinic will have a new look in 2026! This year's clinic will be moved to a high school with more availability of resources. Clinic will feature guest clinicians from both the high school and collegiate level, vendors for gear and equipment needs and will continue to have golf, social and networking opportunities!

Stay tuned...



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YouTube

LEADERSHIP

Video of the Month



Play K



Admiral William H. McRaven

Commander, United States Special Operations Command



Admiral William H. McRaven

Make Your Bed

Remarks by Naval Adm. William H. McRaven, BJ '77, ninth commander of U.S. Special Operations Command, Texas Exes Life Member, and Distinguished Alumnus.

University-Wide Commencement

The University of Texas at Austin, May 17, 2014.



4,251

**SWEATSHIRTS GIVEN TO
FALL 2025 STATE
CHAMPIONSHIP PARTICIPANTS**



unbottled.



48,522

**MILKS HANDED OUT
AT FALL 2025 STATE
CHAMPIONSHIPS**

REFUEL, REBUILD, REPLENISH