

IESA JANUARY UPDATE

MEMBER CENTER HIGHLIGHT

The IESA Office will post links for tasks or forms for data collection in the "Important Messages" section of your Member Center. Some of the links will stay active after use- i.e. submitting a Good Sport Report- while others will be removed from the Messages area after the task has been completed- i.e. submitting fall attendance numbers. Please take a look at this area for any uncompleted tasks. Please contact the IESA Office with any questions.

Welcome to our new members: Medora IS, Barrington Hough Street, Barrington Roslyn Road, and Romeoville King.

NEW MEMBER WELCOME

NEWS FROM THE BOARD

The next Board of Directors meeting is January 31. If there are items that you would like discussed, please contact your IESA Board Representative. This information may be found in your Member Center. After logging in, click on the Email Center link. Your representative's information will be listed



ENERGY DRINK CAUTION

The energy drink market is booming, heavily marketed towards teenagers and young adults, but it hides a concerning reality. Emergency department visits due to energy drink consumption doubled between 2007 and 2011, with 10 percent requiring hospitalization. Notably, 40 percent of adolescents report adverse reactions, as caffeine can cause anxiety and insomnia, and sugar crashes exacerbate these issues. With sales increasing by 47 percent from 2016 to 2021, there's a crucial need for education on energy drinks' dangers.



Safer alternatives, like sports drinks designed to replenish lost minerals, should be encouraged among athletes to prioritize health over flashy marketing.

-Neha Raukar, MD, MS, and
Jennifer Rheeling, MS, LAT, ATC
on September 10, 2024

COACH & SPONSOR INFORMATION

As we approach the Winter activity championships, please ensure that the contact information for your head coach and/or activity sponsors are current. Having updated email addresses and cell phone numbers is essential for hosts to effectively communicate important tournament information or any weather-related changes outside of regular hours. This contact information update should also be extended to your Spring personnel.



UPCOMING DEADLINES

January 15: Scholar Attitude Nominations Due

January 29: Bowling- Entry Deadline; Chess- Entry Deadline

February 6: Music Organization & Solo & Ensemble- Entry Deadline

February 12: Bowling- Final Entry Deadline

February 14: Chess- Final Entry Deadline

SPORTSMANSHIP SCHOOL OF THE MONTH

Congratulations to Tuscola East Prairie School in Tuscola, who was selected as the IESA Sportsmanship School of the Month for December! Tuscola East Prairie has been highlighted on our social media platforms, and will also receive a \$100 DICK'S gift card.

Schools of the Month are selected from all the Good Sport Reports submitted by the Officials Advisory Committee during the designated month.

DID YOU KNOW?

The IESA has been recognizing officials all year on [Facebook](#) and [Instagram](#). There are so many individuals who give of their time to facilitate junior high contests. Please take a moment to "like" these posts and show support for these dedicated individuals. Also, look for our messages during Officials Appreciation Week- January 12-18.

PARTNER HIGHLIGHT: ORANGE THEORY

IESA is proud to partner with Orange Theory as our fitness partner. Orangetheory Fitness is here to help you start the year strong. Enjoy your FIRST CLASS FREE and experience a workout that's designed to leave you feeling accomplished and ready for what's ahead. Start your FREE class today and see why Orangetheory is the workout that works.

Ready to get MORE results? Click below or stop by your local studio to book your class. And don't forget to share this with your fellow educators and staff—because everyone deserves to feel their best!

Let's start 2025 strong—together.

[Book Your Free Class Now](#)

*Terms apply. Offer valid at participating studios

Book your free class [HERE](#)



BY-LAW REMINDER: WHAT SCHOOLS CAN I SCHEDULE

IESA member schools may participate with/against:

- IESA member schools
- Non-IESA schools containing any of the grades 5-8.
- Any school (Illinois or non-Illinois) containing grades 5-8 as long as the contest is held in an Illinois school.
- Non-Illinois attendance centers in states adjacent to Illinois which contain any of the grades 5-8.

Member schools may not participate against/with non-school teams or high school teams. If you have questions, please contact the IESA Office.

SCHOLAR ATTITUDE APPLICATION

The application for Scholar Attitude is available. The submission process will be done completely online.

If you would like to nominate a student from your school, please log-in to IESA Member Center using your School password. Click on the Scholar Attitude application link that is listed under Important Messages. Enter the information for the student that you would like to nominate. A link and passcode will be generated. Please pass along that information to your student. They will need that information to submit the application materials. If you have any questions about the program/process, please contact jonathan@iesa.org or amanda@iesa.org.



SHOW YOUR SPIRIT



Starting October 28 and ending March 1, show us your fans/students school spirit during one of your IESA activities.

Where to send?

Email photos, video and social media links to bailey@iesa.org

What we are looking for?

Photos or Videos of POSITIVE school spirit, i.e., face paint, whiteouts, blackouts, school colors

RECOGNITION

Congratulations to all those who had individuals selected for post-season **Outstanding Sportsmanship pins!** Those selected have been featured on our Facebook and Instagram pages. Special thanks to all the Regional and Sectional hosts for providing this information.
#showyoursportmanship

Good Sport Reports—Thank you to everyone who has submitted a Good Sport Report this year. It is wonderful to see all the support our coaches and athletes show each other, their opponents, and officials. Keep up the great work!

