

# IESA FEBRUARY UPDATE



## MEMBER CENTER HIGHLIGHT

The "Resources" tab is located just underneath your school name in your Member Center. This page contains numerous resources from a central spot for Activity Updates to presentations from past AD Workshops.

The "Other Resources" area in the lower right-hand side of this page contains the links to many helpful and often requested forms. I would encourage you to explore this page.

The IESA has been offering the Scholar Attitude Award since 1999. To ensure that the program is still relevant and user-friendly, we are asking for your feedback. Whether you have submitted an applicant or not, please take a moment to complete a quick [survey](#). We thank you in advance for your comments.

## SCHOLAR ATTITUDE SURVEY

## NEWS FROM THE BOARD

The IESA Board of Directors met on January 31st. The minutes of the meeting may be accessed from the IESA [homepage](#).

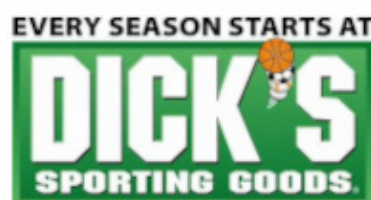


**From 2/14 – 2/17/2025**, DICK's Sporting Goods is offering ILLINOIS ELEMENTARY SCHOOL ASSOCIATION a 20% off discount throughout the store. Grab all the gear you have been wanting!

The coupon is available on the IESA homepage. The **coupon** is valid in-store on the dates above and should be shown at the register during checkout.

Please pass along to coaches, staff, families, and community partners!

## DICK'S SPORTING GOODS SHOP EVENT



# ADVISORY COMMITTEE MINUTES

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Minutes from Activity Advisory Committees with Board action may be found on each activity webpage. Fall activities had their minutes and recommendations presented to the Board of Directors in January.  
[Golf](#)—[Baseball](#)--- [Softball](#)--- [Speech](#)--- [Cross Country](#)



## UPCOMING DEADLINES

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

**February 12: Bowling- Final Entry Deadline**

**February 14: Chess- Final Entry Deadline; Music S&E Participant Info Due**

## SPORTSMANSHIP SCHOOL OF THE MONTH

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Congratulations to St. Mary's School in Bloomington, who was selected as the IESA Sportsmanship School of the Month for January! Bloomington St. Mary's 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?

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In April, 1928, Bureau, El Paso, Granville, Gridley, Rutland, Toluca, Tonica and Washburn schools established themselves as the charter members of the "Illinois State Graded School Athletic Association", which did not become the "Illinois Elementary School Association" or IESA until 1939

## PARTNER HIGHLIGHT: RAWLINGS

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IESA is proud to partner with Rawlings, who serves as the Official Basketball, Softball, and Baseball of the IESA.

Rawlings Sporting Goods Company, Inc. is a leading manufacturer and marketer of sporting goods in the United States. Since the company's inception in 1887, Rawlings' mission has always centered on enabling participation by developing and producing innovative, high-performance equipment and protective apparel for the professional, amateur, and entry-level player.

Rawlings has been a proud supporter of IESA post-season play since 2014.





# APPRECIATION OPPORTUNITIES- OFFICIALS AND ATHLETIC DIRECTORS

Officials play a vital role in the IESA's activities. They spend countless hours traveling to activities around the state and use their expertise to educate student-athletes on the rules of the game. We simply could not play without them. Thank you to everyone who took an opportunity to recognize their contest officials during Officials Appreciation Week. Many officials reached out to share the impact of your efforts.

Please mark your calendars for "Thank an Athletic Director" day on March 3rd. These individuals juggle many responsibilities both personally and professionally to make sure that the activities offered at your school are top-notch. Please take a moment to recognize your Athletic Director in some way on March 3rd. We would also like to recognize your Athletic Director. You can email pictures and stories to [bailey@iesa.org](mailto:bailey@iesa.org)



Thank you!



## 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](mailto: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!



# IMPORTANCE OF STUDENT-ATHLETE MENTAL HEALTH

Researchers have noted that athletes can experience the same mental health disorders as non-athletes, such as depression, anxiety, ADHD, and eating disorders. But they have the additional stressors of demanding physical training (including overuse injuries), exposure to bullying/hazing in their sport, increased pressure to use performance-enhancing drugs, sleep deprivation, and loss of identity when not playing. Inadequate sleep is especially detrimental to the young, developing brain. Unfortunately, athletes seek mental health support at a lower rate than their non-athlete peers.

Many commentators on this topic point to the “professionalization” of youth sports and the role of parents in adding stress to their athletic children with unrealistic expectations of college scholarships or future professional league play.

With that in mind the role of the coach takes on added importance. The Jed Foundation – JED and the Positive Coaching Alliance have created “The Coaches’ Guide to Supporting High School Athlete Mental Health”. These simple tips can make a huge difference in the overall well-being of student-athletes.



## CHECK THE LICENSE STATUS OF YOUR CONTEST OFFICIALS



Whether you or an assignor hire your contest officials, please make sure you are double-checking their license status.

Making sure that your contest officials are properly licensed with the IHSA not only confirms that they are up-to-date on rule changes and interpretations, but also reduces potential liability.

You can check the status of your contest officials using the Official’s Search tool in your Member Center.

## CALENDAR UPDATES AND REMINDERS

An ad hoc committee met during the 2023–24 school year to review the IESA Calendar. Their recommendations will be implemented during the 25–26 school year. The **online calendar** reflects all of the changes that have been adopted. The Committee’s recommendations can be found [here](#).

In addition, the Baseball and Softball Committees recently recommended changes to the post-season calendar. You can review their recommendations by accessing the Advisory minute links included in this newsletter.

