



# FEBRUARY NEWSLETTER



## MEMBER CENTER HIGHLIGHTS



Spring brings change in many different capacities. If there will be changes to your administration or coaching staff, please make sure that information is updated before your school closes for the summer.

Information may be updated by accessing the "Your School" tab in your IESA Member Center. To update administrator and coach information, you will need to log-in to the Member Center using your Administrator password. When updating information, please include cell phone information.

As a special request, we would ask all schools to enter the name and contact information for their athletic director. We are often asked to facilitate connections between new and experienced athletic directors and having up-to-date information will be helpful. Thanks in advance!

Finding and keeping good coaches has never been easy. Administrators play a key role in retaining coaches. Administrators should be present, supportive, and proactive in helping coaches grow. Here are some tips for Athletic Administrators:

- Set up regular check-ins and mentoring for new coaches.
- Celebrate coaching successes publicly- recognition goes a long way.
- Offer workshops or resources on parent communication and conflict resolution.
- Treat recruitment and retention as ongoing, not seasonal, priorities.

## Retaining Coaches



## NEWS FROM THE BOARD

The IESA Board of Directors met on January 30th. Minutes of the meeting may be accessed [HERE](#).

Highlights:

- Welcomed Brian Allensworth as the new Division K representative.
- Approved The Cubby Hole as the official apparel provider through 2031.



# ADVISORY COMMITTEE MINUTES

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 at the January meeting.

[Baseball](#)[Cross Country](#)[Golf](#)[Softball](#)[Girls Wrestling](#)[Speech](#)

## RECOGNITION OPPORTUNITIES

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 the 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).



## DICK'S SPORTING GOODS SHOP EVENT

Our partnership with DICK'S Sporting Goods continues into the Spring season, and our exclusive sales event is coming up starting 2/13-2/16.

See info below for event info and the flyer for in-store use. Please share throughout your school.

**IESA 20% OFF SHOP EVENT AT DICK'S SPORTING  
GOODS  
FRIDAY, 2/13 – MONDAY, 2/16  
OFFER AVAILABLE IN-STORE AT ALL IL LOCATIONS**

Save the date! Our partner, DICK'S Sporting Goods, is offering you a 20% off discount throughout the store to help you gear up for the Spring season! Be sure to use the coupon linked below, as this is specific to our organization. The coupon is valid in-store on the dates above and should be shown at the register during checkout.



[CLICK HERE FOR COUPON](#)



## 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 corner of that page contains links to many helpful, often-requested forms. I would encourage you to explore "Resources" page.



# SPORTSMANSHIP SCHOOL OF THE MONTH

Comets

Congratulations to Edison Middle School in Champaign, who was selected as the IESA Sportsmanship School of the Month for January! Champaign Edison 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.

[\*\*CLICK HERE TO CHECK OUT THE IADA MIDDLE SCHOOL NEWSLETTER\*\*](#)

Great article on conflict management in this month's issue.

## UPCOMING DEADLINES

**February 5:** Music Organization & Solo & Ensemble Entry Deadline  
**February 11:** Bowling Coop Deadline  
**February 13:** Bowling and Chess- Final Entry Deadline  
**February 13:** Music S&E Participant Info Due  
**March 1:** Track Coop Deadline

## 2026 IESA WORKSHOPS

Each year the IESA hosts workshops for Athletic Directors and activity coaches.

The Annual Athletic Director workshop will be held at the Double Tree Hotel in Bloomington on Sept. 11. Registration information will be available in April. This event is a wonderful opportunity to network and build your knowledge base.

On Sept. 18, the IESA will be hosting the Speech workshop for coaches and sponsors. This workshop will also be hosted at the Double Tree Hotel. Information will be available online in May.



## 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 greatwork!



# 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.



## OFFICIAL BALLS



The IESA works with two great companies to provide the balls used in the State Series. The "Official Balls" are required for post-season play.



### IESA Official Ball Models

**Girls Softball** - Rawlings RIESASB  
**Boys Baseball** - Rawlings RIESABB  
**Girls Basketball** - Rawlings CNTR285-IESA  
**Boys Basketball** - Rawlings CNTR295-IESA  
**Girls Volleyball** - Mikasa VQ2000

For Sales Representative Information, please click [HERE](#).

## PARTNER HIGHLIGHT: GENERATION LEAD

Generation Lead is a statewide, youth-focused awareness campaign. The education campaign aims to prevent or delay initial substance use, minimize stigma associated with substance use disorder treatment, recovery, and/or reduce harms associated with substance use, including overdose.

Generation Lead's mission is to educate and empower students to make informed, healthy choices. Generation Lead provides free campaign materials such as posters, talking kits, awareness stickers, bookmarks, postcards, and more!



[GET MORE INFO HERE](#)