

Orders Library exhibit SEC-15-GM-022 (StenTam ERC Practice Defense, SEC-15 group meetings)

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News & Announcements

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High School Swimming/Diving Rules Changes Clarify Proper Race Finish, Official Timing Procedures

Posted on: Apr 14, 2020

Providing more clarity on a proper race finish and official timing procedures are among the noteworthy high school swimming and diving rules changes for the 2020-21 school year.

IHSAA Student-Athlete Tip of the Week (4-13-20)

Posted on: Apr 13, 2020

IHSAA Student-Athlete Tip of the Week (4-13-2020)

"Promoting education based athletics in Indiana"

If you ask any high school coach when their athletes show the most improvement and growth, they will probably answer "in the off season." I would agree, adding that most athletes gain their biggest improvement during the off season because they have time to work on things they learned during their sports season.

But I would like to take it one step farther. I believe athletes show their greatest improvement when no one is watching. In other words, when there is no off season supervision, what are you doing to separate yourself from the competition you will be facing?

Most off season workouts are supervised in today's high school and college environments. There's usually a coach there timing, instructing, or observing. However, it's what you do with your down time and unsupervised time, working on your own while no one is watching, that separates the average athlete from the really good one.

During this time of social distancing during the coronavirus outbreak, there is no better time to practice on your own, because let's face it, no one will be watching. Getting into this habit now could pay big dividends in the years ahead!

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IHSAA Student-Athlete Tip of the Week (4-6-20)

Posted on: Apr 6, 2020

IHSAA Student-Athlete Tip of the Week (4-6-2020)

"Promoting education based athletics in Indiana"

This past week the IHSAA wisely cancelled spring sports for the 2020 season.

No doubt if you are a spring athlete you are feeling disappointment and disbelief. These are rare, rare times and the coronavirus has affected everybody in one way or the other.

If you are a senior athlete your high school sports career may be over, but the memories and friendships will last a lifetime. If you are an underclassman it hopefully won't be long until team gatherings and training become reality again.

Student-athletes still need physical activity to keep their bodies and minds sharp. It's important that you find a way to stay active and in good physical condition while social distancing from your friends. Speak with your coaches and trainers on what they suggest and continue to pay close attention to your school work!

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IHSAA Spring Sports Cancelled

Posted on: Apr 2, 2020

With the announcement today of the closure of K-12 schools throughout Indiana for the remainder of the school year, the IHSAA announces the cancellation of all spring sports tournament series events for the 2019-20 school year.

IHSAA Student-Athlete Tip of the Week (3-30-20)

Posted on: Mar 30, 2020

IHSAA Student-Athlete Tip of the Week (3-30-2020)

"Promoting education based athletics in Indiana"

While searching the Internet this past week to see the reaction of coaches and athletes around the country to the coronavirus, I was impressed by the comments of Boston Celtics coach Brad Stevens.

Stevens is a former high school basketball star, graduated from Depauw University in Greencastle, and coached Butler University to back to back Final Four appearances in the NCAA basketball tourney.

Stevens, who always takes the high road, said basketball matters are not top priority. The article, written by Jim Fenton, quoted Stevens speaking from his Boston home.

"We're like the rest of the world. Basketball has taken a far back seat. I think it's more important right now we're a community of co-workers and a community of friends and people that care about each other that get on line and make sure we are all doing OK. I don't think it's appropriate right now to be hammering basketball with our guys."

Stevens went on to say that he and his family were staying home and it was no inconvenience. He added that "there's so many people working so hard everyday to try and help our communities and help the sick and putting their own selves at risk."

Some wise words from a great coach who just a few years back was in your shoes and playing high school sports in Zionsville, Indiana!

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Officiating Courses Available for Free Through July 1 on the NFHS Learning Center

Posted on: Mar 25, 2020

Current high school sports officials, as well as individuals interested in joining the officiating ranks, will be able to access online education courses on the NFHS Learning Center for free through July 1.

Theme picker

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Tip of the Week

IHSAA Student-Athlete Tip of the Week (4-13-20)

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"Promoting education based athletics in Indiana"

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Upcoming Events

«	April 2020						»
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
29	30	31	1	2	3	4	
5	6	7	8	9	10	11	
12	13	14	15	16	17	18	
19	20	21	22	23	24	25	
26	27	28	29	30	1	2	
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