

# IHSA ALL ACCESS

April Newsletter



Photo by VIP - Visual Image Photography

## Upcoming Dates

Mark your calendars  
(or check your IHSA Calendar because we  
already did!)

### April 12-13

Music Organization State Contest

### April 17

Boys & Girls Water Polo Season Summaries Due

### April 21

Student Advisory Committee Meeting

### April 22

[2024 IHSAF Senior Scholarship](#) Applications Due

### April 23

Boys & Girls Basketball Advisory Committee Meeting

### April 24

Music Advisory Committee Meeting  
Officials Advisory Committee Meeting  
Soccer Advisory Committee Meeting  
Girls Soccer Season Summaries Due

### April 26

Journalism State Final

### April 27

Esports State Final

### April 29

1A/2A Softball Season Summaries Due  
1A/2A Baseball Season Summaries Due  
Girls Badminton List of Participants Due

### May 1

Boys Volleyball Season Summaries Due  
Journalism Advisory Committee Meeting  
Esports Advisory Committee Meeting

### May 2

Scholastic Bowl Advisory Committee Meeting  
Do What's Right! Advisory Committee Meeting

### May 5

Girls Track & Field List of Participants Due

### May 6

3A/4A Softball Season Summaries Due  
3A/4A Baseball Season Summaries Due

### May 7

Activity Directors Advisory Committee Meeting

### May 8

Athletic Administrators Advisory Committee Meeting  
Boys & Girls Lacrosse Season Summaries Due

### May 10-11

Girls Badminton State Final

## Note from the Executive Director

This month we are thankful to recognize and reward members of the [31st All-State Academic Team](#) at a banquet in Bloomington. This opportunity has been available to the IHSA as a result of the initial vision of former Executive Director, Dr. Marty Hickman, and members of the IHSA Board of Directors at that time. Congratulations to this year's team!

The longevity of this student recognition program has been a result of the consistent support from current and former members of the Board of Directors, and the financial support of the Illinois [High School Activities Foundation \(IHSAF\) and their Board of Directors](#). Members of the IHSAF Board and staff liaison Tracie Henry have been active in planning fundraising efforts to support the ASAT recognition in addition to scholarships for students who are pursuing careers in education.

The biggest fundraising initiative of the IHSAF is the annual Foundation Golf Outing in recognition of Dr. Marty Hickman. Registration for the Foundation Golf Outing is [now open](#). The outing takes place on Tuesday, June 11, 2024 at The Den golf course in Bloomington. Opportunities to play or contribute as a sponsor remain available. Please contact Tracie Henry ([thenry@ihsa.org](mailto:thenry@ihsa.org)) with any questions or to contribute towards the fundraising efforts of the IHSAF.

We are excited to follow our newest members of the All-State Academic Team as they build upon their incredible academic and activities/athletics success of their high school years. We remain committed to supporting the Foundation initiatives and thank all who have continued to provide financial support.

Sincerely,  
Craig Anderson



Photos by Matt Troha - Assistant Executive Director

## National Donate Life Month

Our IHSA logo is purple for the month of April! We are supporting Donate Life Illinois in celebrating National Donate Life Month and the life-changing impact of organ, eye, and tissue donation.

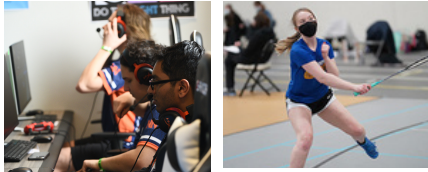


The color purple represents compassion and inspiration, which is why it is used to honor those who became organ, eye, and tissue donors to save and heal the lives of others in need. So many of our schools and communities have been touched by those who have given or received the gift of life.



### Did You Know?

Only 8 State Associations offer a Journalism competition. Ours is being held this month on April 26!



Photos by VIP - Visual Image Photography

### Lightning Reminder

Stay Safe during Outdoor Sports. Make sure you have a Severe Weather Policy in place and that your coaches are aware.

More information is available on the [IHSA Sports Medicine page](#).

### Sponsor a Hole!

Consider having your school sponsor a hole at the IHSAF Golf Outing to see your school's name and logo on a hole marker.



Logo by Kathy Topp



Sponsor a hole here: [Foundation Golf Outing](#).

### Social Media



### Spring Officials Appreciation Week April 15-19

Help us celebrate the work spring sports officials do! Share a thank you message on social media, provide extra water or Gatorade before a match, or say a kind word.

The ways to show your appreciation are endless!



## By-Law Breakdown – 3.150: Special Provisions for Summer Participation

While the heart of the spring sports season has just arrived, this month's By-law Breakdown reviews the provisions of the summer contact period as coaches plan their summer activities.

The 2024 summer contact period is between the last day of classes for the 23-24 school year or June 3, 2024, whichever is earlier, and August 4, 2024. During this time, coaches of a sport have a maximum of 25 contact days in that sport with students from their school. Students have a maximum of 25 contact days per sport with coaches of that sport from the school they attend. (By-law 3.153)

Any activity that involves coaching or instruction in the skills or techniques of the sport constitutes as a contact day. The 25-day limit applies to all sports except for baseball and softball.

Member school coaches who coach more than one sport may have up to 25 contact days with students from their school in each sport.

*Incoming freshmen and transfer students may participate in a school's summer programs as long as the students are registered to attend the school and have paid applicable fees.*

New by-law language was passed through the legislative process and membership vote last December that goes into effect at the start of the 2024 summer contact period. This by-law permits strength and conditioning activities (strength training, speed, agility, and conditioning drills) that do not count towards the 25 contact days. Strength and conditioning activities are limited to no more than 4 days per week with a maximum of 90 minutes per session.

Coaching schools, camps, or clinics during the summer contact period are permitted and must be open to any high school student. They cannot be restricted to only students who have been or expect to be a part of the sport-specific program. Each day of a coaching school, camp, or clinic is counted as a contact day for school coaches and students. (By-law 3.155)

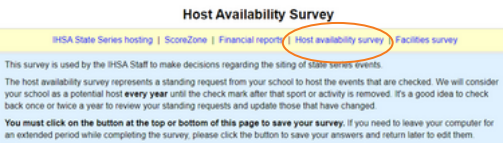
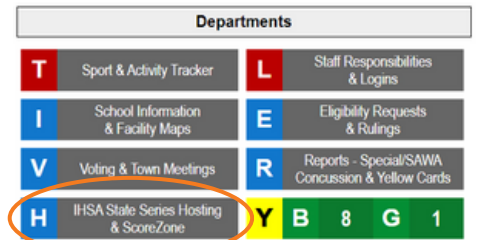
Read this by-law & others at: [www.ihsa.org/About-the-IHSA/Constitution-By-laws-Policies](http://www.ihsa.org/About-the-IHSA/Constitution-By-laws-Policies)

## IHSA State Series Hosting

The IHSA appreciates the efforts of the membership to host State Series events. In preparation for the 2024-25 school year, school administrators should review their host availability form in the IHSA Schools Center.

After logging into the Schools Center, select Menu H: IHSA State Series Hosting & ScoreZone. Click the Host availability survey link at the top of the next page and select the levels of state series competitions that your school is willing to host.

Once a school identifies interest in hosting, that interest will remain on file until the event is deselected.



## AED Package Offer

In partnership with the NFHS, the CPR Institute of Indiana is offering a Philips HeartStart OnSite AED package at a discounted price of \$1,240, including shipping.

For more information, contact Bill Callahan at (317) 201-2229.

The package includes:

- Philips HeartStart OnSite AED
- AED carrying case
- Alarmed wall cabinet
- Adult pads
- Pediatric pads (if facility has children under 50 pounds)
- Philips Fast Response Kit
- 5-year lithium-ion battery
- 8-year manufacturer warranty
- Pelican Box offered with kit instead of cabinet