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OCTOBER NEWSLETTER



Upcoming Dates

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

October 18

Girls Flag Football State Finals Begin
Boys Golf State Finals Begin
Girls Golf State Finals Begin

October 21

Boys & Girls Cross Country List of Participants Due

October 22

Winter Rules Presentations Available for Credit

October 24

Girls Tennis State Finals Begin

October 28

Season Begins for Boys Bowling, Competitive Cheer & Competitive Dance

November 1

Winter Sports & Activities Entry Deadline (Excluding Chess)

November 4

Girls Swimming & Diving List of Participants Due
Girls Basketball Season Begins
Competitive Cheer & Dance Contests May Begin
1st Meeting of Legislative Commission

November 6

Girls Flag Football Advisory Committee Meeting

November 7

Boys Soccer State Finals Begin
Town Hall Meetings Begin ([Click Here for Meeting Schedule](#))

November 8

Boys Bowling Contests May Begin

November 9

Boys & Girls Cross Country State Finals

November 11

Season Begins for Boys Basketball, Girls Gymnastics, Boys Wrestling & Girls Wrestling

November 15

Girls Swimming & Diving State Finals Begin
Girls Volleyball State Finals Begin

Note From the Executive Director

The case for education-based activities!

As we begin culminating IHSA fall activities with state finals this weekend, I want to offer a perspective on your accomplishments thus far this school year. It does not matter what your role is at your school: coach, administrator, or support staff, you have played a part in creating opportunities for growth in young people that are uniquely found through participation in education-based activities. Here are a few that I hope will cause you to reflect on your season positively:

- Teaching young people about how to become great teammates by supporting one another and creating team camaraderie and chemistry.
- Entrusting students with their responsibilities to manage their time and take on tasks that lead to a successful season. This includes maintaining the academic requirements for participation among others.
- Leading students through their triumphs and navigating the adversity that comes at different times during a season as they learn to overcome and move forward to the next game, match, race, or meet.
- Learning to win with dignity and lose with grace are at the heart of interscholastic activities that create lifelong benefits for all involved.

- The opportunity for students to represent their high school and community may be one of the greatest rewards of education-based athletics. Thank you for promoting and instilling pride in your students in carrying on this tradition.

While we will be celebrating the state qualifiers and state champions across many sports/activities in the coming weeks, the real celebration for me and the IHSA staff is knowing the tremendous work done by our school coaches, administrators, and support staff in creating and reinforcing the life-lessons that evolve from the first practice through the last day of the season. Thank you for making this opportunity for growth happen for your students!



By-Law Breakdown – Section 5.000: Season and Contest Limitations

Winter sports and activities are quickly approaching. As you and your coaches prepare for the upcoming seasons, review the season limitations for each sport and activity. This includes the starting and ending dates for the season, dates of first contests, and the contest limitations.

Coaches may not provide instruction in the skills of the sport, hold practices, or have their teams compete in contests before the established dates for each sport. Activities, such as scholastic bowl and chess, may organize their teams at any time. While most activities do not have a contest limitation, scholastic bowl does have a limit of 27 dates.

A date is defined as a single day on the calendar, which means participating in a meet or tournament held over two days counts as two dates. However, a conference meet or conference tournament is counted as one date. Contest limitations are exclusive of the IHSA State Series.

Note that contest limitations may be counted by dates in some sports and by the number of games/matches in others.

Read this by-law & others at:

www.ihsa.org/About-the-IHSA/Constitution-By-laws-Policies



Did You Know?

October is National High School Activities Month. As a part of the celebration, this week is National Sportsmanship, Fan Appreciation, and Public Address Announcers Week.

Spread awareness and promote the importance of sportsmanship in interscholastic activities and take some time to thank the fans who support these activities. In addition, acknowledge the service provided by public address announcers at your contests.



Free CPR & AED Training

Join us at the inaugural IHSA Girls Flag Football State Final!

A hands-only CPR training with the Chicago Bears and American Heart Association will be provided in the Willowbrook High School Fieldhouse.

When: Saturday, October 19

Time: 9:00-10:00 a.m.

Register and attend the CPR/AED training to receive a free Saturday ticket to the Girls Flag Football State Finals at Willowbrook High School.

[Registration Link](#)

Social Media



Follow Our Accounts:

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[@IHSA_IL](#)

Tik Tok:
[@IHSA.il](#)

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Schools Center 101

As you are fully aware, the IHSA Schools Center houses a lot of information. This month's newsletter will mark the start of a series that will summarize features within each main menu item of the Schools Center.

Departments			
T	Sport & Activity Tracker	L	Staff Responsibilities & Logins
I	School Information & Facility Maps	E	Eligibility Requests & Rulings
V	Voting & Town Meetings	R	Reports - Special/SAWA Concussion & Yellow Cards
H	IHSA State Series Hosting & ScoreZone	TMS	Transfer Management System

Sport & Activity Tracker (T): This page tracks the progress of required tasks in all sports and activities that your school has entered into the IHSA State Series. It contains the [Entry Form](#) to enter your programs into the IHSA State Series. Note that the entry deadline for the upcoming winter sports and activities (excluding chess) is November 1. Please confirm with your coaches and sponsors which teams and groups want to participate in the IHSA State Series and complete the entry form accordingly. The tracker also contains a form to register active [Emerging sports & activities](#) at your school.

School Information & Facility Maps (I): Each school's information is listed on this page, and schools can update phone numbers, website addresses, and social media handles. Schools may also list an [Official Student Representative](#) to receive communications from the IHSA Student Advisory Committee.

Voting & Town Meetings (V): This page permits administrators to nominate individuals for the IHSA Board of Directors and Legislative Commission. [The Board & Commission ballot](#) and [By-law amendment ballot](#) will be opened for voting during the designated voting periods. The schedule and locations of the annual [Town Meetings & Principals' Rules Meetings](#) are also listed here.

IHSA State Series Hosting & ScoreZone (H): Tasks and information when hosting IHSA State Series events are found here. This includes the ScoreZone, Winner Report, and Financial Report. Click on [Host availability survey](#) to update your school's State Series hosting preferences, and go to the [Facilities survey](#) page to update your school's facility information.

Student Advisory Committee Applications

The IHSA is looking for student leaders to fill upcoming open positions on the Student Advisory Committee (SAC). Applications are being accepted from students in legislative districts 3, 6, 8, 12, and 15. For more information about the SAC, candidate criteria, and application instructions, [click here](#).

Students in other districts may also apply and may be contacted for an interview if a position is vacated. Selected students will begin their terms on Sunday, April 27, 2025.

NFHSLearn Course of the Month

The NFHS offers a Learning Center (www.nfhslearn.com) with over 70 free courses for coaches, students, administrators, parents, officials, and individuals within performing arts programs. Courses include topics for coaching professional development, health and safety education, sportsmanship, student leadership, NCAA eligibility, and more. Anyone can set up an account for free.

As administrators prepare for winter sports and activities, this month's NFHSLearn Course of the Month is [The Parent Seat](#), which addresses the parent's role in their child's participation in interscholastic activities.



Photos by VIP (Visual Image Photography)

