



# access

## NOVEMBER NEWSLETTER



### Upcoming Dates

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

#### November 15

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

#### November 17

Student Advisory Committee Meeting

#### November 18

Girls Bowling Season Begins  
Girls Basketball Contests May Begin

#### November 21

Boys & Girls Tennis Advisory Committee Meeting

#### November 25

Legislative Commission 2nd Meeting  
Boys Swimming & Diving Season Begins  
Boys Basketball Contests May Begin  
Girls Gymnastics Contests May Begin  
Boys & Girls Wrestling Contests May Begin

#### November 26

Winter Rules Presentations Deadline (excl. Comp. Cheer, Comp. Dance, Girls Gymnastics, & Chess)

#### November 29

Football State Finals Begin  
Girls Bowling Contests May Begin

#### December 1

Chess Entry Deadline

#### December 2

Amendment Proposal Ballots Available Online

#### December 3

Winter Rules Presentations Deadline for Comp. Cheer, Comp. Dance, and Girls Gymnastics

#### December 4

Boys & Girls Cross Country Advisory Committee Meeting

#### December 5

Boys & Girls Volleyball Advisory Committee Meeting  
Do What's Right! Advisory Committee Meeting

#### December 6

Boys Swimming & Diving Contests May Begin

#### December 9

Board of Directors Meeting

#### December 10

Competitive Dance List of Participants Due  
Boys & Girls Golf Advisory Committee Meeting

#### December 12

Football Advisory Committee Meeting

#### December 13

Competitive Cheer List of Participants Due

#### December 16

Amendment Proposal Ballots Due Online

### Note From the Executive Director

This will be the final edition of All-Access for the 2024 calendar year, and as such, I want to wish all of you a Happy Thanksgiving and a Happy Holiday season! At the IHSA, we are in the midst of one of our busiest times of the year as we conduct fall championships and visit high schools across the state to conduct IHSA Principals' Rules and Town Meetings. We thank you for your time and attention to our annual legislative process and hope you will take the time to review and vote on the by-law amendment proposals submitted by fellow member high schools.



We know this time of year is also a transition of seasons for schools as you conclude your fall seasons and begin your winter seasons. As a new season opens, it's an important time to meet with winter coaches and review rosters for any transfer students who may need to have an eligibility review prior to participating in interscholastic competition. Students who are new to your school, not including freshmen, that need eligibility rulings must be submitted online via the IHSA's Transfer Management System (TMS) for concurrence by the sending school and a final approval from IHSA.

This change in seasons is also an appropriate time to confirm the licensed officials hired to work your winter contests are licensed with IHSA and in compliance. The Officials Directory in the IHSA Schools Center will have a listing of the officials who meet this criterion.

We wish you a successful transition of seasons and thank you for continuing to create growth opportunities for students in sports and activities that enrich their educational experience.

### IHSA Holiday Office Closures

The IHSA Office will be closed on the following dates for the holiday season. Happy Holidays!

**November 28 & 29**

**December 20-January 1**



### By-Law Breakdown – 2.090: Season Limitation Exception

Last month's By-Law Breakdown reviewed season and contest limitations for IHSA sports and activities. As IHSA fall sports are soon coming to a close, coaches may be curious as to what out-of-season activities are permitted. In addition to open gyms (by-law 3.160), an exception to by-law 2.090 was added last year through the amendment referendum process.

Coaches are permitted to hold and prescribe offseason strength and conditioning workouts for athletes under the following conditions:

1. Workouts are limited to 4 days per week and no more than 90 minutes per session.
2. Coaches may supervise workout sessions and only provide instruction on technique of the strength and conditioning activities.
3. Like open gyms, coaches are not permitted to provide coaching or instruction with respect to the skills of the sport.



## Did You Know?

There is still time to attend an IHSA Town Meeting/ Principals' Rules meeting for credit. By-law 2.130 requires attendance by the principal or principal's designee of each member school at an annual town meeting.

[Click here for meeting dates and locations.](#)

## Save the Date!

The 2025 All-State Academic Team Banquet will be held on Sunday, April 13th, at the DoubleTree by Hilton Hotel in Bloomington. Nomination information and forms will be available later this winter.

## NFHSLearn Course of the Month

This month's NFHSLearn Course of the Month is [Sports Nutrition](#), which provides coaches with nutrition tips and guidelines to optimize health and performance for their student-athletes. The course addresses appropriate diet to prepare for activities and how to properly refuel afterward. Anyone can set up an account for free at [www.nfhslearn.com](http://www.nfhslearn.com) and get started.

## Open Gym Illustration Revision

At the IHSA Board of Directors meeting in October, the Board approved a revision to Illustration 262 in the IHSA handbook regarding open gyms. Coed schools may conduct gender-specific open gyms provided there is equal availability of open gym opportunities for both genders.

## Social Media



### Follow Our Accounts:

Instagram:  
[@IHSA\\_IL](#)

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

Facebook:  
[@IHSA\\_IL](#)  
[@IHSAOfficials](#)

Youtube:  
[@IHSA](#)  
[@IHSAArchives](#)

X:  
[@IHSA\\_IL](#)  
[@IHSAOfficials](#)

## Schools Center 101

In this month's dive into the IHSA Schools Center departments, menu items L and E are covered.

**Staff Responsibilities & Logins (L):** Here is where every coach in your school is listed and where [Staff compliance](#) with all IHSA coaching requirements is tracked. Any coaches who are missing a compliance requirement will be the first individuals listed with red boxes to indicate what requirements still need to be completed. The [Staff responsibilities](#) link will show the job titles assigned to each individual listed in the Schools Center for your school. Administrators may remove individuals from this list as well as add a job title to an individual by clicking the jobs button and selecting the appropriate role.

If a staff member at your school has forgotten their Schools Center login credentials, click the [Staff logins & roster](#) link where each individual's Login ID will be listed. Administrators can click [send new password](#) to have an email with a new password sent to the individual. By clicking the [Advisory committee survey](#), administrators can recommend a staff member to be considered for a position on an IHSA advisory committee. The last link in this section allows administrators to add a new staff member for your school. Clicking [add staff member](#) will prompt administrators to enter the name of the individual to be added and assign a responsibility/job title to that person.

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

**Eligibility Requests & Rulings (E):** On this page, administrators can submit eligibility requests for foreign exchange students and non-school competition participation requests. The Non-School Competition Participation Request form is on the bottom half of the first page, and a form can be submitted by clicking [submit NSCP request](#). As a reminder, students are limited to three (3) non-school competitions with approval during the IHSA season in that sport.

To submit a foreign exchange eligibility request, click [Submit request](#) at the top of the page. Before doing so, it is recommended to click on [Worksheet](#), which generates a form that can be printed for the student and host family to complete. Collect the information requested and then, proceed to enter the information into the online Foreign Exchange Student Eligibility Request form.

## State Final Band Auditions

The IHSA is accepting video auditions for bands to perform at the 2025 Girls Basketball State Finals (March 6-8), 2025 Boys Basketball Finals (March 13-15), and next fall's Girls Volleyball State Finals (November 14-15).

For complete details and audition instructions, [click here](#). The link to submit audition videos is included in the information sheet, and the audition deadline is **Wednesday, December 18, 2024**.

## Let's Talk SMAC

Whether a morning coffee meant to kick start the day or an afternoon energy drink to beat the mid-day drag, caffeine is marketed to be the aid to get individuals through the day.

Hear from SMAC member, Chad Hohenbery, a Certified Respiratory Therapist with bachelors of science in healthcare administration, on the importance of understanding and managing caffeine intake.

Hohenbery explained, "When it comes drinking fluids, people think that anything will help get them get ready to handle any task(s) especially if it contains substances like caffeine. One group of people in particular who would think this is a positive is high school or college student athletes.

How so? Student-athletes think that caffeine is a great source since it stimulates brain activity meaning one would think they are more focused.

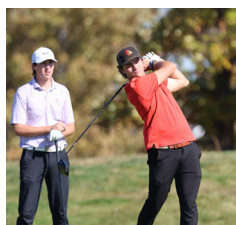
However, caffeine has some downside effects.

Even though caffeine might be great, caffeine has a tendency to rob oxygen molecules and the much needed nutrients in the bloodstream once caffeine has been put into one's body.

Nevertheless, too much caffeine could cause the student-athlete to lose sleep. Having essential sleep the night before a major sporting event will help keep one's brain active and focused.

The student athlete should be aware of how much daily caffeine intake is in order to be able to perform at maximum capacity."

Thank you Chad for the valuable information!



Photos by VIP (Visual Image Photography)