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APRIL

NEWSLETTER



Photo from the 2024 IHSA Esports State Finals courtesy of Visual Image Photography - VIP

## Upcoming Dates

- April 16**  
Drama Advisory Committee Meeting  
Speech Advisory Committee Meeting
- April 18 & 21**  
IHSA Office Closed
- April 22**  
Boys/Girls Basketball Advisory Committee Meeting
- April 23**  
Boys/Girls Water Polo Season Summaries Due  
Boys/Girls Soccer Advisory Committee Meeting  
Head Clinicians Meeting
- April 25**  
Journalism State Finals
- April 27**  
Student Advisory Committee Meeting
- April 29**  
Equity Advisory Committee Meeting  
Do What's Right! Advisory Committee Meeting
- April 30**  
Music Advisory Committee Meeting  
Officials Advisory Committee Meeting  
Girls Soccer Season Summaries Due
- May 3**  
Esports State Finals
- May 5**  
1A/2A Baseball Season Summaries Due  
1A/2A Softball Season Summaries Due  
Girls Badminton List of Participants Due
- May 7**  
Boys Volleyball Season Summaries Due  
Esports Advisory Committee Meeting
- May 8**  
Bass Fishing List of Participants Due  
Scholastic Bowl Advisory Committee Meeting
- May 11**  
Girls Track & Field List of Participants Due
- May 12**  
3A/4A Baseball Season Summaries Due  
3A/4A Softball Season Summaries Due
- May 13**  
Activities Directors Advisory Committee Meeting
- May 14**  
Boys/Girls Lacrosse Season Summaries Due  
Athletic Administrators Advisory Committee Meeting

## From the Executive Director

### Illinois Legislative Influence on IHSA

Please allow me to extend my sincere gratitude to our member school administrators and coaches for your active engagement and advocacy in offering your position related to House Bill 473 and House Bill 3037. While we know there may be varied opinions on these bills, it is my hope that we can all agree that the changes being proposed are best to be guided and decided through the legislative process determined within the IHSA Constitution. Your willingness to directly contact legislators continues to play a critical role in protecting the integrity of high school athletics and activities across the state.

House Bill 473 which grants all student-athletes two free transfers of schools before IHSA rules would determine future eligibility continues to be held in committee and could be called on short notice. We will monitor this bill in the coming weeks and notify member schools of any movement.

House Bill 3037 (Right to Play Act) received an amendment that grants athletic directors

or principals the ability to approve two non-school or all-star competitions during a sport season for each student-athlete during the school year. This bill with its amendment moved quickly through committee and to the House floor for a vote last week. It passed the house and has now moved to the Senate. Our office will continue to monitor the progress in the Senate to determine how school administrators and coaches may advise the Senate on your opinions.

Because of your advocacy, we can elevate our shared concerns and preserve the ability for schools to work together through IHSA to promote educational-based athletics and activities.

Thank you for your continued support and for standing with us to ensure students across Illinois continue to benefit from meaningful, well-governed interscholastic opportunities.

Best of luck to your spring sport and activity teams as they finish up their seasons and the school year!

Thank you.

## 2025 All-State Academic Team

Congratulations to the students selected to the [2025 IHSA All-State Academic Team](#)! These 26 students as well as all students, who were nominated, have exemplified the meaning of student-athlete through their achievements in and out of the classroom.

Minimum requirements to be selected include a 3.50 grade point average on a 4.0 scale, participation in at least two IHSA-sponsored sports or activities in each of the last two years of high school, and demonstration of outstanding citizenship.

The 2025 honorees were recognized on Sunday, April 13th, at the annual All-State Academic Team banquet in Bloomington.



## Dr. Marty Hickman IHSAF Golf Outing

Registration is open and sponsorships are available for the 2025 Dr. Marty Hickman IHSA Foundation Golf Outing! Last year's outing was sold out, so reserve your spot soon.

Save the date: Tuesday, June 17th. [Click here for registration and/or sponsorships.](#)

### DR. MARTY HICKMAN IHSAF GOLF OUTING

**29th ANNUAL**  
**DR. MARTY HICKMAN**  
**IHSAF GOLF OUTING**

**Tuesday**  
**June 17, 2025**

The Den at Fox Creek  
3002 Fox Creek Road  
Bloomington, Illinois 61704

**Player Package**  
18 holes of golf with cart  
Registration gift  
Beverages on course  
Course events  
Food and prizes!

**Schedule**  
11:00 am Registration  
11:00am - 12:00pm  
12:00pm Shotgun Start

**Scramble**  
3 Divisions  
Women's Division  
Men's Division  
Mixed Division  
\$125.00 per person

## NFHSLearn Course of the Month

Survey results from the past decade have shown an increase in mental health concerns for high school students. Teachers, coaches, and school administrators can be valuable resources for students in recognizing mental health issues and providing support. This month's NFHSLearn Course of the Month is [Coaching Mental Wellness](#). Recommended for coaches, this course identifies symptoms of mental health issues and outlines strategies to assist students with their physical and mental wellness.

This is another free course offered by the NFHS. Anyone can set up an account for free at [www.nfhslearn.com](http://www.nfhslearn.com) and get started.

## Social Media



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

Tik Tok  
[@IHSA.il](#)

X:  
[@IHSA\\_IL](#)  
[@IHSA ScoreZone](#)  
[@IHSA Officials](#)

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

Facebook:  
[@IHSA Illinois High School Association](#)  
[@IHSA Officials](#)

## Let's Talk SMAC (Sports Medicine Recommendations)

Arm health is crucial in baseball and softball. Here are some key recommendations for maintaining a healthy arm:

### 1. Proper Warm-Up & Recovery

- Dynamic Stretching: Loosen up with arm circles, band work, and light jogging before throwing.
- Progressive Throwing: Start with light throws before increasing intensity.
- Cool Down: After throwing, use bands or light stretching to maintain flexibility.

### 2. Strength & Conditioning

- Shoulder & Scapular Stability: Exercises like YTWs, face pulls, and band pull-aparts help support the rotator cuff.
- Forearm & Grip Strength: Strong forearms help protect the elbow. Use wrist curls, rice bucket exercises, and grip trainers.
- Core & Lower Body Strength: Squats, lunges, and rotational core work improve power and reduce arm stress.



Photo from the 2024 IHSA Baseball State Finals courtesy of Visual Image Photography - VIP

### 3. Proper Throwing Mechanics

- Work with a coach or trainer to ensure proper mechanics and avoid excessive stress on the elbow and shoulder. Poor mechanics can lead to injuries like UCL tears (Tommy John surgery) or rotator cuff issues.

### 4. Rest & Recovery

- Follow proper pitch counts and rest days to avoid overuse injuries.
- Follow IHSA, or other governing body pitch limit guidelines.
- Ice and soft tissue work (e.g., massage, foam rolling) can help recovery.

### 5. Nutrition & Hydration

- Stay hydrated and eat enough protein and healthy fats for muscle repair.
- Avoid excessive inflammation by balancing diet with anti-inflammatory foods (fish, nuts, leafy greens).

### 6. Recognizing Warning Signs

- If you feel pain, stop throwing and rest.
- Common arm injuries in baseball and softball include: Little League Elbow (medial epicondylitis), Rotator Cuff Strains, Labrum Tears, UCL Tears (Tommy John), & Bicep Tendon Strains
- If pain persists, consult a sports medicine specialist.

## By-Law Breakdown: 3.080 - Amateurism

Section 3.080 and its subsections address amateurism and Name, Image, and Likeness. This month's By-Law Breakdown will focus on awards that students may receive from participation in athletic competition.

A student may not receive any amount of cash for participation in an athletic contest, including money given to the student in the form of a scholarship. However, a monetary amount donated to a college scholarship fund of the student's choosing is acceptable.

A student may receive the following:

- a medal, cup, trophy, or plaque from the sponsoring agent regardless of cost when winning or placing in an athletic competition
- a ring or memento for an IHSA state championship from the school provided the ring/memento does not exceed \$300 in fair market value
- any other award that is no more than \$150 in fair market value for a sport in which the student's school provides interscholastic competition
- wearing apparel worn for non-school athletic competition

## Donate Life Month

The IHSA is going purple for the month of April. Join the IHSA in celebrating National Donate Life Month and the life-changing impact of organ, eye, and tissue donation.



## Officials' Licensing: Early Bird Registration

The officials' renewal and licensing period for the 2025-26 school year is approaching. A \$10 discount is applied during the early bird registration period of May 1<sup>st</sup> through May 31<sup>st</sup>.

Visit the [IHSA Officials webpage](#) for more information.

