Hi, just a reminder that you’re receiving this email because you have expressed an interest in Arizona Interscholastic Association. Don’t forget to add jegarcia@aiaonline.org to your address book so we’ll be sure to land in your inbox!

You may unsubscribe if you no longer wish to receive our emails.

AIAetc. Newsletter   December 2017

Happy Holidays

Important Dates

2017-18 Executive Board Meetings

January 16, 2018
(Tues)
Chandler selected to participate in 2017 Geico State Champions Bowl Series at Grand Canyon University on Saturday, Dec. 23. Two games will be played, including No. 11 St. Frances (Maryland) vs. No. 8 Bingham (Utah) at 4 p.m., and Miami Northwestern (Florida) vs. No. 23 Chandler at 7:30 p.m.

Click for complete information and purchase tickets here.

2018 State Spiritline Championship

The AIA would like to announce that the 2018 AIA State Spiritline Championship will be held on Saturday January 20, 2018 at Chase Field in downtown Phoenix.

Officials Dept

On January 1st, Brian Gessner assumes the position of the AIA State Commissioner of Officials, replacing Gary Whelchel.

Please send all ejections to: bgessner@aiaonline.org

The AIA & the Officials Dept. would like to thank Gary Whelchel for his years of service.
Legislative Council

View the link below for the results of the March 3, 2017 Legislative Council Meeting.

Legislative Council Meeting

This year's Legislative Council will meet on Friday March 2, 2018. The deadline to submit agenda items for the meeting is January 25, 2018.

Arizona Super Bowl Host Committee Grant

ATTENTION: Administrators and Coaches,

The AIA is proud to be working with the Barrow Neurological Foundation as one of the recipients of the Arizona Super Bowl Host Committee grants.

Click on the link below to view the press release: [AZSBHC Grant Funding Recipients News Release](#)
During the holidays, a seemingly joyful time is often one of risk for students in dangerous households. This can be the busiest season for agencies working with families as stress rises and incidences of abuse increase. Survivors can be overwhelmed during this season when PTSD symptoms are triggered. From intervening with a child in crisis to counseling a troubled survivor in the middle of the night, Childhelp National Child Abuse Hotline crisis counselors are waiting to help hearts in need. Even if you suspect abuse is happening, please call our free and confidential hotline at 1-800-422-4453. Or visit www.childhelp.org to learn more about the signs and symptoms of abuse. To end the epidemic of abuse and neglect, we must be willing to intervene and help protect youth in abusive and dangerous situations.

Sprouts

Sprouts is looking for that person who helps high schoolers achieve to new levels of success.

Nominate your #SproutsSportsParent today and recognize those that make a big difference:
The AIA is proud to partner with the
Gatorade

GATORADE SPORTS SCIENCE INSTITUTE

CARBOHYDRATE: PREMIUM FUEL FOR ATHLETES

WHAT FOODS ARE CARBOHYDRATES?
Breads, pasta, rice, potatoes, fruits, legumes, vegetables, fruit, dried beans, peas, lentils, cereals, grains, starchy vegetables, sports drinks, sports drinks.

WHAT FOODS ARE NOT CARBOHYDRATES?
Meat, chicken, fish, eggs, bacon, tofu, nuts, peanut butter.

HOW MUCH CARBOHYDRATE SHOULD I EAT EVERY DAY?

Eat more with every meal and snack. Make sure about 3/4 of each meal is carbohydrates.

PERFORMANCE CARBOHYDRATE TIMELINE

If you’re hung or want to boost your daily exercise fuel, eat a small amount of carbohydrates before you start. Include carbs in your recovery drink.

Eat a meal focusing on carbs several hours before game/practice time. Eat 3/4 oz./g each hour of training or competition.

For example: during a basketball game eat a pack of gummies of Fruit Chews and drink a 22 oz. bottle of Gatorade throughout the game. Or drink a 32 oz. bottle or larger sports bottle of Gatorade throughout the game, sipping at every timeout and half-time.

The information in this document is provided for educational purposes and should not be used as substitute for advice.

FUELING ATHLETIC PERFORMANCE

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AZPreps365 Facebook Page

Do you want to keep up on the latest AIA news? Would you like to express your opinions or share your ideas about Arizona high school sports? Want to keep up on the latest games, activities and scores? The answer is as close as your mobile device or computer!

Like AZPreps365 on Facebook and get on the inside track. Be informed. Join the conversation. Root for your favorite teams and support our Arizona High School students!

Like us on Facebook

Quick Glance Calendar / Sports Timeline

Please click on the link below to view the AIA Quick Glance Calendar.

2017-2018 Quick Glance Calendar