

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](mailto: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

February 2018



Photos are Courtesy of MaxPreps  
AZPreps365.com

[AIAonline.org](http://AIAonline.org)

### Athletic Director Information Meeting



**MEETING  
NOTICE!**

The mandatory Athletic Director Information Meeting will be held Monday April 2, 2018 at Xavier College Preparatory in Phoenix, AZ.

### Important Dates

**2017-18 Executive  
Board Meetings**

March 19, 2018

April 16, 2018

Check in begins at 8:30am and the first session begins 9:15am. Lunch will be provided.

May 21, 2018

Thank you.

## 2018 AIA State Winter Championships



Congratulations to all the State tournament participants for the Winter Seasons.

We would like to acknowledge all the state champions and runner-ups for this season:

**Basketball:**  
(Boys)  
1A

**The Gregory School**  
Fort Thomas High School

2A  
**Rancho Solano Preparatory**  
Alchesay High School

3A  
**Winslow High School**  
Blue Ridge High School

4A  
**Shadow Mountain High School**  
Salpointe Catholic High School

5A  
**Sunnyslope High School**  
Deer Valley High School

6A  
**Pinnacle High School**  
Mountain Pointe High School

## 2017-18 AD Information Meeting

Monday - April 2,  
2018 @ Xavier College  
Prep

Registration 8:30am

Starts at 9:15am

**Please  
Support Your  
Partners**



(Girls)  
1A  
**St. Michael High School**  
Baboquivari High School

2A  
**Leading Edge Academy - Gilbert**  
Sedona Red Rock High School

3A  
**Page High School**  
Monument Valley High School

4A  
**Seton Catholic Preparatory**  
Pueblo Magnet High School

5A  
**Chaparral High School**  
Mesquite High School

6A  
**Valley Vista High School**  
Xavier College Preparatory



**Soccer:**  
(Boys)  
3A  
**Yuma Catholic High School**  
Arizona College Prep

4A  
**Gila Ridge High School**  
Cortez High School

**CHILDHELP**  
Speak Up Be Safe



5A  
**Campo Verde High School**  
Chaparral High School

6A  
**Desert Vista High School**  
Brophy College Prep

*(Girls)*  
3A  
**Casteel High School**  
Yuma Catholic High School

4A  
**Salpointe Catholic High School**  
Flagstaff High School

5A  
**Chaparral High School**  
Notre Dame Preparatory

6A  
**Xavier College Preparatory**  
Perry High School



### **Wrestling:**

Congratulations to all the wrestling champions.  
Please see the link below for results.

**[2018 AIA Wrestling Results](#)**

For a completed list of all participates in both team and individual events please visit [www.azpreps365.com](http://www.azpreps365.com)

Good Luck to ALL our spring teams!!



## AIA Champion Applications



### **NOMINATE A STUDENT/COACH/ADMINISTRATOR FROM YOUR SCHOOL**

On an annual basis, the Arizona Interscholastic Association honors and recognizes graduating seniors, coaches & administrators who have excelled during the school year at the AIA Champions Luncheon.

The prestigious luncheon will be held on Monday May 21, 2018 - location TBD. Finalists, who will be invited to attend the luncheon, will be notified by April 16<sup>th</sup>. Winners will be announced at the luncheon on May 21, 2018.

The awards include:

- 1A-3A Coach of the Year
- 4A-6A Coach of the Year
- Administrator of the Year
- Directors Cup
- Scholar Activity - 4A - 6A Male
- Scholar Activity - 4A - 6A Female
- Scholar Activity - 1A - 3A Male
- Scholar Activity - 1A - 3A Female
- Scholar Athlete 4A - 6A Male
- Scholar Athlete 4A - 6A Female
- Scholar Athlete 1A - 3A Male
- Scholar Athlete 1A - 3A Female





From the list of student finalists, a male and female will be chosen for the **Student of the Year** award (All Conferences).

[Click on this link to complete the application/nomination form.](#)

All forms are now electronic (*only*).

The deadline to nominate is **March 30, 2018 by 4pm.**

Make sure your school is represented by your top scholars/athletes, coaches & administrators. Nominate today.

### Native American Basketball Classic



The AIA will host the first-ever Native American Basketball Classic showcase on March 10 at Arizona State University's Wells Fargo Arena in Tempe. The goal of the event is to celebrate Native American heritage and culture from around the state.

"We want to bring together as many Native cultures as possible in an environment that the participants and fans can share history and culture," said AIA Executive Director David Hines. "Native American schools have provided so many positives to the AIA as a whole, and that includes success in the athletic arena. It's great when we can recognize the impact these schools have had in our state."

Five games will be played - two boys, two girls and one unified contest. Matchups were determined in order to provide competition between tribal schools of different

nations in the Northern and Southern portions of the state, and across conferences.

**Lineup (with conference affiliation and regular season finish):**

12 p.m. - Girls: Monument Valley (3A, No. 12) vs. Valley (Sanders) (2A, No. 3)

2 p.m. - Boys: Page (3A, No. 9) vs. Alchesay (2A, No. 3)

4 p.m. - Unified: Hopi vs. Page

5 p.m. - Girls: San Carlos (2A, No. 7) vs. Ganado (3A, No. 1)

7 p.m. - Boys: Chinle (3A, No. 6) vs. San Carlos (2A, No. 6)

The contests will feature pregame National Anthems sung in a Native American language, and there will also be halftime entertainment highlighting the participants' cultures. The Hopi High School JROTC Color Guard will present the state and national flags for all contests.

In order to minimize the financial impact the schools, the AIA will supply hotel rooms for all participating teams. In addition, money raised from the event will assist in offsetting travel costs.

**Gatorade Arizona Girls Cross Country Runner of the Year**

**NORTHLAND PREPARATORY ACADEMY  
STUDENT-ATHLETE NAMED GATORADE  
ARIZONA CROSS COUNTRY PLAYER OF THE YEAR**

In its 33rd year of honoring the nation's best high school athletes, The Gatorade Company, today announced Maya Smith of Northland Preparatory Academy as its 2017-18 Gatorade Arizona Girls Cross Country Runner of the Year. Smith is the first Gatorade Arizona Girls Cross Country Runner of the Year to be chosen from Northland Preparatory Academy.

The award, which recognizes not only outstanding athletic excellence, but also high standards of academic achievement and exemplary character demonstrated on and off the racecourse, distinguishes Smith as Arizona's best high school girls cross country runner. Smith is now a finalist for the prestigious Gatorade National Girls Cross Country Runner of the Year award.

For full story: [CLICK HERE](#)

### **Gatorade Arizona Boys Cross Country Runner of the Year**

#### **CAMPO VERDE HIGH SCHOOL STUDENT-ATHLETE NAMED GATORADE ARIZONA BOYS CROSS COUNTRY PLAYER OF THE YEAR**

In its 33<sup>rd</sup> year of honoring the nation's best high school athletes, The Gatorade Company, today announced Rylan Stubbs of Campo Verde High School as its 2017-18 Gatorade Arizona Boys Cross Country Runner of the Year. Stubbs is the first Gatorade Arizona Boys Cross Country Runner of the Year to be chosen from Campo Verde High School.

The award, which recognizes not only outstanding athletic excellence, but also high standards of academic achievement and exemplary character demonstrated on and off the racecourse, distinguishes Stubbs as Arizona's best high school Boys cross country runner. Stubbs is now a finalist for the prestigious Gatorade National Boys Cross Country Runner of the Year award.

For full story: [CLICK HERE](#)

### **NFHS Network & The Cube**

PlayOn! Sports has finalized an agreement to acquire The Cube, LLC ([www.thecube.com](http://www.thecube.com)), creating the largest single destination for fans to watch live high school sports broadcasts at [www.NFHSNetwork.com](http://www.NFHSNetwork.com). With the acquisition of The Cube and its 4,000-plus schools that broadcast high school sports events, it is anticipated that more than 100,000 events will be streamed live on the NFHS Network during the 2018-19 school year.

Cube was to be shut down by its corporate parent (Tronc, Inc.) and it offered the company for sale. Given the number of high schools that use the platform (almost 5,000), the NFHS Network thought it was a great opportunity to consolidate the market and invite these schools to join the NFHS Network. The Network is giving schools the ability to continue broadcasting using the Cube platform until April 30. Until then, viewers will still be able to watch content on the Cube site.



On May 1, the Cube platform will be shut down. The website [www.thecube.com](http://www.thecube.com) will redirect all viewers to [www.NFHSNetwork.com](http://www.NFHSNetwork.com) and schools will no longer be able to broadcast to The Cube. Schools will need to download their archived content to their own storage devices.

Among the innovations that the NFHS Network will offer schools previously broadcasting on The Cube is the Pixellot broadcast platform, a system uniquely designed for automated sports event production. The Pixellot unit requires no camera operators and automatically connects to the venue scoreboard, and auto-tracking software enables the built-in cameras to follow the action

### **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](#)

## **Finance/Accounting**

### **Tournament Reminders**

#### **Return Unsold Tickets:**

Please include TICKET SALES PAGE or TICKET PACKING SLIP when returning the unsold tickets.  
This will identify which event the tickets were for.

REMINDER: SITE DIRECTOR'S CHECKS ARE HELD UNTIL ALL UNSOLD TICKETS ARE RETURNED.

Deposit Slips - Please write the event name on the deposit slip in order to match to your TIER.

ANY INCOMPLETE OR INCORRECT TIERS will be returned for correction before worker payroll can be processed.  
Any questions on the process, please let us know.

**Athletic Trainer Protocol** - please be familiar with the only methods in which AT services may be paid:

ALL Athletic Trainer services must have a VALID invoice limited to one of the following formats:

- 1) From the AT who is contracted with the AIA ("cadre") or
- 2) From the school which paid the AT through their usual and customary method, or
- 3) From the 3rd party vendor which provided the AT services - where the AT is employed.

No AT/QMP payment will be made directly from the AIA TIER submission *only*.

<http://aiaonline.org/files/14634/qualified-medical-professionalem-t-coverage-at-aia-post-season-events.pdf>

## RefPay

Please fund your school's RefPay/Arbiter balance well in advance of your regular season games and holiday/invitational tournaments.

Be ready to pay your Officials as soon as they have worked your event.

### **NO CHECKS EVER TO OFFICIALS** -

- All schools enrolled in RefPay must pay AIA assigned officials 100% of the time through RefPay.
- "Even if" the school's balance is low, *do not issue checks* while waiting for funding.
- Simply inform the officials funding is in process in the event payment is delayed.
- This includes Invitational Tournaments, Play-In Games, *any* AIA assigned official.
- No exceptions = no checks.

**ATHLETIC DIRECTORS** - You are the RefPay email address of record. IF you need a password reset, email that request to Denise Doser. You are the one who receives the password reset link.

Do not attempt to change UserName or reset password or any profile items.

Contact Denise Doser should you need assistance. [ddoser@aiaonline.org](mailto:ddoser@aiaonline.org) 602.385.3819

## Support Our Partners:

### BBB



### Papa Johns Pizza



### Childhelp



Abuse occurs in all sports. Between 40 - 50% of athletes have experienced anything from mild harassment to severe abuse. If you or someone you know is a victim of child abuse, neglect, or bullying we want you to know that you are not alone. One of the central messages of Childhelp Speak Up Be Safe for Athletes is "It's never your fault." This critical prevention education exists to promote the safe physical, emotional, educational and spiritual development of youth athletes. The program is designed to teach students and also to aid coaches, educators, and parents in providing secure environments where children can reach their ultimate potential. The 24/7 hotline, the Childhelp National Child Abuse Hotline (1-800-4-A-CHILD) is for surviving adults as well as student-athletes in immediate crisis. You can speak confidentially to a professional crisis counselor to share your story and be connected to resources in your area. This month, Childhelp Speak Up Be Safe for Athletes reached over 2,700 kids in Arizona schools. To bring the free campaign to your school, team, and community, please visit

<https://www.childhelp.org/subs/speak-safe-athletes/>

## 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:

<https://www.sprouts.com/sportsparent>



## Gatorade

The AIA is proud to partner with the  
Gatorade



## GATORADE SPORTS SCIENCE INSTITUTE

### CARBOHYDRATE: PREMIUM FUEL FOR ATHLETES

**WHAT FOODS ARE CARBOHYDRATE?**  
Bagels, bread, pretzels, crackers, pasta, rice, potatoes, beans, vegetables, fruit, fruit juice, pancakes, waffles, cereal, granola bars, sports drinks, sports chews


**WHAT FOODS AREN'T CARBOHYDRATE?**  
Meat, chicken, fish, eggs, bacon, tofu, nuts, peanut butter

**HOW MUCH CARBOHYDRATE SHOULD I EAT EVERY DAY WHEN I'M TRAINING REGULARLY?**  
Eat some with every meal and snack. Make sure about 2/3 of each meal is carbohydrate.

1/3 CARBOHYDRATE

1/3 PROTEIN

1/3 CARBOHYDRATE



### PERFORMANCE CARBOHYDRATE TIMELINE


If you're hungry or want to start getting your during exercise fuel, eat a small amount of carbohydrate before you start

Include carbs in your recovery snack

HELPS IMPROVE PERFORMANCE & RECOVERY

Eat a meal focusing on carbs several hours before game/practice time

Eat 30-60 g each hour of training or competition



TOTAL CARBOHYDRATE 25 G 25 G 35 G 56 G 60 G

For example, during a basketball game eat a pack of chews at halftime and drink a 20 oz. bottle of Gatorade throughout the game. Or drink a 32 oz. bottle (or larger squeeze bottle) of Gatorade throughout the game, sipping at every timeout and halftime.

The information in this document is grounded in sports nutrition science. Translated for athletes.

FUELING ATHLETIC PERFORMANCE

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Let's Go Places





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Photos and replays at the scenes. Make sure to use  
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web-streaming, schedules, scores, power rankings, state  
tournament brackets and more...



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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](#)