

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!

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AIAetc. Newsletter

August 2018



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

## AIA Hardships

### HARDSHIP APPEAL DATES

#### *Fall Sports -*

Football & Golf Appeals only August 14-16, 2018 (Deadline – August 7<sup>th</sup>)

Remaining Fall Appeals August 22-23, 2018 (Deadline – August 15<sup>th</sup>)

*Winter Sports –* October 22-24, 2018 (Deadline – October 15<sup>th</sup>)

*Spring Sports –* January 28-29, 2019 (Deadline – January 21<sup>st</sup>)

## Important Dates

### **2018-19 Executive Board Meetings**

Aug 20, 2018

Aug 28, 2018 (HA)

## AIA Passes

Information on how to request your 2018-19 complimentary AIA Passes has been sent to all member schools and districts. Please contact Robyn Bingham at [rmbingham@aiaonline.org](mailto:rmbingham@aiaonline.org) if you are in need of those instructions or assistance.

Remember, you MUST email Robyn to notify her when your school profile updates are complete and your pass request has been submitted. Passes will not be printed without that email notification.

### **\*\*Please note\*\***

AIA Bylaw 14.11.2 Complimentary Pass - A Complimentary Pass shall admit the holder and one guest to any member high school interscholastic competition.

14.11.2.1 Each year member schools that have paid their annual dues and fees shall receive the number of complimentary passes specified below under their Conference classification:

**NOTE: A Purchase Order does not qualify as payment. Actual payment must have been received at the AIA Finance Office, inclusive of all past due invoices.**

Requests for additional copies of current and past due invoices may be made to AIA Finance via email to [arichmond@aiaonline.org](mailto:arichmond@aiaonline.org) or [ddoser@aiaonline.org](mailto:ddoser@aiaonline.org)

## Bylaw Workshops & AIA Updates

The following dates, time and locations have been set for the 2018-2019 Bylaw Workshops.

Safford High School - Aug 27 - 10:00AM-1:00PM

Amphitheater High School - Aug 31 - 9:00AM-12:00PM

McClintock High School - Sept 6 - 9:00 AM-12:00PM

Lake Havasu High School - Sept 24 - 10:00 AM-1:00 PM

Humboldt District Offices - Sept 26 - 10:00PM-1:00PM

Twin Arrows Resort - Oct 3 - 10:00AM-1:00PM

Snowflake District Offices - Oct 4 - 10:00AM-1:00PM

Sept 4, 2018 (HA)

Sept 12, 2018

Oct 15, 2018

Nov 19, 2018

Dec 10, 2018

Jan 22, 2019

Feb 19, 2019

March 18, 2019

April 15, 2019

May 20, 2019

### **2018-19 Hardship Appeal Dates**

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Fall Sports (FB/Golf only) Aug 14-16, 2018  
(Deadline Aug 7)

Remaining Fall - Aug 23-23, 2018 (Deadline Aug 15)

Winter Sports - Oct 22-24, 2018 (Deadline Oct 15)

Spring Sports - Jan 28-29, 2019 (Deadline Jan 21)

### **2018-19 New AD Only Workshops**

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Sept 5, 2018

Raymond S. Kellis High School - Oct 10 - 9:00AM-12:00PM

Chandler District Offices - October 29 9:00AM-12:00PM

Contact Joe Paddock ([jpaddock@aiaonline.org](mailto:jpaddock@aiaonline.org)) if you have specific Bylaws you would like covered or Bylaw questions you would like addressed.

### AIA New AD Workshop

The New AD Workshop held on July 26<sup>th</sup> brought together thirty-two high school athletic leaders most of which were new ADs, but also for the second year in a row a District AD and admin assistants attended. Topics presented and discussed were the foundations of AIA, the AIA websites, planning for coaches and parent meetings, Emergency Medical Plans, AIA tournaments, officials for AIA events and Fiscal In-Service 1.0.

A second workshop will be held at the AIA Offices on Wednesday, September 5<sup>th</sup> from 9:00 a.m. to 3:00 p.m. All ADs, and admin assistants, with three years or less experience are encouraged to attend. It is helpful to pre-register by contacting Tayler Coady: [tcoady@aiaonline.org](mailto:tcoady@aiaonline.org).

### National Student Leadership Summit (NSLS)

Five members of the AIA Student Leadership Advisory Committee attended the three day NFHS National Leadership Summit in Indianapolis, July 23<sup>rd</sup> through the 25<sup>th</sup>. They heard presentations from Dr. Derek Greenfield who emphasized the need for inclusive excellence and positive change and Coach Sherry Winn, a two-time Olympian and national championship basketball coach.

During the four days they also attended four workshops focused on Perspective and Inclusion, Relationship Building and Maintenance, Effective Communication with Teammates and Adults, and Goal Setting for the 21<sup>st</sup> Century. The workshops were presented by Kevin Ringhofer, Ph.D., a national trainer and consultant specializing in prevention health promotion and leadership development, Deb Hult, co-founder of Core trainings, Gregory A. Dale, Ph.D., a Professor of Sport Psychology and Sport Ethics at Duke University and Omari Pearson, a leader in education-driven life skills and development.

Our student-athletes who attended look forward to sharing the information learned with the rest of the AIA SLAC group

### 2018-19 Coaches Information Meetings

Spiritline - Aug 4, 2018

Fall Sports Aug 4, 2018

Winter Sports Oct 27, 2018

Spring Sports Feb 2, 2019

### Legislative Council Meeting

March 1, 2019

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Wilson



when they meet again on Thursday, September 13<sup>th</sup>. Different elements of the training will be used to help build and direct the actions of SLAC for the coming school year.

### Legislative Council

View the link below for the results of the March 2, 2018 Legislative Council Meeting.

#### [Legislative Council Meeting](#)

### 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](#)

### Tournament Reminders/Finance

#### RefPay - Fund Early, Find Big!

Please be sure the school's RefPay balance is sufficient at all times during the season to pay out officials immediately. It has been a recurring problem where officials are awaiting payment for many weeks while a school funds their RefPay balance.

To request a RefPay Invoice, please email Amy at [arichmond@aiaonline.org](mailto:arichmond@aiaonline.org). State school name and amount of invoice needed. It will be sent via return email. No phone calls, please.

Frequent insufficient funds may result in Officials not being assigned events or events may be moved. Many officials will not accept assignments to schools who are habitually late in payments.

Should assistance be needed please contact Denise [ddoser@aiaonline.org](mailto:ddoser@aiaonline.org) or Jeanie [jkosower@aiaonline.org](mailto:jkosower@aiaonline.org)

#### RefPay Transaction Fee



For nine years, 2009 - 2018 the AIA/RefPay relationship had locked in a transaction fee of \$1 per official's payment. Arizona and the AIA have been the flagship account for RefPay using this model.

While Arizona's rate remains below the national standard for schools and other associations, ArbiterSports needed to increase this transaction fee to keep pace with expenses, etc.

Beginning this year, FY 2018-19, this transaction fee will be increased as required by ArbiterSports.

For the subsequent five years - these rates have been locked in per transaction:

2018-19	\$1.50
2019-20	\$1.50
2020-21	\$1.50
2021-22	\$1.75
2022-23	\$1.75

Again, this rate is below ArbiterSports standard rates as a courtesy to Arizona and our long standing relationship. The benefit to the membership still far outweighs this nominal fee.

Should questions remain, please contact Denise Doser - [ddoser@aiaonline.org](mailto:ddoser@aiaonline.org) 602-385-3819

### 2018-19 AIA Membership Invoices --> July 1

Fiscal Year 2018-19 Membership Invoices were mailed the week of June 18. Membership invoices are dated **July 1** for the coming school year. Please open a purchase order if necessary for AIA Membership Dues and Varsity Sports Participation Fees.

All current and past due invoices (prior fiscal year) must be paid in full before AIA Complementary Passes are released. A Purchase Order does not fulfill the requirement, per the AIA Bylaw 14.11.2

### Fiscal In-Service Fall 2018

Per the AIA Policies & Procedures, all Athletic Directors must attend the AIA Fiscal In-Service version 1.0 at least on time. After attending 1.0 ONE TIME, every year thereafter Version 2.0 must be attended.



*Policy:*

<http://aiaonline.org/files/14156/committees-fiscal-accountability.pdf>

Any Athletic Director who never attended a Fiscal In-Service 1.0 - will not be able to host AIA post season events. An alternate site director or different site will be used.

Version 2.0 is usually very short and is for updates, changes, and reminders.

Again Fiscal In-Service 1.0 attendance is only required one time, ever.

It is highly recommended that all Athletic Administrative Assistants attend 1.0 at least one time, albeit not required, as it is with Athletic Directors.

### **Fiscal In-Service Schedule - Fall 2018**

The Schedule for AIA Policies & Procedures Fiscal In-Service Versions 1.0 & 2.0 for FALL 2018 onsite opportunities or webinars - follow this link or go to aiaonline.org

*Schedule:*

<http://aiaonline.org/files/14623/2016-17-fiscal-in-service-schedule.pdf>

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## Gatorade

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**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.

**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.

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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.

[2018-2019 Quick Glance Calendar](#)

[2018-19 Meeting Dates](#)

Arizona Interscholastic Association, 7007 N. 18th Street, Phoenix, AZ 85020

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