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 November 2018

Photos are Courtesy of MaxPreps - Mark Jones

AIAonline.org AZPreps365.com

AIA Fall State Championships

Important Dates
SLAC had five members present at the annual Winter Coaches meeting on Saturday, October 27th. Shawn Charles (Perry), Abby Converse (Xavier Prep), Julia Golichowski (AZ College Prep), Ahlias Jones (AZ College Prep) and Maddison Magee (Westview) spoke to the coaches regarding sportsmanship and building leadership programs at individual schools. They also recognized the importance coaches play in a student-athlete’s life and thanked the coaches for their commitment and being role models.

SLAC meets again on Wednesday, November 14th from 9:00 a.m. to 1:00 p.m. Topics will include sharing information about leadership programs at individual schools, the continued need to bring sportsmanship forward and the possibility of an Arizona Leadership Summit this Spring. Committee members are asked to wear a game jersey to the November meeting as they continue to participate in the #MYREASONWHY program. Students will be recorded stating their reasons for participating in interscholastic sports and activities.

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### 2018-19 Executive Board Meetings

- 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

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

### 2018-19 Coaches Information Meetings

Spring Sports Feb 2, 2019

### Legislative Council Meeting

March 1, 2019
Winter Coaches Meeting

953 coaches attended the annual winter sports coaches meeting held October 27th at Central High School. Hosts Assistant Principal/AD Evana Santee and Mike Ryon (Technology) provided a great setting and assistance as needed. The presenters included:

Dr. Javier Cardenas, chairperson of the AIA Sports Medicine Advisory Committee (SMAC) who addressed current health issues facing our student-athletes and provided an update on current discussions such as acclimatization, overuse injuries and heat issues specific to dry climates;

Mr. Gary Streeter from Positive Coaching Alliance who addressed issues confronting coaches with the use of social media;

Five members from the Student Leadership Advisory Committee who presented thoughts from their perspectives regarding the importance of positive coaching, sportsmanship and student desire to improve;

A discussion panel that included coaches from boys' and girls' basketball and soccer, wrestling and two representatives from the officials who provided insight into the world of officiating especially in regards to the development of an official and how officials are evaluated.
The general session closed with a presentation from Mr. Brian Gessner, AIA Commissioner of Officials. The coaches then attended sport specific breakout sessions to gather information and changes for their sport this year.

Thank you to all who presented including the Student-Athletes, Shawn Charles (Perry), Abby Converse (Xavier Prep), Julia Golichowski (AZ College Prep), Ahlias Jones (AZ College Prep) and Maddison Magee (Westview) and the Discussion Panel: Sam Duane (Perry), and Karen Self (Seton), Basketball; Don Logan, and John McDonnell, Officials; Jamie Nicewander (Kofa), and Tony Torres (Cienega), Soccer; Casey Woodall (Morenci) and Jeff Welsing (Yuma), Wrestling.

**Tournament Pricing - Senior & Military - NEW THIS FALL**

State Tournament All Rounds

- $10.00 Adults
- $5.00  Students with High School ID, **Active Military and Senior Citizens** (62+) Children five and under admitted free

**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](#)

**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](#)

**Media**

**Post Season Media Rights Agreements**

All schools slated to audio or video broadcast a postseason event are reminded to turn in a Media Rights Agreement before each scheduled event. Video broadcasts not occurring on the NFHS Network must be syndicated in lieu of third-party payments. Audio broadcasts are free, but the AIA still requires a rights
agreement to be submitted. Please review the FAQ page referring to media rights and syndication.

Support Our Partners:

Childhelp

Studies indicate that 40-50% of athletes have experienced anything from mild harassment to severe abuse - abuse occurs in all sports. Childhelp Speak Up Be Safe for Athletes prevention education raises awareness and helps prevent abuse in athletics. It is designed to teach children and also to aid coaches, educators, and parents in providing secure environments where students can reach their ultimate potential. Rule #2 of Speak Up Be Safe For Athletes, is "No Bullying." Being kind, encouraging, helping others and working as a team are all positive aspects of athletics. When physical or emotional harm caused by bullying comes in to play by a teammate or coach, no one wins. We know to break cycles of abuse, children must learn how and when to speak up and be safe. Learn more and find out how to add Childhelp Speak Up Be Safe for Athletes to your team's playbook at https://www.childhelp.org/subs/speak-safe-athletes/#SpeakUpBeSafe AZPreps365 Stopbulling
Abuse occurs in all sports.

- Sexual abuse in sports impacts between 2-8% of all athletes.
- 40-50% of athletes have experienced anything from mild harassment to severe abuse.
- 90% of child abuse victims know the perpetrator in some way.

The Indicators

- missing practices
- illness
- loss of interest
- withdrawal
- performing below abilities

Grimaldi's

Grimaldi’s
Coal Brick-Oven Pizzeria

7 Arizona Locations!

Proud supporter of Arizona Interscholastic Association

BBB
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
## Keep Them Hydrated, Keep Them Safe

### 5 Tips to Help Athletes Stay Hydrated

<table>
<thead>
<tr>
<th>Tip</th>
<th>Advice</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. <strong>Keep Hydration Top of Mind</strong></td>
<td>Make hydration a priority at all times, before, during, and after activity.</td>
</tr>
<tr>
<td>2. <strong>Keep Fluid Levels Up</strong></td>
<td>Ensure your body meets its fluid needs. Replace fluids lost through sweat and urine.</td>
</tr>
<tr>
<td>3. <strong>Keep the Body Cool</strong></td>
<td>Stay cool and comfortable by wearing lightweight, loose clothing and seeking shade.</td>
</tr>
<tr>
<td>4. <strong>Keep Hydrated Before, During, and After Activity</strong></td>
<td>Drink water before, during, and after activity to prevent dehydration.</td>
</tr>
<tr>
<td>5. <strong>Keep a Recovery Schedule</strong></td>
<td>Rehydrate and refuel after exercise to aid in recovery.</td>
</tr>
</tbody>
</table>

### The Effects of Dehydration:
- Decreased performance
- Decreased muscle function
- Decreased motor skills
- Decreased fluid absorption
- Decreased tolerance to heat

### The Symptoms of Dehydration:
- Nausea
- Headache
- Lightheadedness
- Confusion
- Fatigue
- Loss of muscle coordination
- Decreased performance
- Dry mouth
- Urination
- Vomiting
- Poor concentration
- Altered mental status

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Follow us on Twitter

Home of Arizona High School Athletics and Activities: live web-streaming, schedules, scores, power rankings, state tournament brackets and more...
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!

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

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