

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

March 2018



Photos are Courtesy of MaxPreps

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

[AZPreps365.com](http://AZPreps365.com)

### AD Meeting

The April 2nd Athlete Director Meeting was a huge success!

Thank you to Xavier College Preparatory, AIA Staff and the membership for making this event happen.

### Important Dates

#### 2017-18 Executive Board Meetings

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April 16, 2018

May 21, 2018



## AIA Champions Luncheon

May 21, 2018

**Please  
Support Your  
Partners**

### Spiritline Coaches Conference

The Spiritline Coaches Conference in which **ALL** coaches must attend will be held at Xavier College Prep on August 4, 2018. The deadline to register is July 29, 2018.

For more information & registration: [Spiritline Coaches Conference](#)

For all questions please email: [spirit@aiaonline.org](mailto:spirit@aiaonline.org)

### AIA Champions Luncheon

Thank you to all the schools for submitting applications for the AIA Champions Luncheon.

Finalists will be contacted via email by April 13, 2018.

The luncheon will be held Monday May 21, 2018 at the University of Phoenix Stadium.



### 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](#)

## Support Our Partners:

**BBB**



**Papa Johns Pizza**





## Childhelp



Many athletes think that roughhousing and tough love is just part of being involved in sports. In today's world, the line between pushing an athlete to do their very best and abuse and bullying can be blurred. It is the responsibility of adults and the athletic community to ensure that student-athletes are protected, on and off the field. Childhelp Speak Up Be Safe for Athletes prevention education brings much-needed awareness to abuse in athletics. The campaign exists to promote the safe physical, emotional, educational and spiritual development of youth athletes. 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. The first safety rule of Childhelp Speak Up Be Safe for athletes, "It's my body," teaches students how to speak up if they feel uncomfortable with a coach or peer athlete. A bathing suit covers what is private. No secret, private touching or crossing personal boundaries. For more information and to bring the free campaign to your school, team, and community, please visit <http://bit.ly/1W53YVm>

## Sprouts

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

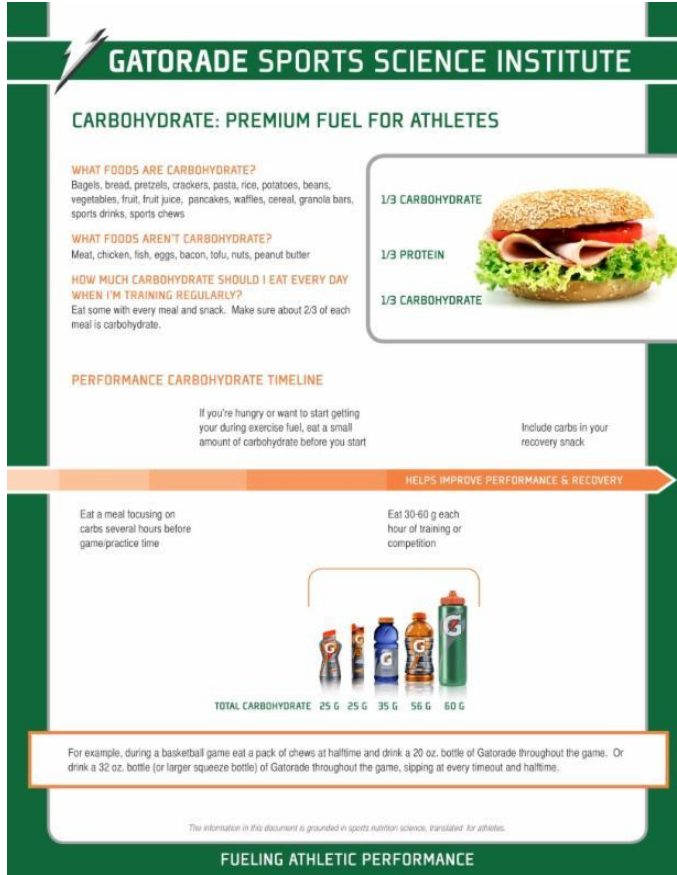
Nominate your #SproutsSportsParent today and recognize those that make a big difference:

<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**

**Toyota**

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Photos and replays at the scenes. Make sure to use  
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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!



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## Quick Glance Calendar / Sports Timeline

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

[2017-2018 Quick Glance Calendar](#)

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