

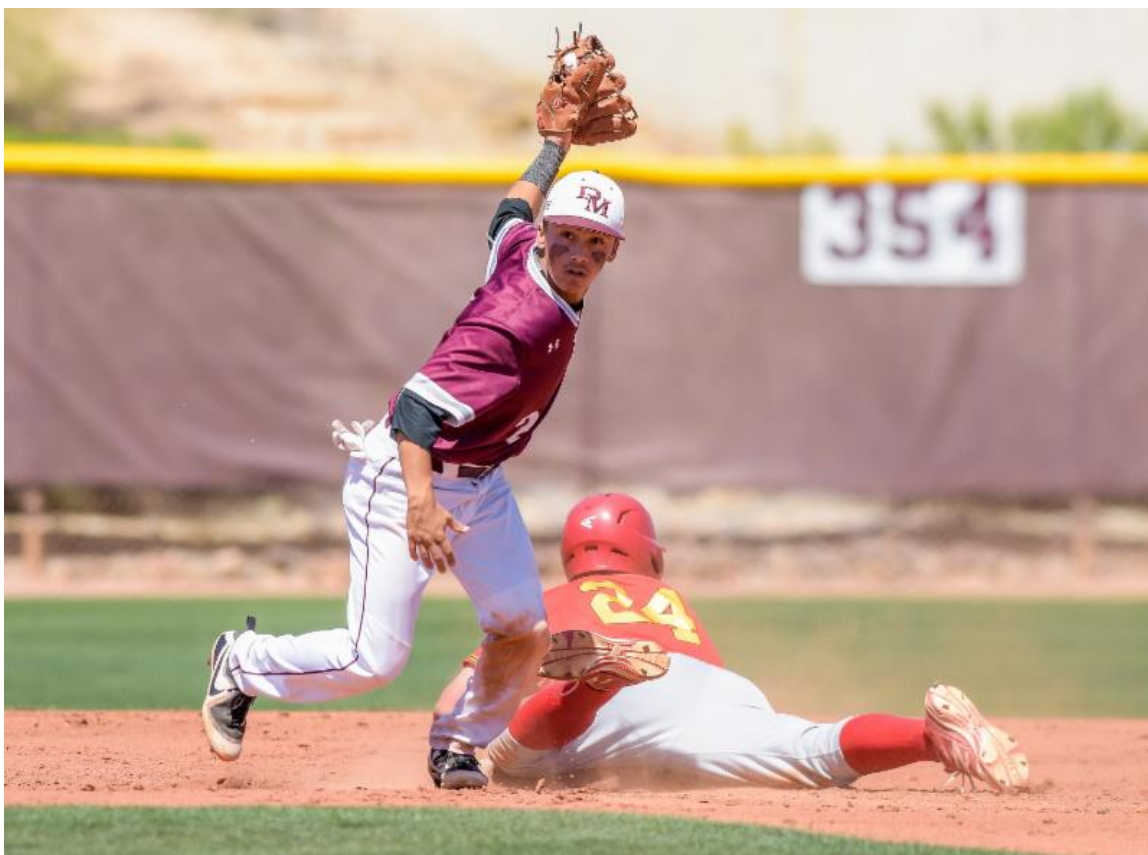
Hi, just a reminder that you're receiving this email because you have expressed an interest in Arizona Interscholastic Association. Don't forget to add [jegarcia@aiaonline.org](mailto:jegarcia@aiaonline.org) to your address book so we'll be sure to land in your inbox!

You may [unsubscribe](#) if you no longer wish to receive our emails.



AIAetc. Newsletter

April 2018



Photos are Courtesy of MaxPreps  
[AZPreps365.com](http://AZPreps365.com)

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

### AIA Passes

Schools and District Offices:

This is the last chance to request your 2017-18 AIA Passes. All submissions must be made by May 5<sup>th</sup>. This will allow enough time to process and mail to you in time for Spring post season games.

Please use your AIA Login for your school requests. For District passes, please use the link previously provided.

### Important Dates

**2017-18 Executive  
Board Meetings**

-----  
May 21, 2018

If you have any questions please contact Robyn Bingham at [rmbingham@aiaonline.org](mailto:rmbingham@aiaonline.org)

## AIA Champions Luncheon

May 21, 2018

### Legislative Council

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

[Legislative Council Meeting](#)

**Please Support  
Your Partners**

### 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

### 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

### YEAR END OPTIONS:

- 1) Roll over the balance until Fall 2018 (preferred).
- 2) Zero the balance - request must be emailed to Denise. School name must be included in request. Allow 2-3 weeks for Arbiter to process request. Please do not contact Arbiter directly.
- 3) Pre-fund for Fall 2018. Some schools have chosen to pre-fund with residual budget monies from current year.

Any questions contact Denise Doser  
at [ddoser@aiaonline.org](mailto:ddoser@aiaonline.org) 602.385.3819

## Spring Invoice Cycle - May 15

CYCLE 3 & SPRING Regular Season Officials Mileage reimbursement invoices will be sent May 15.

Service charge invoice will be dated May 1, RSOM invoice will be dated May 15.

Please open a PO if required by school/district. This should mirror Fall and Winter 2017-18 Cycle 1 & 2. Amount should be slightly less for Spring.

## Support Our Partners:

BBB





### Papa Johns Pizza



### Childhelp



April is National Child Abuse Prevention Month. Five children die every day as a result of abuse and neglect in the U.S. and that is #FiveTooMany. Child abuse occurs at every socio-economic level, across ethnic and cultural lines, within all religions and at all levels of education. We can't think "it's not in our school's athletic program; not amongst my people; and not on a team in this neighborhood" because the truth is that abuse happens in all sports. At Childhelp, we believe

that prevention education is the key to ending child abuse and it's why we are passionate about the Childhelp Speak Up Be Safe for Athletes awareness campaign. It is a free resource for teams, administration, and parents. To learn more about Childhelp Speak Up Be Safe for Athletes, watch our video with campaign supporters, City of Phoenix Police Chief Jeri Williams, Maricopa County Sheriff Paul Penzone, Alan Williams from the Phoenix Suns, and David Johnson of the Arizona Cardinals. <https://youtu.be/04SCoMCloEI>

## **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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Photos and replays at the scenes. Make sure to use  
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live 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](#)

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

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