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AIAetc. Newsletter

November 2018



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AIA Fall State Championships

[Important Dates](#)

11/3	Div. I/II	Swimming	Skyline HS
	1A-3A	Volleyball	Tempe HS
11/5	4A	Volleyball	McClintock HS
11/7	5A/6A	Volleyball	ASU – Wells Fargo
11/10	Div. I-IV	Cross Country	Cave Creek Golf Course
	1A	Football	Maricopa HS
11/23	1A/3A	Football	Campo Verde HS
11/30	4A	Football	TBD
12/1	5A/6A	Football	ASU–Sun Devil Stadium

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

AIA Student Leadership Advisory Committee (SLAC)

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.

2018-19 Hardship Appeal Dates

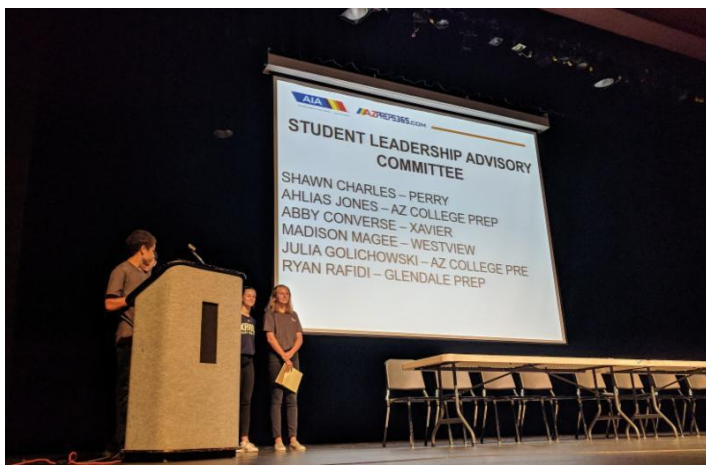
Spring Sports - Jan 28-29, 2019 (Deadline Jan 21)

2018-19 Coaches Information Meetings

Spring Sports Feb 2, 2019

Legislative Council Meeting

March 1, 2019



**Please Support
Your Partners**

Wilson



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 #Stopbullying

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

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



Gatorade

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KEEP THEM HYDRATED, KEEP THEM SAFE

5 TIPS TO HELP ATHLETES STAY HYDRATED

- 1 KEEP HYDRATION TOP OF MIND**
 - Remind athletes to check their urine color before practice. If it's the color of pale lemons, that's a sign of being hydrated.
 - Take weather into account and give athletes opportunities to drink during practice.
 - Teach athletes to pay attention to how they feel, including their thirst and energy levels.
- 2 KEEP FLUID LEVELS UP**
 - Athletes should drink enough fluid to maintain hydration without over-drinking.
 - Flavored, cold, lightly salted sports drinks like Gatorade® Thirst Quencher are important, because sodium helps maintain the athlete's desire to drink and retain the fluid consumed.
- 3 KEEP THE BODY COOL**
 - Remind athletes to drink cool fluids to help maintain their body temperature.
 - If your athletes experience heat illness, help them lower their body temperature by laying them down in a cool place with their legs elevated, applying cool, wet towels to their body and having them drink cool fluids.
- 4 KEEP HYDRATED BEFORE, DURING AND AFTER ACTIVITY**
 - Athletes need to think about their entire athletic schedule when it comes to fueling (not just when they are competing).
 - Encourage them to drink plenty of fluids throughout the day to replace the fluids lost through sweat.
- 5 KEEP A RECOVERY SCHEDULE**
 - Rest and recovery are an essential part of avoiding heat illness.
 - Ensure your athletes have time for breaks during practices.
 - Encourage athletes to get 6-8 hours of sleep each night in a cool environment if possible.

THE EFFECTS OF DEHYDRATION:

- DECREASED PERFORMANCE
- DECREASED FLUID ABSORPTION
- DECREASED MENTAL FUNCTION
- DECREASED TOLERANCE TO HEAT
- DECREASED MOTOR SKILLS

THE SYMPTOMS OF DEHYDRATION:

- NAUSEA
- FATIGUE/EXHAUSTION
- LIGHT-HEADEDNESS
- HEADACHE
- LOSS OF MUSCLE COORDINATION/
- VOMITING
- WEAKNESS
- DECREASED PERFORMANCE
- FAINTING
- POOR CONCENTRATION/
- ALTERED MENTAL STATUS

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Toyota

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Home of Arizona High School Athletics and Activities.
Photos and replays at the scenes. Make sure to use
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state tournament brackets and more...



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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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