



**Arizona Interscholastic Association**  
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## NEWS RELEASE

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### **USA distance runner Alicia Shay to be keynote Speaker at 2008 Girls in Sport Symposium**

PHOENIX (March 17, 2008) –The Arizona Interscholastic Association Academy (AIA Academy) is pleased to announce the fourth annual *Steps to a Healthy Future: Celebrating Girls in Sport* symposium, a free one-day educational celebration of female interscholastic sport and physical activity participation that will be held at Xavier College Preparatory on March 27<sup>th</sup>, 2008 from 8:15 a.m. – 1:30 p.m.

The keynote speaker will be USA distance runner Alicia Shay (formerly Craig). A graduate of Stanford University, Shay was a two time NCAA champion in the 10,000 meters in 2003 and 2004 and recently won the USA 2007 20K USA Championships.

“We are very pleased to have Alicia Shay as the keynote speaker,” said AIA Academy Director, Dr. Darren Treasure. “Alicia is a very motivated young woman who has a legitimate shot at making the USA team for the 2008 Beijing Olympics. She will captivate and inspire the participants this year at the 4<sup>th</sup> annual Girls in Sport Symposium on March 27, 2008.”

Other speakers will include Dr. Tinna Traustadóttir who is the Associate Director of Exercise Sciences at Kronos Longevity Research Institute and an expert in female sport physiology, Dr. Matt Midkiff from CATZ Physical Therapy and an expert in sport injury prevention, and Shelly Mowrey, the Program and Marketing Director for the Partnership for a Drug Free America Arizona Affiliate.

“Events such as the AIA Academy’s Girls in Sport Symposium are especially important for high school girls to attend because research has shown that participating in sport and physical activity positively affects female health and well-being throughout life,” said Michelle Byers Community Relations Director for the AIA Academy. “Research has also shown that physical activity tends to decline for girls after high school. So, in addition to celebrating their current sport participation and discussing topics of interest to these young female student-athletes, we would like to encourage each participant to remain committed to being physically active and making healthy choices for life-long well-being.”

Presented by the AIA Academy, the *Steps to a Healthy Future: Celebrating Girls in Sport* symposium is dedicated to providing Arizona female high school student-athletes and their coaches with information about the issues that matter to them, and to encourage them to continue their involvement and commitment to leading a healthy lifestyle. It is anticipated that approximately 600 Arizona female high school students and their coaches will be attending.

***For more information about this program or to register, visit the AIA Academy’s website at [www.aiaacademy.org](http://www.aiaacademy.org) or contact Michelle Byers at the AIA Academy, 602-861-6198.***

#### **About the AIA Academy**

The AIA Academy is the community outreach of the Arizona Interscholastic Association, a 501c(3) non - profit association of public and private high schools that was established by and for its members. The AIA Academy was created to assist community partners in the creation of a healthy sport experience for Arizona youth. [www.aiaacademy.org](http://www.aiaacademy.org)