



April 19, 2010

AMES IMPACT TRACK CLUB

"Helping kids to stride for excellence"

amesimpact.org

Happy First Day!

Practices

1. **Mondays-Thursdays 6:30-7:30 p.m.** During summer break: Relays may go until 7:30 p.m.
2. **Bad Weather:** Call 515 441-9153 cell phone of Coach Rob one half hour before practice. Please do not call his home phone or work. If it is raining hard or below 45 degrees we will not practice. We will not practice in the event of lightening or tornado warnings. We may practice during a tornado watch but will immediately cancel practice if the weather is questionable in our judgement. During practice times, the head coach(es) will determine if practice should be canceled. Parents please come to the track if the weather becomes questionable during practice as it may end early.
3. Pre-laps: Athletes should arrive about 10 minutes before the start of practice to jog two laps before group stretching.

Coaches

1. We have three levels of Coaches: 1. Head Coaches; 2. **Event Coaches** and; 3. **Assistant Coach. Robert Lipsey is the Head Running Coach and Chris Brakke is the Head Hurdle Coach.** The main responsibility of the head coaches is to administratively oversee the practices and meets. Event coaches are responsible for the workouts for the athletes participating in the events they cover. They also decide on the relay teams for their events. They should notify the head coach when they will be absent and provide workouts. Assistant coaches assist the event coaches.
2. Athletes should notify the event coaches as early as possible when they will miss practice so that they can plan for relay practices and field event workouts.
3. A list of coaches with contact information will be provided and updated periodically.
4. **WE NEED VOLUNTEER COACHES**

Parent Volunteers

1. We need parents to volunteer to assist with watching the kids and needs that may occur such as restroom breaks. We are hoping to get enough **volunteers so that no one has to work more than once every two weeks. To volunteer** contact -- TBA. We are looking for a coordinator for this job. If you want to inquire, see Holly or Rob Lipsey.

Discipline

1. **We expect the full cooperation of all athletes!** Discipline will involve sitting out to suspension from practices temporarily or permanently. Parents, please tell your child that practices are not a time for socializing and they are expected to listen to the coaches and helpers and follow their directions.
2. Also, please tell your child that if he/she needs to sit out from physical exhaustion or for medical reasons they need to let the coaches know. The coaches are instructed to comply with the wishes of the athlete of the parents in these situations.

Age Groups

Sub-Bantam (sub-A), born '02 and later; Bantam (A), born '00-'01; Midget (B), born '98-'99; Youth (C), born '96-'97; Intermediate (D), born '94-'95; Young Men/Women (E), born '91-'93. It is important that all athletes know their age group for practices and the meets. You cannot compete outside your age group.

Meets

1. Qualifying meets: TBA. These fees are usually \$4.00 and the club does not cover this fee. You pay this fee when you register at the site of the meet. We **plan to** host a qualifying meet Saturday, **May 29. At least one parent is expected to help out.** We will have a club meeting point for every meet we go to as a club. The club will also have tents up and liquid refreshments that fans and athletes are welcome to enjoy. Athletes, along with coaches and parents, select the individual events to participate in. The coaches select the relay teams. Note that, A and B can compete in three events and C, D and E can compete in four events.
2. All club members automatically qualify for the State Meet. We will be doing the registration so please don't pick up forms at the qualifying meets and send them in. The club pays for USATF membership (\$19.95 per athlete) but the athlete must pay the entry fee for the State Meet.
3. The dates of the USATF State Meet is: June 19-20 at Johnston High School.
4. The USATF Regional Meet will be in Iowa, July 8-11
5. The USATF National Meet will be in Sacramento, CA, July 27- August 1

Fund Raisers

1. In order to keep fees as low as possible, purchase equipment and supplies, support travel for athletes and coaches, and to provide scholarships as needed, we need to have fund raisers to meet our costs. All scholarship athletes are required to participate in fund raisers. If non-scholarship athletes chose not to participate in the fund raisers they must pay the buy-out.
2. The fund raiser chair is Chris Brakke (239-1882). He will have information to hand out soon.

Family Adoption Program

To help our new families "learn the ropes" returning families will be assign to host or adopt our new families. The coordinator for this program is Holly Lipsey.

Mondays are bring a friend night

To increase membership, we are encouraging the athletes to make a special effort to invite kids out on Mondays. Although friends are always welcome, Monday nights will be a special time when you will get to introduce your friend that you have brought for the first time and get a special gift for you and your friend to enjoy.

GO AITC!