



April 26, 2010

AMES IMPACT TRACK CLUB
"Helping kids to stride for excellence"
amesimpact.org

Practices

1. **Practice Time:** 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** the cell phone of Coach Rob *one half hour before practice*.
3. Pre-laps: Athletes should arrive about 10 minutes before the start of practice to jog two laps before group stretching.

Flower Fund Raiser

See Chris Brakke for a handout for the flower fund raiser. Chris, the fund raising chair, is at 233-1741.

Parent Volunteers

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.

USATF Membership

This membership is included with your membership fee but you must go on line, pay the \$19.99 fee and join. When you bring in your membership form you will be reimbursed the \$19.99 - the State Registration fee - any other unpaid costs such as the uniform fee. You can join by going to www.usatf-iowa.org. Make a copy of the membership form and turn it in to Kim Everett (678-315-5406) or Becky Shuka (515-233-3426) as soon as possible. They will return any balanced owed by the club to you. **Our club number is 40096** – you will need this number to join. This membership is required for entry into the state meet on June 21- 22 and must be turned into **IMPACT** by June 1st. Scholarship athletes must turn in the \$8.00 entry fee with the membership form.

USA Tentative Preliminary Meet Schedule For Impact

May 8	Excalibur TC	10:00 a.m.	Waukee HS	
May 16	Grinnell TC	1:00 p.m.	TBA	
May 29	Ames Impact TC	10:00 a.m.	Ames HS	7:30 a.m. Meet Workers Arrive
June 5	Des Moines YTC	10:00 am	TBA	

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!