



June 1, 2010

AMES IMPACT TRACK CLUB

"Helping kids to stride for excellence"

amesimpact.org

Thanks IMPACT Parents, Athletes and Friends For A Great Meet on Saturday

Turn in Your USATF Number Right away!

USATF Membership

The cost of USATF membership is included with your AITC membership fee but you must go on line @<http://www.usatf.org/associations/info.asp?associationNumber=40>, pay the \$20 fee and join. When you bring in your membership form you will be reimbursed the \$20 membership fee minus the State Registration fee minus any other unpaid costs such as the uniform fee. You can also link to this web site from www.usatf-iowa.org page under "Membership and Forms." After obtaining membership, make a copy of the membership form and turn it in to **Becky Shuka** (515-233-3426) as soon as possible. She will return any balanced owed by the club to you. **Our club number is 4096** – you may need this number to join. This membership is required for entry into the state meet on June 19- 20 and must be turned into **IMPACT** by June 7th. Scholarship athletes must turn in the \$10.00 entry fee with the membership form. If you would like for Coach Rollins to do this for you please let him know right away.

High Jump and Triple Jump for the week

This weeks schedule is Tues: Jump workout; Wed: Triple Jump; Thur: HJ all groups. Plan to stay late this week on Wed and Thur. if you want extra help.

Starting May 26 call 515-708-2557 for inquiries regarding **weather cancellation**.

USATF Preliminary Meet Schedule For Impact

June 6	Des Moines YTC 10:00 a.m.	Hoover HS	8:30 a.m.	Departure from K-Mart
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USATF Major Meets

State Combined Events Meet: Johnston HS, June 13

State Meet: June 19-20

Regionals: July 8-July 11, Iowa, TBA

Nationals: July 27-August 1, Sacramento, CA

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.