



May 24, 2010

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

The AITC Meet is Saturday, May 29th!

Coach Rollins Return

Coach Rollins' first day at practice will be this Wednesday, May 26. He will coach High Jumping and Triple Jumping and assist in other events. The weekly schedule will be Mon: Bantam HJ; Tues: Midget and above HJ; 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**.

Sign Up to Work at Our Meet on May 29th

If you have not selected an assignment please see **Becky Shuka** (515-233-3426) or Derrick Rollins (515-708-2557) to sign up. We will need many to volunteer so that it runs well. I will train you for any job.

Rain date is May 30th at 1 p.m. Thanks.

No Practice Monday, May 31st

USATF Membership

The cost of USATF membership is included with your AITC membership fee but you must go on line, pay the \$19.95 fee and join. When you bring in your membership form you will be reimbursed the \$19.95 minus the State Registration fee minus any other unpaid costs such as the uniform fee. You can join by going to www.usatf-iowa.org. After obtaining membership, make a copy of the membership form and turn it in to **Becky Shuka** (515-233-3426) as soon as possible. They will return any balanced owed by the club to you. **Our club number is 4096** – you will 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 1st. 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.

USATF Preliminary Meet Schedule For Impact

May 29	Ames Impact TC	10:00 a.m.	Ames HS	7:30 a.m.	Meet Workers Arrive
May 30	<i>Rain date</i>	<i>1:00 p.m.</i>	<i>Ames HS</i>	<i>10:30 a.m.</i>	<i>Meet Worker Arrive</i>
June 6	Des Moines YTC	10:00 a.m.	Hoover HS	8:30 a.m.	Departure from K-Mart

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