

IMS Girls Track 2017-2018 School Year

Coaches:

<i>8th Head Coach:</i>	michelle.lester@indianola.k12.ia.us 515-961-9510 x2164
<i>8th Asst Coach:</i>	keri.sorensen@indianola.k12.ia.us 515-961-9550 x7111
<i>7th Head Coach:</i>	jami.daniel@indianola.k12.ia.us 515-961-9530 x3186
<i>7th Asst Coach:</i>	erin.march@indianola.k12.ia.us 515-961-9550 x7149

General Information:

- Updated Concussion and Physical forms are required on file prior to the first day of practice. Student athletes should still attend practice as non-participants if they do not have forms completed.
- All sports at IMS are No-Cut based on athletic abilities. We would like to encourage all student athletes that want the opportunity to participate in school sports. Students interested in a sport should attend beginning at the first practice date. Students will only be eliminated from teams for gross misconduct or refusal to follow behavioral expectations.
- Please promptly pick up your student athletes adjacent to the gymnasium doors on the northeast corner of the building. Students will exit from the Fieldhouse gym doors.
- Practices will run from 3:40-5:15.

Track: Girls 7th/8th grade

Practices: 3:40-5:15 PM @ MS Athletic Complex (Tee-shirt, shorts, tennis shoes)

Schedules: <http://www.littlehawkeyeconference.com/public/genie/206/school/645/>

Season: March 19 -May 11

Meets begin at 4:00 p.m. on weekdays, and at 9:00 a.m. on 1 Saturday in May. Ribbons are to be given at invitational meets only. Coaches decide who competes in the relays and individual competitions. Guidelines and rules established by the Girls' Athletic Union and the Boys' Athletic Association are followed. Admission at all Indianola Middle School events is \$3.00 Adults and \$1.00 Students K-12. Please note below important documents for the season.

[Track Calendar](#)

[IMS Track Schedule](#)

[Meet Directions](#)

[Volunteer Letter](#)

[WELCOME letter](#)