

IATC

# SPRING NEWSLETTER

April 2025

## MESSAGE FROM THE PRESIDENT



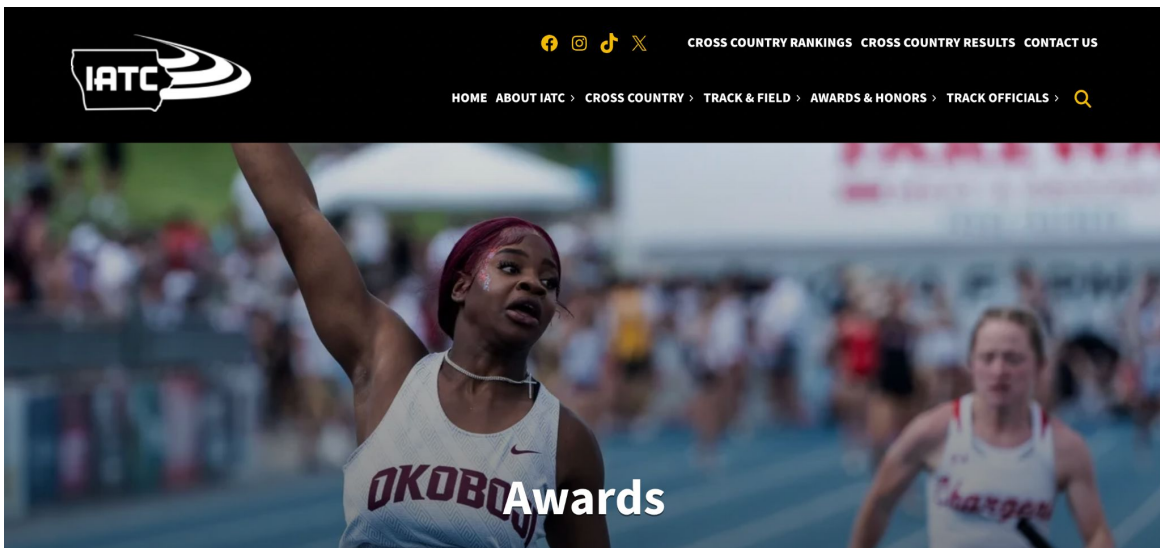
Coaches,

I hope your track & field season is off to a great start this spring. This newsletter will highlight some exciting projects within the IATC and also important information for head coaches as we hit the halfway point for track & field. I want to thank you for your continued support of the IATC. Our organization has seen record growth in membership and IATC sponsored event registrations. It's special to see the passion for cross country and track & field in our state! Enjoy the last six weeks of track & field, and best of luck to you and your teams.

Ben Duea, Northwest

## NEW WEBSITE [iatrackcoaches.org](http://iatrackcoaches.org)

On March 3rd, the IATC launched a new home for cross country and track & field ([www.iatrackcoaches.org](http://www.iatrackcoaches.org)). This new website will help progress the organization forward for the years ahead. Visitors to the site will find compatibility with mobile devices, easy navigation, and more in depth and detailed information. We are still in our soft launch phase and by May 1st, the website will be fully operational. Thank you for your patience as this transition continues!





# IATC INDOOR CHAMPIONSHIPS

The 2025 IATC Indoor Championships proved to be another outstanding competition in Ames on March 13th and March 14th. A total of 312 schools and 3,830 athletes competed, and 60 meet records were broken. This championship competition continues to grow in popularity and level of competition. Congratulations to the following indoor state championship teams:

## BOYS

1A - ACGC  
2A - Treynor  
3A - Pella  
4A - CR Prairie

## GIRLS

1A - St. Albert, CB  
2A - Mid-Prairie, Wellman  
3A - North Polk  
4A - Waukee NW

**Meet Records Broken**

# 60



## Spring IATC meeting will be live streamed!

After a very successful fall meeting, the IATC will continue to live stream the fall and spring meetings. We encourage those coaches who are not able to attend, to tune in live on YouTube. The link will be sent out prior to the meeting.

**Meeting date: Sunday June 8  
9:00 AM @ Iowa City West**

# MIKE HENDERSON STATE MEET

The Mike Henderson State Middle School Track & Field Championship will take place on May 10th. The girls meet will be held at Waukee Northwest, and the boys meet will be held at Waukee. The meet will begin at 9:00 AM with the field events and 10:00 AM for the running events. Meet information will be available on the website as the date of the event gets closer. Please pass this along to your middle school coaches, and let's set a new record for meet participation!



**GIRLS**

**BOYS**

**MAY 10**

**9 AM Field Events  
10 AM Running  
Events**





Iowa City West high school will be the host for another edition of the IATC Outdoor Championships. This all-inclusive post season track & field meet is a great chance to get another opportunity to compete for all Iowa high school athletes. The competition will take place on Saturday June 7th at Iowa City West. Athletes, coaches, and parents can register on [athletic.net](http://athletic.net) and the entry fee is free! Check out the website for additional information.

## PENTATHLON

The IATC State Pentathlon will take place simultaneously with the IATC Outdoor Championships on June 7th at Iowa City West high school. This is a great opportunity for middle school and high school athletes to try different events and to also compete for a team championship. More information can be found on the website!



## ACADEMIC & ALL STATE CRITERIA

### Track & Field

#### Academic All State

**3.8 GPA or higher**

**ACT not required**

**Qualify for the state track & field meet in event or relay**

#### All State

**Top 2 in each class**

**Top 4 in all classes combined earn Elite All-State honors**

## COACHING EDUCATION



In years past, the IATC partnered with national companies like Altis, TrackWired, and Championship Productions to provide coaching education. This upcoming year we plan to provide coaching education in-house and take advantage of the brilliant minds of high school coaches and professionals in Iowa. Utilizing our new website, we will create an online vault for member schools to access learning tools and videos free of cost. This was supposed to launch in January, but the website timeline got pushed back. More information will be provided in the coming weeks! *Estimated launch: August 2025*

# IATC Mentorship Program

The IATC coach mentoring program will launch in the fall for the 2025 cross country season. Kelly Grothus of Madrid will be the coordinator for the mentorship program. The program is designed to bring coaches together to share ideas, build relationships, and learn from experiences of veteran coaches. The program will provide a structure to assist with newer coaches' development and retention in our profession.

**YEAR 1 GOAL = 10 coaches**

## THE MENTOR SHOULD HAVE THE FOLLOWING QUALITIES

- 15+ years of head coaching experience at the high school level; retired coaches are welcome
- A willingness to share experiences and answer questions of the new coach
- Be geographically close to their mentee coach
- Be employed (if not retired) at an IATC member school



Kelly Grothus, Madrid

## THE MENTOR WILL BE ASKED TO DO THE FOLLOWING

- Communicate weekly via phone call or text messaging with their mentee during the season
- Meet in-person for a meal (reimbursed by IATC) during the pre-season or season with the mentee
- Participate in/co-lead one zoom meeting for all IATC member coaches in the off-season

\*\*Mentors will be compensated with a \$500 stipend for the season.



**Fill out QR Code if interested!**

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