



Iowa Girls High School Athletic Union
5000 Westown Parkway, Suite 150 - West Des Moines, Iowa 50266 - (515) 288-9741

Iowa High School Athletic Association
PO Box 10 - Boone, Iowa 50036 - (515) 432-2011



Congratulations to you and your runners for qualifying for the 2019 State Cross Country meet in Fort Dodge.

The certified athletic trainers working the state meet will be available one hour prior to the first race for any taping or other needs. Please provide your own taping supplies for any athletes who require taping. If your athlete(s) use any form of colorful specialty tape like "K-tape" please note that this tape is not provided by the athletic trainers. We will do our best to apply the tape provided in a similar manner to what your athlete is accustomed. Once the race begins, we will be located at the finish line and in golf carts following the runners.

All certified athletic trainers will be easily identifiable. Golf carts used by the athletic trainers will also be clearly marked.

Please note that the races start earlier in the day and the temperatures are usually cooler than what the athletes have experienced throughout the fall season. Please help decrease the effects of dehydration by reminding your athletes that pre-event hydration and nutrition are extremely important. Water, sports drinks, diluted juices and a light breakfast are examples of ways to combat dehydration and fatigue.

Feel free to contact me at 515-408-0527 with any questions, concerns about a specific athlete or comments prior to the championship.

Sincerely,

Michelle Mann, LAT, ATC