

# IPRA Today

August 2007  
Volume VIII, Issue 2



## ACADEMY FOR YOUTH SPORTS ADMINISTRATORS

The National Alliance for Youth Sports (NAYS) & Kansas Recreation & Park Association (KRPA) is holding an Academy for Youth Sports Administrators September 19 – 21, 2007 in Leawood, KS. IRPA youth sports professionals are invited to take part in this event as well.



The Academy for Youth Sports Administrators is a 20 – hour certification program that offers cutting-edge information that is critical in the youth sports world today. The goal of the Academy is to provide attendees the tools they need to build the body of knowledge necessary to positively impact youth sports. As I'm sure you agree, youth sports administrators are the foundation of a successful youth sports experience. Unfortunately most youth sports administrators receive little or no training to fulfill the duties of this important and highly influential position. Finally there is an opportunity to fully equip your youth sport professionals for success.

Topics covered include: Youth sports philosophy, professional development, mission statements, policies and procedures, volunteer management, child abuse prevention, parent management, conflict resolution, insurance and risk management, inclusion of children with disabilities, and evaluation and marketing of your program. By attending the Leawood Academy, attendees will also gain priceless networking opportunities from professionals in their area and from around the country. Registration fees for this event are \$395. For more information on the Academy you can visit [www.nays.com](http://www.nays.com).

As a way to support IRPA and its efforts to not only provide additional benefits to your members, but to also raise the level of professionalism in youth sports, a coupon for \$50 off the registration fee is available to any interested individual. Please contact Steve Jordison to obtain the registration form and coupon.



*Our Mission ...  
"To support the advancement of park, recreation and environmental conservation opportunities through education, resource tools and advocacy."*

[www.iowaparkandrecreation.org](http://www.iowaparkandrecreation.org)

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# NRPA Great Lakes Region 2007 Call for Annual Awards Nominations and Applications



# KATHY SPANGLER ANNOUNCES RESIGNATION FROM N.R.P.A.

Here's your chance to share the great work you are doing and to receive your due recognition!

Agencies in the Great Lakes Region of NRPA are invited and encouraged to apply for, or to nominate others for, the five awards to be presented in 2007. All award applications and nominations are to comply with the following general criteria:

- Submit electronically to Marianne O'Riley, NRPA, at [moriley@nrpa.org](mailto:moriley@nrpa.org).
- **Application DEADLINE is August 9.**
- Applications may not be more than two pages, single space, 12 point typeface, one inch margin on all sides.
- Letter of endorsement of testimony will not be accepted.
- An application may be accompanied by no more than two digital photographs that are not part of the application document.
- With the exception of the Outstanding Professional Award, the program, activities or projects are to have occurred within the past 36 months.
- Additional consideration is given to situations involving one or more partnering organizations or individuals.

Each application is to state in the upper left-hand corner of each page, the following information:

**Applicant/Nominator's Name**

**Agency**

**Telephone Number(s)**

**E-mail address**

**Name of nominee, project, program**

**Page number**

## Great Lakes Awards Ceremony

You are cordially invited to attend the Great Lakes Region Awards Ceremony held at NRPA's 2007 Congress and Exposition. The awards ceremony will take place on Friday, September 28, at 8:30 a.m., at the Indianapolis Convention Center. All applicants and IPRA delegates are invited to attend for breakfast and the ceremony. The event will conclude by 10:00 a.m.

*Contributed by John A. Thorner, Executive Director,  
National Recreation and Park Association*

Kathy Spangler, NRPA Director of National Partnerships, has tendered her resignation effective August 4, 2007, to assume a new position as Senior Vice President for National Action Strategies at America's Promise Alliance, the organization founded by former U. S. Secretary of State Colin Powell to improve the lives of America's children. In her new role, Kathy will be responsible for directing an unprecedented initiative to coordinate the work of more than 120 leading youth serving organizations in the public, private and non-profit sectors. NRPA is one of those organizations, and I am very pleased that Kathy will continue to build on her work at NRPA fostering youth development.

Kathy has been with NRPA since October 1987. She served as the Northeast Regional Director and Staff Director for the America Park and Recreation Society until 1988 when she assumed her most recent role as Director of National Programs and Partnerships. Kathy's 20 years of dedicated service at NRPA have created a lasting impact on the association and the field of parks and recreation. Through Kathy's efforts and leadership, NRPA gained national attention through partnerships with Sports Illustrated, Hershey, United States Tennis Association, National Football League, Professional Golfer's Association of America, Recreational Boating and Fishing Foundation, Major League Baseball, National Basketball Association, AARP, NIKE and many, many others. Kathy and her team have developed a national partnerships capacity for NRPA that demonstrates NRPA is now a recognized leader in health, livability and quality sports and is well positioned to advance leadership in community safety.

The NRPA staff will work with Kathy over the next several weeks to develop and implement an effective transition plan to ensure the sustainability of the purposeful mission-driven work that has been created on the National Partnerships team. More details will follow. In the meantime, please join me in congratulating Kathy on her new adventure and in thanking her for the legacy she leaves behind at NRPA and in the field.

*Nothing can stop the man with the right attitude from achieving his goal; nothing can help the man with the wrong attitude.*

*~ W. W. Ziege*

# EMPLOYMENT OPPORTUNITIES

## Recreation and Aquatics Supervisor Story City, Iowa

Provide leadership and support in the development and maintenance of recreational activities and programs within the Story City community. The supervisor works to provide quality programs to meet the needs of those interested in participating in recreational activities.

Bachelor's degree in Leisure Services, Recreational Programming, or closely related field or a minimum of two (2) years experience in recreation management. Must possess experience in Aquatics management. Must be able to obtain a Certified Pool Operator's certification. Must possess a valid Iowa Drivers license. Must pass a physical examination and drug test.

Develop and maintain recreational programs for all age groups and abilities. Provide training clinics for volunteer coaches and referees. Manage programs, staff, and seasonal and day-to-day operation of the Story City Memorial Swimming Pool. Develop program evaluations to assist with program improvement efforts. Develop and implement policies and procedures in order to maintain compliance with regulatory bodies/agencies as related to this position. Provide leadership and direction which supports quality programming. Act as an information source on area recreational activities and facilities. Provide press releases on upcoming activities, etc., to local media.

Knowledge of swimming pool administration and maintenance. Knowledge of recreational programming, scheduling, and administration. Ability to train, motivate, and effectively direct the work of coaches, referees, volunteers, and pool staff. Ability to keep records and prepare clear, concise reports.

Submit an application or resume to John Moran, Parks and Recreation Superintendent, 504 Broad St., Story City, Iowa 50248 by 5 p.m. on August 27, 2007. EOE



## Parks and Recreation Supervisor Marshalltown, Iowa

City of Marshalltown (population 26,000). Salary range is \$37,148 to \$42,099, depending on experience and education. Position announcement and information can be found at [www.ci.marshalltown.ia.us](http://www.ci.marshalltown.ia.us). Submit application and resume materials on or before August 17, 2007 to the attention of the City's Human Resources Director, 24 North Center Street, Marshalltown, IA, 50158 or [smeusbarger@ci.marshalltown.ia.us](mailto:smeusbarger@ci.marshalltown.ia.us).

## Teen Program Director West Des Moines, Iowa

The selected candidate will plan, organize and direct the overall operation of the West Des Moines Teen Center. High school diploma plus two years recreation planning experience required; college degree in recreation, education or related field may substitute for experience. Ability to obtain valid Iowa chauffeur's license within 30 days of hire. Post offer pre-employment physical and drug test required. CPR and First Aid certification preferred or ability to obtain certifications within 30 days of hire. This is a part-time, non-exempt, non-civil service position. The work schedule is Monday through Friday, 2:00 to 7:00 p.m. Some weekend hours are possible. Salary is \$9.75 to \$11.29 per hour. Applications accepted until position is filled and are available at [www.wdm-ia.com](http://www.wdm-ia.com).



## Teen Center Recreation Coordinator West Des Moines, Iowa

This position will design, develop and implement recreational programs for the Teen Center; provide on-site supervision during program operations and assist with the daily operation of various facilities. The incumbent may also be responsible for supervising seasonal and/or part-time personnel. Requires a Bachelor's degree in leisure services, recreation, education, sports management or related field, six months of related experience, or an equivalent combination of education and experience; a thorough knowledge of recreation program operation; demonstrated proficiency with computers; and excellent communication skills. Post offer pre-employment physical drug test required. This is a part-time, non-exempt; non-civil service position. Work schedule is Monday through Friday, 1:00 to 7:00 p.m. Rate of pay: \$18.12 to \$ 25.37 per hour. Overtime and weekend work may be required. Applications accepted until position is filled and are available at [www.wdm-ia.com](http://www.wdm-ia.com).

**IPRA STATE FAIR DAY—AUGUST 16**

**BUBBLE GUM BLOWING, BIG WHEEL RACES, PIE EATING CONTESTS, ETC!**

# SMOKING BAN IN PARKS



*This is part one of a two-part series presenting the decision of some city councils in the central Iowa area that have recently banned smoking in parks. The conclusion of this article will appear in the September issue of IPRA Today.*

## “Des Moines council members throw support behind smoking ban for some parks”

Headline of article in July 24, 2007 *Des Moines Register*

At their July 23, 2007 council meeting, Des City Council members unanimously approved the first reading of an ordinance to ban smoking at various park and recreation facilities and programs.

This action was based on staff's recommendation and feedback from the Board to prohibit smoking in swimming environments, where patrons are barefoot, at youth activities and venues and areas where the Park and Recreation Department has received complaints from the public related to smoke and debris in outdoor environments where seating is confined to a limited area.

The recommended smoking prohibitions are:

- A person shall not smoke in or on the following facilities or in or on City owned real estate which is within 25 feet of such facilities' entrances: the park between 10<sup>th</sup> and 15<sup>th</sup> Streets and Grand Avenue and Locust Street a/k/a Western Gateway Park; Aquatic Centers and swimming pools; Gray's Lake Beach; wading pools; playgrounds; enclosed shelters; golf course clubhouses; park restrooms; James W. Cownie Baseball Park; James W. Cownie Soccer Park; community centers; Long Look Gardens; Westchester Park
- A person shall not smoke in the area in a facility where the following programs for youth under the age of 18 are in progress or on or in City owned real estate which is within 25 feet of such programs: park and recreation department sponsored activities; athletic games and athletic practices; summer programs.
- A person shall not smoke in any facility during concerts sponsored by the park and recreation departments.

The recommendation is a result of feedback from various patrons participating in department- sponsored program offerings, complaints about smoke at various City-sponsored events held in confined spaces, and the debris created by discarded cigarette butts. Although there is some research concerning the negative impact of second-hand smoke in outdoor environments, the recommendation is based on patron satisfaction (debris, smoke, or cigarette butt embers) rather than any possible health issues related to tobacco use.

Upon approval of this ordinance, staff will issue a press release and install appropriate signage within the affected areas. The on-

site signage will aid in empowering citizens to address concerns should smoking occur in a prohibited area and field staff in informing the public of this new park rule. Violators of the ordinance would face fines up to \$750.

An evaluation to be conducted within one year of the effective date of the Prohibited Smoking Ordinance and relating to police enforcement, field observations and customer comments will be submitted to the Park and Recreation Board and Des Moines City Council upon completion.

*(Submitted by John Hagener, Park and Recreation Superintendent, City of Des Moines, and Smoke Free Parks Committee Chair)*



The City of Johnston has proclaimed several parks as Tobacco Free. The Johnston Park Advisory Board recommended making specific parks tobacco free as opposed to an all park ban on smoking. There were several reasons for this recommendation.

First, there was already a smoking ban in City buildings, of which the Parks Department operates a community center and a historic barn. Both buildings are rented for parties, receptions and reunions and a smoking area is provided outside. These facilities are located in parks, so a smoking ban for these parks was not included.

The next reason involved the fact that City festivals are held in Johnston Commons which is a city park. During these events there are beer gardens and carnivals. The Board felt banning smoking in this park would cause possible conflicts between patrons and between patrons and carnival employees during festivals.

The last reason involved enforcement. The Board felt that by designating specific parks Tobacco Free by a proclamation, citizens would enforce the ban. An ordinance could get the police involved, and they have better issues to resolve than to be “the smoker police”.

The Johnston parks that are proclaimed Tobacco Free include: Creekside Park, home of the little league and girls softball league; Dewey Park, a community park with playgrounds and picnic shelters; and Adam Ridge Park and Pointe Vista Park, both newly developed neighborhood parks. The Board will proclaim other parks Tobacco Free as they are developed.

*(Submitted by Ron Ward, Parks Superintendent for the City of Johnston)*

## Nancy Kuehl's Recycled Treasure

Approximately four years ago Nancy Kuehl, Director, Norwalk Parks and Recreation Department, purchased the stained glass shown below at the annual scholarship auction for \$300. The glass had been part of the back door of the IPRA state office, and the door had been replaced as part of the state office remodeling project. Nancy said it was stored under the couch for about a year before she decided to turn it into a coffee table. She had found a picture of a mission table that she really liked and asked Jerry Christenson, a man from her home town of Calumet, Iowa, if he would make it for her. Jerry said that he had never done anything like this before, that he had made a lot of gun cases for people, but not any mission style furniture. It took Jerry about three months to complete the oak coffee table. Nancy thinks he did a great job with her \$300 investment!



## Fall Workshop in Marshalltown – October 9-11

The Fall Workshop will be held in October this year due to the NRPA Congress being in September. The traditional golf outing will be Tuesday, October 9. Tee-off time is tentatively scheduled for 12:30 p.m. with a shotgun start. The networking social will follow.

On Wednesday evening, a Tailgate Party will be held. Don your favorite college team colors and join us for some typical tailgating fun and games.

The sessions planned are sure to please. Those interested in parks maintenance should enjoy the Park 'n Ride. Several dealers will be bringing equipment to our park where workshop goers can actually get on the equipment and test it out! Brad is letting the grass grow so the trials will be true to life. Besides mowers, some compact tractors and other specialty equipment will be available. The brochure and registration materials will be in the mail mid-August. Mark your calendar now!

## IPRA Launches New Web Site

After almost six long years, IPRA has created a new Web site. It was launched in a low-key manner on July 27<sup>th</sup>. Reaction has been both positive and supportive. In the words of board of director Angie Cole "LOVE THE NEW WEBSITE! LOVE IT, LOVE IT, LOVE IT! I like the way it is organized and so easy to use!"

We reviewed every other state affiliate association of the National Recreation and Park Association to get a feel of what a superior professional membership association site looks like. Our design team took the best of each to generate ours.

Within the site, are easy-to-use links, a site search, privacy statement, and quick reference materials. One such example of a quick reference tool is the Sports committee's Placekick, Punt and Throw football program. PPT flyers, rules, scoresheets, certificates and more can be each downloaded as a PDF. Job vacancy announcements have been reformatted to allow for a snap overview combined with in-page anchors to specific positions.

Another highlight of the site is our popular membership inquiry. Professionals are encouraged to submit a question so their colleagues can respond. Questions and responses will be posted directly onto the site for all to view.

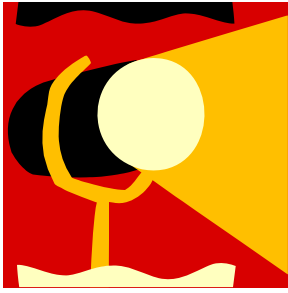
Beginning with this year's Fall Workshop in Marshalltown, will be on-line registration. Most recently, IPRA coordinated with Event Quick for our on-line registrations. Their particular process was cumbersome and expensive for the user and IPRA. User fees were passed along as a convenience charge. Our new system will be simple and quick. We have dropped the convenience fee in addition to adding *Discover Card* to our accepted credit/debit cards of *Visa* and *Master-Card*.

By mid-August, the Membership committee will be soliciting input from the membership via an on-line survey. Please keep a close watch on the IPRA Web site for this pending user survey. Your comments will help drive one of the most beneficial services IPRA has to offer.

The site was created by Saltech Systems, Inc. of Ames, Iowa. Should you wish to see what Saltech Systems can do for you, please check them out at [www.saltechsystems.com](http://www.saltechsystems.com).



Bob Workman (left), former Director of the Marshalltown Parks and Recreation Department, shown enjoying his retirement party.



## New Member Spotlight ~ Central Iowa Tourism Region

Looking for attractions and destinations for your senior, youth and community center trips? One of IPRA's newest members, the Central Iowa Tourism Region (CITR), is excited to spread the word about an event guaranteed to assist you. The Travel Iowa Marketplace is your one-stop source for information about Iowa destinations, attractions, and services, all of which have affordable and entertaining trip ideas.

Plus, there is an educational component to help justify your day away from the office! This year's keynote session features Jan Powers with the Powers of Communication and is guaranteed to provide attendees with proven tips and tricks to enhance your communication skills.

Travel Iowa Marketplace ~ A Harvest of Iowa Tours will be held Thursday, September 27 at the Iowa State Center in Ames. The day kicks off with the keynote session, followed by lunch, and exhibitors from around the state eager to share itineraries and information about their destinations. Pre-registration is required and please contact the CITR office at [ann@iowatourism.com](mailto:ann@iowatourism.com) or 800-285-5842 for information. The cost is \$30 per person and includes lunch.

Ann Vogelbacher is the executive director of the CITR and commented, "We initially joined IPRA to spread the word about the Travel Iowa Marketplace. However, we are excited about the many other opportunities available and look forward to being a part of the association."

Iowa has three tourism regions including the central, eastern and western regions. The Central Region covers 35 counties and runs from Minnesota to Missouri along Interstate 35. CITR has two staff members and is a non-profit association governed by a nine-member board of directors elected from the membership. The region's office is located in Webster City.

Vogelbacher was already familiar with IPRA as she is a graduate of the leisure studies program at Iowa State University. She then completed her graduate degree in tourism management at Clemson University. She and her husband are native Iowans.

## State Legislative Update

### Minimum Wage

With both chambers under Democrat control, as well as, the Governor's office, the minimum wage issue appeared. With unanimous consent and the Governor's signature, the minimum wage went to \$6.25 per hour on April 1, 2007 to be followed on January 1, 2008 to \$7.25 per hour. This last minute change has created numerous funding issues for both private and public sectors. Parks and recreation departments are exempt from paying minimum wage for part-time staff, but with the competition for good employees the desire will be to follow suit.

### Resource Enhancement and Protection Program

This is a grant program for the Iowa Department of Natural Resources which provides grants to local community and county park systems. Originally, this fund was to be appropriated at \$20 million per year. Since its inception, it has never achieved full funding and received zero funding once in the last five years. This year (FY 2007/2008) funding was increased by 40% which will net local parks and recreation agencies almost \$2.2 million. Typically, grants are awarded for trails and land acquisition. Communities are divided by population into three separate scoring groups, that being large {25,000 and greater} medium {10,000 - 24,999} and small {1 - 9,999}

### Project Destiny

A local option sales tax (1 cent increase) referendum was voted upon for three counties in central Iowa (Polk, Dallas and Warren) which included our capitol city of Des Moines. It was estimated \$750 million would be generated over its 10 year life span. One third would go for property tax relief, one third would go for cultural and recreation enhancements and one third to a discretionary board for their dispersment. The proponent committee has been working for more than one year to pass the issue and spent over \$750,000 whereas opponents spent under \$10,000.

The tax referendum was soundly defeated with an average 85 percent no and 15 percent yes.

The RAGBRAI route included a stop in Manchester during their week-long event. Ben Page, Director of the Manchester Parks and Recreation Department snapped this photo just before the multitude of bikers and support vehicles invaded the city!



# FOIL DEHYDRATION—BECOME AQUAMAN!

By Lynda Murray, The Dietitian Magician

Summer is officially here. Mother Nature has thrust sun (radiation) sweat, (perspiration) and serious hydration issues our way. If you are an athlete exercising in the heat, you will need to take precautions. If not, you may be going for more than just a bike ride. You could earn yourself a ride in an ambulance.

The human body is about 70 percent water. Exercising in hot weather means it is more important than ever to replenish this lost water. Water is always a good choice for fluid replenishment for shorter events. Don't try to be Superman and skimp on fluids. Become Aquaman. Hit every drinking fountain, carry water with you and avoid the C's—coffee, colas and Corona. At a minimum, drink eight to ten cups of fluid a day. Sports drinks can be used, although the added electrolytes may not be necessary. Juice and sodas contain too much sugar. Plus, the caffeine can further dry you out. If you have a beer, be sure to go 50/50, meaning one glass of aqua for each Amstel.

A dehydrated person has blood the consistency of a thick chocolate milkshake. Once dehydration sets in, all physical exertion will be more difficult. The athlete might be thinking something, "Man, the coach is really working me hard today." In reality, the workout hasn't changed, but the heart must work harder to pump the thicker blood around.

It is important to recognize the signs of dehydration. Although the early symptoms of dehydration may indicate you may be headed for serious trouble. Watch for can progress to headache, weakness, dizziness, cramps, creased performance.



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Dietitians stress that people should eat only should drink BEFORE you are thirsty. This is a delayed response. Humans can lose significant body water before sensing, "send something down." Your level of hydration is influenced by many factors. For instance, the intensity of the sport (think horse shoes vs. football) is a major factor in how much fluid is lost. Add in helmets and padding, and you increase the sweating, resulting in greater fluid loss. Children involved in sports activities are more susceptible to dehydration and heat illness in hot weather than adult athletes. Carry water if you are participating in sports with the sun.

when hungry. The same rule doesn't apply for drinking. You because thirst is a very poor indicator of dehydration. Thirst is a delayed response. Humans can lose significant body water before sensing, "send something down." Your level of hydration is influenced by many factors. For instance, the intensity of the sport (think horse shoes vs. football) is a major factor in how much fluid is lost. Add in helmets and padding, and you increase the sweating, resulting in greater fluid loss. Children involved in sports activities are more susceptible to dehydration and heat illness in hot weather than adult athletes. Carry water if you are participating in sports with the sun.

Consume approximately 16 to 20 ounces of water or sports drink two to three hours before exercise and eight to ten ounces of water or sports drink before exercise. During exercise, drink eight to ten ounces every 15 to 20 minutes of rigorous exercise. After exercise, try to correct any fluid losses within the first two hours.

During practice and meets have a water bottle with you. Cold water, about 50 degrees is absorbed faster than warm water. Gulps are tolerated better than sips. If you can, remove the lid from your water bottle and chug it down, so it will be absorbed faster. Each athlete or team member should have their own water bottle. Coaches or trainers can then monitor better who is drinking and who isn't.

I recommend an insulated water bottle like the bike variety manufactured by Polar. This 24-ounce bottle allows you to chill your water in the refrigerator, and it won't develop a "plastic" taste like many bottles do. Plus, the insulation helps insure that your water stays cold so you are likely to drink more. I have two chilling in my refrigerator at all times. I bought my first insulated bottle last year and fell in love with it. I have one in neon green and neon pink. The bottles come in all kinds of fun funky colors. Buying each family member a water bottle is a step in the right direction, so you aren't tempted to purchase water in plastic bottles.

Walk by the trash containers at a ball diamond this summer and gaze inside. Your peak will likely reveal an odd assortment of plastic bottles. All the plastic that goes into Gatorade, other branded sports bottles and bottled water bottles scars the environment. Think of the impact of making, transporting and disposing of all these bottles. Over a billion of them end up in state landfills each year. San Francisco's mayor recently tossed away the bottle. Starting July 1, he banned city departments from purchasing bottled water. This was done in an attempt to reduce the number of water bottles clogging up the landfills. You can do your part by refusing to purchase bottled water, recycling the empties or better yet, buying a Polar bottle and refilling it.

I encourage athletes to do a "pee check." Monitoring the color of their urine can help determine hydration status. If the urine is the color of apple juice, this can indicate dehydration. Aim for a pale, lemonade shade instead.

*(Reprinted from The Tribune, Ames, Iowa, July 3, 2007)*



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1534 Penrose Street  
Grinnell, IA 50112

Phone: 641.236.3917  
Fax: 641.236.6779  
[www.iowaparkand recreation.org](http://www.iowaparkand recreation.org)

*IPRA Today* is produced by the I.P.R.A.  
Publications Committee Chair, Deborah  
Martinez, [deborah@lightenupiowa.org](mailto:deborah@lightenupiowa.org)

Layout design by  
Cathy Shutts  
[cshutts@pcpartner.net](mailto:cshutts@pcpartner.net)

## IPRA Calendar of Events

### August:

- 6 CEU Aquatic Update—Des Moines
- 7-8 Certified Pool Operator's Course—Des Moines
- 7 IPRA Public Parks Tennis Tournament—Des Moines
- 15 REAP Grant Application Deadline
- 16 IPRA Day at the Iowa State Fair

### September:

(Local PPT Competitions throughout the month)

- 3 State office closed—Labor Day
- 25-28 NRPA Congress & Exposition—Indianapolis



**MEMBERSHIP RENEWAL:** Please return agency and individual renewal forms to the state IPRA office as soon as possible to have your name included in the annual directory. Deadline is August 15!

**MUNICIPAL DIRECTORY UPDATE:** Please update the information for your department which will be published in the Iowa Park and Recreation Association 2007-2008 Membership Directory & Buyer's Guide and return to the state office by August 15.

**PLACEKICK, PUNT AND THROW:** Please call the state office to let staff know the date of your local competition—641.236.3917 or e-mail [cshutts@pcpartner.net](mailto:cshutts@pcpartner.net).

Information materials are on-line as PDF's at  
[www.iowaparkandrecreation.org](http://www.iowaparkandrecreation.org).