

IPRA Today

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

www.iowaparkandrecreation.org

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RECIPIENTS OF CLAUDE AHRENS COMMUNITY SERVICE AWARD

Two deserving individuals and one family were recognized for "leaving it better than they found it" during the Awards Banquet held in conjunction with the 2007 IPRA Spring Conference. That quote was taken from Mr. Claude Ahrens, for whom the award is named. He said it was a motto his father had lived by and instilled into the minds of his children.

Daniel Ford from Sioux City was honored as a recipient of this award for establishing a summer camp in 2005 that provided a lunch, educational components, recreational activities and community service projects for the youth of Sioux City, at no charge to them. The youth learned about personal hygiene, rocket building, computers, photography, games and sports. Mr. Ford was instrumental in finding the necessary funding to operate the camp a second summer and participation doubled.

Mr. Ford runs a boxing program after school for at-risk youth at no cost and teaches kids respect for others and themselves, giving back to the community they live in and ways to make them better citizens. He started a track and field program for youth and brought over 20 kids to the local Hershey Track meet. Transportation and lodging were provided for the underprivileged youth to attend out-of-town activities. "Daniel Ford's life is spent on giving support, resources, education and activities for Sioux City's youth and his life is the epitome of what the Claude Ahrens Community Service Award is all about," stated Terry Hoffman, nominator.

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IDENTIFICATION OF PHOTOS ON PAGE 2



RECIPIENTS OF CLAUDE AHRENS COMMUNITY SERVICE AWARD

Continued from Page 1



Sally Briggs was the second individual named for the Claude Ahrens Community Service Award and was nominated by the Cedar Rapids Recreation Department because she has worked tirelessly as a volunteer to assist with the Recreation Department's Special Olympics' programs for the past seven years. Her assistance has provided a great benefit to both special population's staff and the athletes who benefit from her warm heart, constant dedication and amazing spirit. Sally's assistance to the Iowa City and Cedar Rapids Recreation Departments has included coordinating and managing athletes' physicals and releases, conducting district training, organizing competitions, providing awards and scholarships to area programs and working with school districts to get new programs initiated with younger populations. In addition, she works tirelessly to secure donations that benefit the athletes in the Cedar Rapids Recreation Department's programs. Sally provides helmets for skiing and turbo jars for track and field.

Sally serves as the East Central Special Olympics Coordinator, a volunteer position that takes between ten and fifteen hours per week. In this position, she is responsible for over 1,000 Special Olympians from Benton, Linn, Jones, Cedar, Johnson and Iowa Counties. The athletes compete in bowling, soccer skills, basketball skills, track and field and swimming district competitions that Sally both hosts and coordinates. In addition to these sports, she provides additional support for Unified Golf, the Special Olympics Challenge Day and team basketball. Sally easily exceeds forty hours per week of work during the weeks leading to and following competitions which include bocce, gymnastics, track and field, snow shoeing and bowling events.

Sally puts the athletes first when making decisions about her district and is always willing to help with whatever problems that arise. She consistently goes above and beyond for individual athletes as well as the hundreds of volunteers she meets and works with each year. Her work has strengthened the quality of Special Olympic programs, and her assistance with resources has allowed the department to be able to continue to provide them.

The Claude Ahrens Community Service Award "recognizes a lay person outside of our profession who has provided support and contributed to the strengthening of programs and resources within their communities". This definition perfectly describes the **Randall Family**. Karen, Erin, Jamie and Brady Randall are more than just the family of Duane Randall, Director of the Vinton Parks and Recreation Department. They are assets to the department, as well as to the City of Vinton. Some examples of their community support are

- Karen and Erin Randall taking the reigns for a community sledding party.
- Brady Randall and his friends cleaning up the local park after a wooden play structure was burned.
- Jamie Randall has repeatedly come to the rescue when a concession stand worker was needed.
- The entire Randall family assists with the Farmer's Market by working games or cooking and serving food.
- Erin helps out with summer playground, while Brady assists with various youth sports programs and Jamie is a regular volunteer at nearly every community event.

Nominator Doug Foley notes that the Randall Family members are not forced into helping, and they don't get involved for the recognition or awards, but rather to help out and be a part of the community. The Vinton Parks and Recreation Department, as well as the City of Vinton, are very fortunate to have this family of "secret weapons" serving their community by selflessly donating their time, effort and talents.

Identification of Photos from Page 1

Top: Daniel Ford and Family from Sioux City shown with Terry Hoffman, Director of the Sioux City Parks and Recreation Department and nominator.

Middle: Sally Briggs with Rob Wagner, Special Populations Supervisor, Cedar Rapids Recreation Department.

Bottom: Members of the Randall Family from Vinton—Duane, Karen, Brady, Erin and Jamie.

SERVICE CLUB AWARD OF EXCELLENCE

The Service Club Award of Excellence honors a service group that has supported and contributed to the strengthening of programs and resources of leisure services. The **Vinton Lions Club** has simply done just that in the Vinton Community. During the mid-1970's, the Vinton Lions Club helped develop the adult softball field, and over the years this field has been the home to many adult softball teams and youth sports.

The facility has seen many changes over the last twenty years, and the Lions Club has assisted financially or with the manpower necessary to make the following improvements: fencing, new backstop, batting cage, play area, bleachers, score keeper's shed, irrigation system, warm-up area, safety netting, dugouts, concession stand, concession pavilion, restrooms and new lighting.



Randy Stein (center) and Ted Mann, members of the Vinton Lions Club are shown with their award. Awards Committee Chair, Kevin Shawgo, is on the left.

The quality of this facility has played a big role in maintaining a strong adult softball league in the community. Adult Men's Softball, Adult Women's Softball, Adult Coed Softball, Blastball, T-Ball, Little League, Flag Football, Soccer and Summer Playground are just a few of the programs that have utilized the facility over the years. It has become an icon in the Vinton community and one that the citizens can be proud of thanks to the efforts of the Vinton Lions Club.

In addition to providing a facility, the members of the Vinton Lions Club volunteer to assist the Vinton Parks and Recreation Department with their annual Youth Wrestling Tournament. This past year, nearly 200 wrestlers participated in this fun event. It is a great annual fundraiser for the Lions Club as they split the profits equally with the Vinton Parks and Recreation Department. The funds earned by the Vinton Lions Club are contributed back to the community through their service projects.



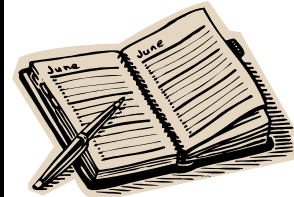
The **Junior League of Sioux City** is the other recipient of the Service Club Award of Excellence. The club has been actively involved with the Parks and Recreation Department and the greater community at-large in many ways. Both organizations partnered to construct an outdoor performance stage and a playground at an inner-city park, a project which required a three-years, \$30,000 commitment by the members of the Junior League. Additional projects sponsored by the Junior League include providing scholarships, assisting with Discovery Shop thrift store, providing

backpacks for families in need and providing financial assistance for the children's exhibit at the Art Center. In addition, members have participated in a Done-In-A-Day park cleanup and a trip to New Orleans to help rebuild the city.

The Junior League is currently spearheading a playground project on the riverfront that needs to be replaced, at a cost of \$32,000. "We are blessed in Sioux City to have an organization like the Junior League who continually support worthy projects and make our community a great place", stated nominator, Terry Hoffman, Director, Sioux City Parks and Recreation Department.



Representatives of the Junior League of Sioux City, shown with Terry Hoffman, right.



MARK THESE DATES ON YOUR CALENDAR!

FALL WORKSHOP 2007—October 9, 10, 11—Marshalltown

SPRING CONFERENCE 2008—March 31, April 1, 2—Council Bluffs

FALL WORKSHOP 2008—September 16, 17, 18—Cedar Rapids

SPRING CONFERENCE 2009—April 6, 7, 8—Coralville

FALL WORKSHOP 2009—September 22, 23, 24—Ames

Employment Opportunities

Deputy Director City of Des Moines Park and Recreation Department

The City – Ranked 4th on the 2007 Forbes magazine list of “Best Places For Business and Careers” and described as “setting the standard for quality of life, crime prevention, and parks and recreation” by the ETC Institute, with regard to results of citizen satisfaction surveys conducted in cities with populations over 200,000. Council-Manager form of government.

The Department – 70 parks on 3200 acres . . . 3 golf courses, 5 aquatic centers, 34-mile recreational trail system, 6 cemeteries, 10,000-seat triple-A ball park and multiple specialty recreation facilities, with 150 full-time and 250 part-time staff. Annual \$19 million operating budget and \$9 million CIP budget leading to quality programs and facilities recognized by National League of Cities, National Recreation and Parks Association, American Society of Landscape Architects and more.

The Position – Department re-engineered internally recently to meet expanded citizen facility/program expectations, leading to this new position that will serve as chief operating manager and oversee parks, recreation, property management and community relations functions.

Details – Annual salary up to \$104,500. Qualifications: Bachelor’s Degree in Park and Recreation Administration, Public Administration or related field with considerable park and recreation experience in management roles or equivalent experience. May 31, 2007 application deadline.

To apply – www.dmgov.org; (515) 283-4213; City of Des Moines Human Resources, City Hall Room 103, 400 Robert D. Ray Drive, Des Moines, IA 50309



Parks and Recreation Director City of Marshalltown

The City of Marshalltown (population 26,000). Current Director is retiring in July. Salary negotiable depending on experience and education.

Position announcement and information at www.ci.marshalltown.ia.us.

Submit resume on or **before June 1** to the attention of the City’s Human Resources Director, 24 North Center St, Marshalltown, IA 50158 or mrund@ci.marshalltown.ia.us.



Parks and Recreation Director City of Yankton, South Dakota

The City of Yankton, South Dakota, is recruiting a Parks and Recreation Director. This position reports to the City Manager and oversees the development and implementation of a wide variety of parks and recreational programming for all ages in the community.

The new Director will lead the Department through a renewed emphasis on enhancing participation in recreation activities through leadership, marketing, promotion and excellence in a wide variety of programs. This increased emphasis will include leading, encouraging and assisting with program objectives with area agencies and volunteer groups.

The City of Yankton Parks and Recreation Department has a typical annual operating and capital budget of over \$2.2 million. The Parks and Recreation Director plans, organizes and directs a comprehensive parks and recreation department; oversees and supervises sixteen full-time staff members and approximately 150 part-time / seasonal employees, short and long-term planning emphasizing increasing program activities, and public relations. This individual supervises the development of 252.75 acres of parks, coordination and facilitation of the activities center, golf course, a comprehensive trail system, cemetery, and urban forestry development. The successful candidate will have a strong background in the administration and promotion of recreation program activities. Candidates for the position are required to have a Bachelor’s degree in Parks and Recreation Management from an accredited university; six years progressively responsible recreation management experience, including four years supervisory experience. Salary range is \$51,807 to \$70,092 and is negotiable.

Send resume and letter of interest, along with three work-related references to the City Manager’s office at 416 Walnut Street, P.O. Box 176, Yankton, SD 57078 or by phone at 605-668-5222. **Deadline for application is June 22, 2007.** Successful applicant must meet City residency requirements and pass a pre-employment physical and drug screen if selected for this position.

Executive Director Mahaska Community Recreation Foundation

For specific job announcement, please contact the IPRA state office or Darren Dykstra at Darren.dykstra@musco.net.

Job Responsibilities:

- Promote recreation opportunities and their benefits to the Mahaska community.
- Examine Mahaska community's overall recreation to identify inventory and gaps.
- Build partnerships and cooperative efforts among providers.
- Enhance and initiate efforts to bring visitors to the Mahaska community.
- Develop facilities in the absence of organized efforts or current providers.
- Develop community profile to assure benefits provided for all.

Qualifications:

- Bachelor's degree in parks and recreation administration or a related field with a minimum of 10 years progressive experience or any equivalent combination of experience and training which provides the required knowledge, skills and abilities.
- At least five years in a leadership role
- Valid driver's license or the ability to obtain one required.

To apply:

Send a resume and cover letter to recruiter@musco.net.



Parks and Recreation Director City of Adel

The City of Adel Iowa is seeking a director for the newly created parks & recreation department. Position is responsible for planning, organizing, budgeting, supervising and administering a variety of community events and activities. Bachelor's degree in recreation or related

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field OR any equivalent combination of experience and training. This is a unique opportunity to lead a progressive city of 4,000 people. Adel is situated in one of the fastest growing counties in the country and is part of the western metropolitan area of Des Moines. Salary DOQ, plus benefits package. Submit cover letter and resume to:

City of Adel
Attn: Parks Director Search Committee
301 S. 10th Street
Adel, IA 50003

All resumes must be received by July 6th, 2007 to be considered.



Assistant Director City of Peosta

The City of Peosta is currently seeking candidates for a full-time assistant director position. Minimum qualifications for this position include a college degree, experience in the fitness and recreation industry and restaurant business.

Main duties include, but are not limited to, managing the banquet room, hiring, training and supervising staff, overseeing the fitness classes as well as assist in marketing the facility. Other duties include organizing special events and developing new programs for all ages. Work hours are mainly at nights and on Saturdays.

Pre-employment drug/alcohol testing required. Minimum of two years of experience in the recreation field. Food and beverage experience is a plus. Excellent benefits and a competitive salary. Position open until filled. Equal Opportunity Employer. Resumes and cover letters should be sent to:

City of Peosta
ATTN: Kevin Cartee
P.O. Box 65
Peosta, IA 52068

Email to: director.pcc@yousoq.net

CELEBRATE!!



JULY IS PARKS AND RECREATION MONTH

SPOT SHOT 2007

State Competition—April 14

Grinnell Recreation & Athletic Center



The Iowa Park and Recreation Association sponsored the State Spot Shot Competition in Grinnell on Saturday, April 14, 2007, at the Grinnell Athletic and Recreation Center. Approximately 200 boys and girls from ages 8 to 13 from across the state of Iowa qualified to participate in this competition. Plaques recognizing first through fourth place finishes were awarded in each age and gender division.

Nearly 600 children participated in local Spot Shot Competitions hosted by the following communities: Ames, Ankeny, Belle Plaine, Cedar Rapids, Clarinda, Clinton, Coon Rapids, Coralville/North Liberty, Des Moines, Dyersville, Fort Dodge, Guttenberg, Holstein, Hull, Ida Grove, Jefferson, Knoxville, Manning, Marshalltown, Mt. Pleasant, New Hampton, Oelwein, Orange City, Pella, Peosta, Shenandoah, Sibley, Sioux City, Waterloo and Webster City.

Participants have 60 seconds to dribble from half court and shoot from seven different locations from the floor. Separate distances are used for each group. Bonus points are awarded to shooting once or twice at all of the spots. Two rounds are shot, and the points from both rounds are totaled together to achieve the final score. From local competitions, the top two finishers for boys and girls in each age division were given the opportunity to advance to the state competition in Grinnell. Results and photographs are available via the IPRA web site: www.iowaparkandrecreation.org.

The IPRA wishes to recognize and thank the following volunteers who assisted with the state competition: Jeff Sears, Director, Grinnell Parks and Recreation; Doug Bylund, Recreation Superintendent, Indianola Parks and Recreation and IPRA Programs Committee Chair; IPRA staff members, Steve Jordison and Cathy Shutts; and Jill Hulsing, coach of the Grinnell High School softball team, who organized the volunteer timers and scorers, as well as providing concessions for the event.

A photo gallery of winners



Doug Bylund, IPRA Programs Committee Chair, presents an award to one of the Spot Shot winners.

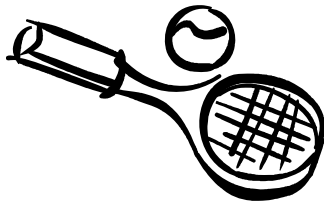
Court Better Health: Play Tennis for a Lifetime!

In America, heart disease is the No. 1 killer among both men and women. What steps can you take towards better health? Now is the time to pick up a racquet and start doing something for your health. You'll be glad you did when you see all that the sport offers you. Tennis is the sport of a lifetime.

According to the American Heart Association, an estimated one in three Americans (79.4 million) have some form of cardiovascular disease (CVD), nearly half (37.5 million) of whom are over age 65. Sobering numbers indeed. Physical activity through sports like tennis have been proven to alleviate the onset of problems that all people young and old tend to encounter (obesity, high blood pressure, high cholesterol levels).

Whether it's a heart-pumping Cardio Tennis class, USTA Leagues, tournament play or junior and adult programs, the sport has something that fits the heart-healthy needs of ANYONE who seeks to play.

For more information on USTA programs and what tennis can do for you, please visit www.missourivalley.usta.com.



Tennis is among the top heart-healthy activities to participate in. According to studies by the American Heart Association and the Cleveland Heart Clinic, physical activities like playing tennis two to three times per week for 30 minutes at a time, have been proven to greatly reduce the risk of cardiovascular disease.

While the benefits for your health are numerous, playing tennis is also a great chance to meet new people and expand your social network, while learning a new and fun skill at the same time.

Starting a sport like tennis at a young age and playing through life will help you take steps toward a healthy, active lifestyle. With a wealth of programs, the United States Tennis Association (USTA) offers players of any age plenty of opportunities to get involved with our sport. We have programs for players age 8 to 108, which means it's never too early or too late to begin playing tennis.

(The USTA Missouri Valley is a not-for-profit organization covering a five-state region of Iowa, Kansas, Missouri, Nebraska, Oklahoma and parts of Illinois. As one of the 17 sections of the USTA, the USTA Missouri Valley Section has more than 22,000 individual members and more than 450 organizational members. The USTA Missouri Valley Section offers recreational and competitive tennis for all ages and abilities. The mission of the USTA is to "Promote and develop the growth of tennis.")

ADOLESCENT SPORTS INJURIES—PAIN IS NOT A GAIN

Adolescents now have the same rate of injury as the pros, says one orthopedic surgeon.

Serious injuries in young athletes are occurring at a higher rate and at a younger age. "Forty percent of all emergency visits are for sports injuries in children age 5 to 14," says Dr. Mininder S. Kocher, spokesperson for the American Academy of Orthopedic Surgeons and Associate Director, Division of Sports Medicine, Children's Hospital, Boston, Massachusetts. According to Dr. Kocher, it is not uncommon to see ACL (anterior cruciate ligament) injuries in 9- and 10-year-old children. "This type of injury can be a real challenge to the orthopedic surgeon," Dr. Kocher says. A child may need to have surgery, but surgery can cause "growth plate disturbances", as well as other problems. Growth plates are the area of developing tissues at the end of the "long bones" of the body.

Growth plates are also particularly vulnerable to injury in contact sports like football and basketball. Coaches need training to really understand the impact of these highly competitive sports on young bodies and how to help avoid sports injuries.

In Europe, coaches receive medical training and certification is required. Coaches in the United State do not need training or licensing. With coaches trying to win games along with parents who want successful children, the pressure on young athletes is intense and unrelenting. A mentality of "no pain, no gain" among some coaches and parents also contributes to the increasingly frequent occurrence of sports injuries. Dr. Kocher encourages adults to seek medical help when children and adolescents experience pain. "Pain is an important signal that there could be a more serious problem," Dr. Kocher says. "It shouldn't be ignored."

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New IPRA Board of Directors sworn in at 2007 Spring Conference



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IPRA Calendar of Events

June:

- 11 CEU/Aquatic Update—Fort Dodge
- 12-13 Certified Pool Operator's Course—Fort Dodge

July:

- 4 State Office Closed—Independence Day
Great Lakes Regional Council meeting



WHAT'S IN STORE FOR CONGRESS 2007

- An exciting opening General Session with keynote **Billie Jean King**—one of the greatest tennis players and female athletes in history!
- **Hundreds of learning opportunities** including over 200 IACET—authorized CEU education sessions and nearly 20 Off-Site Institutes with a focus on recreation facilities, urban-based operations, natural resources and cultural and historic sites.
- More than **500 exhibitors and vendors** showcasing the latest park and recreation products and services.
- **Networking and entertainment opportunities** with thousands of attendees from around the country and the world.

Don't get left out in 2007 ~ Join us in Indy!!