

ALL SPORTS NIGHT

Monday, July 31st

TAKING  **ALGONA** **TO THE**
NEXT LEVEL

Wilcox Performing Arts Center



Lobby opens at 7:00 PM

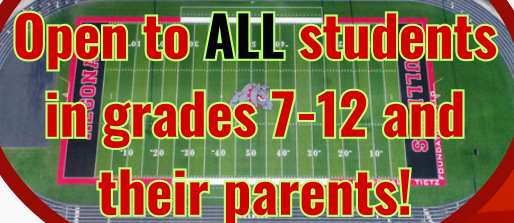
Presentations begin at 7:30 PM

PRESENTATION BY KATIE LEMAIR

AHS Alumni and Registered Sports Dietician

MEET JACKSON MILLER

Strength & Conditioning Coach



Open to **ALL** students
in **grades 7-12** and
their parents!

Pickup or drop off new physical & concussion forms



Will be on hand to start
or renew memberships
& answer questions!



ALL SPORTS NIGHT

Bulldog 7-12 Athletes & Parents

We are excited to announce that on July 31 we will be hosting a presentation from Performance Dietitian Katie LeMair and new Algona Strength and Conditioning Coach Jackson Miller. On July 31, please join us in the Performing Arts Center (attached to south side of our High School) for this amazing opportunity to listen to professionals that will help take our Algona Athletes to the next level! Here is the schedule for July 31:

7pm - Complete your 2023-2024 Athletic paperwork!

****Come in and gather/sign the required paperwork for the 2023-2024 sports calendar. This includes reading and signing a Concussion Information page (required for all sports and each year), and checking on your sports physical expiration date (they are good for 12 months +30 days). Both of these paper work items need to be up to date before students can practice or play in one of Algona's sports programs.**

****Sign up for the Booster Club - Members of the Algona Booster Club will be there to answer membership questions and information on what they help provide for our programs!**

7:30pm - Presentations by Katie LeMair and Jackson Miller in the PAC

Katie LeMair- Performance Dietitian - Katie, an Algona Alumni, has previously worked as a Collegiate Sports dietitian for over 6 years. She has worked for the University of Nebraska, University of Texas, and the University of Nebraska for many teams including football, softball, track and field, cross country, basketball, wrestling and many more! Katie will be presenting "Fueling Foundations" that will help educate our parents and athletes on how to reach their health and performance goals. We look forward to hearing from Katie and working with her more in the future as well!

Jackson Miller- Algona Physical Education Teacher and Strength and Conditioning Coordinator. Coach Miller joins us after experiences at Iowa, Iowa State, DMACC, Solon High School and Boone Community Schools. Coach Miller has a wealth of knowledge in programming and working with athletes in the weight room. We are excited to have Jackson Miller on our staff! Come and learn more about him and his programming plans at Algona High School!

We couldn't be more excited to offer our students access with a Performance Dietitian and a Strength and Conditioning Coach for our athletes to help them reach their health and sports goals. Please join us on July 31 as we look to provide this night of learning to help take our sports to the next level. We look forward to seeing you all on July 31st!