

Shawna Rule

From: Rodney Norris
Sent: Tuesday, February 17, 2026 2:05 PM
To: Todd Hellrigel
Cc: Shawna Rule
Subject: HS Track volunteer

Dr. Hellrigel,

We would like to recommend Amanda Proehl as a HS track and field volunteer for the 2025-2026 school year.

Rodney L. Norris

Assistant Principal / Athletic Director
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MS Cross Country Coach
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