



ADM HALL OF FAME

Lou Ann Dwindell

CLASS OF 1971

LETTERWINNER TRACK FOUR YEARS, BASKETBALL THREE YEARS
AND CROSS COUNTRY ONE YEAR

MEMBER OF GIRLS STATE BASKETBALL TEAMS 1974-75, 1975-76
SELECTED 1ST TEAM ALL-STATE GUARD 1977 AND 5TH TEAM 1976 BY
THE DES MOINES REGISTER

AVERAGED 8 REBOUNDS AND 7 STEALS FOR THE 24-1 TIGERETTES
RRC CONFERENCE 1ST TEAM GUARD

SCHOOL RECORD 19 REBOUNDS IN SINGLE GAME 1976

SELECTED TO IOWA ALL-STAR TEAM 1977

MEMBER OF THE 3RD PLACE STATE MEDLEY RELAY TEAM AND

6TH PLACE STATE SHUTTLE HURDLE RELAY TEAM

RRC CONFERENCE TRACK CHAMPIONS 1977

NATIONAL HONOR SOCIETY 1976 AND 1977 AND

STATE OF IOWA SCHOLAR-ISU 1977

INDUCTED 2018