

INDIANOLA GIRLS CROSS COUNTRY

YOUTH GIRLS XC CAMP



#IndyGirlsRun

The Indianola Girls Cross Country Program is excited to host a youth girls cross country camp! The camp will be led by Head Coach Morgan Singleton, along with Assistant Coach Christina Fitzpatrick and the Middle School coaches: Jeff Janssen and Jill Oliver.

The runners will learn all about what cross country is, learn some confidence strategies, and do some fun running workouts and exercises with the high school leaders.

Please be sure to bring a water bottle! Wear tennis shoes and clothes comfortable for exercise.

Checks can be made out to Indianola Athletics or Indianola Girls Cross Country. If possible, (for t-shirt numbers) please return registration form below with money by **May 27**, however, **“run-ins” are welcome on the day of camp!! 😊 We will gladly welcome runners any time!!**

Please send the Registration Form and Money to:
Morgan Singleton
Emerson Elementary
1105 E Euclid Ave. Indianola, IA 50125

Questions? Contact Coach Singleton!
morgan.singleton@indianola.k12.ia.us | 515-297-0561
Twitter: @CoachMoIndyXC

Who:

Girls entering grades 3-8

When:

**July 20th-22nd
8:00-9:30am**

Where:

Indianola Stadium

Cost:

\$40

INDIANOLA YOUTH GIRLS CROSS COUNTRY CAMP

NAME: _____ 2022-23 GRADE: _____

T-Shirt Size (please circle) Youth Small Youth Medium Youth Large
Adult Small Adult Medium Adult Large Adult XL

Parent/Guardian: _____ Phone #: _____

E-mail address: _____

Emergency Contact (Name and Phone #): _____

I hereby request that you accept the enrollment of _____ in the Indianola Girls' Cross Country Camp. In signing this application I hereby release Indianola Schools and camp staff from claims on account of any injuries that may be sustained by my child while attending camp. I also certify that my child is medically fit to participate in this camp.

Date: _____ Parent/Guardian Signature: _____