



INDIANOLA GIRLS CROSS COUNTRY YOUTH GIRLS XC CAMP 2023

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 Courtney McKenzie, the Middle School coaches: Jeff Janssen and Jill Oliver, and the IHS team members.

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 athletic shoes and clothes comfortable for exercise.

Checks can be made out to Indianola Athletics or Indianola Girls Cross Country and can be turned in on the first day of camp.

Questions? Contact Coach Singleton!

morgan.singleton@indianola.k12.ia.us | 515-297-0561

Twitter: @CoachMolHSXCTF

Who:

Girls entering grades 3-8

When:

**June 13-15
9:00-10:30**

Where:

Indianola Middle School Track Stadium

Cost:

\$40

Scan the QR Code below to register for the INDIANOLA YOUTH GIRLS CROSS COUNTRY CAMP

SCAN ME

