



2024 Indianola Girls' Basketball Workout Series

The Indianola Girls' Basketball coaching staff will be holding two mini-camps that Indianola female athletes in Grades **5th-8th** can attend. The dates for these two sessions are: **June 20-21** (Blake Fieldhouse) and **July 11-12** (Blake Fieldhouse).

The workout series will be led by Head Coach Jeff Janssen, Assistant Coach Rob Hein, Assistant Coach Will Nailor, Assistant Coach Morgan Hackett, and members of the Indianola High School girls' basketball team. For the June 20-21 session, campers will be working on shooting and finishing moves. With the July 11-12 session, campers will be competing; utilizing different competitive drills and scrimmages.

Please **check which session(s)** your daughter plans to attend below. Each session will be \$25.

- June 20-21 from 11:00-1:00 pm Shooting/Finishing Series (**\$25 to attend**) **In the Blake Fieldhouse*
- July 11-12 from 11:00-1:00 pm Competition Series (**\$25 to attend**) **In the Blake Fieldhouse*

Please fill out the information below, sign, and send the information to:

Jeff Janssen, Girls' Basketball Coach
Indianola High School
1301 E. 1st Ave., Indianola, IA 50125

Checks can be made out to Indianola Athletics or Indianola Girls Basketball. We would like to have your information sheets and entry fee returned by **June 7th**, however, **walk-ins are welcomed!** The goal of both of these sessions will be to continue to develop more and more skills necessary to improve as basketball players for next year and beyond! Some of the proceeds will go towards paying our assistant coaches and purchasing food for our HS helpers.

If you have any questions, please contact:
Jeff Janssen – Head Girls Basketball Coach
Cell: 507-236-4086 jeff.janssen@indianola.k12.ia.us

Name: _____ Grade Level for 2024-25: _____

T-Shirt Size (**Please Circle**): Youth Medium Youth Large Adult Small
Adult Medium Adult Large Adult XL

Parent/Guardian: _____ Phone #: _____

Email Address: _____

Emergency Contact (Person and Phone #): _____

I hereby request that you accept the application for enrollment of _____ in the Indianola Girls' Basketball 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 our child is medically fit to participate in this camp.

(Date)

(Parent/Guardian Signature)