2023 Indianola Girls' Basketball Workout Series

The Indianola Girls' Basketball coaching staff will be holding a series of mini-camps that Indianola female athletes in Grades **5th-8th** can attend. The dates for these three sessions are: **June 8-9** (in the Blake Fieldhouse), **June 28-29** (North Gym), and **July 11-12** (North Gym).

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 (past and present!). For the June 13-14 session, campers will be working on shooting and shooting form. For the June 27-28 session, campers will be working on finishing moves and drills. 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, however if you sign up for all THREE, the third session will be FREE.

- ☐ June 8-9 from 11:00-1:00 pm Shooting Series **($25 to attend)** **In the Blake Fieldhouse*
- ☐ June 28-29 from 12:00-2:00 pm Finishing Series **($25 to attend)** **In the North Gym at the H.S.*
- ☐ July 11-12 from 12:00-2:00 pm Competition Series **($25 to attend, FREE if attended previous 2)** **North Gym*

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

Jeff Janssen, Girls' Basketball Coach
Indianola Middle School
403 S. 15th St., 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 5th**, however, **walk-ins are welcomed**! Each session will be different, but the goal will be the same: developing 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 2023-24: _____

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)