



INDIANOLA GIRLS CROSS COUNTRY YOUTH GIRLS XC CAMP 2024

The Indianola Girls Cross Country Program is excited to host our 3rd annual youth girls cross country camp! The camp will be led by Head Coach Morgan Singleton, along with Assistant Coach Tyler Beary, the Middle School coaches: Jeff Janssen and Jill Oliver, and the IHS team.

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: @CoachMoIHSXCTF

Facebook: Indianola Girls XCTF

Who:

Girls entering grades 3-8

When:

**June 19, 20, 21
9:00-10:30**

Where:

Indianola Middle School Track Stadium

Cost:

\$40



Scan the QR Code below or go to <https://forms.gle/uKTGBwRqzTWSPfNz6> to register for the
INDIANOLA YOUTH GIRLS CROSS COUNTRY CAMP

Special Note:

On Friday, June 21st, we will have a one mile race to end our camp! Families are welcome to come watch and cheer around 10:00!!