



MARCH **12-16TH 5:15-6:45^{PM}** **IHS GIRLS** **SOCCER PREP** **CAMP!**

For all 6th through 8th grade girls Soccer Players

This 5-day camp is designed to expose and prepare middle school girls soccer players to the environment, competitiveness, and training speed of high school soccer. Under the direction of head coach, Jeremy Reinert, the week will be filled with fun challenges and program specific drills and activities that the athletes will experience regularly as a high school soccer player! What a great way to spend Spring Break and get a jump on elevating your game to the next level!



\$50 Includes:

IHS Soccer T-shirt

**Individual goal
setting for next
year**

**5 days of training
with the High
School Coaching
Staff**

**Spring Break
Plans!**

Contact Coach Reinert:

Jeremy.reinert16@gmail.com

(515) 577-7617

Checks: Indianola Girls Soccer

Please Bring: cleats, indoor shoes,
shin guards, soccer socks and
water.

Provided: all soccer equipment

Indoor Location (if needed):
Middle School Fieldhouse, time
TBD

REGISTRATION FORM:

FIRST NAME: _____ LAST: _____

GRADE LEVEL: _____ T-SHIRT SIZE: _____

YEARS EXPERIENCE: _____

CURRENT TEAM: _____

MEDICAL OR PHYSICAL LIMITATIONS: _____

PARENT/EMERGENCY CONTACT INFORMATION:

FIRST NAME: _____ LAST: _____

PHONE NUMBER: (____) - _____ EMAIL: _____

ADDRESS: _____

PAYMENT METHOD: CHECK: ____ CASH: ____

Camp Information: We are excited to have you join us for camp! It is going to be a great way to get a sense of what high school soccer is all about, as well as get to know the coaching staff! We are just as excited to get to know you and begin to do our part to help your soccer development!

The High School Prep camp is scheduled to run Monday-Friday from 5:15-6:45 on the Indianola Turf Field. We will be following track practice so when you arrive please be respectful and stay out of the facility until you are told it is clear to enter. Please be early and prepared with cleats, shin guards, soccer socks, water, and anything else you might personally need. We will provide size 5 soccer balls to use, but you may bring your own if you wish.

Weather in March can be unpredictable. Please dress in layers that are easy to shed or put back on as the temperature fluctuates. It is better to overdress then under prepare and be cold. If the weather is so poor that we are not able to be outside, we have time reserved in the Middle School Fieldhouse. We will not know our time slot until the day of. Your contact information is pertinent to help communicate any changes. If for some reason we are not able to be on the turf or indoors then we will cancel that day and **will not** make it up.

The goal is to have T-shirts available at the start of camp. If your registration comes in closer to the camps start day there is a chance that your shirt will need to be mailed at the conclusion of camp.

All payments are non-refundable. The only instance in which refunds will be honored is if we do not have enough athletes registered and are forced to cancel the camp. I do not foresee this as a likely possibility.

Please return this form with Payment to the Middle School Main Office or High School Athletic Office as soon as possible. I will pick forms up each week and confirm your registration via email.