



14<sup>th</sup> annual **GIRLS GET GOING**

**Free Girls Sports Clinic for 3<sup>rd</sup> to 8<sup>th</sup> Grade Girls**

**Saturday, April 8, 2017 – 8:30 a.m. to 1:00 p.m.**

**Located at MSU’s IM Sports West**

*To introduce and encourage girls to learn sports skills in:*

**BASKETBALL SOCCER VOLLEYBALL SELF-DEFENSE FLAG FOOTBALL**

- We encourage parents to drop off their daughter(s) and come back to join us at 12:30 p.m. for the closing session.
- At the Closing Session, girls meet student athletes, receive door prizes & have an opportunity to win prizes.
- Tips for a successful day: **bring your own bottle of water, wear athletic shoes (NO street shoes), eat a healthy breakfast & no cell phones!!!**

**Schedule:**

- 8:30 - 9:00** ..... Check-in at IM Sports West
- 9:00 - 9:30** ..... Warm-up / Team Building Exercises
- 9:35 - 12:30** ..... Circuit Sports Skills
- 12:30 - 1:00** ..... Closing Session with MSU Athletes
- 1:30 - 2:30** ..... Optional Open Swim for Girls (parents must supervise)

**Fax, e-mail or mail registration form to:**

MSU Recreational Sports      **Phone: 517-355-5257**  
 IM Sports West                Fax: 517-432-1208  
 393 Chestnut Road, Rm 201    E-mail: blemast5@msu.edu  
 East Lansing, MI 48824        [www.recsports.msu.edu](http://www.recsports.msu.edu)

**Pre-Registration is REQUIRED! Space is limited!**  
**4 Forms must be filled out per child! They are available at:**  
[www.recsports.msu.edu](http://www.recsports.msu.edu).

*Co-sponsored by MSU Recreational Sports, MSU WorkLife Office, MSU Student Parent Resource Center, MSU Intercollegiate Athletics & Daring Ideas, LLC*

**ALL FOUR (4) FORMS MUST be signed and turned in BEFORE the event.**

**The forms are on our website.** Please complete all forms - fax them, e-mail them or mail them, but they need to arrive **before the event.**

**Girls must be registered by Friday, March 24, to be guaranteed a t-shirt.**

Registration begins February 27, 2017, and remains open **until full.**

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**“Girls Get Going” Sports Clinic – April 8, 2017**  
**(Please read this carefully. A PARENT must fill out this form.)**

Child’s Name: \_\_\_\_\_ Grade: \_\_\_\_\_

Address: \_\_\_\_\_ Phone: \_\_\_\_\_

Parent’s Name: \_\_\_\_\_ E-mail: \_\_\_\_\_

Contact phone number for *day of event*: \_\_\_\_\_

One Parent’s Signature (required): \_\_\_\_\_

**Shirt Size:** (Child Sizes): M L **OR** (Adult Sizes): S M L (Parents **DO NOT** get a shirt)

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**IF YOUR CHILD WANTS TO BE WITH ONE FRIEND:**

**Name of the ONE (1) friend to pair up with: \_\_\_\_\_**

**Pair will ONLY be matched when both girls are registered and identify each other!**

(Girls are grouped by grade and age. The **friend** should be similar age and grade also.)