



15th annual **GIRLS GET GOING**

Free Girls Sports Clinic for 3rd to 8th Grade Girls

Saturday, April 14, 2018 – 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 DANCE SELF-DEFENSE TRACK & FIELD

- 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

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

Pre-Registration is REQUIRED! Space is limited!
4 Forms must be filled out per child! They are available at:
www.recsports.msu.edu.

Co-sponsored by MSU Recreational Sports and Fitness Services, MSU WorkLife Office, MSU Student Parent Resource Center, MSU Intercollegiate Athletics & Daring Ideas Consulting Engagements, 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 30, to be guaranteed a t-shirt.

Registration begins March 5, 2018, and remains open until full.

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“Girls Get Going” Sports Clinic – April 14, 2018

(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.)