10th annual Girls Get Going

Free Girls Sports Clinic for 3rd to 8th Grade Girls
Saturday, April 6, 2013 – 8:30am to 1:00pm
Located at MSU’s IM Sports West

To introduce and encourage girls to learn sports skills in:

- Basketball
- Soccer
- Volleyball
- Self-Defense
- Rugby

• We encourage parents to drop off their daughter and come back to join us at 12:30 PM for the closing session.
• Morning activities will conclude when girls can meet student athletes, receive door prizes and have their questions answered.
• Tips for a successful day: bring your own bottle of water, wear athletic shoes (NO street shoes) and eat a healthy breakfast before you come!

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
1:00 - 2:30............Optional Open Swim for Girls (parents must supervise)

Pre-Registration is REQUIRED! Space is limited!
***A Risk and Release of Liability* form must be signed by a parent AT or BEFORE the event. Forms are available via fax, mail, or web.

Call, fax, email or mail registration form to:
Recreational Sports @ MSU Ph: 517-355-5250
IM Sports West Fax: 517-432-1208
393 Chestnut Road Email: wolfejo@msu.edu
E. Lansing, MI 48824 www.recsports.msu.edu

Sponsored by MSU’s Recreational Sports, Intercollegiate Athletics, Family Resource Center and Women’s Resource Center

“Girls Get Going” Sports Clinic – April 6, 2013
(Please read this carefully. A parent must fill out this form.)

Child’s Name: _________________________ Grade: _________________________

Address: ______________________________ Phone: _________________________

Parent’s Name: _________________________ Email: _________________________

One Parent’s Signature (required) : _________________________

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

IF YOUR CHILD WANTS TO BE WITH A FRIEND:

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

(Girls are grouped by grade and age. Friends should be similar age and grades also.)

(* Pair will only be matched when both girls are registered and identify EACH OTHER.)

The “Risk and Release of Liability” form MUST be signed and turned in at or before the event. The form is on our website. Sign form - fax it, mail it (must arrive before event) or send with your daughter on the day of the event.

Registration begins March 18th, 2013 and goes until full.