



2017 Girls on the Run

Program: Welcome to Girls on the Run – a life-changing, non-competitive program for girls in the 3rd through 5th grade. Our mission is “inspire to be joyful, healthy and confident.” Girls on the Run combines training for a community 5K event with healthy living education. This program instills self-esteem and strong values through health education, life skills development, mentoring relationships, and physical training. And it is fun, too! All activities follow a curriculum and girls are supervised by trained adult volunteer coaches.

Who: Girls in 3rd, 4th, and 5th Grades – open to all abilities! You do not need to be a runner to participate – everyone is welcome!

Where: Sites are located at the Watertown Public/Parochial Schools
Each site is **limited to 15 girls** with 2 coaches.

When: Tuesdays and Thursdays // March 14 – May 25, 2017 at 3:15-4:30 pm

How: **First come, first served!** Registration is accepted in the Watertown Park & Recreation Department beginning Wednesday, February 15, 2017

Fees: \$60.00

Special Needs: The department will make every effort to comply with the regulations associated with the American’s with Disabilities Act (ADA). In the space provided, list any special needs that the participant may have that would benefit his/her participation in this program. The department will attempt to accommodate these needs and will contact you to discuss participation. **Parent should communicate any special needs with their coach/instructor.**

Watertown Parks & Recreation Department

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Child Name _____ Age _____ Grade _____

Parent Name _____ Address _____ City _____

Phone _____ Email _____

School: Douglas Schurz Webster Leb Luth Watertown Catholic Good Shepherd

Shirt Size: YM YL AS AM AL AXL

Is parent willing to help coach? Yes No If yes, parent name _____

List any special needs or medical conditions this participant has _____

I understand the inherent risk of injury in participation in this sports program and verify that my child is medically fit to participate. I give my permission to the supervisors of this program to take the proper steps in case my child is in need of emergency medical attention. I also release the sponsoring groups and their agents from any and all claims arising from this child’s participation in this activity.

Signature of Parent/Guardian _____ Date _____

Fee Paid: \$60.00

