

# “Girls Get Going”

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



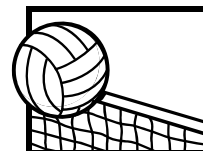
Saturday, April 12, 2008

8:30 AM-1:00 PM

Located at MSU’s IM Sports West

Meet MSU Women Athletes! ~ Win Door Prizes!

Free T-shirt for First 100 Registrants!



To introduce and encourage girls to learn sports skills in:

**VOLLEYBALL BASKETBALL FLOOR HOCKEY FLAG FOOTBALL  
MARTIAL ARTS/SELF-DEFENSE**

- ✓ MSU athletes and Kinesiology students will assist with skills and drills. Circuit training will allow the girls an opportunity to participate in all sports
- ✓ 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* 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.....Open Swim for Girls and Parents

**Pre-Registration is REQUIRED! Space is limited!**



Fax: (517) 432-1208

[www.imsports.msu.edu](http://www.imsports.msu.edu)

[wolfejo@msu.edu](mailto:wolfejo@msu.edu)

Call (355-5250), fax or mail registration form to:

Intramural Sports  
Michigan State University  
201 IM Sports West  
E. Lansing, MI 48824

**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 (see below).**

Sponsored by MSU’s Intramural Sports, Family Resource Center and Women’s Resource Center

## “Girls Get Going” Sports Clinic – April 12, 2008

Name: \_\_\_\_\_ Grade: \_\_\_\_\_

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

Parent’s Name: \_\_\_\_\_ Email: \_\_\_\_\_

Girl’s Shirt Size: (Child Sizes): M L **OR** (Adult Sizes): S M L

Name of friend to be placed with (1 per girl): \_\_\_\_\_ (Girls will be grouped by grade: 3<sup>rd</sup>-5<sup>th</sup> & 6<sup>th</sup>-8<sup>th</sup>)

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.

To guarantee space, registration deadline is Thursday, April 3, 2008, 5:00PM