

# 6<sup>th</sup> Annual "Girls Get Going"

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

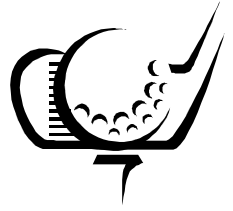
Saturday, April 18, 2009

8:30 AM-1:00 PM

Located at MSU's IM Sports West

Meet MSU Women Athletes! ~ Win Door Prizes!

Free T-shirt for All Participants



To introduce and encourage girls to learn sports skills in:  
**VOLLEYBALL GOLF SOCCER FLAG FOOTBALL**  
**MARTIAL ARTS/SELF-DEFENSE**

- ✓ MSU athletes, students, and community volunteers 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 (optional)



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

Fax: (517) 432-1208

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

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 18, 2009

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>)  
(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 9<sup>th</sup>, 2009 and goes until full.