



Girls on Track

REGISTRATION - Spring 2010

Burnett Middle School

Program Information: What is Girls on Track? The two words that best describe Girls on the Run programs are "FUN" and "RUN". The Girls on Track curriculum is designed specifically for middle school girls to teach positive life skills through fun interactive lessons and games. Every aspect of this national program is geared toward helping girls feel good about who they are - physically, emotionally and socially. The girls will train for a 5k run/walk event with uplifting, self-esteem enhancing workouts, running games and focused discussion. The program is non-competitive and the innovative curriculum is designed to change a girl's budding notion that how she looks is more important than who she is. The girls will also design and complete a community service project as part of the program. The session includes registration in the Girls on the Run 5k run on Saturday, May 15th, 2010 in Vasona Park. For more information, visit our website at www.gotrsv.org.

Program Dates and Times: Tuesdays and Thursdays, 2:15-3:30 Program meets twice weekly on the school field (indoor space on rain days) and runs March 2–May 13, 2010. The girls will also participate in the Girls on the Run 5k event on May 15th in Vasona Park, Los Gatos. No class during spring break.

Coaches: Kristin Luz and Jolie Tarpenting

Program Fee: \$50 (includes T-shirt, daily snack, 5K race registration). Please make checks payable to Girls on the Run of Silicon Valley and turn in to Ms. Luz in the Burnett office.

Registration is limited to 16 girls so turn in your forms soon! Girls on the Run of Silicon Valley programs normally cost \$200, but this year they have received a grant to help the girls at Burnett and the program fee is only \$50. This is a unique opportunity to participate in this great program! If you are unable to pay this amount, please contact Kristin Luz about a school sponsored scholarship. The program is limited to 16 girls so turn in your forms right away! For more information, please contact Kristin Luz at Kristin_Luz@sjusd.org or (408) 535-6267, or visit the Girls on the Run website at www.gotrsv.org. This program is only open to girls at Burnett.

Registration Information: Participant's Name: _____

Date of Birth: ___/___/_____ Grade in School: _____ Would like to request a scholarship: _____

Ethnicity: _____ (Optional, but could be helpful for grant funding)

Please circle Participant's T-shirt size: Youth M L **or** Adult S M L XL

Parent/Guardian Name: _____ Email: _____

Parent/Guardian Employer: _____ (Optional, but could be very helpful in securing grants or sponsorship)

Street address: _____

City: _____ State: _____ zip: _____

Home Phone: (____) _____ Work/Cell Phone: (____) _____

Emergency Contact (name/phone): _____

Positive Participation Agreement: I agree to come to each session on time, dressed to run and promise to actively participate with a positive attitude.

Signature of Participant _____ Date _____

Signature of Parent/Guardian _____ Date _____

Form and check (or scholarship application) due by end of official registration period on February 8, 2010. First come, first serve. Turn into Kristin Luz in the Burnett office ASAP to be considered.