

FIT MISS JONES GIRLS RUN!

FIT MISS - JONES GIRLS RUN is a program designed just for girls in 3rd-5th grade. Each week after school at Jones we will work together to help each other learn and grow into strong young women. Fit Miss promotes the idea of developing the whole child, both physically, socially, and emotionally through a multifaceted wellness and running program. Each week will focus on one particular exercise style, one nutrition topic, one component of character development and train to run a 5K race! At the end of each class the girls will have a chance to make notes to themselves in their journals; documenting important topics, how they relate to them, and how it makes them feel. The result is educating a young group of girls on how to be physically fit and emotionally secure. At the end of the 6 week training, each participant is given the opportunity to complete a 5K road race. This year will be the **Tuxedo Trot at the Natural Science Center Sat 5/19**. *Families encouraged to run with your daughters.*

Questions:
Micheala Amidon
336.253.1413
Michealadaly@yahoo.com

	Exercise	Nutrition	Character
Week 1	Run/Walk	Food Guide Pyramid	Setting Goals
Week 2	Run/Yoga	Water	Time Management
Week 3	Run / Circuit Training	Grains	Team Work
Week 4	Run / Interval Training	Fruit/ Vegetables	Getting Involved
Week 5	Run / Kickboxing	Meat/Dairy	Peer Pressure
Week 6	Run / Spa Day	Sweets and Sugars	Rest and Relaxation
Sat May 19	5 K Race	RACE DAY MEAL	Sportsmanship

\$65 Includes:

5K race entry fee,
journal, weekly snack, shirt
*limited scholarships available
please email Micheala for scholarship application.

Registration Deadline March 29th!

Max class size 25

EVERY Wednesday

April 11-May 19

3pm-4pm

We will meet at parent zone after school on Wednesdays and use a classroom when needed but mostly will be outside to run and exercise. Race on Sat 5/19 at 8am.

Program Sponsored By:



FIT MISS JONES GIRLS RUN!

Participant Information:

(First/Last): _____ Birthday: _____ Age: _____

Grade: _____ Classroom Teacher: _____

T Shirt Size: YS YM YL AS AM AL

Parent/Guardian's Names: _____ Preferred Contact #: _____

Address: _____

Email Address: _____

Emergency Contact Name and Phone # (besides parents listed above): _____

The following adults have permission to pick up my child: _____

Does your child have any allergies? Yes/ No

If Yes Please Explain : _____

Are there any restrictions or additional information about your child that we should be aware of while participating? Y/N

Please Explain: _____

The more hands the better, 25 girls excited to exercise can be a lot to handle. Here is how I would love help running the program! Do you have a talent to share? Whether it's knowledge about health or fitness the girls love hearing from others :

- Assist with Classes *(it takes at least 2 people, 1 picking up the stragglers, 1 leading the group. You do not have to participate in the activities if you do not wish too).*
- Assist with snacks *(I have a budget, it would be helping purchase and bringing the snacks):*
- Assist with Race Registration Process or communication and emails
- Assist with Nutrition or Character Activities: _____

At a minimum a parent is required to be at the race on May 19th. I have the ability to register additional family members to run in the race (\$30/person). If you would like to run please complete the following information and include the cost in your registration.

NAME: _____ Age: _____ Birth date: _____

T Shirt Size: AS AM AL AXL AXXL

Cost: \$65 *please make checks payable to JONES PTA* and include this form

Additional Runners: \$30/person

I would like to sponsor a child \$10 _____ \$15 _____ or other _____

* Scholarship forms are available and must be completed and approved prior to form acceptance into program. *Please email Michealadaly@yahoo.com*

Please return forms and payment to the front office BY MARCH 29th

Waiver of Participation

I understand that both minor and serious accidents occasionally occur during after-school activities and sports training and events, and that participants may sustain injuries as a consequence thereof. I hereby attest that my child is physically able to participate in this program and the final road race. I assume all risks associated with this program and the road race (including, but not limited to falls, contact with other participants, weather conditions, etc.)

By permitting my child/ward, _____ to participate in the program and the road race. I hereby acknowledge that participation in the programs activities may involve risk of injury. I hereby release, indemnify, and hold harmless JONES ELEMENTARY, it's program coordinators and coaches, officers and directors, employees, agents volunteers, promoters, sponsors any municipalities or other public entities, from and against any and all claims and liabilities arising from the training program and the subsequent event.

Understanding all of the above, I give permission for my child/ward to participate in the FIT MISS JONES GIRLS RUN program. I agree to pick-up my child/ward promptly at 4pm after each training session for the entire training period. I will make every effort to ensure that my child/ward attends every training session and participates in the road race at the completion of the program. If my child/ward participates in the road race, I agree to accompany, or ensure that another adult accompanies my child for the duration of the road race. By signing his release I also give permission to use photographs of the child/ward in newspaper articles, television spots and the school website, or to promote the program.

Waiver of Liability

It is understood that the use of the facilities and or the participation in sports activities with Proehlfic Park may involve the risk of serious injury or death. I expressly agree that all such activities and or the use of the facilities shall be undertaken at my own risk. I represent that I am or my minor child is physically able to undertake all physical activities provided at Proehlfic Park. In consideration of above minor participant being permitted to participate in any and all activities offered at and/or through Proehlfic Park, the undersigned parent(s) or guardian, on behalf of the parent, parent's heirs, parent's personal representatives or assigns, does hereby and covenant not to sue and forever acquit, release, waive, discharge from any liability for any and all claims, demands, injuries, causes of actions, known or unknown, lawsuits, active, passive and/or gross negligence and all other causes or actions, known or unknown, whatsoever arising out of or connected with the use of any of the services or facilities provided at Proehlfic Park or by the entities and/or persons being released herein that the parent/guardian might have arising from injury or loss to said minor, whether due to the negligence of the entities and/or persons being released herein or otherwise. Proehlfic Sports, Inc., BAALEN, LLC, The POWER of Play Charitable Fund, Inc. and all of their officers, directors, shareholders, employees, affiliates, independent contractors, coaches, and/or volunteers shall not be liable for any such claims. Participant's parent, participant's legal guardian, or I hereby consent and affirm the foregoing Liability Waiver on behalf or participant, participant's family and all other parties stated. By affirming and consenting to the liability waiver of risk agreement, it is my intention that terms of the document by and through my consent are as effective as if the participant were an adult rather than a minor.

The undersigned further agrees to indemnify and hold harmless Proehlfic Sports, Inc., BAALEN, LLC, The POWER of Play Charitable Fund, Inc. and all of their officers, directors, shareholders, employees, affiliates, independent contractors, coaches, and/or volunteers from any and all claims, lawsuits, and/or causes of actions against such released parties from and from any and all costs, damages, interest, payments, or expense of any nature whatsoever they may incur or be compelled to pay as a result of any such claim, lawsuit, and/or cause of action.

I have read the preceding information and my questions have been answered. I know, understand, and appreciate the risks associated with playing sports and physical activity, and I am voluntarily participating in the activities provided at Proehlfic Park. In doing so, I am assuming all of the inherent risks of the sport.

Please sign on the provided spaces below.

Child's Name (please print) & Signature

Date

Parent's Name (please print) & Signature (if child is a minor)

Date

Best # in case of an emergency