

# Girls on the Run

The mission is to inspire girls to be joyful, healthy and confident using a fun, experience-based curriculum which creatively integrates running.



Gather your friends and join Girls on the Run. This is a life-changing, experiential learning program for girls ages 8 to 13. This program combines training for a 3.1 mile running event with self-esteem enhancing, uplifting workouts. Girls on the Run will encourage positive emotional, social, mental, spiritual and physical development. Registration includes daily snacks, t-shirt, water bottle, and an entry into a 5k race on Sunday, November 18, 2012. This program is presented in partnership with the Plymouth YMCA.

**Season:** Week of Sep 17- Week of Nov 19 (10 weeks)



## Volunteer Coaches Needed!

Volunteer coaches are needed for GOTR! Coaches do not have to be runners themselves, just dedicated individuals willing to encouraging the girls and work with them to achieve their goals. A training session is provided for coaches, and a supplies box is provided for each program site. Practices take place after school for an hour and a half, two days a week for ten weeks. The program concludes with a 5k race on Sunday, November 18. If you are interested in learning more about becoming a coach, please contact Greg Morris at **248.735.5646**.

Activity Code	School	Day	Time	Grade
7653	Novi Meadows	Tue & Thu	3-4:30pm	5-6
7654	Orchard Hills	Tue & Thu	3:30-5pm	3-4
7655	Novi Woods	Mon & Wed	3:30-5 pm	3-4
7656	Deerfield	Mon & Wed	4-5:30 pm	3-4
7657	Village Oaks	Mon & Wed	4-5:30 pm	3-4
7658	Parkview	Tue & Thu	4-5:30 pm	3-4

**PRICE:** Res. Office \$115 / Non. Res. Office \$136

**Registration Ends:** Sep 10



For more information contact: Greg Morris, Recreation Supervisor at 248.735-5646 or visit [cityofnovi.org](http://cityofnovi.org)

City of Novi | 45175 W. Ten Mile Road | Novi, Michigan 48375 | 248.347.0400

# Novi Parks Registration Form



Last Name \_\_\_\_\_ First Name \_\_\_\_\_ Birthdate \_\_\_\_\_ M/F  
 Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone: Home(\_\_\_\_\_) \_\_\_\_\_ Work/Cell(\_\_\_\_\_) \_\_\_\_\_

Email Address \_\_\_\_\_

I do not wish to receive email communication from Novi Parks  New Address

Activity Code Number	Participant or Team Name	Sex	Birthdate	Grade 2012-2013	Program /Tickets or Division	Shirt Size YM-AXXXL (if applicable)	Price

Should we be aware of any special conditions (physical or otherwise)? \_\_\_\_\_

## Youth Sports Information

<p><b>Player Information</b></p> <p>Any Allergies? _____</p> <p>Player Practice Schedule-Choose one preferred practice night (not guaranteed) _____</p> <p>Team Sponsorship-Sponsor a youth sports team for \$250 and your business name/logo will be placed on the team shirts.</p> <p><input type="checkbox"/> Yes I'm interested, please contact me.</p>	<p><b>Coaching Information</b> - We conduct background checks on all of our volunteer coaches</p> <p>Please fill out information below if you are interested in being a volunteer youth sports coach</p> <p><input type="checkbox"/> Head Coach <input type="checkbox"/> Assistant Coach Name _____</p> <p>E-mail Address _____</p> <p>Phone _____</p> <p>Choose one preferred practice night (not guaranteed) _____</p> <p><b>Y N</b></p> <p><input type="checkbox"/> Have you ever coached this sport?</p> <p><input type="checkbox"/> Have you played in an organized league?</p> <p><input type="checkbox"/> Are you National Youth Sports Coaches Association Certified?</p> <p><input type="checkbox"/> Has your child played this sport before?</p>
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## Waiver of Participation

### Release, Waiver, and Assumption of Risk

(must be signed before participating in any event or activity). As a registered participant, or parent/legal guardian of a registered participant, in the listed activity or event, I am fully aware of and understand the potential risk involved with my, or my child's, participation in this physical activity, including, but not limited to, cuts, bruises, broken bones, and other injuries, damages, or losses. I hereby agree to assume all risk of injury, damage to persons or property, or death resulting from my, or my child's, participation in this activity or event and the use of City of Novi facilities. I do hereby fully release and discharge the City of Novi, its officers, agents, employees, volunteers, sponsors, and organizers from any and all liability for any injury, including death, damages, or loss that I, or my child, may have or incur as a participant in the listed activity or event, and further agree to indemnify and hold harmless the City of Novi, its officers, agents, employees, volunteers, sponsors, and organizers from and against any and all liability that may be suffered by me or my child as a result of, or in any way connected to, my or my child's participation in the listed activity or event. This Release, Waiver, and Assumption of Risk shall be binding upon my heirs and dependents.

### Photo/Video Authorization

I hereby give my consent for Novi Parks to use photos/video coverage of myself and/or minor child participating in a Novi Parks sponsored program or event in future Recreation Guides, flyers, local cable channel programming, website, etc.

### Special Needs

If anyone requires special accommodations to attend or participate in a Novi Parks program or activity, please call the office 248.347.0400 or email noviparks@cityofnovi.org least 48 hours prior to the event.

Signature \_\_\_\_\_ Date \_\_\_\_\_

<p style="text-align: center;"><b>Payment</b></p> <p>Total Price \$ _____ Check Number (payable to Novi Parks) _____</p> <p>Visa _____ Mastercard _____ Diners Club _____ Card Number _____ Exp _____</p> <p>Signature _____ Print name _____</p>	<p style="text-align: center;"><b>How to Register</b></p> <p>Online registrations enjoy a \$5 discount at <b>cityofnovi.org</b></p> <p>Drop Off, Mail or Fax registration form to:                  Novi Parks, Recreation &amp; Cultural Services                  45175 West Ten Mile, Novi MI 48375                  Fax 248.347.3286</p>
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