



Now enrolling for Spring 2016!

**Season starts the week of February 8th
Ends the week of May 9th
5K event: May 21st**

Welcome to Girls on the Run! – a life-changing, non-profit program for girls grades 3 through 8, presented locally by the YWCA. Our mission is to inspire girls to be joyful, healthy and confident; using a fun, experience-based curriculum which creatively integrates running.

The 24-lesson Girls on the Run curriculum combines training for a 5K (3.1 mile) running event, with lessons that inspire girls to become independent thinkers, enhance their problem solving skills, and make healthy decisions. One of our goals is to always honor our Core Values:

- Embrace our differences and find strength in our connectedness.
- Express joy, optimism and gratitude through our words, thoughts and actions.
- Nurture our physical, emotional and spiritual health.
- Lead with an open heart and assume positive intent.
- Stand up for ourselves and others.

Jay Shideler Girls on the Run meets twice a week on **Tuesdays & Thursdays from 3:40-5:15 PM**. It is crucial that all participants attend both days of practice. At the end of the season all teams come together for a celebratory 5K event at the Topeka YWCA on May 21st, 2016

Girls on the Run of Northeast Kansas is presented locally by the YWCA. No girl will be turned away for an inability to pay the program fee of \$120. Scholarships and a sliding scale based on family income are always available.

Registration Deadline: February 13th, 2016
Registration details can be found online at www.ywcatopeka.org



Girls on the Run Participant Registration Form

This form must be on file with the GOTR Council Director prior to your daughter starting her first day of practice.

PARTICIPANT INFORMATION

Participant Name: _____ School Site: _____

Date of Birth: _____ Age: _____ T-Shirt Size: _____

Sizes Available: Youth M, youth L, Adult S, Adult M, Adult L, Adult XL+

Home Address: _____ Primary Phone: _____

City: _____ Zip Code: _____ Secondary Phone: _____

Participant Grade: _____ How many previous seasons has she participated in GOTR? _____

Race/Ethnicity: *(this information is used for grant reporting purposes)*

White Black Hispanic Native American Multi-Racial Other

Does she have permission to walk home? _____

Does she attend an afterschool program that she will check in to after GOTR? _____

Does she need running shoes? _____ If yes, size (please include whether youth or women size)? _____

HEALTH INFORMATION

Allergies (please list any/all allergies participant has experienced). Do these allergies require the use of an epi-pen?

Medications (please list any/all medications participant is currently taking, including inhalers):

Any Additional special mental, physical or medical information?

Preferred Hospital: _____

Please return completed application and direct all questions to: Kjrsten Ruch, GOTR Council Director
225 SW 12th Street Topeka 66612, kruch@ywcaneks.org, 785-224-6232 cell 233.4867 fax

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PARENT/GUARDIAN INFORMATION

Primary Parent/Guardian Name: _____

Primary Phone: _____ Secondary Phone: _____

Home Address: _____

City: _____ Zip Code: _____ Place of Employment: _____

Email Address: _____

Relationship to Participant: _____

Are there any custody issues we need to be aware of? (please describe): _____

Secondary Parent/Guardian Name: _____

Primary Phone: _____ Secondary Phone: _____

Email Address: _____

Relationship to Participant: _____

Pick Up List Authorization

list names and contact phone number for those authorized to pick up your daughter from GOTR

Name: _____ Phone: _____

Name: _____ Phone: _____

Name: _____ Phone: _____

Emergency Contact Information

Persons listed below must be someone other than the Parent/Guardians listed above. Emergency contacts will only be contacted after efforts to reach the Parent/Guardian fail. It is essential that we have this information on file for each girl, if this section blank as it will make the application incomplete and your daughter will not be accepted into the program.

Name: _____ Phone: _____

Name: _____ Phone: _____

Name: _____ Phone: _____

Is your daughter covered by Insurance? _____ Insurance Company: _____

Subscriber Name: _____ Relationship to Participant: _____

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Program and 5k Event Participation

I am the parent or legal guardian of the Participant. I agree that the Participant may participate in the Girls on the Run® program presented by YWCA. The purpose of the program is to increase the Participant's activity/fitness level and self-esteem while at the same time teaching life skills that will be beneficial to the Participant as she enters middle school/adolescence. I understand that during the program, the Participant will be involved in outdoor physical activities. Physical reactions to exercise may include heat-related illness, abnormal heartbeats and blood pressure and, in rare instances, events such as heart attacks. While Girls on the Run takes all reasonable precautions, we can make no guarantees regarding these and other risks. Recognizing the risks of the program, and in consideration for allowing the Participant to participate in the program, I hereby release, discharge and agree to hold harmless, and to indemnify each of Girls on the Run, YWCA and Girls on the Run International, their owners, directors, officers, contributors, sponsors, employees, contractors, agents and assigns against and from any causes of action, claims, demands, damages, costs, loss of services, expenses, compensation, all consequential damages and attorneys' fees (regardless whether pursuant to the laws of any county, state or country) claimed by, through or on behalf of me or the Participant related directly or indirectly to the program (including without limitation the 5k race), and specifically including any and all claims for personal injuries sustained while participating in program activities without regard to negligence or negligent conditions.

In addition, I hereby authorize Girls on the Run and the YWCA, if after a reasonable attempt has been made to reach a parent, guardian or emergency contact to obtain consent, or if sound medical practice decrees that there is not time to make such an attempt, to consent to any x-ray examination, anesthetic, dental, medical or surgical diagnosis or treatment, and hospital care, to be rendered to the Participant under the general or special supervision and on the advice of any physician or surgeon who may treat the Participant, and consent to any x-ray examination, anesthetic, dental, medical or surgical diagnosis or treatment and hospital care, to be rendered to the Participant by any health care professional who may treat the Participant. I agree to pay for any such treatment and to reimburse Girls on the Run and the YWCA for all costs and expenses it may incur related to such treatment.

I hereby grant Girls on the Run®, the YWCA, its National Title Sponsors, its National Sponsors, and all assigns, licensees, successors in interest, legal representatives, employees, consultants, and those acting with permission or authority of the aforementioned parties, the absolute, irrevocable and unrestricted right to use photographs, videos likeness and audio (including without limitation all originals, negatives, prints and transparencies or any duplicates or reproductions of the foregoing) that have been or will be taken of the Participant (collectively, "Images"), in which the Participant may be included with others, to copyright the same, in the name of Girls on the Run or otherwise; to use, re-use, publish and republish the same in whole or in part, individually or in conjunction with other photographs and videos, and in conjunction with any printed matter, in any and all media now and hereafter known, and for any purpose whatsoever; and to use my name in connection herewith.

I hereby release and agree to hold harmless Girls on the Run the YWCA and all aforementioned entities, from any damages or liability relating to or arising from any use of or modification, alteration, distortion or other change to any of the Images and/or information gathered, unless it can be proven that such reproduction were maliciously caused, produced and published for the sole purpose of subjecting Participant to conspicuous ridicule, scandal, reproach, scorn and indignity. I hereby waive any claims I may have based on any usage of the Images, information gathered, or works derived thereof, including but not limited to claims for either invasion of privacy or libel. I represent, warrant and agree that the Participant will not disaffirm or disavow this release on the ground that the Participant was a minor on the date it is executed or any similar grounds whatsoever.

I understand that my daughter may complete a confidential survey at the beginning and conclusion of the program. The survey assesses thoughts, feelings, and behaviors related to physical activity, self, and peers. This information will enable councils to determine whether improvements have occurred over the course of the season. No names will be included on the surveys. Registration and survey information is shared with Girls on the Run International.

I expressly agree that this consent is intended to be as broad and inclusive a release of liability as permitted by applicable law and that if any portion thereof is held invalid, it is agreed that the balance shall, notwithstanding, continue in full legal force and effect. I hereby warrant and represent that I am 18 years old or older; I have carefully read this consent and agree to its terms and conditions, that before signing this agreement I had the chance to ask questions; and I am aware that by signing this consent, I assume all risks and waive and release certain substantial rights that I and participant may have or possess against Girls on the Run. To the extent permitted by applicable law, I hereby irrevocably and unconditionally waive trial by jury in any legal action or proceeding related to this agreement.

Attendance/Absentee Policy

It is very important for your girl to attend both sessions each week because the lessons build up from one to the next and because group relationships build over time. Girls are not allowed to sign up for one session a week. If you know your girl can't make it to both sessions each week, please do not sign up - leave room for a girl who can. A girl who is absent more than 4 times may be removed from the program for the rest of the season.

Respectful Behavior Policy

Girls are expected to behave in a way that permits the coaches to carry out the day's scheduled activities. Girls who are continually disruptive in a way that prevents the rest of the group from experiencing the benefits of the program may be asked to leave for the rest of the season. A child who engages in behavior that threatens the health or welfare of other participants, administrators or coaches will be released from the program for the remainder of the season.

I have fully read the permissions and releases listed above, understand them, and I expressly agree to them. I hereby certify that there are no contraindications to the Participant's participation in the Girls on the Run program. I am the parent or legal guardian of the Participant, and this permission and release is binding on me and my executor, administrators and heirs.

Parent/Guardian Name (please print): _____

Parent/Guardian Signature: _____ Date: _____

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Girls on the Run Participant Financial Data

This form MUST be on file with the GOTR of Topeka Council Director prior to your daughter starting her first day of practice.

As family income can change each season this form will need to be completed for each the fall and spring seasons.

How much does this program cost?

The full cost of Girls on the Run is \$120 per girl for meetings twice per week for the twelve week program.

All girls participating in the program will receive: 12 weeks of Girls on the Run meetings/sessions, snacks provided at each meeting, Girls on the Run program t-shirt
please note girls must complete the program to receive all benefits noted above

We are committed to never turning away a girl for an inability to pay and are providing discounts based on family income level and free and reduced lunch eligibility. Please check the fee schedule that applies to your family.

Check Fee Schedule	Current Family Income Level	Suggested Payment Amount
	Free Lunch Eligibility	\$12 season
	Reduced Lunch Eligibility or Under \$30,000	\$30 season
	\$30,001 - \$45,000	\$60 season
	\$45,001 - \$60,000	\$90 season
	\$60,001 and up	\$120 - Season

If you have special circumstances that prohibit you from paying the full program fee, indicate the amount you are able to pay \$ _____

Girls on the Run Fee Payment Options

In order to accommodate families the YWCA offers the following two options for making payments:

- ***pay balance in full at time of enrollment (proceed to Section A)***
- ***make monthly payments - available options: online, check or credit card (proceed to Section B)***

Section A: One Time Payment due at time of enrollment

One Time Payment Amount: _____ **Payment Method:** _____

please make check payable to YWCA noting GOTR in the memo line and your daughters name, credit card payments may be made online at time of enrollment or by calling 233.1750 x 229.

Section B: Monthly Payment Option

Payments will need to be received monthly, or until balance is paid in full.

If payment arrangements are not honored by the end of the season, participants registration will be blocked for the following semester until balance is paid in full. If adjustments to payment schedule need to be made please contact the Council Director as soon as possible.

Our family will make \$ _____ payments monthly, for a total program fee of \$ _____

example: Our family will make \$20 payments monthly, for a total program fee of \$60

Parent Signature: _____ **Date:** _____