

Girls Thrive Registration Form Winter Program 2018

Participant's Name: _____

Participant's Age, School, and Grade: _____

Address: Street _____ City _____ Zip _____

Phone: Cell _____ Home _____ Work _____

Parent/Guardian Email*: _____ **Participant Email:** _____

*We communicate almost exclusively via email with parents and girls, so please check your email often!

Please provide another email for a second parent/guardian here: _____,
if both would like to be notified about the schedule and updates.

Participant's Ethnicity (used for grants and demographics): _____

Primary Emergency Contact: Name & Relationship _____

Phone: _____

Secondary Emergency Contact: Name & Relationship _____

Phone: _____

Winter Program 2018 Dates, Times, and Meeting Locations:

Please save a copy of this schedule for future reference. All practice dates and times are subject to change due to weather concerns, schedule changes, etc. We will let you about any changes to the schedule via email ASAP. In general, practices are Tuesdays and Thursdays from 3:30-5pm; however, please read the following schedule carefully, as there are some exceptions.

Date & Time:	Activity:	Location:	Educational Lesson & more details:
Thursday, 1/4, 3:30-5pm	Rock climbing	<ul style="list-style-type: none"> • Stonetree Climbing Center • 1222 Bozeman Ave. 	<ul style="list-style-type: none"> • GT expectations & rules • Climbing gym safety, rules, & basics • Stonetree requires annual parental waivers that can be completed online: http://www.stonetreeclimbing.com/waiver-and-rules/
Tuesday, 1/9, 3:30-5pm	Yoga with Empower Yoga (GT Coach & Board Member, Anna Bradley)	<ul style="list-style-type: none"> • The Lotus (formerly The Dancing Lotus Center) • 40 North Last Chance Gulch 	<ul style="list-style-type: none"> • Introduction to yoga • Waiver required – will email to parents in advance.

Thursday, 1/11, 3:30-5pm	Rock Climbing	<ul style="list-style-type: none"> • Stonetree Climbing Center • 1222 Bozeman Ave. 	<ul style="list-style-type: none"> • Eating disorder basics, signs to recognize, how to help someone in need, and more.
Tuesday, 1/16, 3:30-5pm	Basic First Aid Skills with Sharon Whitham	<ul style="list-style-type: none"> • The GT Office (also known as the GT Headquarters or the GTHQ) • 650 Logan St. – our office is downstairs. 	<ul style="list-style-type: none"> • Basic First Aid Skills • Create mini emergency kits
Thursday, 1/18, 3:30-5pm * May be moved to 4pm if we need to meet at MacDonald Pass. * If your girl needs to rent a set-up (skis, boots, & poles), please provide: Shoe size: _____ Height: _____ Weight: _____ *Rentals are being generously donated by The Base Camp!	Cross-country Ski lesson with the Anderbergs, who run Last Chance Nordic Ski Club's youth program	<ul style="list-style-type: none"> • We hope to have enough snow to meet at Bill Roberts Golf Course (2201 N Benton Ave.), but we may need to meet at MacDonald Pass if there is not enough snow in town. 	<ul style="list-style-type: none"> • Learning to cross-country ski • This activity will take place weather permitting. • GT coaches will transport rentals to and from practice; however, parents are responsible for all transportation. • More details on what to bring later, but plan for lots of warm layers!
Tuesday, 1/23, 3:30-5pm	Bike Chain Art with Coach Stacey	<ul style="list-style-type: none"> • GTHQ, 650 Logan St. 	<ul style="list-style-type: none"> • Girls will learn how to clean and maintain bike chains, dismantle and reassemble them, and make an ornament or decorative art piece out of them.
Thursday, 1/25, 3:30-5pm	Engineering Activity with Great West Engineering	<ul style="list-style-type: none"> • Great West Engineering • 2501 Belt View Dr. 	<ul style="list-style-type: none"> • Girls will learn about the field of engineering and complete a project.
Tuesday, 1/30, 3:45-5pm*	Healthy cooking with Joan More, owner of Murry's	<ul style="list-style-type: none"> • Murry's Café • 438 N Last Chance Gulch 	<ul style="list-style-type: none"> • Girls will learn about the holy trinity of cooking (carrots, onions, and celery) and how to use them effectively to create a healthful, filling meal.
Thursday, 2/1, 4:15-5:15 pm*	Kickboxing and strength training with St.Peter's Physical Therapists at Capital City Health Club	<ul style="list-style-type: none"> • Capital City Health Club • (specific meeting location within CCHC is TBD) 	<ul style="list-style-type: none"> • Kickboxing and strength training basics. • Waiver required – will email to parents in advance.

Program Cost:

\$50 for the entire 4-week program. Checks are the preferred payment method for the registration fee. Please make checks payable to Girls Thrive and mail them to: Girls Thrive, P.O. Box 1771, Helena, MT 59624.

Registration forms and payment must be received by Wednesday, January 3rd, 2018 in order to participate.

Space is limited to the first 20 registrants. Completed registration forms may also be scanned and emailed to Blair@girlsthrive.com or mailed to the above address. You are welcome to contribute more to this volunteer-operated program if you would like. If so, please indicate amount below. Thank you for your support!

_____ + Any amount. I would like to support the volunteer-operated GT program and ensure that Helena-area girls continue to receive the opportunities to THRIVE!

_____ + \$50. I would like to sponsor another girl to participate in the GT program.

Scholarship Request

If you are in need of a scholarship, please briefly tell us why below. If you have already received a scholarship from GT in the past, you do not need to restate why. If you need a partial scholarship, please pay the amount that you can afford.

Scholarship Amount Needed: _____

Required* Motivation Statement

In an effort to ensure a positive learning environment for all, please have your girl write a brief statement as to why she would like to be a part of GT and what she hopes to gain from the program:

Health Information: Please provide information on any health conditions that could impact your child’s ability to participate in the program _____

Any allergies (including food)? _____

Media Release: By signing below, I (the parent/guardian) give Girls Thrive (GT) permission to use photos, videos and the name of my child on the GT website, brochures, social media and other publications. Because images on the internet are downloadable, and images from printed materials are able to be copied, I agree that GT is not responsible for unauthorized use of these images. I am also aware that I am not entitled to compensation from their use.

Parent/Guardian Signature: _____ Date: _____

Warning: Serious, catastrophic, and perhaps fatal injury may result from participation in any sport, athletic or recreational activity or physical exercise.

Please initial each below:

____ I have enrolled my child in the Girls Thrive program and I know, understand, and appreciate the nature of this program and its activities, the benefits to expect, the discomforts, dangers and inherent risks involved in participation.

____ I fully know and understand that participation is voluntary, at my own risk, and I am free to discontinue my child's participation at any time.

____ I understand that it is my responsibility as a parent/legal guardian to complete regular safety and maintenance checks on my child's gear to ensure it is in good condition and outdoor ready.

____ I have notified Girls Thrive leaders about any of my child's health concerns and take full responsibility for such concerns.

____ While Girls Thrive takes every step to ensure the safety of my child, I understand that Girls Thrive cannot be responsible for accident, injury, death, or loss incurred as a result of these activities or equipment provided by Girls Thrive.

____ I hereby release Girls Thrive and those involved with the Girls Thrive program from any liability for any claims, demands, injuries, actions, or causes of actions to my person or property arising out of or connected with the use of any of the services, equipment, or facilities provided by Girls Thrive and those individuals involved with Girls Thrive.

In an emergency situation, a phone call will be made first to the primary emergency contact, then to the secondary emergency contact. Permission is granted for the following in the case of an emergency:

- Girls Thrive coaches will call an ambulance if necessary.
- Girls Thrive coaches will drive my child to a hospital, if the emergency contact is unable to do so.

By signing this document, you may be waiving your legal right to a jury trial to hold the provider legally responsible for any injuries or damages resulting from risks inherent in the sport or recreational opportunity or for any injuries or damages you may suffer due to the provider's ordinary negligence that are the result of the provider's failure to exercise reasonable care.

I have carefully read and understand the foregoing provisions and freely enter into this waiver and release.

Parent/Guardian Signature: _____ Date: _____

Thank you and Girls Thrive!