

Grayling Girls On The Run

3rd - 5th Grade RUNNING PROGRAM

WHO CAN JOIN?

This group is open to any GIRL enrolled in 3RD through 5th grade for the 2021-22 school year.

WHAT IS IT?

We focus on the whole girl. Meeting in small teams, trained volunteer coaches inspire girls to build confidence and other important life skills through dynamic, interactive lessons and physical activity.

WHEN DO WE MEET?

Beginning March 1st. Practices Tuesdays and Thursdays from 3:30 to 5:00 p.m.

WHERE DO WE MEET?

We will meet at GRAYLING ELEMENTARY SCHOOL.

HOW MUCH DOES IT COST?

\$20 per Child. The price includes 8 weeks of instruction, and a T-shirt. As well as entry into the Grayling Girls On The Run 5K on Friday May 20th.

SPECIAL NOTES:

Please bring a water bottle and proper running shoes to each practice.



Coach: Gretchen Walsh 989-745-1922

Register Online (scan QR Code)
or complete bottom portion of this form and send to:

G.R.A.
P.O. BOX 361
Grayling, Michigan 49738



Waiver: I agree to hold harmless, indemnify, and pay any attorney fees of G.R.A. its servants, agents, and employees from any claims or demands that I may have of whatever kind and nature arising out of activities at our use of the premises controlled by G.R.A.

Child's Name: _____

Age: _____

Phone: _____

Child's Shirt Size: YS YM YL S M L

Parent's Signature: _____