

Girls on the Run of the Finger Lakes Spring 2015



Girls on the Run is for girls in 3 - 5 grades. Each site must have a minimum of 8 girls enrolled to offer the program. The maximum number of girls per site is 15. **Registration is on a first-come, first-serve basis.

Coach & Office use only!

Participant #: _____

Payment: \$ _____

GOTR is a 10-week curriculum based program that utilizes the power of running to provide girls the tools to celebrate themselves, honor their voices, and recognize their gifts! Through interactive activities such as running, playing games and discussing important issues, participants learn how to celebrate being girls! Each session is led by trained coaches who guide and mentor girls through fun and uplifting lessons. The program culminates in a non-competitive 5K event (3.1 miles).

Have fun with other girls while you exercise, share experiences, and challenge yourself to be physically and mentally stronger. Set goals for yourself about making healthy choices that are best for your body.

Learn more about being a good friend and helping others in your community while you get to know your friends and yourself a little bit better.

For girls of ALL fitness and ability levels.

IMPORTANT!

TO REGISTER- Complete this form and return it with payment to:

The Jewish Community Center of Syracuse: 5655 Thompson Rd, Dewitt, NY 13214

Payment must be included with the registration form to be complete. Scholarships are available.

Contact the GOTR office with any questions at (315) 559-2329.

PROGRAM FEE: \$125 per participant

Method of Payment: check money order

Please make checks payable to Girls on the Run of the Finger Lakes

Program fee includes:

- 10 weeks of curriculum-based lessons
- Trained coaches
- Program water bottle
- Healthy snack at each session
- 5K medal
- Lesson materials
- 5K registration (Paige's Butterfly Run to be held on June 6, 2015)
- Program t-shirt

REGISTRATION INFORMATION (please print clearly):

DAYS: Monday's and Wednesday's **TIMES:** 4:30-5:45 **START DATE:** March 23, 2015 **END DATE:** June 6, 2015

Child's Name: _____ Child's Date of Birth: _____

T-Shirt Size: YM YL AS AM AL AXL GOTR Site: _____

Grade: _____ Age: _____ School: _____

Parent/Guardian Name: _____ Email: _____

Parent/Guardian Signature: _____

Address: _____ City: _____ State: _____ Zip: _____

Phone: _____ Emergency Contact: _____

Spring 2015 Scholarship Form

SCHOLARSHIP POLICY STATEMENT: Please read carefully!
It is the policy of Girls on the Run to make our program accessible to all girls who desire to participate in the program, regardless of their family's financial status. Families who are unable to pay the full program registration fees may be awarded financial assistance based on their income and special circumstances.

The Council Director may request one of the following:

- Most recent Federal Income Tax return w/ W-2s attached
- Last two (most recent) pay stubs or disability check stubs
- Letter from employer stating annual wages or salary

Annual Household Income	GOTR Registration
\$50,000 and up	\$125
\$49,999 - \$40,000	\$100
\$39,999 - \$30,000	\$75
\$29,999 - \$20,000	\$50
\$19,999-\$10,000	\$25
\$9,999 and less	\$15

Eligibility Requirements:

1. All scholarship applicants must complete a registration form.
2. Determine your program payment using the chart above. The amounts listed above is the amount due by the participant. All program payments must be turned in with the completed registration and scholarship forms to your desired Girls on the Run site.

A. What is your combined annual household income? _____

B. How many people live at your address? _____

C. List any special circumstances that contribute to your request for financial assistance.

3. Girls on the Run believes a strong sense of pride and ownership is developed when the recipient of scholarship funding has contributed to the cost of their involvement. Therefore, all applicants must pay their portion of the above charted program fees. Scholarship funding is reviewed each season of Girls on the Run. **Based on the chart above, please determine your payment due and submit your payment with a completed scholarship and registration form to your site.**

Girls on the Run is fortunate to have donors who support our scholarship fund. Therefore, it is important to respect and honor the significance of being awarded a scholarship. Failure to do so will result in elimination from future GOTR programs. If awarded the scholarship, do you agree to fully participate in all 10 weeks of the GOTR program.

(Parent/Guardian: By signing this document, I certify that the information contained is accurate and truthful.)

Signature of Participant: _____

Signature of Parent/Guardian: _____

Please contact Emily Gannon (Council Director) with any questions or if additional assistance is needed at (315) 559-2329

Turn form over for registration form

